Celentano®
holiday appetizer cookbook
From Our Family
To Yours
There’s nothing better than Italian food and enjoying classic dishes with family and friends. For more than 50 years, that’s been at the heart of Rosina Food Products – a family-owned company, honoring a real Italian family tradition, to bring you real Italian goodness.

Whether you’re enjoying a great meal at home, lunch at the office, even dinner at your favorite restaurant, you’ll find the Real Italian Style of the brands of Rosina Food Products, delicious, nutritious, and easy-to-prepare.

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cheese tortellini antipasto skewers

Servings: 8

Ingredients
1 package (12 oz.) Celentano Cheese Tortellini
1 cup cherry tomatoes
1 cup fresh mozzarella balls
1/4 pound salami, thinly sliced
1/4 cup fresh basil leaves
balsamic glaze for drizzling
8 wood skewers

Cooking Directions
Bring a large pot of water to a boil; cook tortellini according to the package instructions. Pour cooked tortellini into a strainer and pour cold water over the pasta until it comes to room temperature. Set aside. Pierce each ingredient onto the skewer and slide down towards the bottom of the skewer. For the salami, it is best to fold it in half, then in half again so it makes a triangle shape. Stack skewers onto a platter and drizzle with the balsamic glaze just before serving.

Tomatoes belong to the nightshade family of common vegetables that include chili peppers, potatoes, and eggplant and are native to Central America being originally cultivated by the Aztec people. They were distributed throughout the world by Spanish explorers and have been cultivated into many hundreds of differing varieties with varying flavors, shapes and colors.

The health benefits of tomatoes are noteworthy. Tomatoes have very few calories at just 5 calories per ounce and are very low in fat with zero cholesterol. They are an excellent source of antioxidants, dietary fiber, minerals, and vitamins notably potassium, vitamin-A, vitamin C and B-Complex vitamins. The antioxidants Lycopene and Zea-Xanthin in tomatoes protect your body against cancers and help maintain healthy skin and bones.

Eat lots of tomatoes for good taste AND good health!
cranberry and chili meatballs with a dijon twist

Servings: 8

Ingredients
1 package (12 oz.) Rosina Italian Style Meatballs
16 oz. can jellied cranberry sauce
1/3 cup chili sauce
1 tablespoon dijon mustard

Cooking Directions
In a slow cooker blend the cranberry sauce, the chili sauce and the dijon mustard. Add the frozen meatballs to the sauce and stir to coat. Cover and cook on high for about 3 to 4 hours, or low about 5 to 6 hours until meatballs are heated through. This recipe can also be simmered on med-low on a stovetop in a pot for 30 minutes, stirring frequently or in an oven in a greased 2 quart covered casserole dish at 350°F for 40 minutes.

How Hot are Your Peppers?

What are Scoville Units? When you go shopping at your local grocer’s produce section you will see many different types of chili peppers. Some are hot and some are not, and with the ever increasing number of available varieties, grocers now label the heat level in Scoville units on the tags so you can know what to expect when eating them.

Created in 1912 by Wilbur Scoville, Scoville Units are a measure of the perceptible heat level from a chemical compound called capsaicin found in peppers. Capsaicin’s are what cause that tingle or pain on your lips and tongue when you eat chili peppers and can range from 0 to 2.5 million Scoville units. The Scoville value represents a dilution value that the pepper would require before the heat is no longer detectable to a person. So, for a green bell pepper with a Scoville value of zero, no dilution is needed to perceive no heat, but for a jalapeño chili rated at 5,000 Scoville units it needs to be diluted 5,000:1 in sugar water before no heat is detectable.

Using this simple number you can correlate how hot the pepper will be when you take it home. If jalapeño chilies are already borderline hot for you, then you certainly don’t want to eat a chili with 15,000 units. You need to know your limit and stay within it.
tuscan-style veal meatball flatbread

Servings: 4

Ingredients

1 package (16 oz.) Rosina Artisan Tuscan-Style Veal Meatballs (2 oz. size)
4 artisan flatbread crusts
4 garlic cloves, minced
1 cup thinly sliced red onion
2 cups marinara sauce
1 tablespoon olive oil
1 teaspoon dry Italian seasoning
10 oz. fresh mozzarella logs, sliced 1/4” thick
4 oz. whole milk ricotta cheese
4 tablespoon thinly sliced fresh basil

