

RECIPE

ITALIAN WEDDING SOUP

2 heads escarole, rinsed clean and chopped
1 pound lean ground beef
4 eggs
1 cup Panko breadcrumbs
2 Tbsp dried basil
1 tsp dried parsley flakes
1 tsp onion powder
1½ cups grated Parmesan cheese,
plus additional cheese for sprinkling
8 cups chicken broth
½ cup finely chopped carrots

In a large pot of boiling salted water, cook the escarole until it wilts, about 10-15 minutes. Drain the cooked greens in a colander. Allow the escarole to cool.

Squeeze out all excess liquid through a strainer.

In a large bowl, combine the ground beef, 1 egg, breadcrumbs, basil, parsley flakes, onion powder and ½ cup of the grated Parmesan cheese. Using your hands, mix well.

Form small meatballs, no more than ¾ inch in diameter.

In a separate stockpot over medium-high heat, bring the chicken broth to a boil. Add the chopped carrots. Reduce to a simmer. Drop the small meatballs into the broth. When the meatballs rise to the top, they are cooked. At that time, add the escarole to the broth.

In a separate bowl, combine the remaining 3 eggs with the remaining cup of Parmesan cheese. Mix well. Pour this mixture into the soup, stirring constantly. Simmer for 10 minutes. Serve in heated soup bowls, along with additional grated Parmesan cheese. Serves 8

Recipe from *The Providence and Rhode Island Cookbook: Big Recipes from the Smallest State* by Linda Beaulieu (Globe Pequot, 2005)

RECIPE

KIDZ SUMMERTIME SLAW

By Johanna Lockhart

1 ½ cups shredded carrots, rinsed
¼ cup dried cranberries
¼ cup dried apricots, diced
¼ cup Rhode Island's Dave's Sassy Slaw* dressing

In a medium sized mixing bowl, combine all ingredients; gently toss until the dressing is incorporated into the fruit and carrot mixture. Chill for 20 minutes. Serve. 4 kidz sized servings.

*Product information: davesoriginal.com

RECIPE

FRENCH DOUGHNUTS

5 Tbsp butter
½ cup sugar
1 egg, beaten
1 ½ cups all-purpose flour
1 tsp salt
1 tsp nutmeg
½ cup milk

Coating:
6 Tbsp butter, melted
¾ cup sugar
2 tsp cinnamon



Preheat oven to 350 degrees. Grease muffin cups. In a bowl, cream the 5 tablespoons of butter and the ½ cup sugar. Add the beaten egg. Mix well. Combine the flour, salt and nutmeg. Add milk to the butter-sugar mixture alternately with the dry ingredients. Fill greased muffin cups half full. Bake for 20-25 minutes.

Remove the pan from the oven. While still hot, roll the doughnuts in the melted butter and then in the combined mixture of ¾ cup sugar and 2 tsp cinnamon. Makes 12 doughnuts

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