



RECIPE BOOK



Recipe for: Chicken Parmigiana

Servings: 4

Oven Temperature: 350° Fahrenheit / 176.6° Celsius

Ingredients:

- 4 Boneless Chicken Breasts, pounded to ½ inch thickness
- 1 Egg
- ½ cup Milk
- 1-2 cups Colonna Flavored Bread Crumbs
- 2 to 3 tablespoons Extra Virgin olive oil
- 8 slices Mozzarella cheese, or more
- 1 jar (16 oz.) Colonna Marinara Sauce
- Colonna Parmesan Grated Cheese

Directions:

1. Whisk together the egg and milk. Dip the chicken breasts in milk and egg mixture and then in bread crumbs (make sure cutlet is completely coated).
2. Heat olive oil in a large skillet over medium-high heat.
3. Brown the chicken in the hot oil on both sides until golden, about 3 to 4 minutes on each side. Set chicken in a baking dish.
4. Slice 8 pieces of mozzarella cheese and put two on each chicken breast. Pour 1 jar of your favorite Colonna Marinara sauce over all.
5. Sprinkle with either a little or lots of Parmesan grated cheese and a little more mozzarella
6. Bake at 350° for about 25 to 30 minutes, or until you see bubbles in the cheese.

Serve with pasta

Recipe for: Breaded Pork Chop

Servings: 4

Oven Temperature: 325° Fahrenheit / 160° Celsius

Ingredients:

- 4 Pork Chops
- 3 Eggs, lightly beaten
- 3 tablespoons Whole Milk
- 2½ Cloves of Garlic peeled and chopped
- 1 ½ cups Colonna Flavored Bread Crumbs
- ½ cup Colonna Romano Grated Cheese
- 2 tablespoons Spice Farms Parsley Flakes
- 2 tablespoons Extra Virgin Olive Oil

Directions:

1. In a small bowl, beat together eggs & milk. In a separate bowl mix together bread crumbs, grated cheese and parsley flakes.
2. Heat olive oil in a large oven proof skillet over medium heat. Stir in the garlic and cook until lightly browned. Remove garlic.
3. Dip each pork chop into egg mixture then in to the bread crumb mixture, coating evenly. Place coated chop into skillet and brown about 5 minutes on each side.
4. Place the skillet and pork chops in the oven and cook for 25 minutes. (Internal temperature should be about 145 degrees F / 63 degrees C)
5. Remove pork chops from oven and serve with your favorite sides!

Recipe for: Chicken Scampi

Servings: 4

Ingredients for Scampi Sauce:

- 2 tablespoons Unsalted butter
- 2 tablespoons Olive Oil
- 1/2 teaspoon Colonna Coarse Kosher Salt
- 1/4 teaspoon Spice Farms Ground Black Pepper
- 4 Cloves of Garlic (minced)
- 1/8 teaspoon Spice Farms Crushed Red Pepper
- 1/2 cup of Dry White Wine (Sauvignon Blanc is recommended)
- Zest and juice of 1 Lemon (about 1 tablespoon of zest and 3 tablespoons of juice)
- Additional lemon for squeezing at end
- 1/4 cup Parsley (chopped)
- 1 lb of Pasta of choice (Angel hair or Spaghetti is recommended)

Ingredients for Chicken:

- 4 Boneless Chicken Breasts
- 3 Eggs
- 1 cup of Flour
- 2 1/4 cup of Colonna Italian Style Bread crumbs
- 3/4 cup of Colonna Grated Parmesan and Romano cheese
- Spice Farms Ground Black Pepper
- Colonna Coarse Kosher Salt

Directions for Chicken Scampi Recipe Continued on Back Side

Directions for Chicken:

1. Cut chicken breasts in half, season both sides of chicken with salt and pepper
2. Put eggs (beaten), flour, and a mixture of the bread crumbs and cheese into 3 separate bowls
3. Dip chicken cutlets, once at a time into flour, then eggs, then bread crumb mixture
4. In a skillet heat up (medium heat) 2 tablespoons of vegetable oil and place chicken in until golden brown (usually 2 minutes each side) (more oil may also need to be added)