Cooking Directions

Preheat oven to 350°F and cook meatballs according to the package instructions* and then set aside for later use. Increase the oven temperature to 425°F for baking the flatbread. In a large sauté pan heat the olive oil over medium heat, add the red onion and garlic and cook for 4-5 minutes until transparent and fragrant. Prepare the flatbread on a parchment lined cookie sheet. Spoon 1/2 cup of marinara sauce evenly over each flatbread crust, then sprinkle evenly with dry Italian seasoning. Arrange 5-6 slices of mozzarella cheese on each flatbread. Slice the cooked meatballs into rounds and arrange evenly across each flatbread (2 whole meatballs per flatbread). Dividing evenly, spoon some of the red onion and garlic between each meatball. Bake flatbreads in the oven for 8 minutes. Remove from the oven and spoon 4 teaspoons of ricotta cheese across each flatbread, then place back into the oven for an additional 2 minutes to warm the ricotta. Pull the flatbread from the oven and top with fresh basil and let rest for 2 minutes. Cut and serve immediately.

*Save time by microwaving meatballs according to package instructions instead of baking.

Choosing a Great Chef’s Knife

When looking to buy a quality Chef’s knife there are some important things to consider. Get the knife into your hands and review the following points:

THE BLADE
What kind of steel is it and how was it made? What length do you want and need? All high-quality Chef’s knives will come with a forged blade that is not stamped from a sheet of steel. Forged blades are formed from a heated piece of steel hammered into shape.

Chef’s knives typically come in lengths of 8” to 12”. I recommend an 8” knife for smaller hands and a 10” knife for larger hands. Most professional quality knives are made of either German Steel or Japanese Steel. The blade should have a full tang (shaft) that extends through the handle and be curved for a good rocking motion during finer slicing tasks.

You should also consider the type of handle on the knife. You want one that will fit comfortably into your hand so that you can use it for extended periods without causing pain or pinch points. Larger hands will need a thicker handle than smaller ones.

THE WEIGHT AND BALANCE
You’ll need to try several knives to find your ideal knife weight. A heavy knife may cut through dense things easier but may be too heavy for everyday tasks. Choose the weight that feels right to you. A perfectly balanced knife is different for everyone. Judge by gripping the knife by its handle and see if it feels uncomfortably weighted toward the back of the handle or toward the blade. When you push down on the blade the knife should feel stable side to side as well and not want to tip over.

You may not be able to dice some onions in the store but be sure to get that knife in your hand and see how it feels before making that purchase.
baked ravioli bites

Servings: 4

Ingredients
1 package (24 oz.) Celentano Large Round Cheese Ravioli
1 cup all-purpose flour
2 whole eggs
1 teaspoon 2% milk
2 cups seasoned breadcrumbs
cooking spray
fresh parmesan cheese for garnish

*Optional serving sauces: marinara, ranch, pizza sauce, pesto, vodka sauce.

Cooking Directions
Preheat oven to 450°F. Bring a large pot of water to a boil and cook the ravioli according to package instructions. Drain and set aside. Place a wire rack on a baking sheet and coat with cooking spray. Place flour in a small bowl, beat together the egg and milk in a separate bowl and add breadcrumbs to a third small bowl. Dip each ravioli in the flour and shake off the excess flour. Next, dip floured ravioli into the beaten egg. Then, roll ravioli in the breadcrumb. Before placing ravioli onto wire rack, spray both sides of breaded ravioli with cooking spray. Bake the breaded ravioli until golden brown and crispy, 20-25 minutes. Remove from the oven and serve immediately, sprinkled with parmesan cheese.

Create Your Own Breadcrumbs

Do not throw away those old baguettes, buns or loaves of bread! Dry them in your oven and make fresh breadcrumbs. Take the old bread, buns or baguettes and place them on a sheet pan in your oven and dry at 200°F for 1 hour or until they are all dry and hard. Break them into pieces and place them into your blender or food processor. From there you can get creative and add things like your favorite herbs, hard Italian cheeses or spices to make it uniquely your own. Store them in a paper bag in your pantry for weeks to use anytime a recipe calls for them.
bacon wrapped
meatballs

Servings: 10

Ingredients
1 package (26 oz.) Rosina Homestyle Meatballs
1 package of bacon
1 bottle of honey BBQ sauce
toothpicks

Cooking Directions
Preheat oven to 400°F. Thaw 48 meatballs in a microwave for 2
minutes. Cut bacon in thirds to obtain approximately 3 – 3 ½ inch
pieces per strip of bacon. (Refrigerate bacon until ready to use; it is
easier to work with cold). Line a 17” x 11” baking sheet with parchment
paper. Wrap each meatball with 1/3 of a bacon slice, and secure with
a toothpick. Place the wrapped meatballs on the parchment paper
in a single layer, and heat in the oven for 20-25 minutes, or until
the bacon is cooked. Take the pan out of the oven, and brush the
meatballs with the honey BBQ sauce. Return the meatballs to the
oven for an additional 5 minutes to caramelize the BBQ sauce.

