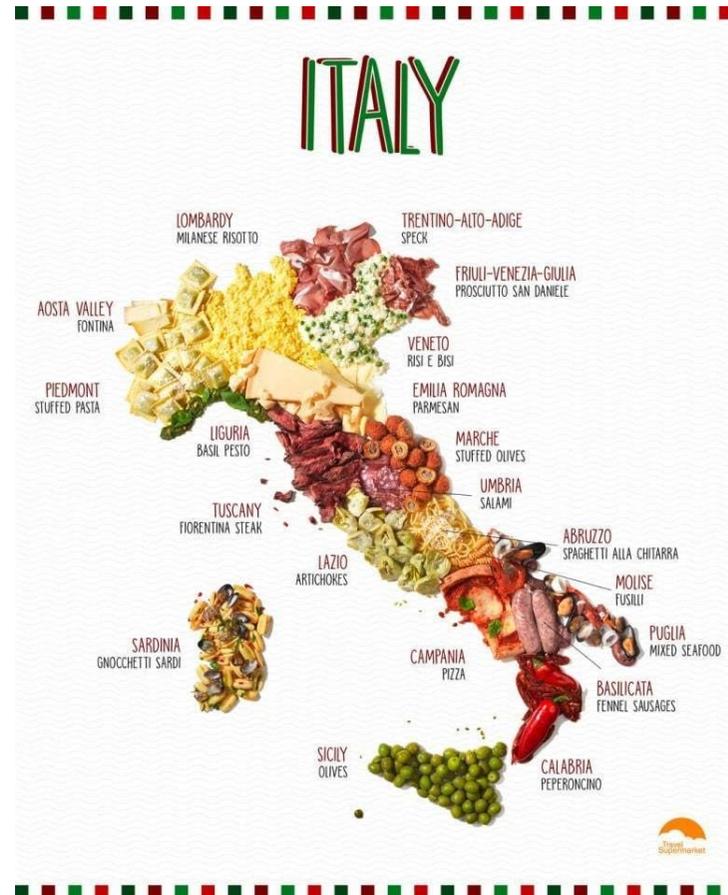
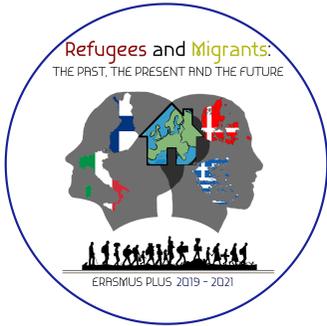


# ErasmusPlus “REFUGEES and MIGRANTS”

## TRADITIONAL RECIPES FROM ITALY



ITES VITALE GIORDANO

# TRADITIONAL RECIPES FROM ITALY

- **The Apulian focaccia**
- **Spaghetti with tomato sauce**
- **Broad beans and wild chicory**
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# Apulian focaccia

The focaccia is a very ancient preparation of a thin and baked bread dough in the oven, which answers to some practical needs: to have a piece of bread to use as a plate, as a container or as finger protection from juicy and hot foods. The name comes from the Latin focus, "cooked on the fire." Its origins seem to date back to the Phoenicians and the Carthaginians, but also in Rome it was well known (the "placenta" cited by Cato). The history of the Apulian Focaccia is millenary and linked to the great importance of the production of high quality wheat.



## **Ingredients**

g flour 00

400 g of semolina flour

500 g of water

1 stick of brewer's yeast

a tablespoon of salt

50 g extra virgin olive oil

## **Preparation**

Sift flour into a bowl, combine the yeast, water and salt then knead with your hands at least five minutes.

The dough should be very soft. Put it in greased round shape baking pan adapting it with your hands.

After cover the pan with a towel, let rise for two hours.

Bake at 200 ° C for about 30 minuti.

## Spaghetti with tomato sauce

Spaghetti with tomato sauce are a typical Italian dish, very easy and quick to prepare. For this reason, it is very common to find them on the tables of the Italian families at lunch time.



