

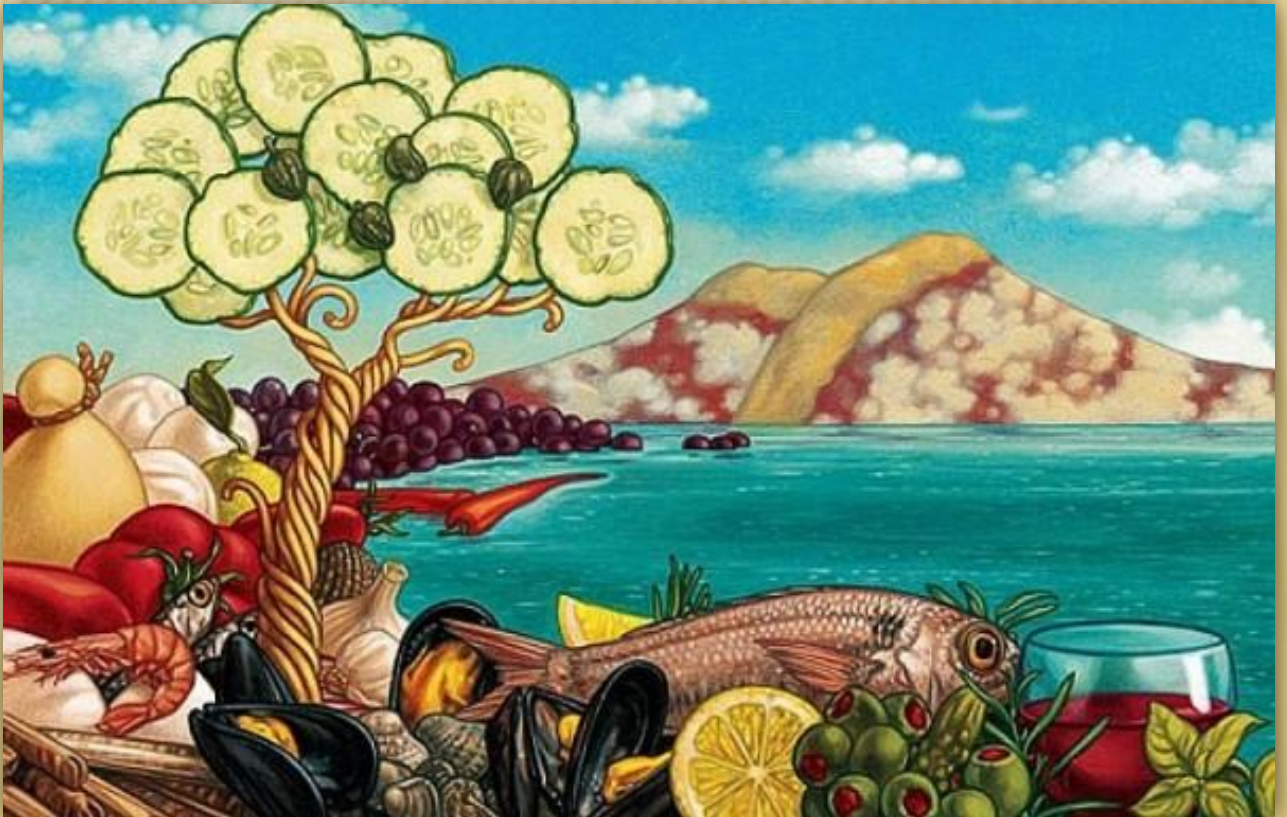
Istituto Comprensivo 3  
don Peppe Diana



# COOKBOOK

ETWINNING PROJECT

LOOK - COOK - BOOK



**Italians do** consider the **eating** process a real pleasure, and that is why they take their time to consume their everyday meals much more than other cultures. Better **not** to put pressure on an **Italian sitting at table** while finishing a meal – it could be very dangerous!

**Italians eat** together, **sitting** around the kitchen **table**, every day, no matter what. And then, on Sunday, grandpa and grandma, daughters and sons, father and mother: the big family, all together.

**Curiosity:** Italians are not heavy breakfast eaters. Eggs, sausage and toast for breakfast utterly perplexes Italians. Sure, they eat scrambled eggs, but they come in the form of a *frittata*, served at lunch or dinner. The idea of eggs at breakfast baffles them.

In **Naples**, for breakfast, it is usually chatting and slowly drinking *cappuccini* or just a *caffè with biscuits* or *having in our hand a Cornetto*.



Our school is in **Portici** is a municipality in the province of **NAPLES**, Campania, **ITALY**.

**Portici** lies at the foot of Mount Vesuvius on the Bay of Naples, about 8 km (5.0 mi). There is a small port.

Our kitchen is absolutely Neapolitan.

Great pizzas, as well as many other dishes of Neapolitan cuisine, such as Gnocchi.

So, we start with “**Gnocchi alla Sorrentina**“, but here you can also read other traditional recipes.

Buon appetito!





## GNOCCHI ALLA SORRENTINA

This recipe comes from  
Arianna's grandmother,  
nonna Maria

The sauce recipe comes  
from Francesca's mother,  
mamma Pina.



# Gnocchi alla sorrentina

(with tomato and mozzarella)

## Ingredients

1kg flour

1l water (approximately)

A generous pinch of salt



Gnocchi by combining the flour, and salt and gradually add the water to this mixture,



until you have a rough, dryish dough. Tip the hot dough onto a floured surface and work into a smooth dough with your hands.

