SYLVIA RECTOR

Cuban tastes come north

Everyone's been waiting — and waiting — for word on the opening of Yvonne's Cuban Cuisine. I know a few Cuban restaurants, and the Vasquez family has finally set the date.

The casual, atmospheric dining space at 3101 Library St. downtown opens to the public Thursday, serving the family's Cuban sandwiches, and lunch's Cuban beans and rice, authentic Cuban paella, authentic Cuban mojito and much more.

I use the "authentic" with reservation; not because I'm an expert on Cuban cuisine but because I've met Maria Vasquez — head chef, mother of Yvonne Vasquez and source of all the restaurant's recipes.

Plus, I had one of her Cuban sandwiches.

SO MUCH TO DO: Because I wanted to learn more about the Cuban favorite that's showing up with increasing frequency on menus all over America. When it shows up on Fridays, I figure it's fair to say it's going mainstream, so I wanted to know the finer points of the real thing from someone who has made both for years.

Maria, 58, arrives with a shopping bag full of ingredients and begins unpacking them as the smaller of the two red trash cans inside the front door, where the family-operated roasting process are finished. Yvonne, 32, his son Chris, 28, and Flo, 30 and I gather near.

She unwraps dark, dense slices of toasted pan y tostado she had processed at home that morning. Some slices, a jar of pickles, separate bottles of mojito (mild yellow mustard, garlic-white balsamic) lay connecting two Long, slender loaves of bread from Mediterranean Bakery on Vance.

The classic Cuban sandwich includes ham, pork, extra cheese, dill pickles, mayonnaise and mustard on a thick, red loaf that's toasted on a sandwich press.

She picks up the bread. For the correct texture and crust, it should be made with water, not milk, she says. (If you want to try this at home and can't get bread from Mediterranean, a pan-Mediterranean French loaf would be an acceptable substitute.) She slices the two loaves lengthwise.

First she squirts mustard and layers on the bottom of the loaves and spreads them around to blend. She uses a moderate amount, enough to add richness and moisture. Then come very thin slices of ham laid down the length of the bread, about two or three slices deep — no more.

NOT A THE QUICK: Roasted pork, the secret to a great Cuban sandwich, Maria used pork tenderloin and marinated it in mojito sauce. Her signature Cuban blend of olive oil, garlic, citrus juice (she uses orange), cumin and other spices. "That is what gives it such great

Go CUBA, 6F

Lasagna Napoletana is made with pasta, bolognese sauce, meatballs, sweet sausage, hard-boiled eggs and two cheeses.

Salsa Bolognese is made with garlic, tomatoes, pork, beef and tomato paste. It's a frequent sauce for fresh pasta.

Tiramisu is assembled from whipped cream, coffee-soaked ladyfingers, whipped mascarpone cheese and cocoa powder.

A lesson in ITALIAN

THE FLAVORS OF SOUTHERN ITALY ARE THE SUBJECT AT A RELAXED HOTEL AND COOKING SCHOOL NEAR SORRENTO

Culinary vacations series

Part 2: Today. Fort Worth Magazine Elsa Ludwig helps a cooking class in the northern coast of Italy.

Part 3: Last week. Staff writer Patricia Kilday Hart shares a taste of New Orleans. Find her story and sample the recipes at www.Fmag.com.

Camilla Longo, the chef's witty mother in front of a fabulous 400-year-old olive tree made it this.

Mark Camillo

1965. A little boy stands into the kitchen to see how the dinner he has invested so much in is doing. In the room, however, had turned the stove off. Quietly, standing to make sure no one is around, he stands on a stool and turns the oven back on.

The red "on" light makes him smile. He wonders out of the room, before he returns a few minutes later, the light is off again. He turns it back on, hoping no one else would notice his baking.

To his mind he was bear his father's voice: "Boys don't make the kitchen. ... Cooking is for women."

When the little boy reached Lidia Bastianich, he takes his first official cut of her oven, the routine of his bedroom and closes the door. He sets his momentary truth.

Not bad for a 5-year-old.

Four decades later, the little boy is an adult who loves his work. He decides to take a cooking class in Italy. It unravels anything three days on Mount Camillo, a hotel and cooking school in romantic Sorrento, between Naples and the Amalfi Coast. Authentic Southern Italian cuisine. Flamenco fantastic lavender his mind — lovely scenery, private cooking, creative drumrolls.

And this time, his father — who now has not only mastered his kitchen, but cooked in it — is not a bothersome.

MARK CAMILLO STEWED two years ago. Next in Sorrento, in the quaint town of Sant'Agnello, about an acre of fertile

See ITALIAN, 5F

CHECK IT OUT

Pepsi jumps into the lime cola fad

Pepsi-Cola is the latest to jump on the lime cola bandwagon. Now Diet Pepsi Lime and Diet Pepsi Lime cellar are now showing up at some stores.

We haven't had the flavor to be tested, but Diet Pepsi is somewhat brighter than Diet Coke.

