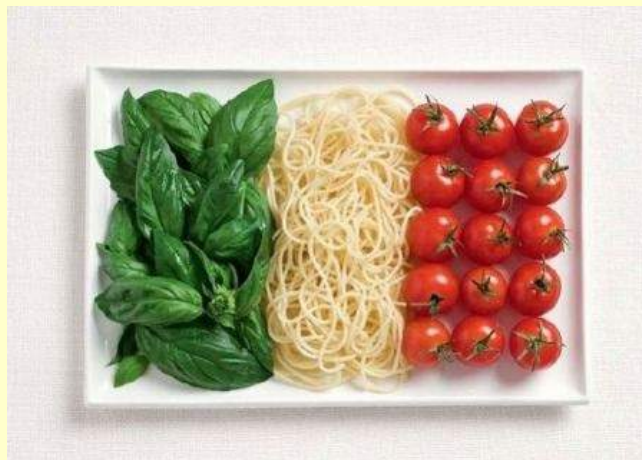


TRADITIONAL ITALIAN RECIPES



*COMENIUS PROJECT
"UNITED TASTES OF EUROPE"
201/2013*

*Istituto Comprensivo Statale di San Pietro Vernotico (BR)
ITALY
Classes 2D-2E-2F*

WINTER SEASON



CARTELLATE



INGREDIENTS

750 gr. flour
40 gr. olive oil
a pinch of salt
1 / 2 cup dry white wine
vincotto fig or grape or honey to taste

PREPARATION

Mix flour, oil and warm water, add salt and knead.

Roll out the dough and shape, cut with a special wheel larded, strips of 3 cm wide. Cut the strips to 20 cm in length, and fold it in half, "tweezers" with your fingers from time to time so as to form cavities, then roll it to form rosettes.

Allow to rest for about 4-5 hours to dry on a cloth.

In a saucepan heat the figs cooked wine or grape. Except in a frying pan folders, making them slightly brown, then drain them and pass them in vincotto or honey taking them with a slotted spoon.

BAVARESE



INGREDIENTS FOR 4 PEOPLE

6 egg yolks
finger biscuits
200 gr of sugar
rum
400 gr of grated dark chocolate
200 gr of butter
2 tablespoons of milk
icing sugar or cocoa

PREPARATION

Whisk the eggs yolks with sugar for 15 minutes then join the chocolate melted in a water bath with milk and butter and finally the white eggs whisk the eggs in snow.

The compost will be amalgamated and creamy.

Line a tin with a wet gauze. Wet the biscuits with rum, then line the tin with them. Put the chocolate cream and cover with other biscuits .

Put them in the fridge for two hours. Put down the gauze and sprinkle with icing sugar or cocoa.

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Class 2F Teacher: Mariano Alba Rosa

CHIACCHIERE



INGREDIENTS

- 500 g of flour
- 4 eggs
- 100 g of butter
- 100 g of sugar
- slice of lemon
- 1\2 glass of white wine
- 4 spoon of liquor
- little salt
- icing sugar
- oil to fry

PREPARATION

Put the flour ,the butter ,the sugar ,the four eggs , the liquor , some wine and a slice of lemon.

Blend all together, make a ball ,cover with a cloth ,leave for 30 minutes.

Make some stripes of 8 centimetres of length and cut them with a "wheel".

Fry the "chiacchiere" in the hot oil.

When they are cooked put them on paper and put sugar on it.

CUNFRITTI



INGREDIENTS

- 3 eggs
- 50g of butter
- 150 grams of sugar
- 500g of flour
- a glass of anise
- a packet of vanilla sugar
- grated rind of one lemon
- a pinch of salt
- a pinch of baking soda
- 250g of honey
- 150gr of incorrect citron and candied orange
- 100 grams of silver or colored sprinkles
- Oil for frying

PREPARATION

Take a fountain with the flour, in the middle put the three eggs, butter, 100g sugar, anise, vanilla sugar, lemon peel grated, a pinch of salt and bicarbonate.

