

Learn how to cook Italian

I'd like to invite you to my Italian cooking class happening in Sept. If you've every wanted to learn how to cook true Italian Family Style meals, you have to take this class.



I've been cooking since I was very young, learning from my Grandmothers, Aunts & Uncles, and of course, my mother, Carol. My philosophy of cooking is simple; it should be memorable, fun and delicious.

Jump onto cetrain.isu.edu and sign up today. Take one class, multiple classes, or the entire series. I promise a fun and entertaining class, and you'll walk away with some delicious recipes to cook for yourself, friends and/or the entire family.

Nana's Kitchen
mangiare

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sauce with a story to tell ...



Boasting layers of flavor from varying generations and cultures, Brooklyn sauce might be the perfect finish for, well, almost anything. by Jenny Welsh for Flourish

Picture a Saturday morning in Brooklyn. One nana chops and sautés the onions. The wafting scent beckons a second nana, who comes along adding the meat to brown. Soon a third joins in and pours in the crushed tomatoes, garlic and rich herbs. A community is soon drawn together around this simmering pot. As diverse culinary cultures collide, sparks may fly from one nana to another, but before long they all “fagedaboutit,” and an American heritage is born. By the end of the day, they have created a layered sauce as rich as the cultures from which it stems.

My husband and I were recently invited into the home of Greg Grasso, whose face you may recognize from the Marshall Public Library. You may also recognize his voice from his monthly radio broadcast on KISU from right here in Pocatello at Idaho State University. On the show, which can be heard on the radio or by logging on to Marshall's website, Grasso interviews authors of his favorite genres. He has interviewed world renowned authors such as David Baldacci, Ridley Pearson, Nelson DeMille, Lisa Gardner, Vince Flynn, Tess Gerritsen and Jeffrey Deaver, to name a few.

My first insight into his love of cooking was his excitement with a Julia Child cookbook I had been checking out, and immediately I could tell he had his own story to tell. Kevin and I warmed quickly to Greg and his wife Karen as they graciously cooked for us while sharing the stories of their culinary history.

Greg comes from a Italian and Polish family in Ridgefield, Conn., an area with a similar melting-pot history to Brooklyn and other east-coast cities. He reminisced about large family gatherings, on weekends and holidays, where a dozen aunts and uncles asserted their cooking secrets in and around the family kitchen. His earliest memory is as a 5 or 6 year old, cooking alongside Nanas Grasso and Pankowsky, stirring the sauce and once in a while, sneaking pieces of fried eggplant or chicken cutlets when they weren't looking. While he no longer has to sneak his bites, he still honors his nanas' memory by cooking up this savory, flavorful Brooklyn sauce, which can only be described as richly layered. He also served us a delightful marinara sauce made with fresh tomatoes he crushed himself. When Greg sent us home with leftovers, I will sheepishly confess that I hid them strategically in the fridge to only be re-heated for myself.

Try cooking this Brooklyn sauce in your own kitchen — full of boasting layers of flavor from varying generations and cultures, Brooklyn sauce might be the perfect finish for, well, almost anything.