



A RECIPE BY JEAN WEBER

## Cassata Makes 12

### ingredients

### directions

### Filling

- 1 1/2 lb. Chuck meat
- add to meat: 1/2 cup ketchup;  
1/4 cup lemon juice; 2 tblp  
allspice; 1/2 Tbsp cumin
- 4 Tbsp rice
- 2 large white onions (or 3-4  
small)
- 2 cups water
- salt & pepper to taste (1tsp ea)
- Brown onions in oil and 1/2 cup  
of water. Large flame until water  
is absorbed; then brown onions
- Add meat, rice, salt and pepper  
and water, stir slightly mixing  
onion and then cover for about  
20 minutes or until water is  
absorbed and rice is done.
- Cool meat for one hour in  
another dish, drain fat with paper  
towel.

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# Cassata Makes 12

continued

## Dough

### ingredients

- 2 1/2 cups flour
- 1 tsp salt
- 1/3 cup oil
- 3/4 cup cold water

Makes 8 bottoms and 8 covers

### directions

- Roll out bottoms
- Put 3 Tbsp meat
- make 5 big folds
- put on cover - match insides
- Pinch outsides
- stick with folk (docking dough)
- oil dish - 1/3 cup oil -
- put in Cassata and oil cover (top)

Bake 350° - 400° for 20 minutes

# Cassata Recipe

From the kitchen of...

Jean Weber



## Cassatas

- makes 12

Add  $\frac{1}{2}$  cup Ketchup,  $\frac{1}{4}$  cup lemon juice, 2 tbs allspice,  $\frac{1}{2}$  can tomato paste,  $\frac{1}{2}$  tsp cumin  
to meat  $\frac{1}{2}$  lb <sup>on chopped meat!</sup> beef chuck 4 cloves garlic  
4 tablespoons rice  
2 large white onions (3-4 small onions)  
2 cups water  
salt + pepper to taste (1 tsp each)

1. Brown onions in oil +  $\frac{1}{2}$  cup water - large flame until water is absorbed, then brown onions

2 Add meat, rice, salt + pepper + water - stir slightly mixing onions + then cover for about 20 minutes or until water is absorbed + rice is done



# Cassata Recipe

Cool meat for one hour  
(put in another dish)  
Drain off fat with paper toweling

$2\frac{1}{2}$  cups flour

1 teaspoon salt

$\frac{1}{3}$  cup oil

$\frac{3}{4}$  cup cold water

\* Knead dough

Make 8 bottoms + 8 covers

Roll out bottoms

Put 3 tablespoons meat

Make 5 big folds

Put on cover - match inside

Seal outside

Stick with fork

oil dish -  $\frac{1}{3}$  cup - Put cassata in  
on cover. Bake  $350-400^{\circ}$  for  
20 minutes