Note: Also great when cooked on the grill! For a different flavor, you
can substitute our Italian Style or Turkey Meatballs.

Save That
Bacon Grease

When I was a kid my mom
always had a small crock
on the corner of her stove
filled with bacon grease that
she saved after cooking a
batch of bacon. She did this
because she was frugal and
that bacon fat with the few
little crunchy bits in it had
way more flavor than butter
or oil. It is a great way to add
extra flavor to any dish.

Instead of throwing that hot
bacon grease into the trash,
pour the hot fat into a tall
ceramic mug over your sink
and let it cool and solidify.
Now you will have it on hand
to use instead of butter or oil
in your next great dish. You
can keep it in the refrigerator
too for longer storage. I can’t
think of anything that doesn’t
taste better cooked with a
little bacon grease. Here are
some ideas:

• Use it for your pan-fried
  steak, chicken breast,
salmon filet or caramelized
vegetables.

• Use it to cook your
  breakfast eggs and home
fries or hash browns for an
extra great taste.

• How about using it to coat
your baking pan instead of
butter or spray for that corn
bread or zucchini bread your
making today?

• Making quesadillas? Use
bacon grease to brown those
tortillas, or brush on your flat
bread before toasting it on
your barbecue grill. Yum!

Do you get the idea? Go
ahead and use a spoonful
of that saved bacon grease
anywhere you would use
butter or oil for extra
delicious taste!
garlic toast
meatball sliders

Servings: 8

Ingredients
1 package (26 oz.) Rosina Italian Style Meatballs
1 jar marinara sauce
1 package frozen texas toast
1 package sliced mozzarella cheese
8 fresh basil leaves - chopped (optional for garnish)

Cooking Directions
Preheat oven to 400°F. Heat frozen meatballs according to package instructions in a microwave. Place texas toast slices on a baking sheet and bake for 4 minutes at 400°F. Remove the partially baked toast from the oven and top each slice with 2 tablespoons of marinara sauce, 6 meatballs, and a slice of mozzarella cheese. Return baking sheet to the oven and bake for an additional 6 minutes. Cut each slice in half and top with chopped basil (optional). Serve immediately.

Make Your Own Garlic Toast

Garlic toast is in every supermarket, but it is always made with plain white bread and margarine. It is so easy to make much better garlic toast at home using your favorite bread like, sourdough, 9 grain, or even rye. Here’s how:
Get your favorite loaf from the store (or bake one yourself) slice it in 1” thick slices and arrange them on a baking sheet. In a food processor combine 1 stick of salted butter, four large cloves of garlic, a sprig of fresh parsley and a pinch of salt and pepper. Combine till smooth and spread an even layer on each slice with a rubber spatula. Toast in a 400°F oven for 4-6 minutes or until golden brown. Pull them out of your oven and let them cool and then build the awesome meatball recipe shown on this page.
You can easily make garlic toast too, but don’t bake them. Instead, wrap them up in plastic wrap and store in your freezer for a quick easy snack out of your toaster oven in minutes. They can be a quick easy side to a meal, or the hero of the plate by topping with cheese, freshly sliced tomato or avocado!
gluten-free honey balsamic meatballs

Servings: 6

Ingredients

1 package (22 oz.) Rosina Gluten-Free Italian Style Meatballs
1/2 cup balsamic vinegar
3/4 cup ketchup
1/2 cup brown sugar
1/4 cup honey
1 tablespoon Worcestershire sauce
1 tablespoon dijon mustard
1/4 teaspoon garlic powder
salt and black pepper to taste
toothpicks

Cooking Directions

In a large saucepan over medium-high heat combine balsamic vinegar, ketchup, brown sugar, honey, Worcestershire sauce, dijon mustard, garlic powder, salt and pepper. Bring to a boil stirring intermittently. Reduce the heat to low and simmer for 45 minutes, or until the sauce has thickened and lost its vinegary bite. Meanwhile cook meatballs according to the package instructions. Gently add the cooked meatballs to the sauce and stir to coat. Serve immediately with toothpicks.

