

believed to be lucky to make a wish, as it was sure to be granted. Mashed potatoes were frequently mixed with flour, butter, and sugar and cooked on a griddle for potato cakes.

When Manx immigrated to America in the nineteenth century, they adapted to what was locally available, although the recipes passed down through families still feature barley, oats, herring, and potatoes, prepared relatively simply. A favorite bread, which survives in many variations in Manx American families, is *bonnag*.

Christmas *Bonnag* (Candied fruit bread)

2½ cups white flour
1 cup sugar
1 teaspoon baking soda
1 teaspoon cream of tartar
½ tablespoon cinnamon
2 tablespoons butter
8 ounces candied fruit (fruit cake mix)
¼ teaspoon vanilla
1 cup buttermilk

Preheat oven to 350°F. Mix the dry ingredients well together in a bowl and cut in the butter with a pastry blender until it is the size of oatmeal. Mix in candied fruit. Add vanilla to buttermilk, then mix quickly for 1 scant minute. Place in a 9-inch cake pan. Bake about 35 minutes, or until a toothpick inserted in the center comes out dry.

Betty J. Belanus

(See "Isle of Man," Betty J. Belanus, *EAF*, pp. 309–11.)



Israel (Western Asia), Israeli American Food

The food culture of Israel reflects the multicultural makeup of its population, which includes European, northern African, and western Asian descent. While there seems to be an emerging Israeli cuisine mixing Middle Eastern, Mediterranean, and European food traditions, it is difficult to identify foods that are uniquely Israeli. This also applies to Israeli foods available in the United States, and Israelis frequently distinguish themselves from the American Jewish community. Israeli American food, then, is not the same

as Jewish food in the United States. An example is zucchini caviar. The dish was invented during the austerity period in Israel (1949–1959) when meat was scarce and people were looking for substitutes for the Eastern European chopped liver. Originally people prepared it from eggplants but, in my opinion, it tastes better when made of zucchini. The dish is often used as an appetizer, a sandwich spread, or a salad in a potluck dinner.

Zucchini Caviar

2 pounds zucchini, cut into thin circles
4 large white onions
4 hard-boiled eggs
½ pound of walnuts/pecans
Breadcrumbs or wheat to your liking
Olive oil
Salt and pepper

In a hot pan, stir fry the zucchini in olive oil. When the pieces are slightly brown add 1–2 teaspoons of either breadcrumbs or wheat to get a bit of crunchy taste, and salt and pepper to your liking. Repeat the process until all the zucchini is fried.

Stir fry 4 chopped onions until translucent. Put the fried zucchini, onions, eggs, and nuts in a food processor. Add salt, pepper, and olive oil if necessary. Chill in the refrigerator.

Liora Gvion

(See "Israel," Liora Gvion, *EAF*, pp. 311–13.)



Italy (Southern Europe), Italian American Food

Most Italians in the United States came from southern Italy, so Italian American cookery is based on those regional styles. Although it exploits the greater access to pasta and fresh meat and fish afforded by their improved economic station in the United States, Italian American home cookery remained remarkably rooted in Old World aesthetics and traditions.

Spaghetti with anchovies is a quintessential southern Italian dish that represents *cucina povera*—cookery of the poor—but all classes enjoy it. Since it involves no animal products, it fits the old Roman Catholic rules prohibiting animal products on fast days—namely, Fridays throughout the year,

Lent, and Christmas Eve—when it is a required element of the celebration in many families. The version below originated in the region of Campania, but it includes walnuts. Note that the “condiment” is cooked only briefly, while the spaghetti is boiling.

Known throughout Italy, chicken with potatoes and peas was a festive dish for poor southern Italians. It continued this role among Italian Americans, appearing as a second course after a first course of pasta as part of the Sunday afternoon family meal. Though not typically found in restaurants around the country, a version has become a standard in Chicago’s Italian restaurants under the name Chicken Vesuvio.

Spaghetti alle alici e noci (Spaghetti with anchovies and walnuts)

Serves four.

14 ounces (400 grams) spaghetti (medium to thick)

Salt (for the cooking water of the pasta)

Garlic, sliced (one medium to large clove; too much will then mask the other flavors)

Black pepper, coarsely ground (or whole peppercorns, crushed) (optional)

One small dried red pepper (*peperoncino*) or a small piece of a large dried red pepper, crumbled (or dried red pepper flakes) (optional)

Handful of walnuts, crushed, but not too finely

4–5 salted or oil-packed anchovies, cleaned and rinsed

One or two good-sized sprigs of flat-leaf parsley, minced

Olive oil (extra virgin), some for cooking, some for finishing

Set a large pot with ample water to boil; add salt to the water but adjust to compensate for the saltiness of the anchovies. While water is coming to a boil, prepare other ingredients: a) slice the garlic thin; b) if using whole black peppercorns and dried red pepper, crush them together with mortar and pestle; c) crush walnuts; d) rinse anchovies and remove any hard bits of bone or salt, then pat them dry with a paper towel; e) mince parsley.

