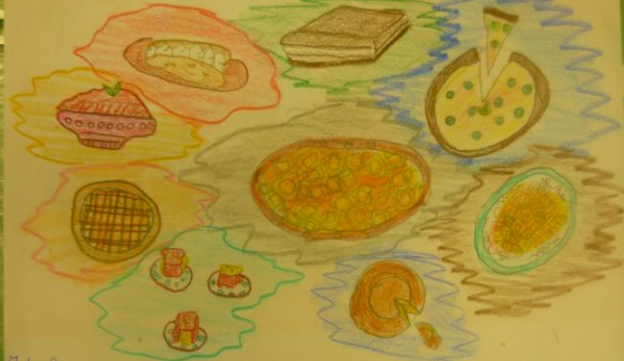


TRADITIONAL RECIPES FROM ITALY





ITALIAN COOKING



Italian cooking is famous all over the world. It's characterized by its simplicity, with many dishes having only few ingredients. Italian cooks rely chiefly on the quality of the ingredients rather than on elaborate preparation. Ingredients and dishes vary by region.

Panzanella

- Bread
- Tomatoes
- Oil
- Salt
- Basil leaves
- Vinegar

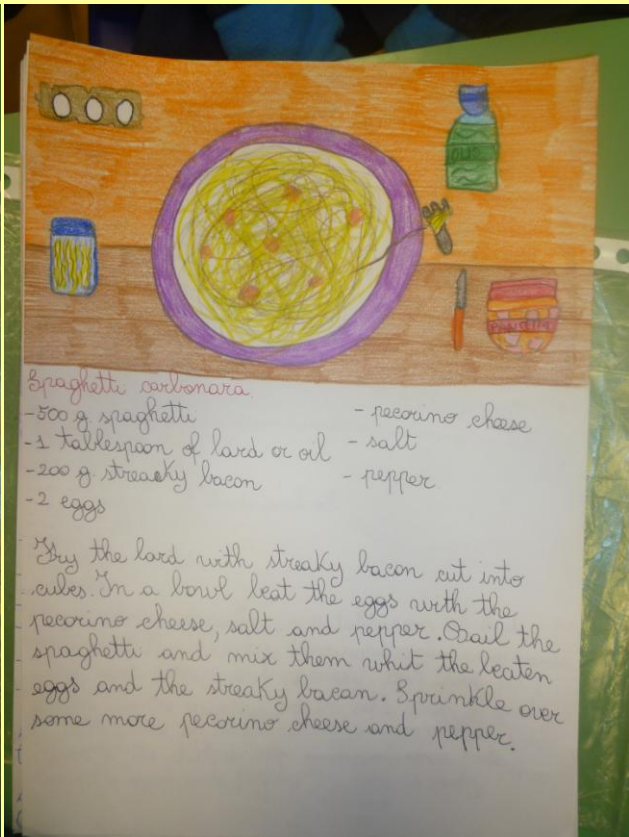
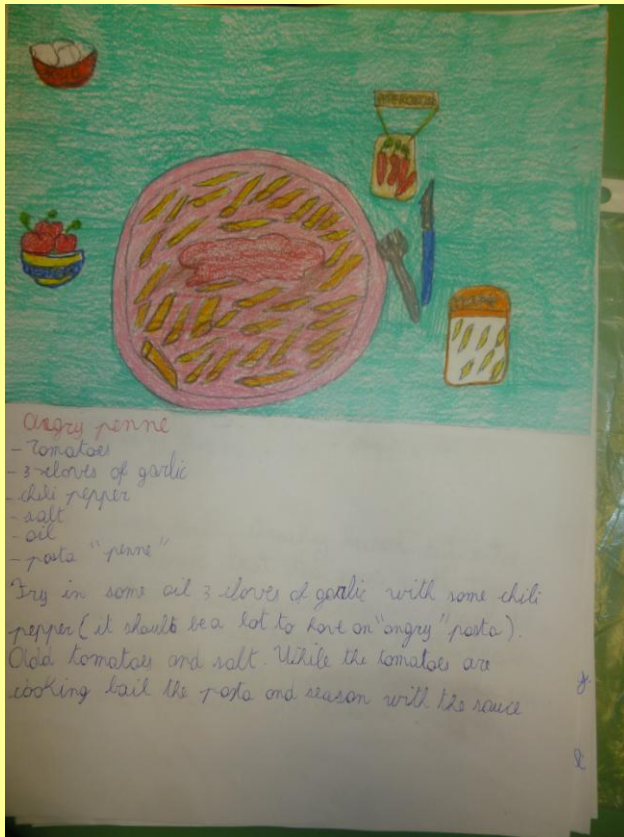
Take a slice of bread, moisten slightly with some water, open a nice ripe red tomato and rub it over the bread until the juice is absorbed. Add salt, oil, vinegar and a few basil leaves.

