



# ETWINNING PROJECT: “LOOK COOK BOOK”



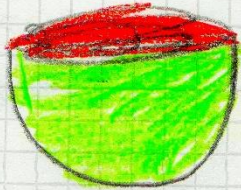
## ITALIAN RECIPES: “SPAGHETTI ALLA CHITARRA” AND “TOZZETTI”

CLASSE IV B SAN GIUSEPPE  
TERAMO ITALY

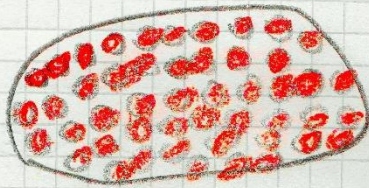
## RECIPE : SPAGHETTI ALLA CHITARRA

MEAT BALLS (PALLOTINE)

250 GR. MINCED MEAT  
1 EGG, PARMISAN, NUT MEG



TO-KNEAD AND DO TO MAKE MEAT BALLS



Stir with your hands to mix the ingredients and form the pellets, or small balls that should not be bigger than 1 cm (3).



**Now take care of the meat sauce: chop celery, carrot and onion (5) finely and fry slowly with a little oil (6). Add the meat (7) and let it brown well, then blend with white wine (8) , let evaporate for a moment and then add the peeled tomatoes. Stir in order to flavor the meat (10), salt and pepper, cover with a lid and cook for about 3 hours**

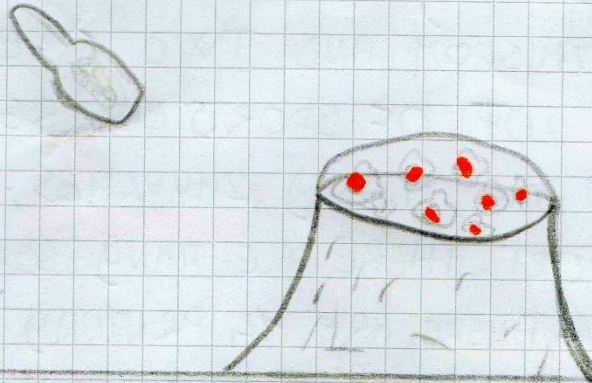


**Remove the pieces of meat cooked in the sauce and keep aside (19), place the pellets in a pan and blast a few minutes with a little oil (20), then pour the sauce of the pieces of meat (21).**

# How to make spaghetti step by step

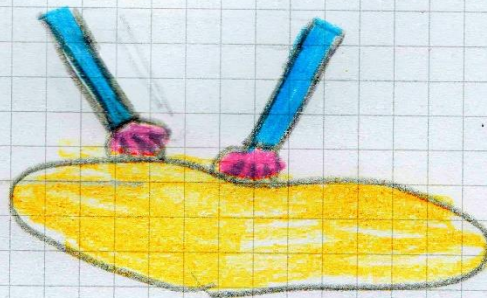
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600 GR. FLOUR  
6 EGGS, 2 SPOONS  
A PINCH OF SALT



②

TO KNEAD



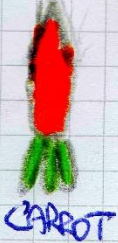
③



CELERY



TOMATO



CARROT



SAUCE → TO  
SAUCE (RAGU)



CELERY

PORK  
MEAT

LAMB  
MEAT

BEEF



ONION



## DOUGH FOR SPAGHETTI



**MAKE THE MIX AND LEAVE STAY FOR HALF HOURS**

























Put a pot of salted water on the stove and bring it to the boil, pour the spaghetti (22) and cook for about 5 minutes. Drain the pasta (23) and season with the sauce (24) and meat small balls.





Spaghetti are ready ...  
Enjoy your meal!!!



## RECIPE : TOZZETTI

### INGREDIENTS

600 gr of flour  
a glass of olive oil  
300 gr .of almonds  
300 g walnuts / hazelnuts  
grated dark chocolate  
150 gr of brown sugar  
1 sachet of cream of tartar  
1tablespoon of bicarbonate  
grated lemon peel  
some rhum  
water

### INSTRUCTIONS

Put all the ingredients in a bowl, add water to create a very soft dough, wet your hands, create the strands and bake at 180 degrees for about 25/30 minutes.

Allow to cool, cut a little 'diagonally put back in pan and bake again for toasting





## STEP BY STEP



PUT IN A BOWL INGREDIENTS



PUT INSIDE CREMORE TARTARO





## GRATING LEMON





**ADD ALMOND**



PUT OLIVE OIL



... AND CREOLE LIQUORE





**MIX INGREDIENTS**



ADD WATER



MIX



MIX



PUT THE DOUGH IN A PLAQUE



IT IS READY TO PUT IN THE OVEN





**BAKED!**



**SIZE IN OBLIQUE**





**PUT AGAIN "TOZZETTI" IN THE OVEN for FIVE MINUTES**



**READY TO EAT!**