When water for the pasta comes to a boil, set a large pan or a Dutch oven (sufficiently large to hold the cooked spaghetti) over a medium-low flame and add enough olive oil just to cover the bottom of the pan. Add spaghetti to cooking pot. Plan on draining the spaghetti at a very “al dente” stage (i.e., a minute or so before the package’s recommended cooking time for al dente).

Add garlic to a Dutch oven and fry gently in oil. Just before it darkens, add crushed black and red pepper, crushed walnuts, anchovies, and half of the parsley. With a wooden spoon, mix the ingredients and help anchovies

to break down. If the mixture is cooking too quickly, adjust the flame to low. The anchovies should break down almost completely.

When spaghetti is still very al dente, add a splash or two of cooking water to the pan with the condiment and reserve a further cup of the cooking water. Drain the spaghetti and add them to the pan with the condiment.

Mix spaghetti and condiment and remaining parsley together in the pan and allow them to cook together for a minute or so, adding a little of the pasta cooking water as required to keep the dish moist. When the pasta is still al dente, turn off the flame. Add a drizzle of extra virgin olive oil if desired.

Serve spaghetti in a large bowl. Note: grated cheese is never added to this dish.

Pollo al forno con patate e piselli (Chicken with potatoes and peas)

Serves four.

4 bone-in, skin-on chicken thighs (other cuts can be used)

4–6 medium-sized potatoes (preferably Yukon Gold)

1 small clove garlic

1 sprig fresh rosemary

1 sprig of fresh oregano (or 1–2 pinches of dried oregano)

Juice of one large lemon (ca. ½ cup)

1 cup fresh or frozen peas, thawed

Salt

Pepper

Olive oil (extra virgin)

Preheat oven to 400°F. Prepare ingredients: a) wash and pat dry chicken pieces; b) mince the garlic clove; c) strip sprigs of rosemary and oregano and mince leaves; d) cut potatoes into small chunks roughly 1 to 1½ inches along the three dimensions.

Spread about 3 tablespoons olive oil around bottom of the baking dish. Place chicken pieces in the baking dish skin-side down and season them with salt, black pepper, and a little of the minced garlic and herbs. Flip chicken pieces over and place potato chunks around them. (If not peeled, place chunks skin-side down in the baking dish.) Squeeze lemon juice over chicken pieces and potato chunks, then drizzle olive oil over both. Season with salt and pepper and the remaining minced garlic and herbs.

Place baking dish in oven. After 40 minutes, remove and add peas in the spaces around chicken pieces and potato chunks (which will have shrunk). Cook 20 minutes. When the potatoes are soft all the way through, the dish

is done. The chicken skin should be fairly dark brown and very crispy while the meat remains juicy. The potatoes should be partially browned on tops and edges and soft inside.

Serve with a simple mixed salad and Italian bread.

Anthony F. Buccini

(See "Italy," Anthony F. Buccini, *EAF*, pp. 314-23.)



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Jamaica (Americas-Caribbean), Jamaican American Food

If you are in Jamaica and find your way into any home for Sunday supper, it is almost a guarantee that rice and peas will be waiting for you on the dining room table. Because of its subtly sweet flavor and ability to quell spiciness, this maroon-speckled dish is the smooth yin to a spicy yang (such as jerk chicken). The traditional processes of grinding coconut meat with water, squeezing the pulp in cheesecloth to make the coconut milk, and preparing red peas from scratch are both labor and time intensive. Though there is less novelty, using canned coconut milk and peas are quick alternatives practiced in the United States as well as in Jamaica.

Jamaica's "Rice and Peas" has Caribbean relatives, such as Trinidad's Peas and Rice, Haiti's *Dira Ak Pwa*, and Cuba's *Moros y Cristianos*. In the United States, you can find rice and peas in most Jamaican restaurants and some Caribbean ones.

Jamaican Rice and Peas

- 1 cup cooked kidney beans
- 1 cup white rice
- 1 cup coconut milk
- 1 cup bean liquid (the liquid remaining from cooking dried beans or liquid from canned beans combined with enough water to fill a cup)
- 1 or 2 stalks green onion (scallion)