Work the dough for 5 minutes until smooth. Cover and leave to rest for 10 minutes.



1 - Flour your hands and the work-surface, cut off a piece of dough and roll it into a log about 1cm in diameter.



2 - Slice the log into pieces approximately 1.5 cm long and dust them with flour to stop them sticking together.



3 - To form the gnocchi, press one finger into a piece of dough and drag it towards you.



4 - Place on a floured surface and sprinkle with more flour.





5 - Cook the gnocchi in salted boiling water until they rise to the surface

6- Drain the gnocchi



7 - Add to the tomato...



...and mozzarella.



8 - then pour the gnocchi into a baking dish and sprinkle the top of the gnocchi with the parmesan and dot the top with the mozzarella and the rest of the basil.

9 - Place in oven at 180C for 15-20 minutes or until the top is golden brown and bubbling and...



... serve immediately.



Buon  
appetito!



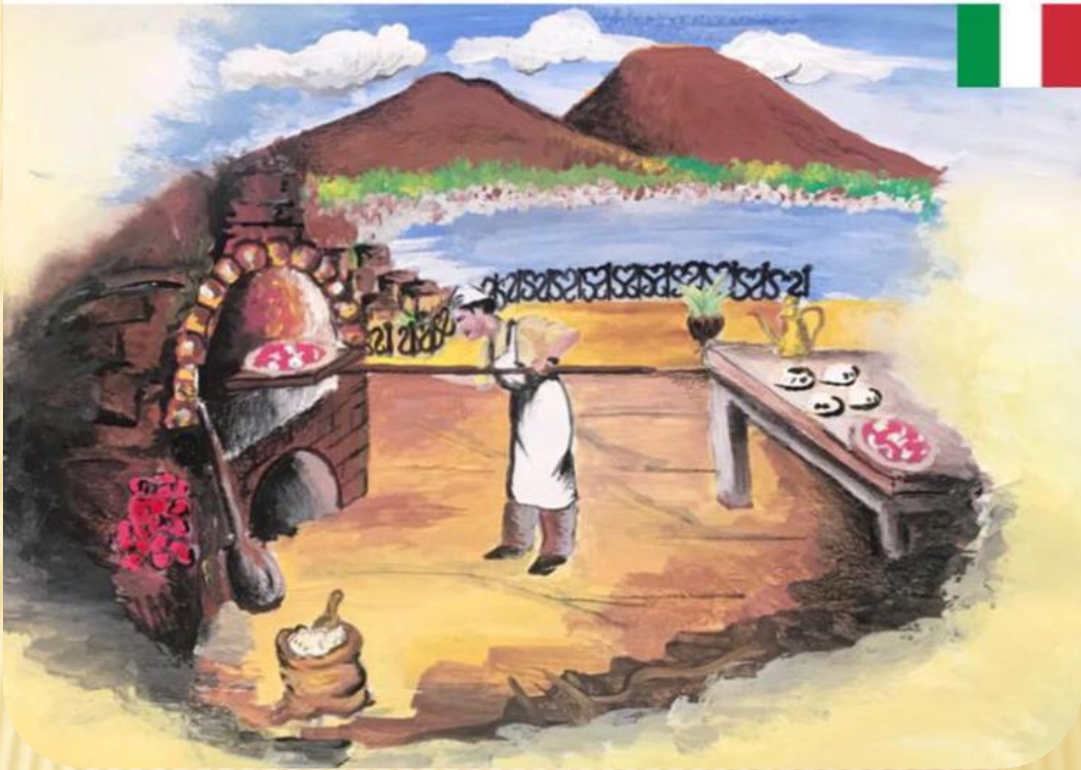


# Istituto Comprensivo 3 don Pepe Diana

## The art of Neapolitan pizzaiuolo

UNESCO Intangible Cultural Heritage

2,000,000 thanks from the 2 million signatories of the World petition



Art of Neapolitan 'Pizzaiuolo' Italy Inscribed on 7 Dec 2017 on the Representative List of the Intangible Cultural Heritage of Humanity.

The art of the Neapolitan 'Pizzaiuolo' is a culinary practice comprising four different phases relating to the preparation of the dough and its baking in a wood-fired oven, involving a rotatory movement by the baker. The element originates in Naples, the capital of the Campania Region, where about 3,000 Pizzaiuoli now live and perform.



# Istituto Comprensivo 3 don Pepe Diana

Real Neapolitan pizza is limited to two types: **marinara** (tomato, oil, oregano and garlic) and **margherita** (tomato, oil, mozzarella or fior di latte, grated cheese and basil).



It took **Queen Margherita's** love of the classic tomato, mozzarella and basil version to fire up the imagination and taste buds of diners far and wide – at least that is how the story goes. Hoping to win the hearts of the commoners, the Italian queen asked in 1889 to try their favourite dish. And while she was unconvinced by anchovy and Parmesan topped versions, the basil delight won her over.



A screenshot of a news article from The Guardian. The article title is "Italy puts Neapolitan pizza-making forward for Unesco recognition". The sub-headline reads "Country wants style distinguished from rivals such as New York pizza, saying it is central to Italian identity". The article includes a photograph of a chef in a white uniform standing next to a stone ledge with several pizzas on it, overlooking a body of water. The Guardian logo and navigation menu are visible at the top of the screenshot.



