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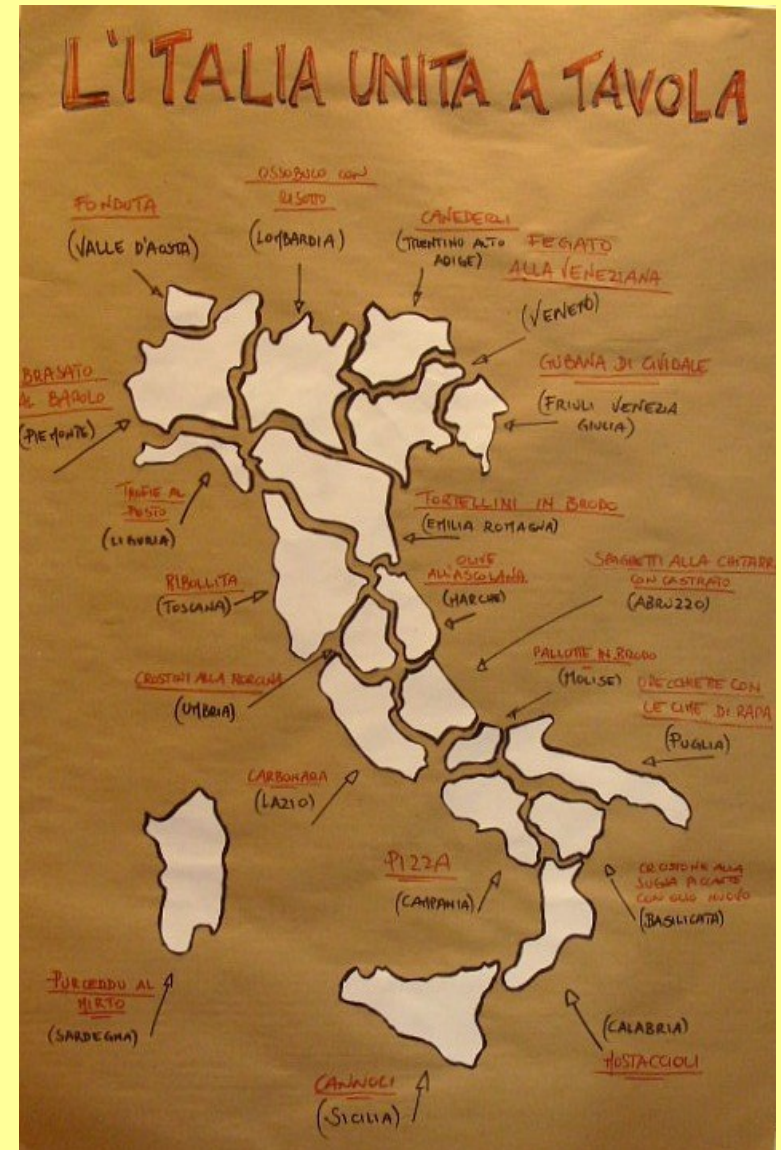


ITALIAN COOKING



Besides being among the most famous cooking in the world, Italian cooking comprises an extraordinary assortment of dishes and recipes.

Its particular geographic position as well as its conformation, make various its climatic conditions, so that you can easily find close areas where environment, culture and... cooking habits are very different.



Cooking, in fact, reflects local culture and people's history. Italian cooking has deep cultural roots: regional dishes' origins often date back to historical events. Several anecdotes exist to tell how some recipes, now basilar in our gastronomic culture, were created. So Italian cooking is not only spaghetti and pizza!



Apulian cooking is characterized by the peculiar flavour of the fruits of the soil, and fish from our sea. Any recipe aims at exalting, without altering, their taste.

So, basic ingredients of our recipes are the seasonal vegetables, such as turnip-tops, cabbages, thistles, peppers, aubergines and artichokes; legumes such as beans, broad beans, lentils and chicklings; all the Adriatic sea products.

Our fishes have a particular taste, thanks to the peculiar chum along the coast, so as to the fresh water springs falling into the sea, sweetening its brackish water, without altering the flavour.



Italian cooking offers different dishes according to the seasons: we prefer vegetables and fish in spring and summer. Legumes, homemade pasta served with various sauces, combined with vegetables or fish, are favourite food in the cold seasons.

The most typical dishes are the "Orecchiette with turnip-tops", the "chicory with mashed beans," and the baked rice, with potatoes and mussels, typical of Bari.