Suppli

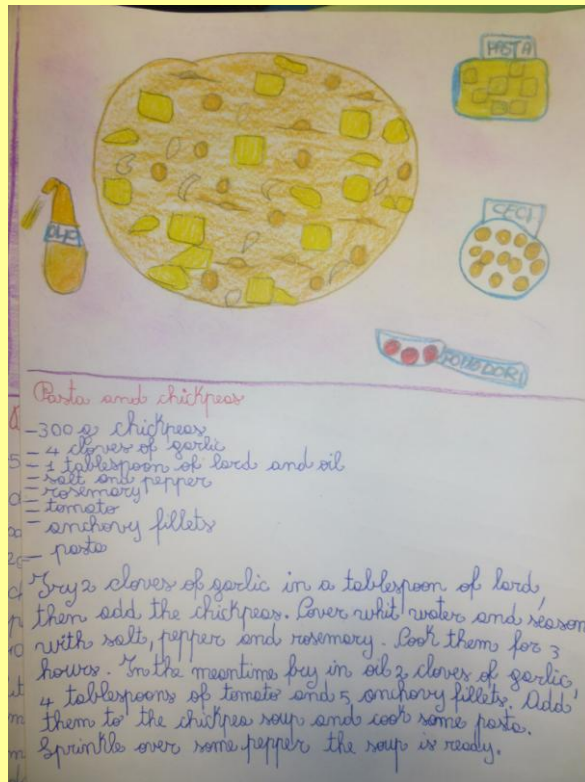
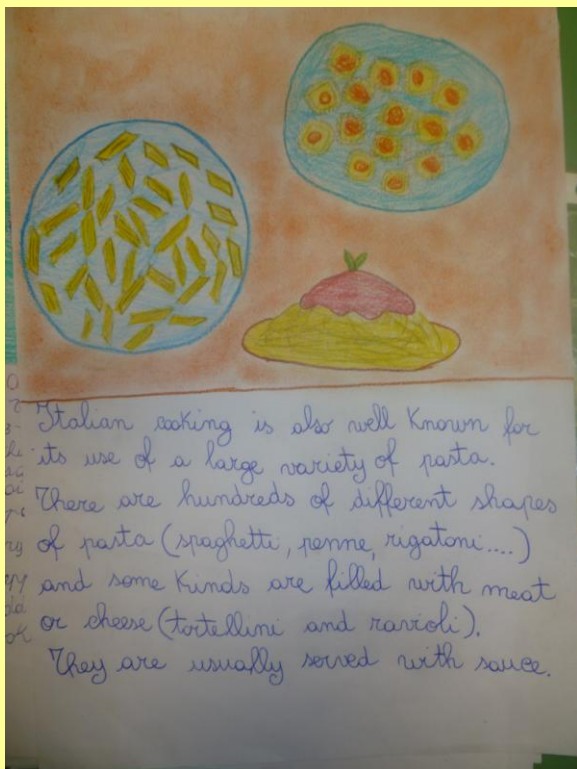
- 400 g rice
- Tomato sauce
- 2 eggs
- 100 g mozzarella cheese
- Parmesan
- bread crumbs.

