

Kitchen Nostalgia Cookbook



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Pineapple Jam

Ingredients

2 lbs. (1 kg) crushed
pineapple,
1½ lbs. (750 g) sugar,
Nutmeg,
Cinnamon

Instructions

1. Mix sugar and pineapple.
2. Add spices.
3. Boil over slow heat until all of the liquid is absorbed, only a little syrup should be left with the jam to keep it moist.
4. Ladle into hot, sterilized jars. Seal airtight immediately.



Pancakes Without Eggs

Serves: 8 pancakes

Ingredients

1 cup all-purpose flour,
1 tsp sugar,
a pinch of salt,
½ tsp cinnamon,
1½ tsp baking powder,
1 cup milk (dairy or non-dairy),
1 Tbs vegetable oil,
2 Tbs butter (or vegan margarine) melted,
1 Tbs rum (optional),
1 tsp vanilla extract



Instructions

1. Combine dry ingredients in a mixing bowl. Add milk, oil, rum (alcohol prevents the dough from soaking too much fat), melted butter and vanilla. Whisk together until just combined. Do not over mix. Set aside for a few minutes to rest.
2. Heat a large skillet over medium-high heat. Lightly grease with oil. Pour ¼ cup of batter into the skillet for each pancake.
3. Cook until bubbles appear on the surface. Flip with a spatula, and cook until golden brown on the other side.

Pumpkin Smoothie

Serves: 2 servings

Ingredients

$\frac{3}{4}$ cup pumpkin puree,
1 ripe banana, mashed,
1 cup apple juice,
 $\frac{1}{2}$ cup fresh orange juice,
 $\frac{1}{2}$ cup fresh pineapple juice,
 $\frac{1}{4}$ teaspoon ground cinnamon,
 $\frac{1}{8}$ tsp ground ginger,
pinch ground nutmeg,
pinch ground cloves,
pinch all spice,
brown sugar to taste,
vegan whipped topping (or whipped cream, if you prefer)



Instructions

1. Combine all ingredients (except whipped topping and orange zest) in a blender, and process until smooth.
2. Garnish with whipped topping and orange zest. Serve immediately.

Creamy Butternut Squash Tortellini Soup

Serves: 4

Ingredients

2 cups roasted butternut squash cubes,
1 small onion, chopped,
2 Tbsp sunflower oil,
2 cups chicken broth,
2 cups milk,
1 tsp cornstarch,
1-2 tsp lemon juice,
¼ cup light cream,
2 Tbsp Parmesan cheese,
a pinch of nutmeg,
a pinch of ground chilli ,
powder (optional),
salt, pepper, to taste,
cheese stuffed tortellini



Instructions

1. In a small bowl, combine milk and cornstarch.
2. In a pot, saute onion in oil for 2-3 minutes. Add butternut squash and chicken broth and puree with hand held immersion blender (or use regular blender). Add milk/cornstarch mixture and cook until the soup thickens.
3. Add lemon juice, cream, Parmesan cheese and spice.
4. Season with salt and pepper to taste.
Serve with cheese stuffed tortellini. Garnish with chilli flakes (optional).

Pasta e Fagioli (Pasta and Beans)

Serves: 4

Ingredients

300 g (10 oz) cannellini ,
beans, soaked overnight
and drained,
200 g (7 oz) small pasta,
200 g (7 oz) tomatoes,
diced,
30 g (1 oz) butter,
grated parmesan cheese,
1 carrot, diced,
1 small onion, diced,
1 celery root, diced,
chopped parsley,
olive oil,
salt



Instructions

1. In a clay pot sauté onion, carrot, celery, parsley, butter and 2 Tbs oil.
2. Add tomatoes, drained beans, salt and enough water to cover vegetables and bring to boil. Reduce the heat, and simmer, covered, until the beans are tender.
3. Transfer about 2 cups beans and their liquid to a food processor and process to a thick puree. Stir the puree back into the beans.
4. Add pasta, cook, stirring constantly, until the pasta is tender.
5. Serve with parmesan cheese.

