



«Vucciria»
R.Guttuso

IIS «R.Guttuso» Milazzo
Prof.ssa Stagno Cristina Felicia
Sicily: Land of amazing tastes

Sicilian cooking is a blend of mediterranean flavours and cultures.

Every conqueror of the island (from Arabs to Norman) has left the imprint of his culinary heritage.

It can be considered a poor cuisine, not because of the untasty dishes but on the contrary thanks to the use of poor ingredients coming from earth and sea that become amazingly tasty dishes.

Sicilian cuisine is characterized by a great use of vegetables and fish.

Each city is characterized by typical products and a typical recipes.



Kennst du das Land, wo die Zitronen blühen,
Im dunklen Laub die Goldorangen glühen“
Goethe



“But lemons, lemons, innumerable,
speckled like innumerable tiny stars
in the green firmament of leaves.
So many lemons! Think of all the
lemonade crystals they will be
reduced to!”

Lawrence

LEMON GRANITA AND TYPICAL BRIOCHE WITH «TUPPO»



COFFEE GRANITA
With WHIPPED CREAM

STRAWBERRY GRANITA
with WHIPPED CREAM



CucinaFacileconElena



QUEEN AUBERGINE

CAPONATA

starter

Capers from Pantelleria



MACCHERONI ALLA NORMA

First course
vegetarian



salted and baked
ricotta cheese



The name was given by the sicilian playwright Nino Martoglio who exclaimed «This is a real Norma!» comparing the tasty dish to a masterpiece like one of Bellini's operas titled «Norma».

TIMBALLO DI ANELLETTI

first course (with meat)

Cooked in OVEN



Primosale
cheese



anelletti



PASTA CON PESCE SPADA E MELANZANE

swordfish



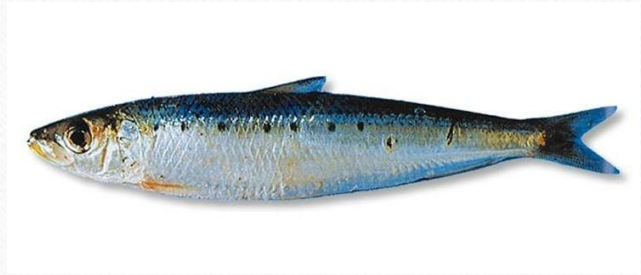
First course (fish)



Pachino
tomatoes



PASTA CON LE SARDE



sardine

First course (fish)



wild
fennel



muddica nturrata
toasted breadcrumbs



INVOLTINI DI PESCE SPADA

SECOND
COURSES
fresh
FISH

SARDE A BECCAFICO



PESCE STOCCO A' GHIOTTA



stockfish



Recipe of Norman origin.

The secrets:

Low flame and never stir

Better if you use a traditional earthenware pot.

FALSOMAGRO

SECOND
COURSES

BRACIOLE ALLA MESSINESE

MEAT



STUFFED VEGETABLES

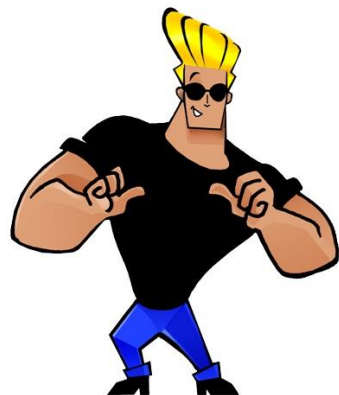
second course - vegetarian



STREET FOOD

pani ca' meusa (spleen/lung)

schettu
single



maritatu
married



STREET FOOD

panelle



STREET FOOD

arancine/arancini



DESSERT

main ingredients

Formerly pastries were made by nuns in convents. Most of the ingredients and techniques are of Arab origins.



chocolate
from
Modica
(Ragusa)



Pistachios
from
Bronte
(Catania)



Paste secche



CANNOLO

cassata





And now...let's cook!



Thanks for your attention.