OUR BEST RECIPES



Bucatini all'amatriciana

Typical in Rome



INGREDIENTS:

350 g Italian pasta like bucatini
130 g streaky bacon
50 g grated Pecorino cheese
pepper
3 small tomatoes
olive oil
salt

Cook the pasta and drain it underdone.

In the meantime, cut the bacon into slices not too thin, put them in a pan, in which you pour the oil to prevent sticking, and cook until they get brown, on low heat.

When the bacon is browned, add the red pepper and the pulp of the tomatoes and cook for a few minutes.

Place the pasta in a bowl and mix them with bacon, tomato sauce and grated pecorino cheese.

Mix thoroughly and serve.

Braciola in sauce

Typical in Bari

[Very tasty Sunday meal](#), used to season pasta, especially the “orecchiette”.
Its preparation is easy, cooking time is quite long.

Ingredients:

A dozen slices of beef (or horse),
grated Parmesan cheese,
2 cloves of garlic,
chopped parsley,
salt and pepper,
slices of bacon (optional),
extra virgin olive oil,
1 onion,
white wine,
450 g tomato sauce.





Procedure:

Arrange the slices of meat on a cutting board and beat with a meat pestle until they are thin.

Now stuff the rolls: wipe with a clove of garlic, place a slice of bacon (if using), sprinkle with grated Parmesan cheese, parsley, salt and pepper. Wrap the meat on itself to form the rolls and close with a toothpick. Pour the chopped onion into a pan and brown it, add the rolls and brown them. At this point, add the white wine, let it evaporate and add the tomato sauce, which should not be too dense.

Cook for about an hour; if the sauce should thicken too much during the cooking, add some water.

Our "pettole"



Ingredients

1 cube of yeast
olive oil
1 teaspoon of fine salt
water



Preparation of the *pettole*

In a large bowl pour the flour, a pinch of salt and the yeast that you have already dissolved in a glass of warm water.

Knead with your hands, adding water required to obtain a very smooth batter.

Let it rise for a couple of hours in the heat (wrap the bowl with a cover of wool).

Then, warm up the oil to fry the *pettole*.

Take spoonfuls of the mixture and fry well.

The oil temperature is important; *pettole* must inflate immediately and fry for a few seconds, just long enough to brown.

You will get fried puffs to eat hot and season in various ways.

The seasonings are different.

Once fried, you can sprinkle with sugar or honey.

As a variation, you can add (eventually when the dough is finishing) anchovy fillets in oil.

In any case, always serve very hot.

APULIAN TARALLI



Ingredients

1 kg. of flour type "00"
30 dl. of dry white wine
30 gr of salt
0.25 l. of extra virgin olive oil

**This product changes according to the production area.
Essentially, it's a salted ring of unleavened dough, baked in the oven.**

Preparation

Mix together the flour, wine, oil and salt to make a homogeneous dough. Let it rest, covered with a cloth, for 20 minutes in a warm place.

In a large pot, boil water with 1 spoon of salt. Give now shape to the *taralli* getting from the dough sticks about 1 cm thick and about 8-10 cm long. Seal on themselves, overlapping the ends and crushing them with finger in order to seal. Get one dozen at a time, dip them into the boiling water and pull, helping with a skimmer as they move up to the surface. Place them on a cloth, side by side, to dry for a few minutes. Lightly oil a baking-pan and set the taralli without letting them touch each other.

Bake in your oven, you've previously heated at 200°, and cook for about 40 minutes. (They must become very light brown).

If you want, you can spice them: in the phase of the dough, add one of these ingredients: fennel seeds, sesame seeds, pepper etc.

CALZONE with onion

Ingredients:

500 grams of flour

1 cube of yeast

1 tablespoon of sugar

salt

250 ml of warm water

3 white onions

20 stoned green olives

3 fresh tomatoes

50 grams of grated cheese

olive oil



Mix the flour with the baking powder, water, salt and sugar. Let rise for a couple of hours, until doubled.

In a pan, add the thinly sliced onions and a glass of water and salt, stew well.

When the water has dried, add olive oil, the diced tomatoes and olives. Let them cook for 15 minutes on low heat.

Stretch out the dough for the calzone, stuff with onion cream, add the cheese and seal the edges.

Bake at 80 degrees for 40 minutes.

On special occasions grandparents cook...



On Christmas Eve



From the traditional Apulian cooking, we propose the recipe of the “orecchiette with broccoli”. This recipe is as easy to prepare as good to taste.

Ingredients for two:

140gr of [orecchiette](#),
400gr of broccoli
red pepper
scallion
olive oil

Boil broccoli in salted water.

