



### STEAK PIZZIOLA

- 1 1/2 - 2 lbs. thinly sliced round steak (or breakfast steaks)
- 3 eggs, beaten
- 2 cups Italian bread crumbs
- 2 tablespoons olive oil
- 2 cups marinara sauce
- 1 cup mozzarella, shredded
- Salt and pepper

Season steaks with salt and pepper. Dip in eggs, then in bread crumbs. Brown on both sides in heated olive oil in large skillet. Will only need 3 or 4 minutes per side. When done, place on a serving dish, pour heated sauce over steaks and top with mozzarella cheese. Goes well with a side of rigatoni and a salad.



### ORANGE FENNEL SALAD

- 3 large navel oranges
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon salt
- A few twists coarsely ground black pepper
- 1 large fennel bulb (about one pound) trimmed and thinly sliced
- 1 small red onion, thinly sliced

Peel and slice oranges in rounds. Try to save some of the juice-about 2 tablespoons. Slice fennel bulb and layer on platter with orange slices, alternating. Scatter onion slices on top of oranges and fennel. Mix oranges, juice, oil, salt and pepper and drizzle over salad.

To make a more hearty salad, you can add 1/2 pound small cooked shrimp, 1/2 cup raisins and serve over baby spinach leaves.



### AMARETTO CAKE

- 1/2 cup sliced almonds
- 2 tablespoons butter
- 1 box butter cake mix (yellow)
- 4 eggs
- 1/2 cup Amaretto
- 1/2 cup water
- 1/2 cup vegetable oil

Brown almonds in butter in a small skillet. Drain. Scatter over the bottom of a greased and floured bundt pan. In a large mixing bowl, combine the cake mix, eggs, amaretto, water and oil. Beat for 2 minutes. Pour batter over nuts in pan. Bake in a preheated 325 degree oven for 45 minutes or until an inserted toothpick comes out clean. While cake bakes, combine the following glaze ingredients in a saucepan and boil for 3 minutes: 1 cup sugar, 1/4 lb. margarine, 1/2 cup water, 1/4 cup amaretto. When cake is done and cooled for 5 minutes, drizzle the glaze over the top. Let stand for 2 hours. Remove and invert cake from pan onto serving dish.

# ALWAYS ON SUNDAY

## RECIPES FROM AN ITALIAN CHILDHOOD

by Sandy Trozzo

**M**arcia Pugliese Russotto has many wonderful memories of growing up in Sharpsburg in the 1950s and 1960s.

Zippering up and down the sidewalks on roller skates that fit over her shoes. Loafing on Main Street. Neighbors with unusual nicknames. And big Italian family dinners with lots and lots of food.

Mrs. Russotto has parlayed those memories into two self-published books. The first, "Always on Sunday: Memories of an Italian Childhood" is in its third printing by Xulon Press, and has sold approximately 2,500 copies in the last year. A subsequent cookbook, "Always on Sunday: Recipes from an Italian Childhood," was published this year and is also selling well.

"Always on Sunday" is especially popular in the North Hills because so many North Hills residents have ties to the small borough.

"No matter where I am, if the book's subject comes up, people will say they know someone from Sharpsburg," she said. "There is a large contingent of Sharpsburg people in the North Hills. We have infiltrated it pretty well."

Mrs. Russotto was born in 1951 in Sharpsburg to Frank and Mary Jane Cerchiaro Pugliese. Until she was 10, the family lived in a second-floor apartment above her paternal grandparents. Her family, like many others in Sharpsburg, originally came from the village of San Pietro in Calabria in southern Italy.

The book grew from an article Mrs. Russotto wrote five years ago for *Primo Magazine*, which had asked readers to submit stories of their Italian heritage. She wrote about the name game, how we always hated our names and we got to choose a new name at Confirmation."

"When it was published, I thought, 'Wow, I have so much more to say and write about.'"

Chapters include memories of her grandmother's kitchen, Italian-style holidays

and why Italians never went to the doctor, which includes all sorts of homemade remedies for whatever ailed you. The title stemmed from an old joke that makes its rounds on the Internet: You know you're Italian if your family has pasta three times a week "and always on Sunday."

The Pugliese/Cerchiaro family recipes for various cakes, soups, pasta, bread and cookies are included in the back of the book, she said, mainly for her two daughters. "All our family recipes are in one place."

"This is a very unusual book because it is part memoir, part cookbook," said Mrs. Russotto. "Really, they're getting a 2-for-1. A lot of people are interested in the Italian recipes."

The cookbook includes some new recipes from her family, but others from her friends and a cookbook published in 1951 by the Christian Mothers and Guild at Madonna of Jerusalem Church in Sharpsburg.

"We did not have all the recipes written down – as you know, Italian people don't do that – so I had to fashion and build recipes from scratch for all the foods that we make," she said. "I am such a foodie, always was and always will be."

It took her six months to do the cookbook and she had it published through Minuteman Press.

"Some people were very excited and couldn't wait to look and compare with their family recipes," she said. "And then you had the non-Italians saying 'I always wanted to make this,' ... Hopefully, it turns out to their expectations."

Both books are available at local book and Hallmark stores. Mrs. Russotto also manned a booth at Sharpsburg's Guyasuta Days Festival the last two years.

"People were coming up to me and saying, 'Why didn't you write about this?' and 'We wanted to read more about our little town,'" she said.

Jackie Lugara, president of the Sharpsburg Guyasuta Committee Inc., said "Always on Sunday" has created quite a stir in the town.

"It brought a lot of memories back. Even though she was writing about her family, it brought back our family, our friends, our relatives, all the stores we used to have in the town," she said.

Mrs. Russotto is soliciting Sharpsburg stories for her next book. Although only four people responded to an ad placed in a local newspaper, the respondents were in their 80s or older, and had interesting stories to tell, she said.

"When I really get my head together and my act together, I am going to start on book number 2," she said. "I'm still pretty amazed at what's unfolding. It doesn't seem to be at a standstill or an end yet, which makes me happy."

Mrs. Russotto, a substitute nurse in the Hampton School District, said books like hers are needed during these complicated times.

"Right now, we need this more than ever. We need to be able to go back to our childhood, to our safe time, to our family-centered lives," she said. "I hope the book will bring that sense of family and community back. When I think about my childhood, this sounds corny, but I have such warm and fuzzy feelings."