## PIZZA MARGHERITA



2 hours and 16 minutes

Difficulty ●○○○

Course:  
Bread,  
focaccia,  
pizzas



Invented in Naples in honor of the first queen of Italy, the Margherita pizza is the triumph of Italian cuisine in the world.

Rate ★★★★★☆

♥ Add to My Menu

Regione ▶ CAMPANIA

### INGREDIENTS:

Per 6 servings

### FOR PASTA

- 2 lb Italian "00" flour or all-purpose flour
- 1 oz fresh yeast
- 2 cups water
- 1 teaspoon salt

### FOR DRESSING

- 6 tablespoons extra virgin olive oil
- 1 lb mozzarella cheese
- basil leaves to taste
- 1 lb canned tomatoes
- salt to taste



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## STEP 1

On a wooden or marble work surface, shape the flour into a well. Place the yeast, salt and warm water in the center. Be careful not to let the salt come in contact with the yeast.

## STEP 2

Knead the dough vigorously with your hands for 15-20 minutes, or in a mixer, until the dough is soft and smooth.

## STEP 3

Once you have the right consistency, adding a bit of water or flour if necessary, shape the dough into a ball. Cover with a plastic bowl so that the dough is protected from the air. Let rise for 3 or 4 hours at room temperature for about an hour in a warm place.

## STEP 4

Once the dough will be doubled in volume, ricavatene 6 loaves, modellateli in spherical shapes, cover with a sheet of plastic wrap and let them rise at room temperature for a couple of hours or in a warm place for about 45 minutes.

## STEP 5

As soon as the loaves have doubled in volume, prepare the tomato sauce and place it in a bowl. Add a pinch of salt and 1/3 of the olive oil.

## STEP 6

Knead the dough, then flattening them using your fingers.

## STEP 7

Use a ladle or a spoon to spread a good amount of tomato sauce on the pizza. Then, cover with mozzarella, torn into pieces. Garnish with a couple leaves of basil and bake in a 480° F oven for 5 or 6 minutes.

## STEP 8

Once ready, remove the pizza from the oven. Garnish with more basil and a drizzle of oil. Serve immediately.



- 120ML/4 FLOZ LUKEWARM WATER
- 250G/8OZ PLAIN FLOUR
- 116/02 FRESH YEAST
- 5-6 TOMATOES
- 150G/5OZ MOZZARELLA CHEESE
- 6 BASIL LEAVES

# PIZZA MARIPIZA

SIFT FLOUR AND PINCH SALT

MASH FRESH YEAST WITH THE WATER

MAKE A WELL IN THE FLOUR AND POUR IN THE YEAST MIXTURE

GENTLY STIR

UNTIL SOFT AND NOT TOO STICKY

AND ON A FLOURED SURFACE...

...KNEAD FOR 10 MIN

OR UNTIL SMOOTH AND ELASTIC

SHAPE INTO A BALL

COVER WITH OILED CLINGFILM

LET RISE IN A WARM PLACE FOR 1 HOUR UNTIL DOUBLED IN SIZE



ON A LIGHTLY FLOURED SURFACE

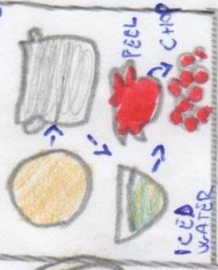


ROLL UNTIL 6MM THICK

LINE A BAKING SHEET WITH PARCHMENT PAPER



BLANCH TOMATOES



PREHEAT TO 220° AND BAKE FOR 15-20 MIN



GARNISH WITH BAIL

ADD TOZZARELLA

SEASON WITH MORE OL AND BAKE FOR ANOTHER 7-8 MIN



## Potato Croquettes (Crocchette di Patate)

Prep time	Cook time	Total time
30 mins	20 mins	50 mins

Recipe type: Appetizer, Side Dish

Serves: 4-6

### Ingredients

- 2lbs of Idaho Potatoes (you'll be baking these as the process nicely eliminates the moisture in the potatoes and makes for a better frying experience)
- 1 bunch of parsley
- 1 cup of grated Parmigiano-Reggiano
- 2 eggs
- Salt and pepper to taste
- 2-3 cloves of garlic (crushed and minced finely)
- 2-3 tablespoons of fresh breadcrumbs



### Process

1. Bake the potatoes at 400 degrees for 20-25 minutes.
2. Next, scoop out the interior of the potatoes and mash them with a potato masher (don't use an electric mixer as you'll develop too much gluten in the potatoes).
3. Move the mashed potatoes into a bowl and add Parmigiano-Reggiano, eggs, 1 tablespoon homemade breadcrumbs, and salt and pepper to taste.
4. Mix the ingredients and scoop approximately 1 tablespoon of the mixture into your hand and shape the potatoes into an oblong shape (similar to the photo above); you can add some cubed Mozzarella at this point, if you'd like).
5. Finally, role the individual croquettes in the remaining breadcrumb (very lightly) and fry your croquettes in your preferred oil (I use canola). You can season the remaining breadcrumbs with a bit of salt, pepper, and dried oregano prior to rolling your croquette.
6. You can also use a deep fryer to cook the croquette, but I simply fill a large sautee pan with about an inch of vegetable oil and/or olive oil (just enough to cover the croquette). Fry the croquettes until golden and serve hot!