Pasta Puttanesca

Serves: 4

Ingredients

2 Tbsp olive oil,
½ cup minced onion,
3 cloves garlic, chopped,
¾ cup pitted olives, roughly
chopped,
2 Tbsp capers,
½ teaspoon red pepper
flakes,
1 (28-ounce) can crushed
tomatoes,
⅓ cup chopped parsley,
1 teaspoon dried oregano,
¼ cup chopped fresh parsley,
salt and black pepper to taste



Instructions

1. Heat the oil in a large skillet over a medium flame. Add the onions and saute until soft.
2. Add garlic, olives, capers, red pepper flakes and oregano to the skillet, and saute for 2 minutes more.
3. Add the tomatoes and parsley and simmer until sauce is thicken slightly. Season with salt and pepper.
4. Serve with pasta (like spaghetti) and grated Parmesan cheese.

Pasta Arrabiata

Serves: 4

Ingredients

14 oz (400 g) fresh penne pasta,
6 tbsp olive oil,
2 garlic cloves, chopped,
1lb 5oz (600g) canned chopped tomato,
2 medium hot chillies, finely sliced (or ¼ teaspoon dried chilli flakes)
1 Tbsp basil, chopped,
salt, to taste,
grated Parmesan cheese



Instructions

1. Cook penne according to package directions. Drain.
2. In the meantime, place olive oil into a moderately hot pan. Add the garlic, stir and fry for a few seconds.
3. Add the chopped tomatoes and chili and stir to combine. Let it cook for 10-12 minutes.
4. Add the basil and season with salt and pepper.
5. Add pasta to tomato mixture. Toss to combine. Serve with the grated Parmesan cheese.

Ricotta Gnocchi

Serves: 4

Ingredients

8 oz (225 g)
ricotta cheese,
7 oz (200 g) flour,
1 large egg,
1 oz (30 g)
grated
parmesan
cheese,
a pinch of
grated nutmeg,
salt, ground
black pepper



Instructions

1. In a large bowl, mix all the ingredients together to form a soft, moist dough.
2. Transfer the mixture out onto a floured surface and knead for 3 minutes. Roll the dough into a thin sausage shape, then cut into gnocchi about 1 inch (2cm) long.
3. Cook the ricotta gnocchi in a large saucepan of salted boiling water for 4-7 minutes or until the gnocchi rise to the surface. Remove the gnocchi from the pan with a slotted spoon.

Chicken Marsala

Serves: 2-3

Ingredients

¾ pounds boneless skinless chicken breast halves – pounded ¼ inch thick,
½ cup all-purpose flour,
½ tsp paprika,
¼ tsp dried oregano,
½ dried thyme,
1 tablespoons oil,
2 tablespoons butter,
½ cup chopped onion,
½ pound cremini mushrooms, sliced,
1 tablespoons minced garlic,
1 tablespoon prepared mustard,
½ cup dry Marsala wine,
¼ cup red wine (optional, just for color),
2 Tbsp cooking cream (optional),
1 tablespoons chopped fresh parsley,
Salt and freshly ground black pepper



Instructions

1. In a plate, combine flour, paprika, oregano and thyme. Season chicken pieces with salt and pepper and coat them in flour mixture.
2. Heat oil in a large skillet. Add butter and cook the chicken breasts until golden, about 3-4 minutes per side. Transfer the chicken to a plate and set aside.
3. In the same skillet, saute onion until tender. Add mushrooms and cook until tender. Add wine and simmer for about 4 minutes.
4. Stir in mustard and cream. Return the chicken to the skillet. Simmer until the chicken is cooked through and the sauce thickens slightly.
5. Stir in chopped parsley and serve over cooked pasta.

Easy Baked Chicken Breast

Serves: 4

Ingredients

4 chicken breasts
(boneless and skinless),
1 teaspoon creole
seasoning,
1 tablespoon butter,
salt and pepper



Instructions

1. Put butter in an baking pan, add chicken breasts, season with salt and pepper.
2. Top chicken breasts with creole seasoning on both sides.
3. Bake for 30 minutes in a 350°F oven or until chicken is cooked through.