## Preparation

First, we need to cut in pieces the tomatoes and squeeze them to remove seeds and water in order to prepare a more consistent sauce.

Then we have to warm in a saucepan olive oil and two cloves of garlic, possibly mashed to give their flavor to the sauce.

Stir the sauce every 3 minutes.

Cook for 10 minutes without lid and then 15 with the lid.

Alter preparing the sauce, heat the water in a pot and when it boils add the salt and then put spaghetti in the boiling water.

Heat the sauce in a large pan with oil. When the oil begins to fry, turn off the heat and pour the previously drained spaghetti.

Stir-fry and serve immediately, adding a basil leaf to each dish and sprinkle over the “parmigiano” cheese

## Ingredients

400 g spaghetti

1 Kg ripe tomatoes

50 g extra virgin olive oil

1 bunch of fresh basil

2 cloves of garlic

salt

80 g “parmigiano” cheese



## **Broad beans and wild chicory**

This is a typical simple dish of Apulian cuisine, where the main ingredients are broad beans and wild chicory. This combination of vegetables gives life to a rustic and tasty dish remembering the ancient cuisine.



First of all, leave the broad beans in a container with water for 12 hours, then remove the water, wash and cook them with water and bay leaves.

Cover the pot with a lid and cook the broad beans with low heat for about 2 hours and remove the lather.

Meanwhile wash the chicory, let it dry off and remove the white root and ruined leaves; put the chicory in hot water with salt and let it cook.

After cooking, dry off and put them in a bowl.

When the broad beans will be supple and cooked, squash and blend them with a ladle making a purée, then add the salt.

In the end put the chicory on the side of a dish and the bread beans on the other side, add extra virgin olive oil and serve the dish with a slice of bread.

## **Ingredients**

400 gr. of broad beans

1 kg. of chicory

3 bay leaves

water

salt

50 g extra virgin olive oil.

# Insalata Caprese

Insalata Caprese is a fresh dish, that does not require cooking, it's consumed especially in the summer, when the quality and the taste of its ingredients reach the highest level. It's taste and its perfume make this dish famous (and imitated) all over the world.

It can be used as appetizer or as unique plate.

## Ingredients

600 g tomatoes

400 g mozzarella

a bunch of fresh basil

oregano

30 g extra virgin olive oil

salt and pepper.



## Preparation

Wash the tomatoes, remove the stem and cut them in slices. Drain the mozzarella and cut it in slices or dice. Wash the basil at the end of the preparation, drain it and remove the leaves from the stems. put the tomatoes and the mozzarella on a tray or on a plate and put on some pieces of basil Flavor the preparation with salt, pepper and also with some oregano, finally season it with extra virgin olive oil.