Balsamic Vinegar Facts

Balsamic Vinegar can vary deeply in quality, taste and price. Balsamic vinegars date back to 1000AD originating in the Modena and Reggio Emilia regions of Italy. The production of balsamic vinegar starts with Trebbiano grape juice that is boiled down to create a thick reduction that is then aged in wooden barrels for years. The longer the vinegar is aged, the more concentrated and intensified the flavor becomes, yielding the deliciously sweet and thick syrup we have come to love.

The traditional (“Tradizionale”) artisanal balsamic vinegars of Modena and Reggio Emilia must be aged at least 12 years (some as much as 25 years) and are pricey. These two traditional balsamic vinegars are the only ones that can be labeled and legally described as Aceto Balsamico Tradizionale. Balsamic vinegar is highly valued by chefs and is used sparingly often drizzled over fresh mozzarella and tomatoes as an antipasto, mixed with extra virgin olive oil in droplets for dipping bread, and sprinkled upon fresh fruit as a prized condiment. Don’t be fooled by cheap imitators that use the word “balsamic” but are really just vinegar with sweetener, thickeners and coloring. They are manufactured to imitate the texture and flavor of balsamic, but at a fraction of the price.
bourbon whiskey meatballs

Servings: 10

Ingredients
1 package (26 oz.) Rosina Italian Style Meatballs
1 cup ketchup (heaping)
1 cup brown sugar, packed
2 tablespoons bourbon whiskey
2 teaspoons fresh lemon juice
2 teaspoons Worcestershire sauce

Cooking Directions
In a medium bowl, combine all ingredients except the meatballs and mix really well. Add meatballs to a crock pot and pour the whiskey sauce on top. Mix well so each meatball is coated with the sauce. Heat covered on high for 3 hours, stirring occasionally. Once the sauce and meatballs are heated through, turn crock pot down to low until ready to serve.

Cooking with Whiskey

Bourbons and Whiskeys can add an exciting flavor element to many dishes, by adding complex malty, smoky, and yeasty flavors that are very versatile in the kitchen. Here are just a few suggestions to make your dishes pop using rye or bourbon whiskey.

BAKED GOODS: Add a quarter cup of whiskey instead of water to your pancake batter, apple muffins, 5 grain bread or banana bread for an added richness. Don’t worry about the kids, the alcohol will bake off.

MEAT GLAZES, SAUCES AND MARINADES: Try adding some whiskey to your favorite BBQ sauce. Teriyaki Sauce or Honey Mustard ham glaze for a deeper richness that enhances the dish. Bourbon can also break down the enzymes in meat, so it works as a tenderizer and marinade. Combine it with soy sauce and brown sugar or Worcestershire sauce, garlic, and olive oil and your choice of seasonings and soak your meat for several hours.

DEGLAZE THAT PAN: Instead of wine to deglaze that pan, try your favorite bourbon to release all those flavorful, charred bits of meat stuck to that roasting pan. Reduce it down for a delicious roast beef gravy or an awesome pan sauce for that sautéed chicken breast with mushrooms.

BAKED BEANS: Make your every day baked beans great by adding ¼ cup of rye whiskey before they are simmered on the stove.

FISH FRY BATTER: Take your favorite beer batter recipe and replace ¼ of the beer with bourbon.

SALAD DRESSINGS: Kick to your salad vinaigrette both for dressing those greens and grilling your shrimp.

Don’t use too much whiskey in a recipe and don’t use to little either. With a little practice you will find just the right amount to use. Be creative, because whiskey and bourbon are not just for drinking.
Chef Herb Stockschlaeder is the Director of R&D and Strategic Channels for Rosina Food Products, Inc. and is a classically trained chef graduated from the New England Culinary Institute in 1989. Before entering the food manufacturing business, Herb honed his culinary skills in hotels and restaurants in Seattle, WA; Vail, CO; Montpelier, VT and Buffalo, NY. Herb also earned undergraduate degrees in Dietetics and Business Management.

Chef Herb is a Dietetic Technician – Registered with the Commission on Dietetic Registration, the certifying arm of the Academy of Nutrition and Dietetics since 1992 and also a Certified Research Chef, certified by the Research Chef’s Association Certification Commission since 2004. He is a contributing author to the reference text Culinology – Wiley 2016 and has been featured in RCA publications, QA Magazine, Prepared Foods and others.

Since joining Rosina in 2003, Chef Herb has been working hard to bring you Rosina’s Real Italian Goodness for you and your family to enjoy!