### Notes

Serve the croquette as an appetizer with a few cocktails or as a side with wild salmon or dry aged sirloin.



400 gr POTATOES



100 GR. FONTINA CHEESE



80 gr COOKED HAM



BASIL

VEGETABLE OIL



SALT



PEPPER



10 gr. PARMIGIANO CHEESE



2 EGG

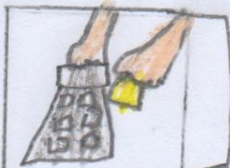


160 gr. BREAD CRUMBS

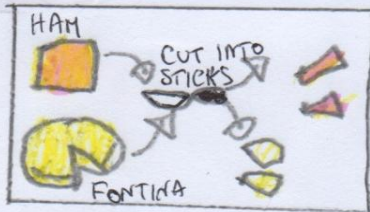
# POTATO CROQUETTES



PEEL AND BOIL THE POTATOES WHEN THEY ARE DONE (20 MIN) DRAIN THE WATER OFF.



GRATE PARMIGIANO



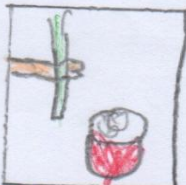
HAM

CUT INTO STICKS

FONTINA



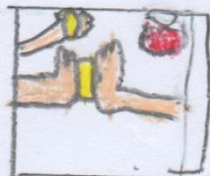
GET YOUR POTATO MASHER OUT AND START MASHING.



ADD 1 WHOLE EGG AND YOLK INTO POTATOES



ADD SALT AND PEPPER



NOW FORM BALLS OR ROLLS OF THE MIXTURE.



PUT IN A STICK OF HAM AND FONTINA INTO EACH CROQUETTE



BEATEN EGG

BREAD CRUMBS



READY!

WHEN THE OIL HAS REACHED ITS TEMPERATURE, TAKE EACH INDIVIDUAL CROQUETTE AND PUT THEM IN THE OIL FOR 2 MIN; THEY SHOULD BE GOLDEN BROWN.

## SPAGHETTI WITH TOMATOES AND BASIL



20 minutes

Difficulty ○○○

Course:  
First Courses



This quick and fresh pasta dish is made using simple, yet flavorful ingredients.

Rate ★★☆☆☆

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### INGREDIENTS:

Per 4 servings

- 1 lb spaghetti
- 3 1/2 tablespoons extra virgin olive oil
- 1 lb tomatoes
- 10 basil leaves
- 1 clove of garlic
- salt and pepper to taste

### PREPARATION:

Wash the tomatoes, remove the seeds, divide into fillets. Place tomatoes in a large bowl. Then add the oil, fresh basil leaves torn by hand, peeled and minced garlic, salt and pepper. Mix together.

In the meantime, cook the spaghetti in a large pot of boiling, salted water. Check the cooking time indicated on the box.

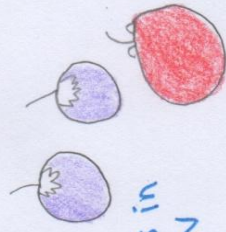
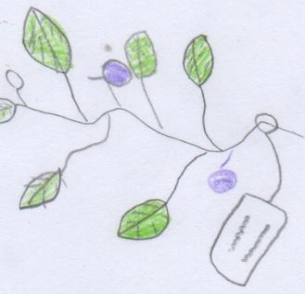
When the pasta is done cooking, drain and toss with the ingredients in the bowl, mixing well before serving.



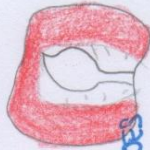


# Spaghetti

## With tomato sauce

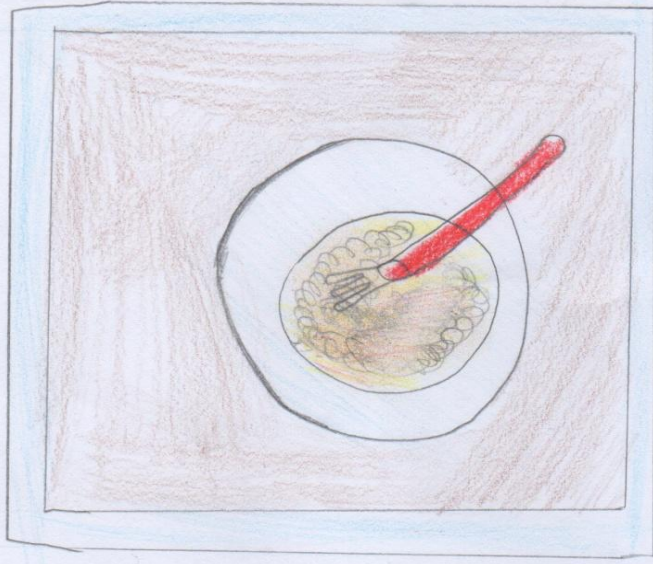


POMODORO means in Italian GOLDEN APPLE!



For 4 people

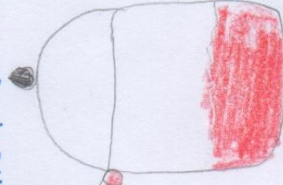
- 14 TOMATOES OR 2 CAN CHOPPED TOMATOES
- 1 TEASPOON SUGAR
- 1-2 GARLIC
- 300g. SPAGHETTI
- 16 FRESH BASIL LEAVES
- 2 TBSPON OLIVE OIL



① PUT THE CANNED CHOPPED TOMATOES INTO A PAN AND ADD SUGAR.



