

# Buried Seeds Recipes

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## Baked Rigatoni and Meatballs

### Ingredients

#### For the meatballs, mix:

1 pound ground pork  
1 pound ground beef  
1 cup fresh white or whole wheat bread crumbs (2 slices, crusts removed)  
1/4 cup seasoned dry bread crumbs  
2 tablespoons chopped fresh flat-leaf parsley  
1/2 cup Parmesan cheese  
2 teaspoons salt  
1/2 teaspoon black pepper  
1/4 teaspoon ground nutmeg  
1 large egg, beaten

Vegetable oil or Olive oil for frying the meatballs

#### For the sauce:

1 tablespoon vegetable or olive oil  
1 cup chopped onion  
1 1/2 teaspoons minced garlic  
1/2 cup red wine  
1 six-oz can tomato paste  
1 c. water  
1 tsp sugar (Mom said tomato paste was bitter without it.)  
1 (28-ounce) can crushed tomatoes or Mom often used puree  
1 tablespoon chopped fresh flat-leaf parsley  
1 1/2 teaspoons salt  
1/2 teaspoon black pepper  
1 bay leaf  
1 tsp dried oregano  
1/2 tsp dried basil (or use Emeril's Essence of Italian seasoning mix)  
Optional: You can add sliced mushrooms or roasted red peppers to the sauce during the last 10 minutes of simmering.

#### For the Pasta Bake:

1 pound of your favorite pasta shape

8 oz. Mozzarella or Italian Blend cheese

### **Directions**

Place the ground meats, both bread crumbs, parsley, Parmesan, salt, pepper, nutmeg, egg, and 3/4 cup warm water in a bowl. Combine very lightly with a fork. Using your hands, lightly form the mixture into 1 1/2 to 2-inch meatballs. You will have 16-24 meatballs.

Heat oil into a large (12-inch) skillet to a depth of 1/4-inch. In batches, brown meatballs in the oil and brown on all sides over medium-low heat, turning frequently with a spatula so the balls stay rounded. Remove the meatballs and drain on a plate lined with paper towels. Discard the grease oil but don't clean the pan.

For the sauce, heat 1 T oil in the same pan. Add chopped onion and saute over medium heat until translucent, 5 to 10 minutes. Add the garlic and saute one more minute. Add wine and cook on high heat, scraping up all the brown bits in the pan, until almost all the liquid evaporates, about 3 minutes.

Put onion mixture into a stockpot (so it can simmer a long while without splashing out) with the crushed tomatoes or puree, tomato paste, water, parsley, oregano, basil, bay leaf, salt, and pepper. Return the meatballs to the sauce and simmer on the lowest heat for at least half an hour, until the meatballs are cooked through. Mom often simmered her sauce half a day. Sometimes she'd add a little Parmesan to the sauce before serving.

Cook one pound of pasta according to directions. Drain. In a lightly greased 9x12 casserole pan, toss cooked pasta with generous helping of sauce and half of a 4 oz. package of Mozzarella cheese or Italian Blend Cheese. Top with 4 more ounces of cheese. Bake in preheated 375 oven for 20 minutes.

(Or just cheat and use store-bought spaghetti sauce, frozen meatballs, and toss with cheese and cooked pasta. Easy-peasy!)

### **Meatball Hoagies with Mozzarella**

Spread butter on slices of crusty Italian bread. Sprinkle with garlic salt.

Top with leftover meatballs and a spoonful of leftover sauce or marinara. Add mozzarella or provolone slices and roasted red peppers if desired. Top with a second slice of bread. Place sandwiches on baking pan. You can line with foil to make clean-up easier. Heat in preheated 350 oven for 10-15 minutes.

### **Limoncello Cake with Mascarpone Filling**

#### **Ingredients:**

#### **For the Cake**

2 1/2 cups flour

1 teaspoon baking soda

1/2 teaspoon salt

1/2 cup butter (softened)  
1 1/2 cups sugar  
3 eggs  
1/2 cup buttermilk  
1/2 cup limoncello (lemon-flavored liqueur)  
1 lemon (zested and juiced)  
Optional: white chocolate shavings  
For the Mascarpone Frosting  
16 ounces mascarpone cheese  
1 1/4 cups lemon curd  
2 cups chilled whipping cream or heavy cream  
2/3 cups powdered sugar

Preheat oven to 350. Grease and line two 9 in. cake pans with parchment paper.  
Whisk together dry ingredients.  
Cream butter and sugar. Then add eggs one at a time. Add lemon zest.  
Alternate adding dry ingredients with buttermilk, Limoncello, and lemon juice.  
Bake cakes 20-25 minutes. Cool in pans.

### **For Frosting:**

Cream mascarpone cheese and lemon curd. Slowly add powdered sugar and mix until smooth.  
Whip chilled whipping cream or heavy cream until nearly stiff, about 5 minutes. Fold into mascarpone mixture. Frost top of one layer. Top with second layer and frost sides and top.  
Store cake in refrigerator.

**Note: You could instead bake in sheet pan and reduce amount of frosting needed.**

## **Spinach and Ricotta Stuffed Shells**

### **For Filling, Beat Together:**

1 package of frozen chopped spinach, thawed and excess liquid squeezed out  
10 oz. ricotta or cottage cheese  
1/4 c. grated Parmesan or Pecorino  
1 egg, beaten  
1 garlic clove, minced  
1 tsp of Italian blend seasoning (or basil or oregano)  
1 tsp. salt  
Ground pepper to taste, about 1/4 tsp.

Prepare 12 ounces giant pasta shells, cooked according to package directions. Arrange drained shells in large (9x13) greased casserole. Stuff filling into shells. Cover generously in marinara or favorite sauce.

Bake 30 minutes in 350 pre-heated oven. Serve with more parmesan sprinkled on top if desired.