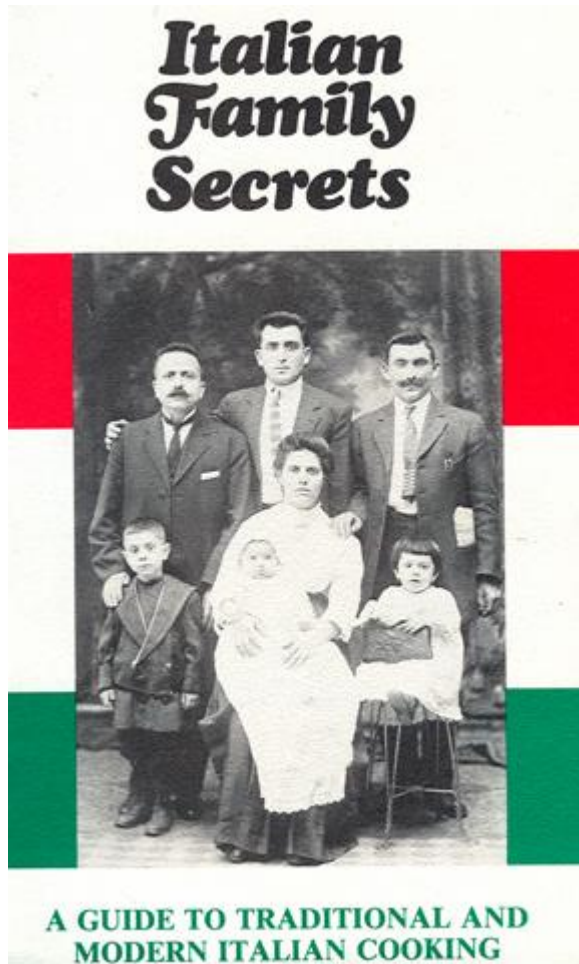


**Italian-American Association of Louisville Cookbook
- \$15 plus \$2.50 shipping/handling**

**Send payment to Italian American Association
c/o Bernardo J. Carducci
210 East High Street
Jeffersonville, IN 47130**



FORWARD

The passing of time has enabled the compiling of this cookbook. Some of these recipes could well have had their beginnings in earliest Roman times and prepared today as they were then. And yet, many have, through changing tastes and experimentation, evolved into new forms and traditions.

These Family secrets reflect the history and culture of the Italian people through the ages, and with that, the memories of our families.

This second edition of the Italian American Association of Louisville cookbook is in response to the continued interest in our original cookbook; and the encouragement of our Italian American families and friends in their willingness to share with us their Italian cooking secrets.

We therefore dedicate this labor of love to all; whenever there is a gathering of family and friends for the enjoyment of Italian cooking.

BUON APPETITO!

ITALIAN FAMILY SECRETS

A CULINARY GUIDE TO TRADITIONAL
AND MODERN ITALIAN COOKING!



FROM THE FAMILIES AND FRIENDS OF
THE ITALIAN-AMERICAN ASSOCIATION OF LOUISVILLE

© 1980 ITALIAN-AMERICAN ASSOCIATION OF LOUISVILLE

Table of Contents

ANTIPASTO (Appetizers)	page 5
ZUPPE (Soups)	page 8
INSALATE (Salads)	page 14
LEGUMI: (Vegetables)	page 18
CARNE (Meat)	page 32
CARNE DI MARE (Seafood)	page 48
POLLI (Poultry)	page 56
PASTA, RISO & POLENTA (Macaroni, Rice & Corn Meal)	page 66
SALSE (Sauces)	page 80
PANE (Bread)	page 87
DOLCI (Desserts)	page 91
UNA FESTA (The Festival)	page 110