② SQUASH THE CLOVES OF GARLIC AND ADD TO THE TOMATOES.



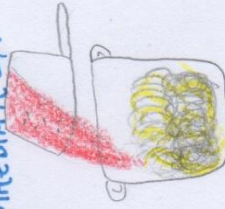
③ BRING THE TOMATOES UP A GENTLE SIMMER, COVER AND COOK VERY GENTLE OVER VERY LOW HEAT FOR ABOUT 40 MIN.

STIR THE TOMATOES OCCASIONALLY WITH A WOODEN SPOON.



④ WHEN YOUR SAUCE IS NEARLY READY, THE BOIL AND COOK THE SPAGHETTI.

DRAIN THE SPAGHETTI AND PUT IT BACK INTO THE PAN.



⑥ POUR THE SAUCE OVER THE SPAGHETTI, MIX AND SERVE IMMEDIATELY.

⑤ TAKE THE TOMATOES SAUCE OFF THE HEAT, TEAR THE BASIL INTO SMALL PIECES, ADD OIL.

# Istituto Comprensivo 3 don Pepe Diana

## BASILICO GENOVESE D.O.P.

It is the base ingredient for the recipe Pesto alla Genovese



It is the symbol of an agricultural activity suspended between the sea and the mountains. It comes from simple and straightforward cuisine, where even an aroma can make a difference. From a secular history that continues to enjoy considerable popularity. Because of the Ligurian environment and the traditional cultivation techniques, Basilico Genovese is considered a unique product.

## LINGUINE WITH GENOVESE PESTO AND FRIED SQUID



37 minutes



Difficulty ○○○○



Course: First Courses

2013 Pasta World Championship finalist recipe



Rate ★★☆☆☆

♥ Add to My Menu

Regione ▶ LIGURIA

### INGREDIENTS:

Per 4 servings

- 1 lb linguine
- 5/8 lb basil
- 3 oz pine nuts
- 4 cups extra virgin olive oil
- 1 lb potatoes
- 1 lb purple potatoes
- 5/8 lb green beans
- 5/8 lb baby squids



### PREPARATION:

For the “pesto”: blend the pine nuts with 100 mil olive oil. When homogeneous, add the basil and keep on blending. Once smooth, add some olive oil on the top and place it in the fridge.

Peel potatoes and dice them (1/2 cm size). Cook them for 4 minutes in salted boiling water and cool it down in some cold water. Wash and cut the green beans (1/2 cm size as well). Cook them in salted boiling water and cool it down. Drain and place in a sauce pan with some olive oil. Keep it warm, on a low heat.

Cook the linguine in salted boiling water and season with the pesto sauce. Add some water (the one used to cook pasta). Fry the grey shrimps. Drain them. Garnish the linguine with the potatoes, the green beans, the fried grey shrimps and some basil leaves.





# Pesto



2 cups fresh basil



SALT + PEPPER to taste



1/2 cup olive oil



1/3 cup pine nuts or walnuts



1/2 cup grated Parmesan Romano



3 cloves garlic, minced





First, wash the basil and pat it dry. This takes forever, but you don't want bugs in your pesto.



Some recipes say you need a food processor, but nuts to That!

Nuts!

Oh! Yes, Thanks




Chop up the nuts a bit if you're using a blender



Add the other ingredients a bit at a time, keeping a balance between wet and dry.



Stir it around now and then make sure all the leaves get chopped

Done! You can put it on:

- Pasta
- Pizza
- Sandwiches!
- Soup

You can also freeze your pesto for later!

Use an ice cube tray for single servings




## MEDITERRANEAN PASTA SALAD

Difficulty ☉○○

Course: First Courses

This colorful pasta salad makes the perfect summer lunch.



Rate ★★☆☆☆

[♥ Add to My Menu](#)

### INGREDIENTS:

Per 4 servings

- 9 oz farfalle (bow tie) pasta
- ½ cup extra virgin olive oil
- 2 leaves of basil
- 1 ½ oz yellow pepper
- 1 ½ oz green pepper
- 1 ½ oz red pepper
- 1 oz black olives
- ½ oz olive verdi
- 1 oz artichokes
- 2 oz medium shrimp, peeled
- 2 oz mussels, peeled
- 3 ½ oz clams, peeled
- 1 ½ oz baby greens
- salt and pepper to taste
- white wine to taste
- ½ lemon





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## PREPARATION:

Cook the pasta in a large pot of boiling salted water. Boil for the time indicated on the package, then drain and place them in a bowl to cool.

In the meantime, wash the peppers, then core and cut them in half lengthwise, removing the seeds and white filaments inside. Dice.

Heat a couple tbsp. of olive oil in a frying pan over medium heat and, once hot, add a clove of peeled garlic.

When the garlic begins to brown, add the peppers and cook, stirring frequently, for 3 or 4 minutes.

Clean the artichokes by removing the tough outer leaves and cutting off the stems and tips, then boil in a pot of salted water acidulated with lemon juice, cooking until you can easily poke them with a toothpick.

Carefully clean the mussels and clams rinsing them several times under running water and scrubbing them to remove the strings, or beard, attached to the shells and any sand deposited in them.

Cook them in two separate pans with a tablespoon of olive oil and half a glass of white wine until they are completely open. Once cooked, let them cool and remove them from their shells.