Mix the boiled rice with tomato sauce and parmesan. When it is cold make the suppli into egg shaped balls using the palm of your hands, putting in the center bits of mozzarella. Dip each suppli in beaten eggs, coat with bread-crumbs and fry in hot oil.

STARTERS



MAIN DISHES



SECOND DISHES

Saltimbocca alla romana
 - 2 thin slices of veal (per person)
 - ham
 - sage leaves
 - butter
 - oil
 - salt
 - wine

Bake the slices of veal, add salt and a small slice of ham and a sage leaf, pierce them with a toothpick. Put each "saltimbocca" in a pan with butter and oil, add a glass of dry wine and leave to cook on a high flame.

COSTOLETTE D'ABBACCHIO

Lamb chops for burnt fingers
 - 2 lamb chops per person
 - salt
 - pepper
 - oil

Beat each lamb chop until it is well flattened. Add salt and pepper, then rub over with oil and cook on a barbecue grill. Serve very hot and crispy.

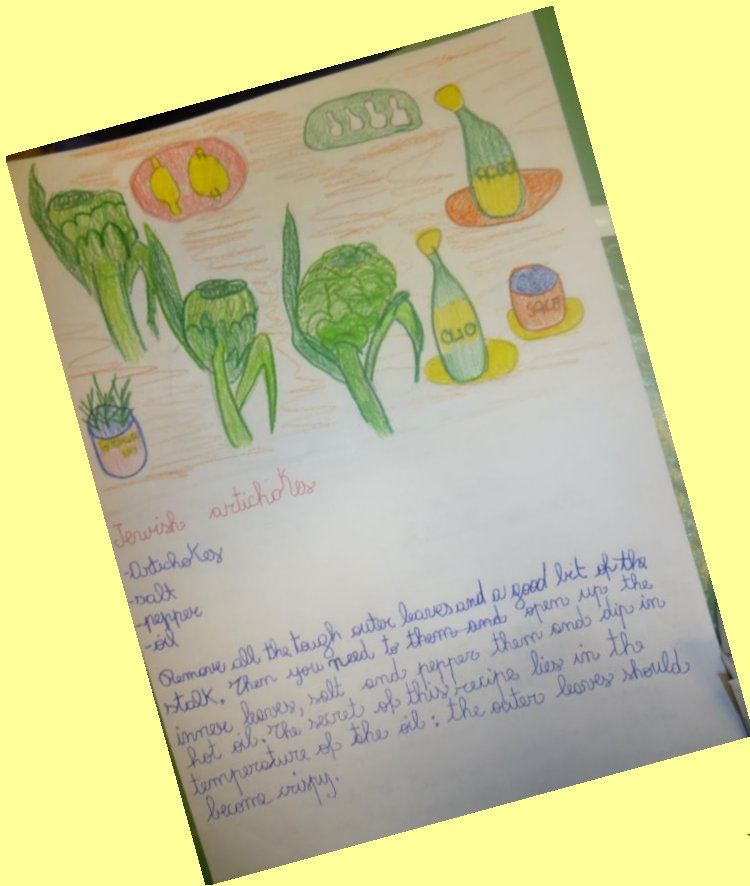
Chicken with peppers
 - chicken
 - oil
 - onion
 - tomato sauce
 - salt
 - wine

Buy the onion in oil, add the chicken cut into pieces and let it brown. Add a glass of wine on a high flame and tomato sauce. In the meantime roast some peppers, then peel them and cut them into fillets. Add them to the chicken and let them cook for 5 minutes.