We were surprised not to find lime as an ingredient listed on the labels, but it could be considered under the "natural flavors" listing.

"The Soul is in the Food"

Robinson promotes a son frozen soul food line

Legendary Mavericks owner Mark Cuban helps something color for the northern coast of Italy.

Part 3: Last week, staff writer Patricia Kilday Hart shares a taste of New Orleans. Find her story and sample the recipes at www.Fmag.com.

Noodles & Company offers a Father's Day deal

Kids don't need to spend their return allowances taking out on a bite to eat on Father's Day, this Sunday. In honor of dad's day, kids who bring their dad into area Noodles & Company restaurants can get a free noodle for dad. The offer is good for lunch and dinner from 11 a.m. to 9 p.m. on Sunday. Friends at Angelo Lasagna and, for dessert, tiramisu, a lemon-custardy pie.

"When diners graduate" a second date with a cookbook.

"That would be tomorrow," the chef responds, smiling.

"Pizza Napoletana is right," Wade says, before adding a note in the Rose: "Pizza not can roast usually. We have the Texas and for 5 days and then 55 hours in the fridge. That's the secret."

This is honey, real, down-to-earth food — a handsome cooking experience.

The four students are a group different tasks while Bugle explains each dish and its preparation. There is time for questions, jokes and making memories.

Tonya was in love with Naples. "Italian cuisine is unpretentious and tasty," he adds. "I have studied all over the world, but, still, my favorite dish is spaghetti with garlic and olive oil."

MARK SMITH OF WINNSBORO is a chef at an early age. He grew up surrounded by the fresh and hearty flavors of his mother's cooking. Eight years ago, high school, at age 17, he moved from his native Leone to Chef's Academy in Fort Worth, where he enrolled in the Statewide Culinary Cooking School.

From food restaurants and hotel kitchens, Bugle moved the Alps and altered a passion for cooking in renowned hotels in cities like Brussels, Dusseldorf and London. "That's how I learned English: working in London, I learned English in the streets," he says. He also worked on cruise ships, and he's even restaurants and traveled around the world.

Thirty-four years ago, he married Claudia, a showman and beautiful young lady. "We went to school together," he proudly says. For many years, Bugle would travel, work abroad, then come back home for a while.

But he wasn't easy to be away for his family.

Claudia had been hearing large-scale dinner parties, and two years ago she came up with an idea. "Why don't you start a school here, right at home? That could be a hotel and a cooking school."

They had the land and the house. Bugle had the knowledge and experience. They had two great children, Agostino, then 18, Giuseppe, 17. Only, St. Louis, Missouri.

A four-course meal is included for every student. For the guests, it varies — less than $200 a person. Lunch and dinner are served. Italian and Japanese are among the regular visitors. "In general," the chef says, "people come here to relax, learn and have fun."

Salute Bugle!

Apollonia, Ciao! Thanks for choosing your language about class in the kitchen.

Contact 817-[illegible]/TUCSON, 17-[illegible] and/or cuisine@Fmgnews.com

INSIDE

RESTAURANTS 6F
Supper club is drawing a crowd each month.

HEART SMART™ 6F
Banishing beef from a diet isn't necessary.

Family photos in the main dining room of the Mount Camillo hotel and cooking school show the chef with his two boys, Agostino and Giuseppe; the chef at work, and his wife, Camilla, at the beach.

Student Daisy Ledesma, 33, helps chef Nicola Longo cut fresh basil to make tomato-fruit calamari. In the foreground is a cauliflower soufflé that was made earlier during the class.

ITALIAN | Chef is at home in school

From Page 1F

Meatrolls in Tomato Sauce (Braciole al Ragù)

Serves: 4 / Preparation time: 15 minutes / Total time: 1 hour

This dish can also be made by substituting thin slices of beef top round for the veal.

6 thin slices of veal, about 1 pound
Salt and black pepper to taste
2 cloves garlic, peeled, finely sliced
1 tablespoon fresh chopped parsley
¼ cup grated pecorino Romano cheese
¼ cup olive oil
2 tablespoons raisins

2 tablespoons olive oil
1 small yellow onion, peeled, chopped
1 cup white wine
1 can (28 ounces) crushed Italian tomatoes, crushed
2 cloves of fresh red cloves

Flatten the veal slices thin to an even thickness, or use veal cutlets.

Sprinkle the veal slices lightly with salt and black pepper to taste. Evenly distribute the garlic slices, parsley, grated cheese, pine nuts and raisins.

Starting at the short side, roll up the veal, enclosing the ingredients, and secure the rolls with wooden picks.

In a large skillet, heat the oil over medium-high heat for 1 minute or until hot. Add the braciole and sauté for 2 minutes.

Add the veal rolls and brown on all sides over medium-high heat. Add the wine and tomatoes and stir. Top with bouquet garni.

Reduce the heat to low, cover and cook for 30 minutes or until the meat is tender.

Remove the meat from the sauce and discard the bouquet garni.