Pomegranate Chicken

Serves: 2

Ingredients

2 chicken breast halves,
cubed,
1 Tbsp oil,
¼ tsp turmeric,
½ cup sliced onion,
¾ cups walnuts, ground,
2 cups chicken broth,
½ pomegranate, seeded,
2 Tbsp cup fresh lemon juice,
2 Tbsp cup sugar, or to taste,
salt, ground black pepper



Instructions

1. In a pan, heat oil and brown chicken cubes. Remove from pan.
2. Add onions, walnuts and turmeric onions to the same pan and cook until light brown.
3. Add chicken broth, bring to boil, simmer on low for 10 minutes or until onion becomes soft. Add chicken and simmer for another 5 minutes.
4. Add pomegranate, lemon juice and sugar and cook for 5 more minutes.
5. Season with salt and black pepper. Serve with rice.

Amish Macaroni Salad

Ingredients

2 cups uncooked elbow macaroni,
1 small onion, chopped,
3 stalks celery, chopped,
3 hard-cooked eggs, chopped,
1 small red bell pepper, seeded and chopped,
1 small carrot, shredded,
2 tablespoons dill pickle relish,
2 cups creamy salad dressing,
2¼ teaspoons white vinegar,
white sugar to taste (about 1/3 – ¾ cup),
3 tablespoons prepared yellow mustard,
¼ teaspoon salt,
¾ teaspoon celery seed



Instructions

1. Cook macaroni in a pot of lightly salted water until tender, about 8 to 10 minutes. Rinse under cold water, drain and cool.
2. In a large bowl, stir together macaroni, onion, celery, eggs, red pepper, carrot and relish.
3. In a small bowl, stir together the salad dressing, vinegar, sugar, mustard, salt and celery seed. Pour the dressing over the salad and stir until well blended. Cover and chill in the refrigerator for at least 1 hour before serving.

Brodetto (Brudet)

Brudet is a simple Croatian fish stew, very popular in Dalmatia as well as in other coastal regions like Istra and Croatian islands.

Serves: 4

Ingredients

1 kg (2 lb) mixed fish and seafood (clams, shrimps, lobsters, squid, calamari etc),
2-3 onions, chopped,
½ cup olive oil,
2-3 tomatoes, peeled and chopped,
1 Tbsp tomato paste,
3-4 garlic cloves, minced,
½ – 1 cup wine vinegar,
1 bay leaf,
rosemary (optional),
parsley,
2 cups red wine,
1 tsp black pepper,
salt,
½ cup Prosek (sweet dessert wine),
2 lemon slices,



Instructions

1. Clean and wash the fish and seafood. Small fish can remain whole, while large fish should be cut into large cutlets.
2. Sauté onion in olive oil until soft. Add tomatoes, tomato paste and garlic. Place fish on top of broth.
3. Add vinegar, salt, pepper, bay leaf, rosemary and parsley.
4. Add so much wine that fish is covered (for milder taste you can use ½ wine and ½ water).
5. Simmer gently over low heat for 1-2 hours. Do NOT cover nor stir; just shake skillet occasionally.
6. Add Prosek and lemon slices. Season to your liking.
7. Serve with polenta. Brudet is even better eaten the next day.

Flour Fried Calamari

Serves: 12

Ingredients

2 pound of Calamari,
2 cups flour

Instructions

1. Clean calamari and cut into rings .
2. Heat oil to 375 degrees.
3. Toss calamari with flour, shake off excess.
4. Fry for 3 or 4 minutes or until golden brown. Remove and drain on paper towels.
5. Serve immediately with lemon wedges, garlic mayo, and marinara sauce.



Raspberry White Wine Spritzer

Serves: 1

Ingredients

4 Tbsp raspberry syrup,
1 cup white wine*,
1 cup seltzer

Instructions

Combine raspberry syrup, white wine and seltzer. Pour into serving glass.

Notes

*You can use more or less wine, depending on your taste.



Mulled Cranberry Juice

Serves: 8

Ingredients

2 pints (1 liter) cranberry juice,
3 oz (120g) dried cranberries
(optional),
6 oz (150g) honey,
1 orange, zested,
½ teaspoon vanilla extract,
7 whole cloves,
1 cinnamon sticks,
¼ teaspoon ground,
cinnamon



Instructions

1. In a medium saucepan, combine all ingredients. Cook for 10 minutes until hot and steamy.
2. Remove from heat and discard cloves and cinnamon sticks. Serve in warm mugs.

Caramel Honey Milk Drink

Serves: 1 cup

Ingredients

1 cup milk,
1 Tbsp sugar,
1-2 tsp honey,
cinnamon

Instructions

1. In a small saucepan, heat sugar on moderately high heat until it melts.
2. Add milk (be careful because the mixture will bubble up ferociously), stirring until sugar dissolves completely. Add honey and cinnamon and serve immediately.