Work the dough .

Form tubular pasta sticks and cut into small pieces that you will fry in hot oil and drain on absorbent paper.

Put in a large saucepan five tablespoons of sugar, add the honey and melt over low heat.

Add cunfritti and stir for five minutes, remove them from the pan and, still warm, arrange in a serving dish. Decorate with candied fruits and the sweets.

CIAMBELLA



INGREDIENTS

5 eggs
250 g butter
Ordinary milk
Juice of lemon
A packet of yeast
3 table spoon s cocoa powder
1 packet of vanillin

PREPARATION

Mix the eggs ,the sugar ,the butter, and the vanillin
mix the other ingredients
cook in the oven for 20 minutes
put the sugar on
eat hot!!!!

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PANETTONE



INGREDIENTS

650 g. flour
2 bags leavening
150 g. sugar
2 bags vanillin
1 lemon
5 yolks
200 g. butter
200 ml. milk
125 g. sultanas
70 g. candied orange

PREPARATION

Mix with the fork the sugar, the vanillin, the peel of the lemon, some salt, the yolks and the butter;

put the leavening in the milk;

pour the milk in the mixture;

work the mixture with your hands ;

put the sultanas and the candied orange;

put in the oven for 70 minutes;

after 15 minutes, cover the PANETTONE with the aluminium;

cook again...

PETTOLE



INGREDIENTS

1 Kg of flour type 00
enough warm water
salt to taste
1 Yeast
olive oil or sunflower oil

PREPARATION

Put into a large bowl the flour, salt and yeast, dissolved in warm water, mix thoroughly until the dough is smooth and homogeneous.

Into a large bowl put , the flour, salt and yeast, dissolved in warm water, mix thoroughly until the dough is smooth and homogeneous.

Cover the container with a cotton cloth, to allow the dough to rise.

The start frying the pettole.

Take a little of dough with a spoon and fry in hot oil until they are golden color.

Then rely the fried pettole on paper towels to remove excess oil.

To the mixture you can add traditional ingredients such as salt cod, boiled cauliflower, olives, anchovies, tomatoes and peppers. Eat the pettole hot.

You can dress them with the honey as well.

MOSTACCIOLI



INGREDIENTS

(For the pastry)

250g sugar;
1kg flour;
250g toasted almonds;
4 eggs;
6 cups of coffee;
200g oil;
a packet of yeast;
5g ammonia;
juice of orange;
cocoa powder (optional)

(For the frosting)

200g sugar;
100g water;
a tablespoon of cocoa;

PREPARATION

(For the biscuits)

mix the ingredients;
make a pastry;
cut the biscuits with the knife;
put the biscuits in a baking tin;
put in the oven for 15 minutes;
soak in the frosting;

(for the icing)

mix the icing; put in the pan; boil for 15 minutes ;

FAVENETTE



Ingredients

1kg of broad beans
1kg of chicory or chillies
an onion
1 or 2 potatoes
Water
Olive oil

Preparation

Leave the broad beans into the water for ten hours. Then wash them and cook for an hour with onions and potatoes.

Turn them with a wooden spoon. Season with olive oil and finally serve them with chicory or chillies.

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Orecchiette with turnip tops



INGREDIENTS

400 gr of orecchiette
800 gr of turnip tops
6 anchovy fillet
1 spicy pepper
2 garlic cloves
6 spoons of extra virgin olive oil

PREPARATION

Wash and clean the turnip tops
Boil them in salted water for 7/8 minutes
Drain the turnip tops but keep aside the cooked water to cook the " orecchiette" .
In a pan put garlic, pepper, oil and anchovies;
When garlic is cooked put the turnip tops .
Drain off the "orecchiette" and mix them with the turnip tops.