Directions for Scampi Sauce:

5. First prepare pasta according to the instructions on the box and set aside with about 1 cup of the pasta cooking water.
6. Add the garlic and red pepper flakes to the skillet, about 1 minute.
7. Add the wine and lemon juice, scraping up any browned bits from the bottom of the pan, and simmer for around 3 to 5 minutes.
8. Add the cooked pasta, lemon zest, parsley, and 1/2 of the reserved pasta water to the skillet and toss. If it seems too dry, stir in more of the reserved pasta cooking water.
9. Cut the chicken into slices and toss with the pasta. Serve with extra lemon wedges for squeezing.

Recipe for: Veal Domenic

Servings: 4

Ingredients:

- 2 ½ lbs. Veal Cutlet, ¾ inch thick
- 1 clove Garlic, split
- Colonna Grated Parmesan Cheese
- 6 tablespoons Butter
- ¾ pound Mushrooms, sliced
- ¾ cup Sherry
- Colonna Coarse Kosher Salt to taste and Spice Farms Black Pepper to taste

Directions:

1. Pound the veal to half its thickness and cut into 4-inch pieces. Rub the meat thoroughly with the garlic. Sprinkle the meat on both sides with salt and pepper and roll in Colonna Grated Parmesan Cheese.
2. Sauté in butter until golden brown, for about 20 minutes. Remove and keep warm. Brown mushrooms quickly in the same pan, adding more butter if necessary. Add the sherry and simmer for around 5 minutes, covered. Pour over meat and Serve.

Recipe for: Chili With Beans

Servings: 4

Ingredients:

- 2 tablespoons Extra Virgin Olive Oil
- 1 medium Sweet Onion, chopped
- 1 green Bell Pepper (red or yellow if you prefer different pepper) chopped
- 2 Cloves Garlic, chopped
- 1 pound ground Beef
- 2 tablespoons Tomato Paste
- 2 teaspoons Spice Farms Chili Powder
- $\frac{3}{4}$ teaspoon Spice Farms ground Cumin (optional)
- Colonna Coarse Kosher salt
- Spice Farms Black Pepper
- 1 28-ounce can Stewed Tomatoes
- 1 15-ounce can Red Kidney Beans, rinsed
- Sliced Avocado, for serving or 1 bag of instant white rice

Directions:

1. Heat the oil in a large saucepan over medium-high heat. Add the onion, bell pepper, and garlic, and cook, stirring occasionally, until tender, 8 to 10 minutes.
2. Add the beef and cook, breaking it up with a spoon, until no longer pink, 4 to 6 minutes. Add the tomato paste, chili powder, and cumin and cook, stirring, for 1 minute.
3. In a blender, puree 1 can of tomatoes. Add the tomato sauce, $\frac{1}{2}$ cup water, 1 teaspoon salt, and $\frac{1}{4}$ teaspoon pepper and bring to a boil. Reduce heat and simmer, stirring occasionally, until thickened, 20 to 25 minutes.

Note: Serve with the avocado or on top of white rice

Recipe for: Fish Sticks

Servings: 2

Ingredients:

- 2 cups Colonna Panko Bread Crumbs
- 1 cup of All-purpose flour
- 2 large Eggs, lightly beaten
- Colonna Coarse Kosher salt and freshly ground Black Pepper
- Vegetable oil, for frying
- 1 pound Sole Fillet, cut into 1-by-3-inch pieces

Directions:

1. Place Colonna Panko Bread Crumbs, flour, and eggs into three separate shallow dishes; season with salt and pepper. Working in batches, dredge fish in flour, shaking off and excess; dip into egg. Transfer fish to Panko bread crumbs covering fish completely and pressing lightly to adhere.
2. Fill a large skillet with enough vegetable oil to reach a depth of 1/4 inch; heat over medium-high heat.
3. Arrange fish in the pan in a single layer without crowding; fry until golden and cooked through, about 1 minute per side. Transfer to a paper towel-lined plate to drain; season to taste.

