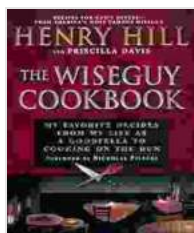


# My Favorite Recipes From My Life as a Goodfella to Cooking on the Run

Food has always been an integral part of my life, from my early days as a young man growing up in New York City's mean streets to my present-day existence as a successful chef and author. Along the way, I have had the privilege of experiencing a wide variety of cuisines and cooking styles, from the simple yet satisfying dishes of my childhood to the complex and refined creations of some of the world's most renowned chefs.

In this article, I will share with you some of my favorite recipes, each of which holds a special place in my heart and represents a particular chapter in my life story. These recipes range from classic Italian dishes to modern American fare, and they reflect my own evolution as a cook and as a person.

I grew up in a traditional Italian-American family, and our meals were always centered around simple, hearty dishes that were made with fresh, seasonal ingredients. My grandmother, Nonna Maria, was a master cook, and I learned the basics of Italian cuisine at her knee.



## The Wise Guy Cookbook: My Favorite Recipes From My Life as a Goodfella to Cooking on the Run by Henry Hill

★★★★☆ 4.7 out of 5

Language : English  
File size : 2546 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 356 pages



One of my favorite dishes from my childhood is her classic spaghetti and meatballs. This dish is the epitome of comfort food, and it brings back fond memories of family dinners around the table.

## **Spaghetti and Meatballs**

### **Ingredients:**

- 1 pound spaghetti
- 1 pound ground beef
- 1/2 pound ground pork
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup bread crumbs
- 1/2 cup grated Parmesan cheese
- 2 eggs, beaten
- 1 (28-ounce) can crushed tomatoes
- 1 (15-ounce) can tomato sauce
- 1 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Salt and pepper to taste

## **Instructions:**

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, combine the ground beef, ground pork, onion, garlic, bread crumbs, Parmesan cheese, and eggs. Mix well.
3. Roll the meat mixture into 1-inch meatballs. Place the meatballs in a single layer in a baking dish.
4. In a separate bowl, combine the crushed tomatoes, tomato sauce, oregano, basil, salt, and pepper. Pour the sauce over the meatballs.
5. Bake for 1 hour, or until the meatballs are cooked through.
6. Serve over spaghetti with additional grated Parmesan cheese.

In my early 20s, I became involved in the world of organized crime. During this time, I had the opportunity to experience some of the finer things in life, including fine dining at some of the best restaurants in New York City.

One of my favorite dishes from this period is veal parmigiana. This dish is a classic Italian-American dish that is made with breaded and fried veal cutlets that are topped with marinara sauce and melted mozzarella cheese.

## **Veal Parmigiana**

### **Ingredients:**

- 1 pound veal cutlets
- 1 cup flour
- 2 eggs, beaten

- 1 cup bread crumbs
- 1/2 cup grated Parmesan cheese
- 1 (28-ounce) can marinara sauce
- 1 pound mozzarella cheese, sliced
- Salt and pepper to taste

### **Instructions:**

1. Preheat oven to 350 degrees F (175 degrees C).
2. Season the veal cutlets with salt and pepper.
3. Dredge the cutlets in flour, then dip them in the eggs, and finally coat them in bread crumbs.
4. Heat a large skillet over medium heat and add enough olive oil to coat the bottom of the pan.
5. Fry the cutlets for 2-3 minutes per side, or until they are golden brown and cooked through.
6. Transfer the cutlets to a baking dish.
7. Top each cutlet with marinara sauce and mozzarella cheese.
8. Bake for 15-20 minutes, or until the cheese is melted and bubbly.
9. Serve with your favorite pasta.

After my arrest and imprisonment in 1992, I decided to turn my life around. I got sober, started working out, and began to cook again. In the years

since my release, I have dedicated my life to helping others who are struggling with addiction and crime.

One of my favorite things to do is to cook for people who are in need. I have cooked for homeless shelters, soup kitchens, and halfway houses. I have also taught cooking classes for ex-offenders and at-risk youth.

One of my favorite dishes to make is my signature chicken stir-fry. This dish is quick and easy to make, and it is always a crowd-pleaser.

## **Chicken Stir-Fry**

### **Ingredients:**

- 1 pound boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 tablespoon soy sauce
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 cup broccoli florets
- 1 cup snow peas
- 1/2 cup water chestnuts
- 1/4 cup chopped peanuts
- 1/4 cup sweet and sour sauce

- Salt and pepper to taste

## **Instructions:**

1. In a medium bowl, combine the chicken, soy sauce, and olive oil. Toss to coat.
2. Heat a large skillet over medium-high heat. Add the chicken and cook for 5-7 minutes, or until cooked through.
3. Add the onion, green bell pepper, red bell pepper, broccoli, snow peas, and water chestnuts to the skillet. Cook for 5-7 minutes, or until the vegetables are tender.
4. Stir in the peanuts and sweet and sour sauce. Cook until the sauce is heated through.
5. Serve over rice or noodles.

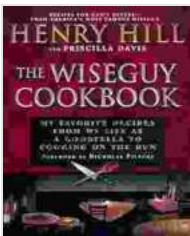
Food has been a constant companion throughout my life, and it has played a significant role in my journey from darkness to light. The recipes that I have shared with you in this article are just a few of the many that hold a special place in my heart.

I hope that you will enjoy these recipes and that they will bring you as much joy as they have brought me.

- 
- 
- 
-

■

A photo of the author cooking a meal in a kitchen. The author is smiling and wearing a chef's hat and apron. The kitchen is clean and well-equipped, with a variety of pots, pans, and utensils on the counter. The author is holding a wooden spoon and stirring a large pot of soup. The soup is bubbling and smells delicious.

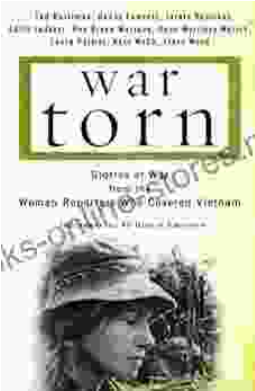


## The Wise Guy Cookbook: My Favorite Recipes From My Life as a Goodfella to Cooking on the Run by Henry Hill

★ ★ ★ ★ ☆ 4.7 out of 5

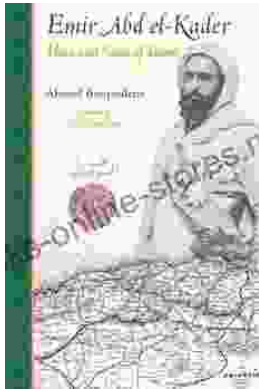
- Language : English
- File size : 2546 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 356 pages

**FREE** **DOWNLOAD E-BOOK** 



## Stories of War from the Women Reporters Who Covered Vietnam

The Vietnam War was one of the most significant events of the 20th century. It was a complex and controversial conflict that had a profound impact on both the United States...



## The Hero and Saint of Islam: A Perennial Philosophy

Ali ibn Abi Talib, the fourth caliph of Islam, is a figure of great significance in the Muslim world. He is revered as a hero and a saint, and his...