Meanwhile, prepare in a pan a fried mixture of scallions, red pepper and olive oil.

Drain the broccoli, keeping the boiling water: it will be used to cook the orecchiette.

Chop the turnip-tops and brown them for a few minutes in the pan.

Now you can cook the orecchiette in the cooking water of the turnip-tops. Drain slightly chewy and add to the sautéed turnip-tops, mixing well.

Then serve.



The Colva



It's the recipe for a cake that in some Apulian towns is prepared on the day dedicated to the Commemoration of the dead.

Preparation :

Ingredients :

wheat
1 bar of dark chocolate
cooked wine
almonds
a pomegranate fruit
shelled walnuts

Boil the wheat. Roast the shelled almonds and chop them with chocolate.
Peel the pomegranate.
Put the wheat in a bowl adding the almonds, the chocolate and the grains of pomegranate.
Soften with cooked wine; if you like, flavour with a sprinkling of cinnamon, then mix well.
Serve in small bowls.

Grandma says: "Every grain of wheat eaten, saved a soul."



Cartellate: a typical Christmas cake

Ingredients:

1 kg of flour
100 gr of olive oil
100 gr of sugar
4 eggs
a pinch of salt
dry white wine
seed oil to fry



On a pastry-board you have the flour. Add in the eggs and begin to mix. Then add the olive oil, sugar and salt and begin to knead, adding white wine until you have a rather thick dough. Then take a piece of dough at a time and pass in the machine for pasta creating rolled pasta dough 2 mm thick.

With a pastry cutter cut strips about 2 cm wide. Take the first strip, fold it in half and join the edges. At this point, roll the strips creating roses, firmly joining the points they touch. Repeat this process until you have finished the dough. Let cartellate settle for a few hours.

In a high pan pour seed oil and let it heat up. When it is hot, begin to fry the cartellate. When they are golden-brown, remove them from heat and place on a tray with blotting paper. Let them get cold. Now season them according to your taste: with honey, powdered sugar or cooked wine from Apulia.

At EASTER
our grandmothers prepare.....
SCARCELLE

Ingredients:

500 g flour

2 eggs

200 g sugar

100 g olive oil

50 g of milk

half a teaspoon of vanilla extract

1 pinch of salt

1 packet of yeast

eggs yolk for brushing

To decorate: 4 boiled eggs and coloured sugar
almonds



PREPARATION :

Boil 4 small eggs to decorate scarcelle, BEFORE you bake them. Leave the eggs cooling and set them aside. Mix all the other ingredients, put in the fridge 15 minutes. Divide the dough into four and, well floured, roll out each portion to a thickness of half a centimeter, not less, and cut it with the pastry cutter in the shape of a dove, a fish, etc. If you first cut out a shape with the paper, just put it over the dough: it will be easier! At this point put immediately the scarcella on the baking sheet. Brush with some yolk. Now put a boiled egg in the center of the shape and secure it with narrow strips of pasta, forming a cross on the egg. Let them longish, so to adhere well to the base and block perfectly the egg. Also brush the strips with egg yolk. Sprinkle the whole scarcella with colored sweets . Finally you can bake: 180 degrees for 10 minutes. In the oldest recipe, adopted in the old suburb of Bari, baking powder and baking ammonia wisely blended were used in place of yeast. This cake was in reality a complete Easter dinner for the poorest families that, at least on Easter Sunday, allowed themselves a meal with carbohydrates, proteins and ... dessert! The latest custom, in the last 50-60 years, is to give one to the children, sometimes with double-boiled egg! The best is to eat egg and biscuit together. The egg is usually broken on beloved's head ... as a wish for good luck!

Limoncello



To produce one litre and a half of Limoncello, get these ingredients:

10 medium-sized lemons
1 litre of alcohol at 90 °
400 gr. of sugar
half a litre of water

Then proceed as follows:

First, carefully wash the lemons and cut the rind very thin, being careful not to cut the white part. Place the peel on a cutting board and cut it into small strips.

Gather the strips of lemon in an airtight glass jar, pour over the whole litre of alcohol, close and let infuse for 15 days.

15 days later, prepare the syrup of sugar and water.

In a saucepan, pour sugar and water together, then heat over a low heat until the sugar has all dissolved. Turn off and let cool to room temperature. Combine the syrup with alcohol infusion, mixing well.

Take another glass jar and pour all the liqueur, filtering it through a funnel covered with a gauze or filter paper. Filter it twice, wring the lemon zest.

Finally, again using filter funnel, fill the bottles, close them and place them to rest in a dry pantry.