

Old Italian Recipe For Meat Pie Wins Tribune Contest



HER ITALIAN MEAT PIE WON THIS WEEK—Miss Florence Ferlita, 706 South Moody Ave., won the \$5 check in this week's recipe contest with her grandmother's old country pie. Called scaciata or pizza, the flat meat pie is rich with cheese, beef, tomatoes and special seasonings.—(Tribune Photo).

By BARBARA CLENDINEN
Tribune Food Editor

From the old, stonefloored kitchens of Italy came this week's \$5 winner in The Tribune's recipe contest.

It's a richly savory meat pie which the Italians call scaciata or pizza. If you call it by the first name, say scach-i-ah-ta. If you use the latter, toss it off like this: Pets-a.

Anyway you say it, it's the crustiest, most succulent pie you're apt to encounter in a counterful.

Miss Florence Ferlita, 706 South Moody Ave., learned the recipe from her grandmother who brought it from Italy. It's completely different from pizza prepared in Italian restaurants. A different dough is used and it is baked on a cookie sheet in a moderate oven.

Restaurant Style

If you've watched pizza being made in restaurants, you'll remember that the pizza chef tosses circles of specially made pastry into the air, catches them deftly, lards them liberally with cheese or meat sauce, then slides them into an oven dedicated only to the preparation of pizza. He uses a longhanded shovel for the job and the whole business is fairly spectacular.

Preparation of pizza by the Ferlita method isn't as exciting to watch but the results are sensational.

Picture the tender, rich dough of your best Parker House roll recipe, rolled out thin, topped with a sauce of beef, tomatoes, Spanish sausage, onions and garlic, sprinkled with cheese, then capped with another layer of the roll dough. Over that goes more sauce and the marvelous flavor of oregano, the Italians' favorite seasoning.

The scaciata is allowed to rise in a warm place for an hour, then goes into a moderate oven for another hour. At the end of that time, it's golden brown, crusty where it should be, tender inside and filled with the marvelous aroma of that meat sauce.

The amount prepared by Miss Ferlita's recipe will cut into 20 small squares or 15 large ones. The recipe can be halved but you may be sorry—scaciata is as good or better cold the second day. In fact, Miss Ferlita always takes it out of the oven at least 30 minutes before she serves it, to give the dough a chance to dry a bit.

The Spanish sausage, cherizo, mentioned in the recipe can be obtained at any Spanish grocery or meat mar-

ket. Oregano is stocked in West Tampa or Ybor City stores, too.

SCACIATO OR PIZZA

Recipe for Parker House rolls:

- 1 cup milk
- 5 tablespoons sugar
- 1 tablespoon salt
- 1 package compressed yeast
- 1 cup lukewarm water
- 6 cups sifted all purpose flour
- 6 tablespoons melted shortening

Scald milk, add sugar and salt. Let cool until lukewarm. Dissolve yeast in water, add to milk. Add half flour and beat well until smooth. Add melted, cooled shortening, beat, then add remainder of flour, mixing well. A little more flour might be needed to make a dough that will knead well. Knead several minutes, then place dough in greased bowl, cover and let rise in warm place 1½ hours. Use as directed below.

MEAT SAUCE:

- 3 pounds ground beef
- 2 onions chopped fine
- 4 cloves garlic chopped fine
- 1 large green pepper
- 1 chorizo (Spanish sausage) chopped
- ½ cup catsup
- 4 tablespoons Worcestershire sauce
- 1 teaspoon oregano or thyme
- salt and pepper to taste
- 1 large can tomatoes
- 4 tablespoons olive oil

Pour oil into iron skillet and allow to heat; add chopped onions, garlic, green peppers, chorizo and let cook until soft and slightly browned. Add ground beef, cover and let cook slowly until well browned, stirring occasionally. Add seasoning and oregano. Add tomatoes, cover and let simmer ½ hour. Allow to cool.

After dough has risen first hour and a half, knead, then cut into 20 parts. Roll one part out thin and place on cookie sheet which has been greased with olive oil. Spread the meat sauce over dough leaving half inch of dough uncovered around edge. Sprinkle with grated Italian cheese and oregano, then cover with second piece of dough, rolled thin. Press edge of top crust tightly over bottom crust. Spread more meat sauce over top and sprinkle with more oregano. Prepare second large cookie sheet with a similar arrangement. Let rise in warm place 1 hour, then bake at 325 degrees for 1 hour or until well browned. Makes 2 large cookie sheets of scaciata or pizza.

Let cool a little before serving. Serve with mixed vegetable salad.