Raw Persimmon Pudding

Serves: 2

Ingredients

2 soft persimmons,
1 ripe banana,
½ tsp rum (optional),
½ tsp vanilla essence,
2 Tbsp raw cane sugar (or
honey or other sweetener),
2 Tbsp whipped topping or
whipped cream (optional)



Instructions

1. Peel and slice persimmons. Put them in blender together with all other ingredients and blend until smooth.
2. Serve immediately with whipped topping.

Banana Chocolate Mousse

Serves: 2

Ingredients

1 cup mashed banana
(about 3 medium
bananas),
1 cup whipped cream,
1 Tbsp powdered sugar,
¼ tsp vanilla essence (or
extract),
2 teaspoons powdered
gelatin,
about 1 Tbsp cocoa (or to
your taste)

Instructions

1. Mix mashed bananas with whipped cream, powdered sugar and vanilla essence.
2. Combine gelatin with 1 tablespoon water. Let stand for about 10 minutes. Heat until gelatin dissolves and immediately fold into banana mixture. In two dessert glasses, portion half of the banana mixture.
3. Add cocoa to another half of the mixture and spoon on top. Chill the glasses in the refrigerator for 4 hours before serving. Refrigerate for 4 hours before serving.



Banana Cream Caramel Pie

Serves: 12

Ingredients

CRUST:

2 cups (0.5 lb, 250 g)
all-purpose flour,
¼ cup (1.7 oz, 50 g) sugar,
½ cup (1 stick, 4 oz, 125 g)
butter

FILLING:

½ cup + 2 Tablespoons (4
oz, 125 g) sugar,
2 cups (0.5 lb, 250 g)
whipping cream,
3 large bananas,
4 Tablespoons lemon juice

TOPPING:

1¼ cups (10 oz, 300 g)
whipped cream



Instructions

CRUST: Mix flour, sugar and butter until they are just blended together (add just a little bit of water or milk, if necessary). Refrigerate for 30 minutes. Roll the dough out to fit your pie plate. Place crust in the pie plate and press it evenly into the bottom and sides of the plate. Prick it all over with a fork. Bake for about 20 minutes in 350 F (180 C) preheated oven. Cool completely.

FILLING: In a saucepan, melt sugar until lightly caramelized. Add cream and cook, stirring, until caramel melts and mixture thickens. Remove from heat and let cool to room temperature.

TO ASSEMBLE: Split bananas lengthwise and dip them in lemon juice (this will prevent bananas from turning brown). Place banana slices on the cooled pie crust. Top with caramel cream mixture. Refrigerate until filling thickens. Top with whipped cream and serve.

Peach Crumb Bars

Serves: 16

Ingredients

DOUGH:

400 g (3¼ cup) flour,
1 egg,
2 tsp baking powder,
200 g (7 oz) butter,
100 g (1/2 cup) sugar,
about 1 Tbsp milk,
a pinch of lemon zest

FILLING:

around 1 kg (2 lb) peaches,
pitted and cubed (no need
to peel peaches),
a pinch of cinnamon,
a pinch of lemon zest,
sugar, to taste



Instructions

DOUGH: Combine all ingredients for the dough until they are just blended together. Wrap in foil and chill the dough for about 2 hours in refrigerator.

FILLING: In a large bowl, combine cubed peaches with cinnamon, lemon zest and sugar.

ASSEMBLE: Divide the dough in half. Place one half of the dough into the bottom of the pie plate. Top with peach filling. Take the other half of the dough and grate it on top of the filling (use a grater with large holes, like the one for grating apples). Bake for about 40 minutes at 190 (375 F) or until the crust is golden.