Cook the shrimp in a large pot of boiling salted water for one minute, then drain immediately and let cool.

In a large bowl mix together the pasta, peppers, pitted olives, sliced artichokes, mussels and clams. Toss with the remaining olive oil, salt, pepper and basil. Mix thoroughly.

Serve the pasta salad on a bed of baby lettuces.

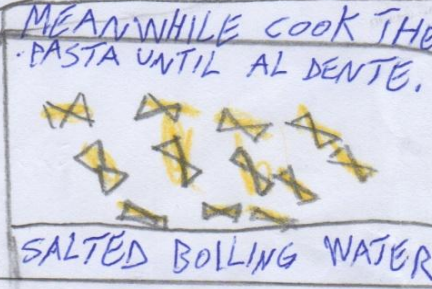
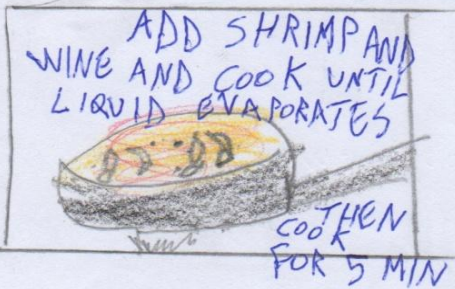
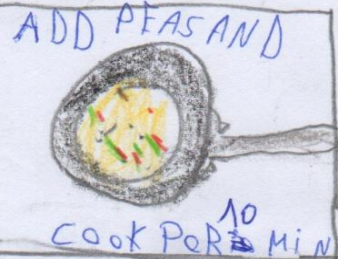


350gr Farfalle  
 100gr PEAS SHELLED WEIGHT  
 1 SHALLOT  
 12 LID COOKED SHRIMP  
 SAUT 1/4 cup dry white wine or lemon juice  
 2 TBSP OLIVE OIL  
 2 TBSP PARSLEY (WHEN CHOPPED)

# PARFALLE WITH SHRIMP

PREP: 20 MIN

COOK: 30 min.



## SPAGHETTI ALLA CARBONARA



18 minutes



Difficulty ○○○



Course: First Courses



Rate ★★★★★

Add to My Menu

### INGREDIENTS:

Per 4 servings

- 3/4 lb spaghetti
- 5 oz guanciale (or bacon)
- 4 egg yolks
- 3 1/2 oz Pecorino cheese, romano
- salt and black pepper

### PREPARATION:

In a bowl, beat the egg yolks with a pinch of salt and a little of the Pecorino cheese.

Bring a pot of well-salted water to a boil.

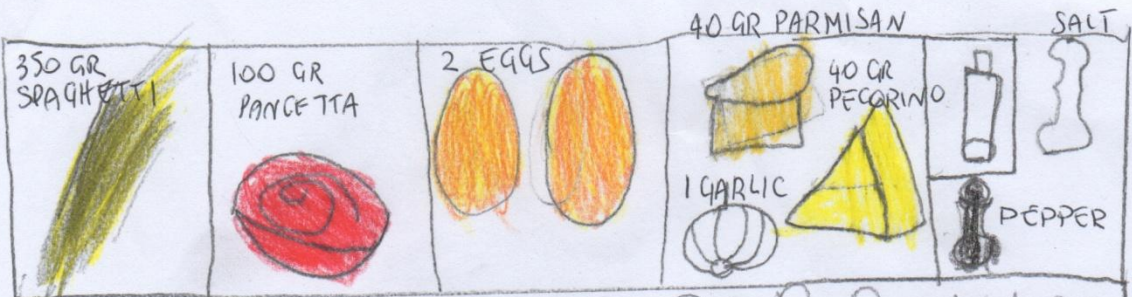
Cut the bacon into slices about 1/12 inch thick (2mm) and then into strips, or dice them. In a skillet, cook the bacon until lightly browned.

Cook the spaghetti in the boiling water until al dente. Drain the pasta, reserving some of the cooking water. Transfer the pasta to the skillet with the bacon and cook briefly, stirring. Remove from the heat and add the beaten egg yolks and a little of the cooking water, and stir for about 30 seconds.

Add the remaining Pecorino, stir again, and serve immediately.

\* "Guanciale" – a special Italian meat from Lazio region prepared from pork cheek– you can also use Bacon.





# SPAGHETTI CARBONARA

GRATE BOTH CHEESES



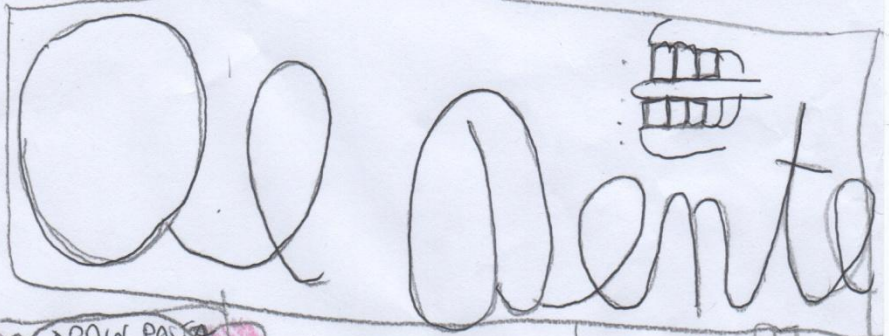
DICE PANCETTA



ADD PANCETTA AND GARLIC WHEN BUTTER IS READY



MEANTIME COOK THE PASTA



LIGHTLY BEAT 4 EGGS



DRAIN PASTA



ADD PASTA TO PANCETTA AND BUTTER



ADD EGGS AND PEPPER



PEPPER



ADD CHEESE AND



Toss



MAKE THE EGG COATS THE PASTA

SPRINKLE WITH CHEESE





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## TIRAMISÙ



20 minutes

Difficulty ○○○

Course:  
Desserts and Fruit



This is a video demo for one of the most well-known and decadent Italian desserts.