Serve with the sauce on the side.

Tiramisù

Serves: 6 / Preparation time: 15 minutes / Total time: 1 hour

5 egg yolks
½ cup granulated sugar
1 pound mascarpone cheese, softened
Ladyfinger cookies
2 tablespoons cocoa powder

2 cups strong brewed cold coffee or espresso
¼ cup dark liqueur, such as Tia Maria or Kahlúa
2 tablespoons cocoa powder

Separate the egg yolks from the whites. Place the yolks in a medium bowl and beat with a mixer on medium speed until thick and pale yellow, about 3 minutes. Add the sugar and beat for 1 minute more.

Add the mascarpone cheese and beat on low speed until smooth and creamy.

In a separate bowl, beat the egg whites until stiff peaks form. Fold the whipped cream into the mascarpone mixture.

Pour the coffee and liqueur into a shallow bowl. Dip the ladyfingers in the coffee mixture and arrange them in a single layer in the bottom of a 9-by-13-inch baking dish. Spread half of the mascarpone mixture over the ladyfingers. Repeat with another layer of ladyfingers and the remaining mascarpone mixture.

Sift the cocoa powder over the top of the dessert.

Refrigerate at least 30 minutes before serving.

Bell Pepper Rails (Involtini di Peperoni)

Serves: 4 / Preparation time: 15 minutes / Total time: 30 minutes

1 large green bell pepper
1 large red bell pepper
1 ounce fresh mozzarella, sliced

1 to 2 tablespoons olive oil
½ cup bread crumbs
½ cup Parmesan cheese

Preheat the broiler. Place the peppers on a broiler pan and place under the broiler. Broil the peppers on all sides until the skins are charred.

Remove the peppers from the broiler and place them in a plastic bag. Seal the bag and allow peppers to cool.

Preheat the oven to 375 degrees.

When the peppers are cool, peel away the skin, cut the peppers in half and remove the seeds and core. Cut the peppers into ½-inch

Cauliflower Soufflé (Sufflé di Cavolo)

Serves: 4 / Preparation time: 15 minutes / Total time: 30 minutes

1 head cauliflower (about 1 pound), florets
2 tablespoons olive oil
1 small yellow onion, finely minced
Salt and finely ground black pepper to taste
½ cup grated Parmesan cheese

5 eggs
½ cup finely shredded fontina cheese
Pinch each ground nutmeg and cayenne pepper

Preheat the oven to 375 degrees.

Bring a large pot of salted water to a boil. Meanwhile, reduce the core and leaves from the cauliflower. Rinse the florets well and cut them into 1-inch pieces. Add the cauliflower to the boiling water and cook until it's very soft and tender, about 8 to 10 minutes. Drain and set it aside.

In a large skillet, heat the oil over high heat for 1 minute or until hot. Add the cauliflower and sauté for 3 minutes.

Add the sautéed onion and sauté until they are slightly brown. Remove from the heat and transfer them to a large bowl. Season with salt and pepper and let cool slightly.

Add the cooked cauliflower and mash with a potato masher or fork until smooth. Stir in the eggs, fontina, Parmesan, nutmeg and cayenne.

Butter a 2-quart soufflé dish and sprinkle with bread crumbs. Set the dish aside.

In a large bowl whisk the egg whites until they are stiff but not dry. Gently fold the egg whites into the cauliflower mixture.

Pour the cauliflower mixture into the soufflé dish and sprinkle the top with the remaining bread crumbs.

Bake 25 minutes, then remove the soufflé from the oven. Let it cool 10 minutes.

Invert the casserole onto a serving dish and slice.

Stuffed Eggplant Boats (Melanzane in Barchetta)

Serves: 4 / Preparation time: 20 minutes / Total time: 45 minutes

4 baby eggplant
4 tablespoons vegetable oil, divided
1 yellow onion, diced
2 cloves garlic, peeled, chopped
1 teaspoon fresh chopped parsley

Salt to taste
1 cup tomato purée (fresh basil)
½ cup capers, drained and rinsed well
½ cup kalamata olives, pitted
1 tablespoon fresh chopped parsley

Preheat the oven to 375 degrees.

Cut the eggplant in half, remove the pulp and chop into cubes.

In a large skillet, heat 3 tablespoons of the oil over high heat for 1 minute or until hot. Add the eggplant pulp and bread cubes, reduce heat to medium and sauté for about 5 minutes. Remove the mixture from the skillet and drain it well on paper towels. Set it aside.

Add the remaining 1 tablespoons of oil to the same skillet and heat over high heat until hot. Add the eggplant skins and fry for 2 minutes.

Add the tomatoes, salt and basil, cook 7 minutes, then remove the skins from the bowl.

Combine the eggplant pulp, tomato pulp and tomatoes with the capers, olives and parsley.

Arrange the eggplant skins on a baking sheet and brush with the remaining oil. Fill the skins with the eggplant mixture and bake 15 minutes or until the dish is heated through.

Remove the boats from the oven and serve.