Cream Cheese Swirl Brownies

Serves: 20 brownies

Ingredients

CHOCOLATE BROWNIES:

113 g (1/2 cup, about 8 Tbsp) butter, melted,

1 cup sugar,

1 tsp apple cider vinegar,

1 tsp vanilla extract,

1/4 cup cocoa powder,

a pinch of salt,

2 eggs,

3/4 cup all purpose flour

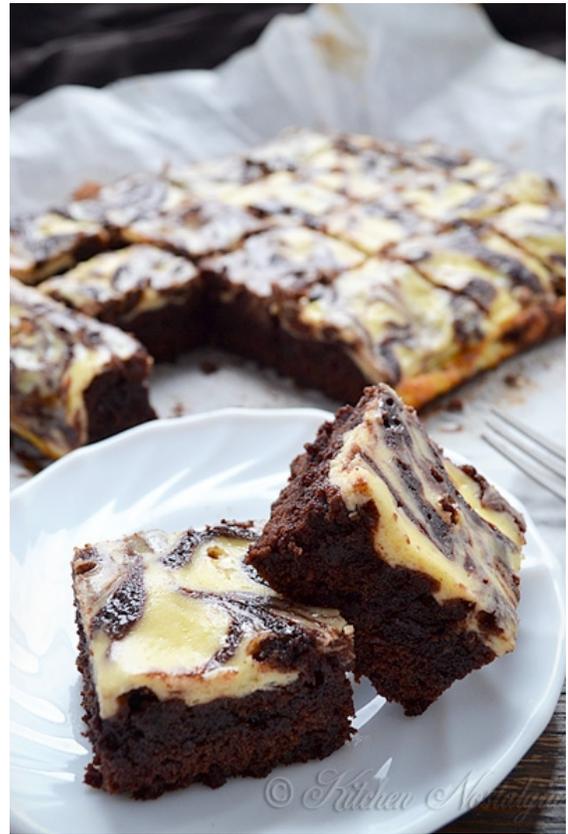
CHEESECAKE TOPPING:

125g cream cheese, room temperature,

1/4 cup sugar,

1 egg,

1/2 tsp vanilla extract



Instructions

Preheat the oven to 180 C (350 F). Butter and line a 20 x 20 cm (8 x 8 inch) pan.

BROWNIE LAYER: In a large bowl, combine melted butter with sugar, vinegar, vanilla extract and salt. Whisk in the eggs. Gently fold in the flour and cocoa. Pour the mixture into the prepared pan, reserving 1/4 of a cup of this batter for the swirling effect.

CHEESECAKE TOPPING:

In a small bowl, mix cream cheese, sugar, egg and vanilla. Spread this mixture over the top of the brownie batter. Randomly drop teaspoons of the reserved brownie batter on top of the cream cheese layer. Using the tip of a knife, swirl through the white layer to create a swirl effect.

Place in the preheated oven for 30-40 minutes. Allow brownies to cool completely before cutting.

Old Fashioned Sugar Cookie

Ingredients

2 eggs, well beaten,
2 cups granulated sugar,
1 cup butter,
2 tablespoons milk,
1 teaspoon vanilla extract,
3 cups flour,
2 teaspoons baking powder,
½ teaspoon salt,
½ ts nutmeg (optional)



Instructions

1. In a large bowl, mix the butter, sugar, egg and vanilla extract.
2. Stir in the rest of the ingredients and mix well. Chill 1 – 2 hours so it will be easy to handle.
3. Roll the dough out on a floured surface until it is ⅛ to ¼ inch thick. Cut with cookie cutters. Place the cookies 1 inch apart on a lightly greased cookie sheet.
4. Bake 7 to 8 minutes at 375 degrees F (190 degrees C), or until edges are lightly browned. Remove to racks immediately to cool.

Apple Carrot Cinnamon Muffins

Serves: 12 muffins

Ingredients

1¾ cups all-purpose flour,
⅛ tsp baking powder,
1 tsp baking soda,
¾ cup each granulated sugar and packed brown sugar,
¾ tsp. salt,
½ tsp. cinnamon,
¼ tsp. nutmeg,
¼ tsp cloves,
1 cup grated apples,
1 cup grated carrots,
½ cup oil,
½ - 1 cup milk,
2 eggs



Instructions

1. Sift dry ingredients together.
2. Mix dry ingredients with the oil, milk, apples and carrots, stirring until well combined.
3. Add eggs, one at a time, blending thoroughly.
4. Bake in well greased muffin pan in 350 degree oven for about 20 minutes or until an inserted knife comes out clean.

Lemon Magic Cake Cupcakes

These cupcakes are magic because with just one cake batter, they come out of the oven with three distinct layers: dense layer on bottom, custard-like layer in the middle, and a fluffy cake layer on top.

