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Add the flour and cook together a few minutes to form a roux. Add the chicken stock and whisk together until smooth over low heat. Add the Marsala and white wine and simmer 5 minutes until

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smooth...

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with many tasteful recipes. Very nice  
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well as before the ingredient list; there is  
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Jeff Smith fell in love with Italy as a college student. And in the course of nearly three hundred and twenty televised cooking shows and nine cookbooks, he has given us many Italian recipes. In one of them, The Frugal Gourmet Cooks Three Ancient Cuisines, a whole section described the cooking of



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Place the cubed eggplant in a large bowl

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and sprinkle with the salt. Toss together thoroughly and remove to a large colander. Place the bowl underneath the colander and allow to drain 30-40...

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The Frugal Gourmet Cooks Italian. New York: William Morrow and Co., 1993.

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144-45. I think what's important about  
this recipe is not so much the  
ingredients, but the cooking method.

Too many American cooks take the  
attitude with ground meat that as soon  
as it's grey, it's done and ready to eat.

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The Frugal Gourmet Whole Family  
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ISBN 0688069347. OCLC 25629026.

——— (1993). The Frugal Gourmet Cooks  
Italian: Recipes from the New and Old  
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0688075916. OCLC 849924020. ———

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(1995).

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Smith. Categories: Appetizers / starters;  
Italian. Ingredients: steamer clams; dry  
vermouth; yellow onions; parsley; heavy  
cream; breadcrumbs. 0.

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1-6 oz. can tomato paste. 1 quart low-

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sodium chicken stock. 2 cups dry red wine (the alcohol will cook out) 1/4 cup olive oil. 2 yellow onions, peeled and minced. 6 large garlic cloves, chopped. 2 ribs celery with leaves, minced. 1 large carrot, grated. 1/2 cup parsley, chopped.

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