



# Recipes Book



# Index

Spanish recipes .....	pg 3
Cypriot Recipes .....	pg 22
Italian Recipes .....	pg 32

Spanish recipes

RECIPE:

# Caramel Flan



Prep  
15 m

Cook  
1 h 15 m

Ready In  
8 h



By Gisela Benitez, Nia Konstatinova and Alfonso

## ❖ Ingredients:

- ¾ cup of white sugar
- 1 (8 ounce) package cream cheese softened
- 5 eggs
- 1 (14 ounce) can sweetened condensed milk
- 1 teaspoon vanilla extract

## Preparation/method:

- 1) Preheat oven to 350 degrees F (175 degrees C).
- 2) In a small, heavy saucepan over medium-low heat, cook sugar, stirring, until golden. Pour into a 10 inch round baking dish, tilting to coat bottom and sides. Set aside.
- 3) In a large bowl, beat cream cheese until smooth. Beat in eggs, one by one, until well incorporated. Beat in condensed and evaporated milk and vanilla until smooth. Pour into caramel coated pan. Line a roasting pan with a damp kitchen towel. Place baking dish on towel, inside roasting pan, and place roasting pan on oven rack. Fill roasting pan with boiling water to reach halfway up the sides of the baking dish.
- 4) Bake in preheated oven 50 to 60 minutes, until the center is well baked. Cool one hour on wire rack, then chill in refrigerator 8 hours or overnight. To remove it from the pan, run a knife around edges of pan and invert on a rimmed serving platter.

# CRESPILLOS from Lorca

## *Ingredients*

- 100 gr of water.
- 100 gr of oil.
- 300 gr of flour.
- 1 teaspoonful of salt.
- 1 teaspoonful of non spicy cayenne pepper.
- 1 teaspoonful of yeast

## *Preparation*

1. Heat the oven to 200° above and below.
2. Pour all the ingredients in the mixer 15 seconds at speed 6. Put the preparation of the mixer on a sheet of baking paper. Extend the dough with the spatula and put another sheet of baking paper on it (like if it was a sandwich). Expand the dough with a rolling pin until it's 1 cm thin. Remove the remaining dough.
3. With a knife give form to the crespillos. Poke it with a fork all over the dough and sprinkle it with a little bit of salt.
4. Put the sheet with the dough in a bowl for baking. Turn down the temperature to 180° and bake during 15 minutes approximately ,until they start to toast. Move the crespillos away from the oven and let cold on a rack
5. Follow the same method for the rest of the dough.

# MAROCCAN TEA

Ingredients (for two people)

- ½ of water
- 1 spoonful of Chinese green tea (type Gunpowder)
- Between 4 for 6 spoonful of sugar
- A bunch of mint

Preparation

First we put a spoonful of tea in the teapot, to which we add 100 ml of boiled water. We let stand a couple of minutes, and after this time, we made circular movements with the teapot discarding the water, in order to clean the tea balls.

Then add to the drained tea between 4 and 6 spoonful of sugar and 400 millilitres of boiled water. We put it on medium heat, we wait for it to boil again and we make the mint. Leave it for 2 or 3 minutes in the fire after put the boil.



Kawtar Lahrich

## RECIPE: MICHIRONES MURCIANOS



LAURA SÁNCHEZ, ANA BELÉN MULERO, ROCÍO MARTÍNEZ

### Ingredients

12 POTATOES  
½ kg OF DRIED BEANS  
250 g OF SPICY PORK  
250 g OF IBERIC FAT  
300 g OF SERRANO HAM  
1 HEAD OF GARLIC  
SALT  
2 BAY LEAVES  
PAPRIKA  
CHILLI PEPPER

### Preparation/ method

1. The dried beans have to stay in cold water for 2 days and change the water twelve hours a day.
2. After two days you have to put the beans, spicy pork and pork fat in slices, chopped ham, the garlic head, the bay leaves, pepper and the paprika divided for the half in a big pot.
3. You have to boiled in slow cooked the michirones during more or less an hour and a half.

# Galletas de nueces/Nut cookies

## Ingredients

200 g nuts  
60 g almonds  
100 g sugar  
1 apricot jam  
1 butter  
1 egg  
1 pinch salt  
17 grams vanilla sugar  
for decoration  
Walnuts  
Sugar glass

## Steps

- 1 First we crush the nuts and almonds, then add the egg, butter, jam, and a pinch of salt and mix everything.
- 2 With the dough we have prepared before we form balls and batter them in glass sugar and put half a nut on top.
- 3 Finally we put our tray in the oven at 180 degrees or so 7 min.
- 4 Once we take them out we leave them until they cool completely and then serve them.