# Salt-crusted sea bream

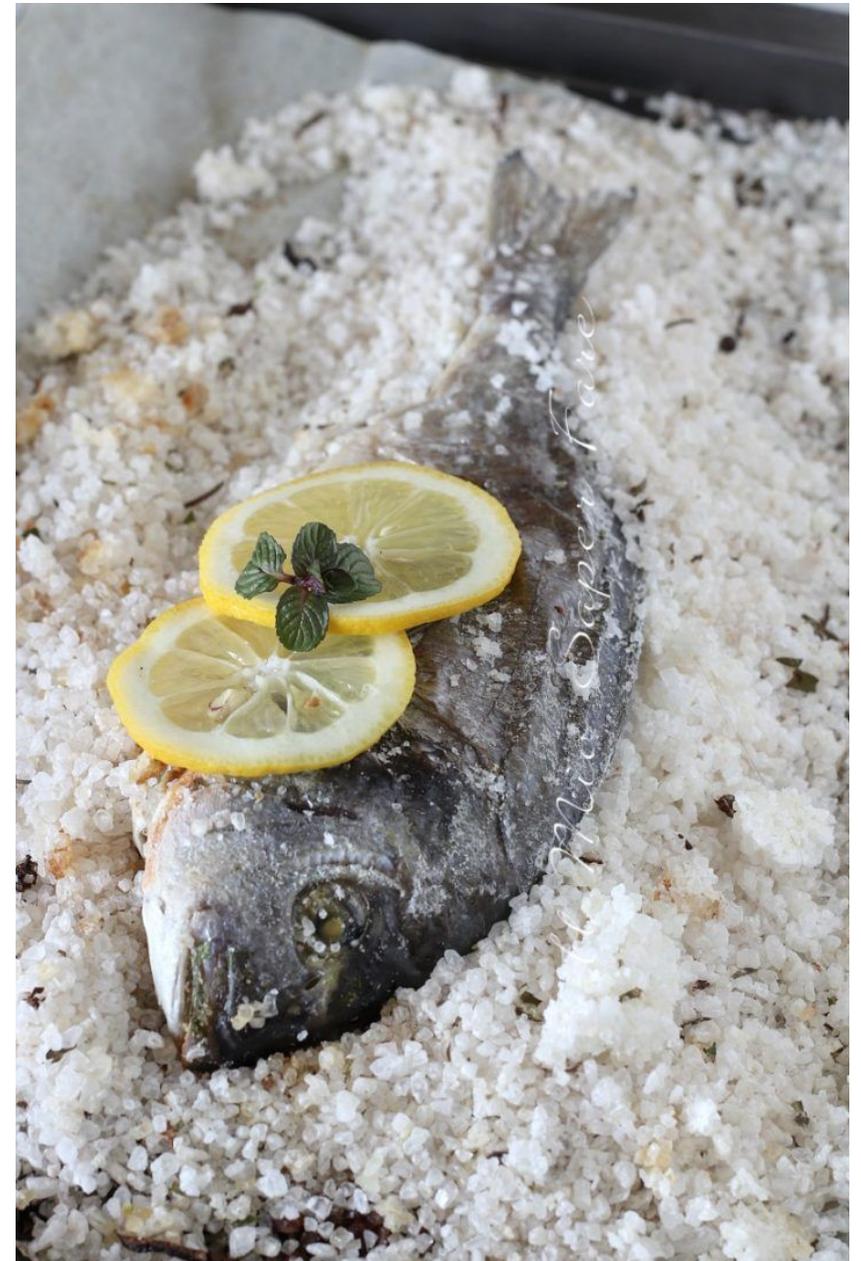
## Ingredients

1 kg sea bream

2 kg coarse salt

1 thyme sprig

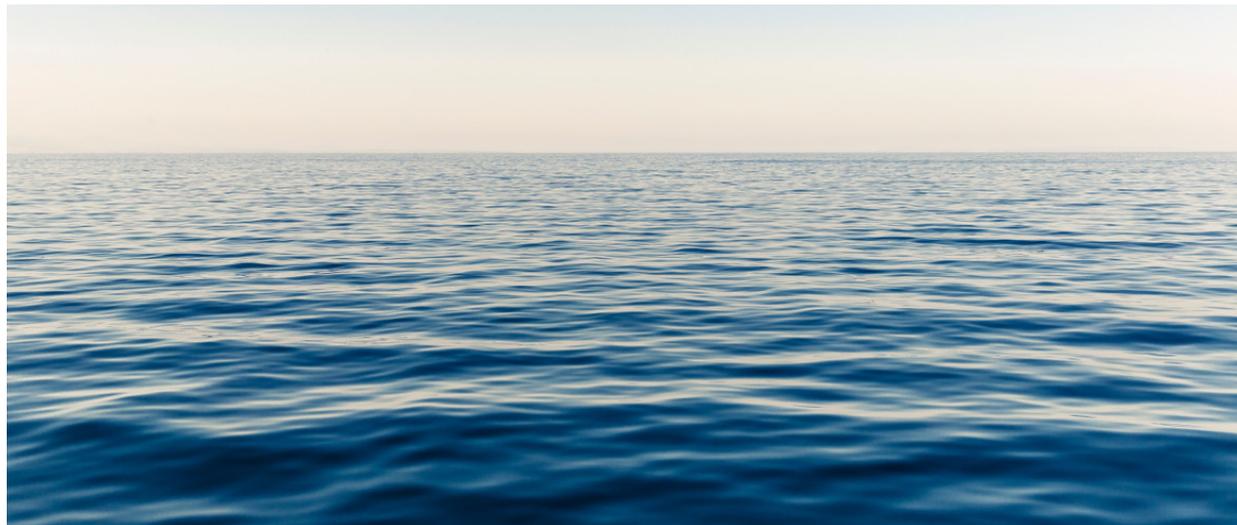
4 lemon slices



## Preparation

Take an oven pan, put on bottom a coarse salt layer.

Eviscerate and flake the sea bream. Then wash it, dry it and lay it on the salt, inserting the sprig thyme and slices lemon in the stomach. Cover the fish with coarse salt and bake at 250°C for 30 minutes. The bream will be cooked when the salt will become a hard and compact crust. Remove the pan from the oven, remove the salt and serve the fish the table.



## Orecchiette with turnip tops

The orecchiette with turnip tops are one of the most typical typical Apulian dishes, especially in the province of Bari. The dish has an uncertain origin, but according to a legend they come from Provence, where in the Middle Ages a similar pasta was produced (crosets). According to scholars of Apulian gastronomy, they originated in the territory of Bari during the Norman-Swabian domination between the 12th and 13th centuries. According to the local traditions, the shape of the orecchiette seems to be inspired by that of trulli roofs.



## Ingredients

1,5 kg turnips  
450 g fresh orecchiette  
50 g extra virgin olive oil  
4 fillets of anchovies in oil  
2 cloves of garlic  
Salt



## Preparation

Separate the leaves from the stalks; discard the coriaceous stalks, keep and cut in pieces the tender ones. Then boil the leaves and stalks in salty boiling water for 6 '. Add the "orecchiette" and continue to boil for about 5'. Meanwhile, heat the oil and lightly fry the garlic in a large pan; then add 4 fillets of anchovies. Drain the orecchiette and turnip tops and mix them in the pan. Serve the dish with extra virgin olive oil.