Note: Serve immediately

Recipe for: Cauliflower Casserole

Servings: 4-6

Oven Temperature: 350° Fahrenheit / 176.6° Celsius

Ingredients:

- 1 large Cauliflower
- 2 tablespoons Butter
- Colonna Italian Style Bread Crumbs or Colonna Plain Bread Crumbs
- ½ cup Colonna Grated Parmesan Cheese
- 2 Egg yolks
- 1 tablespoon Flour
- ¾ cup Milk
- ⅓ cup minced, Cooked Ham
- Dash of Nutmeg
- Colonna Coarse Kosher Salt and Spice Farms pepper to taste

Directions:

1. Trim and wash the cauliflower, separate into flowerettes, discard core and stems. Boil in salted water for 10 minutes, until fork tender. Drain well.
2. Butter the baking dish, sprinkle bottom and sides with Colonna Italian Bread Crumbs or Colonna Plain Bread Crumbs. Arrange a layer of flowerettes in the dish, sprinkle with Colonna Grated Parmesan Cheese, continue with another layer sprinkle with cheese, and so on. Top with remaining cheese.
3. Blend lightly beaten yolks and flour, add milk and minced ham, stir well until smooth.
4. Season with nutmeg, salt, and pepper, spoon the mixture over the cauliflower. Top with a sprinkle of Colonna Italian Style Bread Crumbs or Colonna Plain Bread Crumbs and a few small pats of butter. Bake at 350°F degrees for about 30 minutes until the top is nicely browned.

Recipe for: Breaded Pork Chop

Servings: 6-8

Ingredients:

- 2 bunches Kale, washed and chopped
- 8 cloves Garlic
- 1/2 cup Colonna Panko Japanese Style Breadcrumbs
- 6 tablespoons Olive Oil
- 5 tablespoons Colonna Grated Parmesan Cheese
- 2 1/2 tablespoon Mayonnaise
- 2 tablespoon Lemon Juice
- 1 tablespoon Water
- 3/4 teaspoon Worcestershire sauce
- 1 teaspoon Dijon Mustard
- 1/2 teaspoon Colonna Coarse Mediterranean Sea Salt
- 1/8 teaspoon Spice Farms Crushed Red Pepper Flakes
- 1/4 teaspoon Spice Farms Ground Black Pepper

Directions:

1. In a small saucepan, combine 1/3 cup of olive oil with the garlic cloves. Cook over low heat, stirring occasionally until the garlic turns light golden brown, about 10-15 minutes.
2. Remove garlic from heat. Once the oil has cooled to room temperature, remove and reserve the garlic cloves. Set aside the oil for later use.
3. In a blender combine roasted garlic cloves, mayonnaise, lemon juice, water, 2 tablespoons of Colonna Grated Parmesan Cheese, Dijon mustard, Worcestershire sauce, Colonna Coarse Mediterranean Salt, and Spice Farms Ground Black Pepper. Blend until smooth.

[Directions for Breaded Pork Chop Recipe Continued on Back Side](#)

4. With the blender on (on a slow setting), open the top and add in the reserved room temperature oil. Try to drizzle the oil in increments, not all at once.
5. Close the lid and mix the dressing mixture until it is completely smooth.
6. In a small mixing bowl combine Colonna Panko Breadcrumbs, 1 tbsp olive oil and Spice Farms Crushed Red Pepper Flakes. Use a spoon to combine ingredients together.
7. Turn on the stove to medium heat and add the Panko breadcrumb mixture to a frying pan until the mixture is golden brown, mixing frequently to prevent the breadcrumbs from burning. Once the mixture is golden brown, set the mixture aside in a bowl.
8. Place washed and chopped kale into a big salad bowl. Pour the prepared dressing over the kale, then massage for around 4 minutes to make sure that the dressing is distributed evenly.
9. Add Panko breadcrumbs and the rest of the Colonna Parmesan Cheese, mix into the salad and serve.