# RECIPE:

Easy to make and with a duration of 20 minutes of preparation.

## Ingredients



- Stale bread
- Spicy chorizo
- Tender garlic
- Pork sausage
- Green pepper
- Olive oil

## Preparation/ method

6. Soak the bread in water (very little), drain it with your hands and then move away.
7. Fry the pepper and the sausage
8. Then add the garlic and chorizo.
9. When done, the sofrito is mixed with the bread and stirred.
10. It stays in the soft fire without stopping to stir and break the bread.

Meixi Periago Jiménez  
1º Bach D

# PLATE: SEAFOOD PAELLA (4 people)

Time: 1 hour Difficulty:  
medium



## Ingredients

- Rice(320g)
- Seafood or fish fumet (double quantity for the fumet than the one used for the rice.)
- 8 prawns.
- 8 mussels.
- 1cuttlefish (medium size)
- 200g clams
- Un poco de azafrán o colorante alimentario // A bit of saffron or food coloring
- For the stir-fry:
  - Half a red pepper.
  - Half a green pepper
  - Half an onion.
  - A clove of garlic.
  - 200g liquefied tomato.
  - Half a big spoon of spicy pork sausage.
  - Half a bay leaf.
  - Virgin olive oil .
  - Salt

## Preparation

We start preparing the vegetables for the stir fry , then wash and clean the peppers (remove the seeds), peel the onion ,the garlic , and grind them.

Put the pan for cooking the paella in medium heat with some olive oil to cover the bottom and when it is warm add the vegetables and a bit of salt. We have to cook everything together for 15 or 20 minutes, until it is well cooked . Remove it every then and now.

While we are preparing the seafood. Wash the prawns and let them dry , wash the mussels using a knife to clean the external part of them .Wash the cuttlefish, drip it and cut it all into pieces.

Put the clams into a bowl with water and a bit of salt , this way you will get them a little open and take the sand out, next, you can add them into the rice.

Put the tomato and the spicy pork sausage in the pan mix everything together and let it cook for 3 more minutes.

Heat the fumet in a casserole apart, and when it is nearly boiling

Add the cuttlefish to the pan with the stir fry and mix them for 5 minutes.

Join the rice and mix everything up for about 2 minutes so the rice gets soak with the flavors before adding the stock.

Pour the stock into the pan and also the saffron or the food coloring, the bay leaf and the clams .Stir the pan slightly in order to get everything well distributedWhen it starts boiling put onto the surface the mussels and the prawns, reduce the temperature to cook it slower for about 20minutes and remember you don't have to remove it.

Let it settle 5 or 10 minutes, it's better if you cover it with aluminum foil or a kitchen cloth , in order to keep it warm

And finally serve and enjoy it!!



Evelyn Jazmín Jiménez Romero y Celia Parra 4A

# PEA SOUP (SOPA DE MANÍ)

Victor Castilla Rodriguez Denilson Huallpa Vasquez Jorge López Alcaraz

COOKING TIME: 40 MINUTES PORTIONS: 5 - 6



## INGREDIENTS

- ½ kg. of cow meat
- 1 bowl of peeled peanuts
- 1 minced and peeled white onion
- 1 carrot cut into cubes
- ½ bowl of peeled peas
- 1 celery stem, cut into cubes
- ½ pepper, cut into cubes
- ¼ lt. of oil
- 1 spoon of powdered garlic
- ½ lt. cow broth or vegetables
- 4 potatoes cut into large cubes
- Salt
- Pepper
- Cumin
- Oregano
- 250 gr. of macaroni or noodles
- Parsley

## PREPARATION

1. Add onion, carrot, peas, celery and pepper, and stir fry everything for five minutes.

2. Add sliced meat and soup and let it cook on medium heat for approximately five minutes.
3. Liquefy the peeled peas along with a bowl of water and add it to the pot of soup, lowering the heat.
4. Add the sliced potatoes and season with salt, pepper, cumin and oregano.
5. Mix in the toasted noodles. Cook on medium heat for approximately ten minutes.
6. Sprinkle minced parsley. Optionally add French fries on the top.