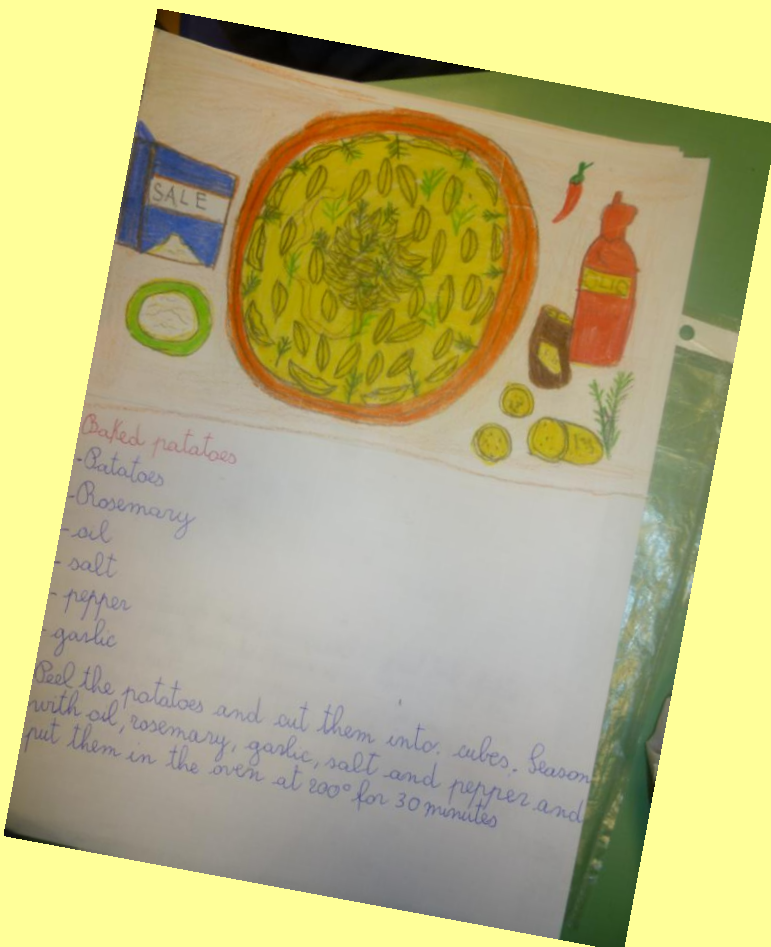
Roman veal shank
 - Slices of veal shank (2 or 3 cm thick)
 - onion
 - carrot
 - stick of celery
 - oil

- salt
 - pepper
 - broth
 - flour
 - wine

Blow the slices of veal shank, put them in a pan and cook them on a high flame with oil. In the meantime buy the onion, the carrot and the celery with oil, add the meat with a glass of wine and some broth and cook them till the sauce becomes creamy.



VEGETABLES





Jam tart

- 300 g. flour
- 120 g. sugar
- 3 eggs
- 150 g. butter
- grated lemon zest
- salt

In a bowl mix the flour, a pinch of salt and a grated lemon zest. In the center put the eggs, the sugar and the butter. Mix all together quickly, make a ball and put it in the fridge for 30 minutes. Roll out the dough on a baking tray, spread some Jam and decorate with...

DESSERTS



IL CIAMBELLONE

Big donut

- 400g flour
- 250g sugar
- 4 eggs
- 40g butter
- 1 glass of milk
- baking powder
- grated lemon zest.

In a bowl beat the eggs with the sugar, add a glass of milk, the butter and keep it mixing. Then add the grated lemon zest. All the and mix the flour with the baking powder, put it in the oven at 180° and let it cook for 60 minutes.



Maritzesi

- Yeast dough
- a tablespoon of oil
- a pinch of salt
- a few tablespoons of sugar

Mix all the ingredients with the yeast dough.
Then form the maritzesi giving to them the characteristic oval shape and leave them to rise for half a day.
Bake them in a very hot oven.



King Solomon

- 150g flour
- 150g sugar
- 5 eggs
- 8g baking powder
- chocolate cream

Beat the eggs with the sugar, add the flour with the baking powder. Put it in the oven for 10 minutes.
Then spread the chocolate cream and roll it.
Sprinkle over some sugar.

PIZZA



4C 4D