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SPRING SEASON



CICIRI E TRIA



INGREDIENTS

300 grams of chickpeas

1 onion

chilli

5 tablespoons of olive oil

salt

For pasta:

250 grams of flour

Water

PREPARATION

Soak the chickpeas the day before, then boil them in water and salt. Prepare a puff-pastry with flour and water. Roll it up on itself and cut stripes of about 4 mm. In width. Boil the pasta in salted water, drain it and add it to the chickpeas. Season with fried oil, chilli and sliced onion.

PAPARENE ' NFUCATE



INGREDIENTS

2 kilos of field poppies

chilli

50 grams of olive oil

Garlic

PREPARATION

Fry the garlic and chilli in olive oil and pour the poppies already boiled and filled with water.

Put on the fire and let them dry water. Now, the poppies are ready.

PATARNOSCI WITH MUSSELS AND BEANS



INGREDIENTS

1 kilo of patarnosci

2 kilos of mussels

300 grams of white beans

5-6 tomatoes

4 cloves of garlic

100 grams of olive oil

Parsley and pepper

PREPARATION

Wash and clean the mussels. Brown the garlic in oil, add the mussels and chopped tomatoes and boil for 10 minutes. Add the beans already cooked. Boil patarnosci and put them in the pan with the sauce, mussels and beans. Cook for a few minutes. At the end add parsley and pepper.

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TRIDDHRI WITH BACCALA' FISH



INGREDIENTS

100 grams of oil

1 kilo of dried cod

1 sliced onion

300 grams of tomatoes

Chilli

PREPARATION

Fry the onion in the oil, add the dried cod, chilli and a little water. Cook for a long time, after add the tomatoes cut into small pieces. Cook for other 15 minutes. Boil Triddrhi in salted water and add them to the sauce obtained.

FRESH BEANS, PEAS AND ARTICHOKE



INGREDIENTS

1 kilo of fresh broad beans

1 kilo of green peas

15 artichokes

1 onion

PREPARATION

Wither in a pot the onion with a little olive oil. Add artichokes and cleaned green peas, salt and chilli.

Cook the soup on low heat.

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PASTICCOTTO



INGREDIENTS

For pasta:

500 grams of flour
200 grams of sugar
6 egg yolks

For custard:

250 grams of flour
200 grams of sugar
2 egg yolks
A liter of milk

PREPARATION

Prepare the custard with flour, sugar and egg yolks. Add milk and thicken over the fire. Then, prepare a mixture with flour, egg yolks and sugar. With half of the mixture line a baking pan greased with butter.

Fill with the custard and cover with the other half of the mixture. Bake at 180° for an hour.

PASTIERA NAPOLETANA



INGREDIENTS:

2 whole eggs plus two yolks
1 teaspoon cinnamon
25 gr. water of orange flowers
350 gr. sheep cheese and cow
1 teaspoon of vanilla extract
1 lemon, grated
50 gr. candied oranges
350 gr. sugar
50 gr. candied citron
30 gr. of butter
200 gr. milk

INGREDIENTS FOR THE PASTRY (550 GR)

250 gr. flour
1 whole egg and one egg yolk
125 gr. of butter
a teaspoon of vanilla extract
100 gr. sugar

PREPARATION

First prepare the pastry then put it in the fridge for about 40 minutes, wrapped in plastic wrap.

Meanwhile, put in a pot the precooked wheat, milk, remaining butter and lemon zest and bring to a boil, until it has formed a smooth cream and rather dense.

Work the cheese in a bowl with the remaining sugar and stir in 3 eggs, one at a time, continuing to mix. Add the orange flower water and ground cinnamon. Soon as it is cooled, add the cream of wheat in this stuffing and mix well, adding the candied fruit.

Then roll out the pastry into a mold of about 30 cm. Spread the mixture on the disc of pastry and cover with the strips of dough.

Bake the cake in a preheated oven at 180 ° C for 50 minutes.

