

**GOT A STORY YOU WANT TO SEE?**

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# DELICIOUS DISH

RECIPES, FOOD NEWS AND CUISINE COMMENTARY

## Straight from

# CALABRIA

**New bakery near airport offers cookies, cakes with recipes from Italy**

**STAFF REPORTS**

**T**here are lots of Italian cookies sold in the Niagara region, but Rosa Strangio said she could never find any like those she makes in her new bakery.

Strangio has lived in the area for about 20 years, but there were certain flavors and treats she missed from her hometown of Calabria, Italy.

Now, those cookies and desserts are available in her new bakery, Calabria's, named after her home town and located near the Niagara Falls International Airport, at 10065 Niagara Falls Blvd.

"It's something we've always talked about doing," said Strangio about her new venture with her husband, Andrea, a bus driver for the Niagara-Wheatfield School District.

The urge to open a bakery has become stronger over the years for the mother of two, who explained that she was one of those people that, whenever she brought something she baked to a gathering, people would tell her she needed to open a bakery of her own.

She remembers taking an anniversary cake to a local Italian restaurant for a large family celebration and the staff came out of the kitchen to see the beautiful silver and black cake she'd had made, decorated with silver polka dots.

So dreams encouraged by friends and family came to life in March in a little cafe serving cakes, pastries and cookies.

Inside a colorful cookie case is a wide assortment of Italian cookies and pastries, including those she could not find in all the years she's lived in the states.

There are fried and sugared twig-like cookies called nocatole, traditionally served at Christmas, a gluten-free almond cookie made with almond flour; there is also rotolo, a golden sponge cake stuffed with a whipped cream/ricotta mixture. The bakery also offers store-made Italian ice cream called gelatto and espresso. The store also sells bread from the Portage Bakery in Canada.

"I wanted to give people a taste of what I know and what I grew up with," she said.



PHOTOS BY MICHELE DELUCA/STAFF

**TREATS ON A TRAY:** Rosa Strangio, co-owner of Calabria Pastries, holds a tray of some of the many Italian treats available at her new bakery.

**IF YOU GO**

- **WHAT:** Calabria Pastries
- **WHERE:** 10065 Niagara Falls Blvd., Niagara Falls
- **WHEN:** 9 a.m. to 6 p.m. Tuesday through Friday; and 8 a.m. to 5 p.m. Saturday
- **MORE INFORMATION:** Call 297-7248



**Crostatine di Nutella**

1 1/3 cup of flour  
3/4 cup of butter (room temperature)  
1/2 cup of sugar  
1 egg  
a pinch of salt  
2 1/2 teaspoons of baking powder  
1 jar of Nutella  
1 jar sprinkles to decorate (optional)

In a bowl mix the flour, salt, baking powder, egg and butter (cut in small pieces). Mix until you have a soft dough and then form into a ball and wrap in plastic wrap. Put in the fridge for at least an hour. Take the dough and start working with it in small pieces start rolling it out using as much flour as you need so it does not stick.

Using a cupcake pan determine what size circles you need to cut and cut the circles out put them in the cupcake liners and in the pan.

Scoop about a tablespoon of Nutella into the middle of the dough. Add sprinkles if you like. Pinch some of the remaining dough into little round balls, about a half-inch in circumference, to decorate the top of the cookies, also optional.

Bake in preheated oven at 350 for about 12 to 15 minutes. Let them cool for 10 minutes remove from pan.



## Sloppy Joes are always a hit with the kids, even gluten-free

**I**t's always encouraging to meet readers who tell me they like the simplicity of my recipes. If I ever worry about not being "foodie" enough — as witnessed by the lack of imported truffles or pink peppercorns in my recipes — I remember that most people just want real food they can make in a real kitchen and get on the table quickly.

This recipe is for one of the most un-foodie recipes: sloppy joes.

Sloppy joes were one of my go-to meals when my boys were growing up. It was quick, inexpensive and everyone loved them. The only problem was they were so darn sloppy.

I would cringe when the boys would pick up a sandwich and all that sloppiness would run

**SIMPLY GLUTEN FREE**



**CAROL Kicinski**



CONTRIBUTED PHOTO

**PRETTY NEAT:** These Sloppy Joes aren't so sloppy when encased in their own bread pocket.

down their little arms, onto the placemats and eventually the floor. They were thrilled — as was the dog.

So I decided to give this weeknight staple a makeover and make them not-so-sloppy. I encased my sloppy joe filling in gluten-free bread pockets. Since my boys and my hubby always liked their sloppy joes with cheese, I

put cheese into the dough.

The verdict? My hubby wolfed down two before I could snap a photo. And since he has the palate of an 8-year-old boy, I say that's a giant thumbs up for a quick, kid-friendly meal.

**Gluten-free not-so-sloppy joes**  
3 tablespoons olive oil (divided)  
1 cup finely chopped onions (1 small onion)

1 cup finely chopped green bell pepper (1/2 large pepper)  
2 garlic cloves, minced  
1 pound lean ground sirloin  
1 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
1 teaspoon chili powder  
1/2 teaspoon dry mustard powder  
2 tablespoons gluten-free Worcestershire sauce  
3/4 cup ketchup  
1 (7.5-ounce) package all-purpose, gluten-free bread mix  
1 cup grated cheddar cheese  
3 large eggs (divided)  
1 teaspoon sesame seeds

Preheat oven to 375 degrees. Line a baking sheet with parchment paper.

Heat 1 tablespoon olive oil in a large skillet over medium heat. Add onions and green pepper. Cook for 5 minutes, stirring occasionally until softened. Add garlic and cook for 30 seconds, stirring. Add ground sirloin and break it up with a spatula. Cook until meat is no longer pink, about 5 minutes. Add salt, pepper, chili powder, mustard powder and Worcestershire sauce. Stir well. Add ketchup and cook until heated through.

In a large mixing bowl, combine bread mix with cheese, 2 tablespoons olive oil, two eggs, and 1/4 cup water. Mix with a fork until combined. The mixture will be lumpy. Dump mixture onto clean work surface and knead until dough is smooth and no longer sticky. Cut into eight equal pieces and roll them into balls.

Place a piece of parchment paper on work surface. Flatten one of the balls, top with another piece of paper and roll into a 6-inch circle. Place about cup Sloppy Joe mixture onto half of the circle, leaving a 1/2 inch border. Fold the other half of dough over the filling, press edges together, sealing well. Place on baking sheet and repeat with remaining dough and filling.

Whisk remaining egg with 1 tablespoon of water. Brush tops of dough with mixture. Let dry for a minute, brush again and sprinkle with sesame seeds.

Bake 20 to 25 minutes or until crusts are golden brown.

Makes eight.

*Carol Kicinski is a gluten-free cook, magazine editor and blog writer. Find more of her recipes at www.simplygluten-free.com.*