Serves: 12 cupcakes

Ingredients

4 eggs, separated, at room temperature,
1 Tbsp water,
½ cup + 2 Tablespoons (5.3 oz, 150 g) sugar,
1 stick (125 g) butter, melted,
¾ cup (4 oz, 115 g) flour,
1½ cups (420 ml) milk, lukewarm
1 tsp vanilla extract,
2 lemons, juice (about ½ cup) and zest



Instructions

1. In a bowl, mix egg whites with 1 tsp lemon juice until stiff.
2. In another bowl, beat the egg yolks with water, sugar and vanilla until light. Add melted butter and beat for another minute. Add the flour and mix it in.
3. Then add the lukewarm milk (if it is not lukewarm, the butter will harden), lemon juice and zest and beat until well incorporated.
4. Using a spatula, gently fold in beaten egg whites.
5. Pour the batter in paper-lined cupcake pan (standard size pan for 12 cupcakes), filling right to rim. Bake in preheated 325 F oven for about 30 minutes or until the top is golden.
6. Cool for at least 3 hours before serving. Serve sprinkled with powdered sugar.

Basic Banana Cake

Ingredients

½ cup softened butter,
1¼ cup sugar,
2 eggs,
1 tsp vanilla,
2 Tbsp rum,
½ tsp cinnamon
(optional),
¼ tsp nutmeg (optional),
¼ cup sour cream,
2 large overripe,
bananas, mashed,
1½ cup flour,
1 tsp baking soda,
¼ tsp salt



Instructions

1. Preheat oven to 175 C (350 F).
2. Grease 9-inch loaf pan; dust with flour.
3. Beat butter, sugar, eggs, vanilla, rum and cinnamon. Add sour cream and beat well.
4. Add bananas and dry ingredients. Mix just until blended.
5. Bake for 45-50 minutes, or until lightly browned and a toothpick inserted in the center comes out clean. Do not overbake.
6. Cool in pan on wire rack for 10 minutes, then turn out onto rack and cool completely. Sprinkle with confectioners sugar, if desired.

Hazelnut Bundt Cake

Serves: 16

Ingredients

7 Tbsp (100 g) butter or margarine,
1 cup (60 g) hazelnuts, roasted and ground,
1½ cup flour,
2 tsp baking powder,
3 eggs,
1 cup sugar,
2 tsp vanilla extract,
1 cup sour cream

Instructions

1. Melt butter and let cool to room temperature.
2. Combine hazelnuts, flour and baking powder.
3. Mix eggs and sugar, add vanilla extract, melted butter and sour cream.
4. Whisk in flour mixture (do not overmix).
5. Pour into greased and floured bundt pan (3 lb).
6. Bake in preheated oven for 30-60 minutes, or until toothpick inserted in cake comes out clean.



Walnut Cream Cake

Ingredients

4 eggs,
300 g (10 oz) sugar,
200 g (7 oz) flour,
1 tsp baking powder,
100 g (3.5 oz) walnuts,
ground,
10 Tbsp water
FILLING:
½ l (2 cups) milk,
3 Tbsp flour,
150 g (5 oz) butter,
1 tsp vanilla extract,
150 g (5 oz)
powdered sugar
AND:
100 ml (4 fl oz; ½ cup)
water,
3 Tbs rum (for
sprinkling over cake
layers)



Instructions

1. Beat egg whites until stiff peaks form.
2. Combine flour and baking powder.
3. Mix sugar and egg yolks. Add water, one tablespoon at a time. Beat until foamy. Fold in beaten egg whites. Stir in walnuts.
4. Pour batter into a greased and flour-dusted pan. Bake for 40 min. at 175 C. When cool, divide the cake into three uniform layers with a serrated knife.
5. FILLING: Scald ¼ l (1 cup) milk. Combine remaining ¼ l (1 cup) milk with flour and add the mixture to scalded milk. Cook for 10 minutes. Let cool. Mix butter, vanilla and sugar until fluffy. Add to milk mixture.
6. ASSEMBLE: Mix 100 ml (4 fl oz; ½ cup) water with 3 Tbs rum. Sprinkle each layer of cake with ⅓ rum mixture, spread with the filling. Frost cake top and sides with remaining filling. Sprinkle with ground walnuts.