## Spaghetti with mussels

It is a typical dish of Southern Apulian cuisine, made with pasta and mussels (*Mitilus galloprovincialis*), shells with a glossy black shell. Mussels eat filtered plankton and are rich in proteins and unsaturated fatty acids Omega 3; they are consumed all year long, but especially in summer and winter. It is a simple dish, quick to prepare, rich in flavor and sea scent. Spaghetti with mussels can be prepared in two versions: with or without tomatoes.



### Ingredients

1,5 kg mussels  
400 g spaghetti  
50 g extra virgin olive oil  
500 g tomatoes  
garlic  
parsley

## Preparation

After cleaning the mussels, remove mud, sand and algae from them. Put them in a pan with half a glass of white wine. Cover the frying pan and bake for 3-4 minutes on a live fire, until the mussels open. Pull out mussels from the shells and put them aside. Open the mussels that remain closed. In a large frying pan, fry one or two pieces of garlic in the extra virgin olive oil, then add chopped tomatoes. Cook on a lively fire for 5 minutes, finally add the mussels with their cooking water and cook for 4 minutes. Remove the garlic. Meanwhile, boil in hot salted water spaghetti very "al dente". Drain and add them to the mussels and cook all together for a couple of minutes in the pan with the mussel sauce. Add a pinch of pepper and chopped fresh parsley before serving at table.



# Amatriciana

The amatriciana (in Roman slang *matriciana*) is a dressing for pasta, typical of roman inns and taverns. It takes the name from Amatrice, a town in Lazio. It is prepared with the pork cheek and consist of a fat part, very compact and perfect to brown. The Amatriciana is a very old dish: the addition of tomato sauce dates back to the end of the seventeenth century. The most suitable pasta for the Amatriciana are the bucatini.