Rate ★★★★★

♥ Add to My Menu

### INGREDIENTS:

Per 4 servings

- 4 egg yolks
- 2 egg whites
- 5 oz sugar
- 1 lb Mascarpone cheese
- 16 ladyfinger cookies
- 1 cup coffee
- 2 tablespoons cocoa powder

Separate the egg yolks from the whites one at a time by pouring the whites into a cup and transferring the yolks from one part of the broken shell to the other.

Beat the yolks and the sugar together for a couple of minutes with a whisk or mixer until frothy. At that point, fold in the mascarpone and mix until you have a soft, smooth cream.

Then whip 2 egg whites, using an electric whisk or by hand, until soft peaks have formed. Then gently fold the whipped egg whites into the mascarpone and egg cream. Carefully mix everything together with a spoon, stirring from the bottom up.

Once the mascarpone cream is ready, you can begin to assemble your tiramisù.

**Tiramisù can be prepared in many different ways, from a single mold to individual portions.**

When preparing one single tiramisù, begin by lining a dish or small cake pan with the ladyfingers dipped in the espresso for not more than a second. Once the pan is filled with cookies, cover them with half the mascarpone cream. Level the cream using a spatula and dust with cocoa powder. Then add another layer of espresso-soaked cookies on top. Cover with the remaining cream, level it off and dust generously with the cocoa powder.

**PLACE THE PAN IN THE REFRIGERATOR FOR AT LEAST 3 HOURS BEFORE SERVING COLD.**

If you prefer to serve the tiramisù pre-portioned, you can use cups or martini glasses. Use 4 ladyfingers for each portion, dipping them, one at a time, in the espresso and arranging them vertically in the cup. One end of the cookie should be at the base and the other should poke out of the top.

Fill the cup with a couple of spoonfuls of mascarpone cream, evenly distributing it across entire cup. Tap the base of the cup on the palm of your hand to help level out the cream.

**DUST THE CUP WITH A GENEROUS AMOUNT OF COCOA POWDER AND LET SET IN THE REFRIGERATOR FOR 2 TO 3 HOURS BEFORE SERVING.**



400 G/14 OZ  
MASCARPONE  
CHEESE



175 ML 1/6 FL OZ FRESHLY BRAWED  
EXTRA STRONG COFFEE, COOLED



4 EGGS



150 G/5 OZ  
ICING SUGAR

200 G/7 OZ  
SPONGE  
FINGERS



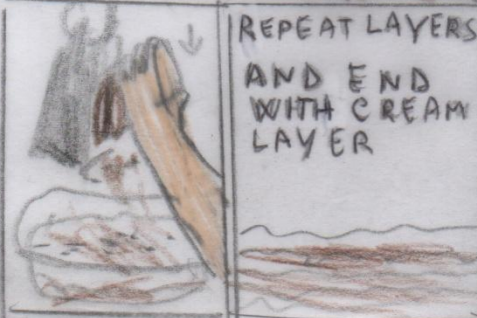
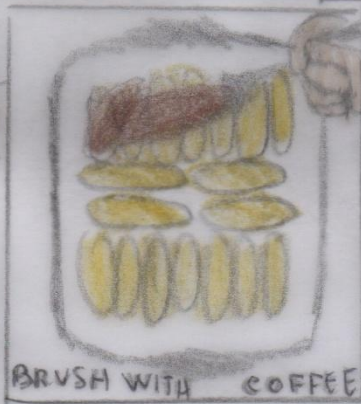
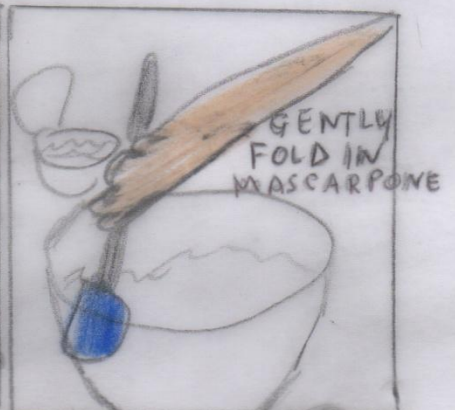
COCOA POWDER  
FOR DUSTING