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CASATIELLO NAPOLETANO



INGREDIENTS

brewer's yeast
pepper
water
600 gr flour
120 gr. lard
2 teaspoons of sugar
100 gr. salami
100gr. bacon
100 gr. scamorza
40 gr. pecorino
40 gr. of grana padano
eggs

PREPARATION

Put the flour in a bowl and add yeast, pepper and lard.

Dissolve the salt in water and pour it into the mixing bowl and then the whole.

Move to knead on a work surface to obtain it smooth and homogeneous, put in a bowl greased with lard, cover and let rise for two hours and a half.

Sprinkle flour on the work surface, take the dough, knead a few seconds and then roll it out in a rectangle rather long. Put the grated cheese, bacon, provolone and salami, Roll the dough . Take the eggs and press them gently on the surface of the dough, placing them at an equal distance

Then roll the remaining dough and cut small strips of the thickness of half a centimeter and place a cross on each egg. Brush lightly with beaten egg and bake the surface of casatiello then cook at 200 degrees for about 45-50 minutes.

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EASTER SCARCELLE



INGREDIENTS

- 1kg of flour
- 2 Dl of extra virgin olive oil
- 400 gr sugar
- 4 eggs
- 1 Teaspoon of baking powder
- grated rind of one lemon
- a pinch of salt
- milk

for the decoration:

- 1 beaten egg
- boiled eggs
- colored aniseed candies

PREPARATION

Boil 6-7 eggs into the water and then let them cool. Meanwhile, mix the flour with the sugar, eggs, extra virgin olive oil, the peel. and if necessary, add milk and continue to mix until it reaches the right consistency. Make the dough, rest it for about 30 minutes. Roll out the dough with a rolling pin and stop when you reach about 1 cm thick. Make the desired shape. Put the scarcelle on a baking sheet with parchment paper, lay the eggs on each of them .

Beat the egg and put on the scarcelle, sprinkle colored aniseed candies and bake them at 180 ° C for about 25-30 minutes, until they are golden brown.

LAMB OF ALMOND PASTE



INGREDIENTS

- 600 gr. almonds
- 300 gr. sugar
- a teaspoon of vanilla extract
- a glass of amaretto liquor

For the filling:

- biscuits-type ladyfingers
- amaretti biscuits
- dark chocolate
- a jar of orange or quince marmalade
- a cup of coffee

PREPARATION

Boil the almonds in plenty of water and, once warm, take off the skins.

Using a robot, chop the almonds, add sugar, vanilla and half a glass of amaretto diluted with orange juice and water. Let the mixture stand for a few hours in the fridge.

Take one third of the dough and create the bust of the lambs, empty the top, insert the filling.

For the filling crumble the biscuits and the amaretti, the remaining amaretto liquor, orange marmalade, coffee diluted with water and chopped chocolate

With the remaining almond paste create the outline of the lamb. Put the dough in a kitchen syringe, creating curls around the lamb, covering the entire body.

Rest the lamb with almond paste for a couple of days.

(To make a lamb you can use a lamb-shaped aluminum and a lamb's sugar head).

LAMB WITH POTATOES



INGREDIENTS

- 2 tablespoons of extra virgin olive oil
- brine
- .a white onion
- 1kg and half of potatoes
- 1 kg and half leg or shoulder of lamb
- a sprig of rosemary
- cloves of garlic
- gavoi cheese

PREPARATION

Preheat the oven to 180 ° c. Grease a baking pan with two tablespoons of oil and scratch roughly the onion.

Wash and peel the potatoes and cut into wedges.

Clean the meat of lamb with paper kitchen, to remove any cuts bone fragments.

Wash the rosemary, select the leaves and chop with the crescent on a board. Put the lamb and potatoes, the garlic cloves and rosmannino in a pan . Stir well, then spread the ingredients with a pinch of brine and a large quantity of grated gavoi. Cook for about an hour, the exact time of cooking depends on the size of meat. at the end of cooking light the grill to make the meat and potatoes brown in surface.