Recipe for: Parmesan Roasted Asparagus

Servings: 4-6

Oven Temperature: 400° Fahrenheit / 200° Celsius

Ingredients:

- 2½ pounds Fresh Asparagus
- 2 tablespoons Extra Virgin Olive Oil
- ½ teaspoon Colonna Coarse Kosher Salt
- ¼ teaspoon Spice Farms Ground Black Pepper
- ½ cup Colonna Parmesan Grated Cheese

Directions:

1. Cut the bottoms of the asparagus stalks. Lay them in a single layer on a sheet pan and drizzle with olive oil. Sprinkle with salt and pepper and roast for 15 to 20 minutes, until tender.
2. Sprinkle with the Parmesan Grated Cheese and return to the oven for another 2 minute.

Recipe for: Stuffed Zucchini

Servings: 6

Oven Temperature: 375° Fahrenheit / 190° Celsius

Ingredients:

- 8 medium Zucchini or Yellow Squash
- 1 pound ground Veal
- ½ cup Colonna Parmesan & Romano Grated Cheese
- ½ cup Ricotta cheese
- ½ cup Shredded Mozzarella Cheese
- 1 cup Colonna Plain Bread Crumbs
- ½ cup minced Onion
- 1 large Clove Garlic, minced
- 1 egg, beaten
- 1 tablespoon Chopped Fresh Basil
- 1 teaspoon Colonna Coarse Kosher Salt
- ⅛ teaspoon Spice Farms Black Pepper
- 3 tablespoons Extra Virgin Olive Oil
- 2 cups Colonna Marinara Sauce
- ⅓ cup toasted Pine Nuts

Directions:

1. Trim zucchini by cutting horizontally and scoop out all the pulp leaving about ¼ inch shell. Put 1 cup chopped squash aside. Reserve additional pulp if left for another use.
2. In bowl, combine 1 cup zucchini, veal, cheeses, bread crumbs, onion, garlic, egg, basil, salt and pepper; blend well.
3. Spoon mixture into prepared zucchini shells, dividing mixture evenly.
4. Arrange in shallow baking dish. Cover with tin foil and bake at 375°F for 15 minutes. Spoon marinara sauce over zucchini and bottom of baking dish and put back in oven for 15 minutes longer or until zucchini are cooked through and sauce is hot. Garnish with pine nuts.

Recipe for: Oven Fried Potato Wedges

Servings: 4

Oven Temperature: 375° Fahrenheit / 190° Celsius

Ingredients:

- 8 Potato wedges
- ½ cup Oil
- 2 tablespoons Colonna Grated Parmesan Cheese
- 1 teaspoon Colonna Coarse Kosher Salt
- ½ teaspoon Spice Farms Garlic Powder
- ½ teaspoon Spice Farms Paprika
- ¼ teaspoon Spice Farms Ground Black Pepper

Directions:

1. Arrange wedges, peel side down in baking pan
2. Mix ingredients together in a separate bowl and brush over the potatoes
3. Bake at 375°F degrees for around 45 minutes or until golden brown and tender - brushing occasionally with mixture.

Recipe for: Blueberry Ice Cream

Servings: 1-2

Ingredients:

- 3 cups Heavy Cream
- 1 cup Whole Milk
- $\frac{3}{4}$ cup Sugar
- 1 tablespoon Vanilla Extract
- $\frac{1}{4}$ cup Blueberries cut in 1/2
- $\frac{1}{2}$ tsp Colonna Coarse Kosher Salt

Directions:

1. In a large bowl, mix all ingredients together. Follow your manufacturer instructions for using your ice cream maker.
2. For Freezing Ice Cream - Pour out prepared ice cream mixture into the inner canister of your ice cream maker. Insert dasher, cover with the lid and place the canister into the center of the ice cream maker. Lock in place. Lay ice and Colonna Ice Cream Salt around the canister (a ratio of approximately) 8 parts crushed ice to 1 part Colonna Ice Cream Salt) to enable freezing process.

Notes: Refer to your ice cream manual for the specific freezing recommendations of your model.

**** Ice Cream Salt is NOT intended for human consumption ****