200 G/7 OZ PLAIN  
CHOCOLATE

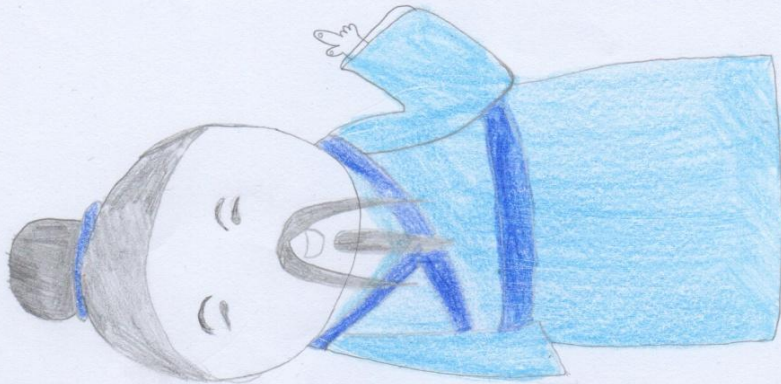
# TIRAMISU

SERVES 6

PREP 15 MINS. PLUS 3 HR CHILLING



# Ingredients For Making Dumplings



1kg Pork Mince



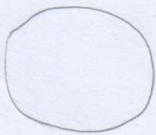
2 bundles Spring onions



3 pieces Ginger



6 large Eggs



34 Packs Pastry



1 Tablespoon Dried shrimp



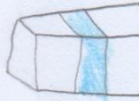
1 Tablespoon Sugar



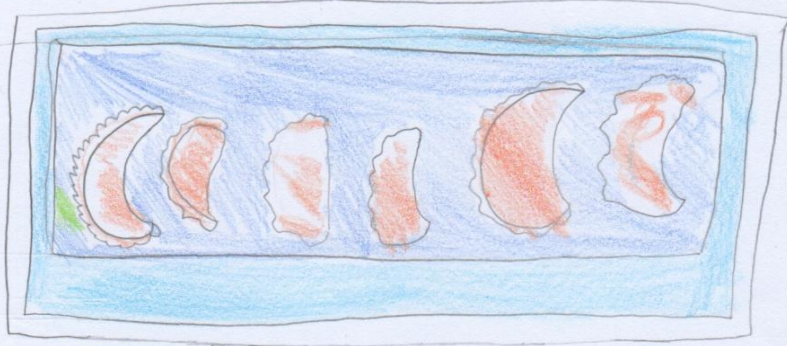
1 cup soy sauce



1 Tablespoon Sesame oil



1 Teaspoon salt



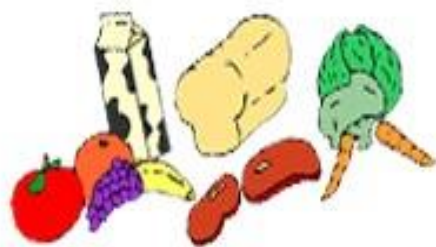
**Recipe from Asia.  
Chinese tradition also in our activities!**

This recipe will produce around 120-140 dumplings in total once the dumplings are cooked. You can also wait until they have cooled down and make fried dumplings from them simply oil in a pan and fry.



# Look-Cook-Book





# Healthy Food

B	A	K	A	P	R	I	C	O	T	S	K	U	C
R	R	B	R	L	C	O	D	N	L	L	S	M	H
E	T	R	A	E	R	L	N	A	U	I	N	T	E
A	I	O	S	M	A	T	S	I	P	V	M	W	R
D	C	C	P	O	N	R	Q	L	O	P	O	E	R
O	H	O	B	N	B	G	U	Y	V	N	L	U	Y
P	O	L	E	C	E	B	A	N	A	N	A	E	T
S	L	L	R	B	R	F	S	F	M	C	V	S	O
A	E	I	R	X	R	P	H	L	I	R	O	E	M
L	S	M	Y	N	Y	D	D	O	L	A	C	C	A
M	Y	O	G	U	R	T	I	Q	K	B	A	H	T
O	A	H	S	P	I	N	A	C	H	P	D	E	O
N	X	F	I	G	A	R	L	I	C	A	O	E	V
M	D	C	P	L	S	H	E	L	L	F	I	S	H
I	N	C	A	N	T	A	L	O	U	P	E	E	Q
P	E	A	N	U	T	S	M	G	I	N	G	E	R

MILK

YOGURT

APPLE

BANANA

BROCOLLI

CHERRY

CHEESE

BREAD

APRICOTS

AVOCADO

CANTALOUPE

RASPBERRY

TOMATO

CRANBERRY

LEMON

LIME

FIG

ONION

ARTICHOLES

GINGER

SPINACH

SQUASH

GARLIC

PEANUTS

SHELLFISH

SALMON

CRAB



# Italian food



1.



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7.



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13.



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22.



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17.

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20.



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24.



23.

- \_\_\_ asparagus risotto
- \_\_\_ stuffed eggplant
- \_\_\_ minestrone soup
- \_\_\_ mozzarella and tomato salad
- \_\_\_ garlic bread
- \_\_\_ ravioli
- \_\_\_ pasta with pesto sauce
- \_\_\_ pasta salad
- \_\_\_ olive bread
- \_\_\_ olives
- \_\_\_ vegetarrean pizza
- \_\_\_ cheese pizza
- \_\_\_ melon and prosciutto
- \_\_\_ spaghetti & marinara sauce
- \_\_\_ spaghetti alla olio
- \_\_\_ Sicilian swordfish pie
- \_\_\_ pasta with sea food
- \_\_\_ spaghetti and meat balls
- \_\_\_ lasagna
- \_\_\_ penne with shrimps
- \_\_\_ spaghetti with mussels
- \_\_\_ pasta with fresh sardines
- \_\_\_ tiramisu
- \_\_\_ lemon risotto
- \_\_\_ bruschetta
- \_\_\_ vegetable lasagna

# Italian food crossword

11.

7.

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1.

10.



This Cookbook's been made by pupils in the 5th grade sez. A  
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