## Ingredients

400 g bucatini

250 g pork cheek

white wine

30 g extra virgin olive oil

pepper

salt

Roman sheep cheese

## Preparation

Brown the pork cheek cutted into strips for 7-8 minutes in extra virgin olive oil, until it becomes crispy. Add pepper and mix frequently, melt with white wine and increase the flame. When alcohol evaporates, keep the pork cheek aside and pour the peeled tomatoes and salt into the same frying pan and cook the sauce for about 10 minutes. Remove pepper, add the pork cheek and mix. When bucatini are cooked in salty water, drain them and mix them directly into the frying pan with the sauce. Mix bucatini with the dressing. Finally add grated Roman sheep cheese and bucatini will be ready!





## **Parmigiana di melanzane**

Parmigiana is a typical dish from South Italy, probably Sicily. Eggplants arrived to Italy in the XV century. The name of this dish seems to derive from Sicilian “parmigiana”. The primitive Sicilian Parmigiana had to be a dish very similar to Greek and Turkish moussaka

**Ingredients:** 1,5 kg eggplants, 1 liter tomato sauce, 250 g mozzarella, 50 g extra virgin olive, 1 small onion, 200 g “parmigiano cheese”, salt.

**Preparation:** wash, dry eggplants and cut them into thin slices.

Prepare tomato sauce, browning onion into extra virgin olive oil in a large pot for some minutes then add tomato sauce. Cook for 20 minutes; at the end of cooking, add basil. Fry eggplants' slices in extra virgin oil, after having passed them into the flour and the beaten egg. Form a layer of fried eggplants into a casserole, then add grated Parmigiano, mozzarella's cubes and sauce. Continue to add several layers. On the last layer, pour remaining tomato sauce, mozzarella and Parmigiano.

Put in the oven at 200° for 40 minutes. Wait 10' before serving the dish.

# Pizza Margherita

Pizza is the most popular Italian word in the world! According to some scholars, the name "pizza" comes from dialectal "pinza" (clamp) directly connected with the Latin verb "pinsere" (pounding, crushing, pressing). The pizza as we know it was created in 1889 when the Neapolitan chef Raffaele Esposito created the pizza MARGHERITA in honor of Queen Margherita of Savoy, with the colors of the Italian flag: red tomato sauce, white mozzarella and green basil. The success of this dish increased from that moment: every year only in Italy people consume one and a half billion pizza

## Ingredients

500 g flour

350 ml water

Salt

1 stick of brewer's yeast

500 g tomatoes

origan

250 g mozzarella

50 g extra virgin

olive oil

basil leaves





## *Preparation*

Knead flour, water, sugar, brewer's yeast and salt to obtain a soft and elastic dough. Let it rise until the mass doubles its volume (about 2 hours). At this point, divide the mass in balls of 180-250 g and let them rise again for 4 hours. Spread the ball and work it until it has a round dough and a soft paste, 0.5 cm high, with a 1-2 cm high edge. Spread the tomato sauce and add mozzarella, a pinch of salt, basil and extra virgin olive oil. Cook in the traditional wood-burning oven for 4-5 minutes.

# Tiramisu



Tiramisù is probably the most famous Italian cake in the world.

Its name is present in the vocabulary of 23 different languages and it is also the 5th Italian most known word in Europe.

It is a traditional cake whose origins come probably from North oriental Italy (Friuli and Veneto).

The secret of this so loved cake in the world is in the delicacy of cream, exalted from soft taste of mascarpone.

## Preparation

Beat egg yolks with sugar until creamy and light.

Add mascarpone cheese and stir until homogeneous. In another bowl beat egg whites with a pinch of salt until firm and incorporate them to mascarpone cream. Prepare coffee and let it chill.

Dip quickly savoiardi (ladyfingers) in the coffee one by one and lay them in a casserole. Cover them with some cream and repeat the layers until you run out of ingredients. Finish with the cream. Finish the Tiramisù with the cocoa powder. Let the dessert sit in the fridge for at least 4 hours

### Ingredients

4 eggs

100 g sugar

500 g mascarpone cheese

300 ml coffee

4 tablespoon marsala

300 g savoiardi (ladyfingers)

bitter cocoa (powder)



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