



Erasmus+

KA229 - 2018-20

I AM MY LIFE HERO

# Healthy recipes of local meals

ISTITUTO COMPRESNSIVO CIVITELLA-TORRICELLA - ITALY

# Tasting our landscape

## Our traditional food



# starters

- Cold cuts and sheep cheese
- Pickles
- Cheese fritters





# Main course

Scrippel 'mbusse:  
thin crepes made of flour,  
water and eggs. They are  
sprinkled with Parmesan  
cheese, rolled up and  
plunged in warm chicken  
broth.



# SECOND COURSE



**Arrosticini: lamb skewers roasted on charcoal**



**Bruschette: slices of bread with olive oil, garlic and salt or fresh tomato pieces with basil**

# Dessert and drinks

Pizza Dogge:  
chocolate and custard layer  
cake with hazelnut crumbs  
on top.



Local Wines:  
Montepulciano



Trebbiano





# Enjoy!

BY TORRICELLA SECONDARY SCHOOL STUDENTS

**This project has been founded with support  
from European Commission.**

**This publication reflects the views only of the  
author and the Commission cannot be held  
responsible for any use which may be made of the  
information contained in there.**