# RECIPE: Paprika cake



## Ingredients

- 750 gr. of flour
- 450 ml of water
- 20 gr. of salt
- 1 pressed yeast cube (20 gr approx)
- Ground paprika
- 300 ml. of oil

## Preparation/ method

1. Mix the water, yeast and half the salt (10 gr).
2. Remove everything, either with a mixer or in a bowl by kneading with your hand.
3. Once the ingredients have dissolved, add the flour to the previous mixture.

4. We will have to stir until we get a ball of soft dough but it does not stick on our fingers. We take the container or llanda in which we are going to prepare the paprika cakes and we put approximately 100 ml. of oil, two tablespoons of ground paprika and a pinch of salt.

5. Mix the ingredients with your hand and place the dough ball in the center.



6. We work the dough by gently extending it to the edges of the tin, being careful not to make holes. You have to try to leave your fingers marked in the dough without breaking it.

7. Let stand about 10 minutes and begin to spread with your hands.



8. When you have finished, add the rest of the oil and two tablespoons of paprika.



9. With the help of our hands we mix the two ingredients.

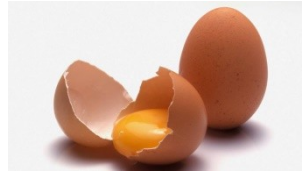
10. Using a "roulette" or pizza cutter you divide the dough into portions in the size you want.



12. Preheat the oven at 160 degrees and introduce our paprika cake into the oven for 20 minutes approximately.

11. Then sprinkle the rest of the salt over the cakes and let it rest for 20 minutes.

# RECIPE: Orange cake



## Ingredients:

- 6 eggs
- 2 glasses with orange juice
- 2 glasses with sunflower oil
- ½ kg of sugar
- 2 spoons of bicarbonate of soda
- 1,5 kg of flour.



## PREPARATION/ METHOD

- Mix all the ingredients aforementioned.
- Turn on the oven at 200°C.
- Lie in your hands a little of oil and then, give it a rounded shape.
- Place them into a mold, but at the base, place a baking paper.
- They will be better with some sugar covering them.
- Introduce them into the oven and it will take around 20 minutes to be coked.





# SPAGHETTI A LA CARBONARA

## INGREDIENTS:

80 g of bacon

30 g of margarine Flora

2 large garlic cloves peeled and whole

2 tablespoons of Hellman's Great Mayonnaise

30 g fresh grated parmesan

1/4 teaspoon ground black pepper

350 g of spaghetti, cooked following the instructions on the package

## RECIPE:

1. Sauté the bacon in a large non-stick skillet over medium heat for 2 minutes, until it begins to brown.
2. Add the margarine Flora and the garlic and cook for 5 minutes, until the garlic is done but without getting to brown.
3. Add Hellmann's mayonnaise, Parmesan and black pepper. Add the cooked spaghetti and stir until it is impregnated with the mayonnaise and cheese sauce.
4. Serve with grated parmesan and chopped parsley if desired.

# RECIPE: SPANISH POTATO OMELETTE



## Ingredients

- 6 medium sized eggs
- 1kg. Potatoes
- Salt
- Olive oil
- 1 big onion
- Round non stick frying pan

## Preparation/ method

Peel potatoes, wash them to remove the dirt and very important, dry.

We cut into very thin slices. We put them in a large bowl, where then we will mix with the egg and add salt to taste. We stir well and reserve.

We chose our largest and most non-stick pan. We put it on the fire and add a good extra virgin olive oil. Buy oil, the one you like best, but of quality, it will give you that point of flavor that distinguishes your omelette from the others.

We introduce the cut and salted potatoes and let them cook for about twenty minutes over low heat. The subject of the thickness of the potatoes also goes to tastes. Some people prefer to cut them into very small pieces, in very thin slices that almost break when frying and or rather large.

While the potatoes are frying, in the bowl where we will then throw the potatoes we beat the eggs, we reserve. Peel the onion and cut as thin as possible. In another skillet heat olive oil and add the pieces of onion.

We heat until it has a golden color, which has a point of caramelization but without getting to burn. The onion will be done before the potatoes, so we drain and add to the bowl with the beaten egg.

If you have caramelized onion in the fridge or you want to make it, substitute the poached onion for the caramelized one. It will be impressive. Remove with a skimmer from the pan, leaving the potatoes with as little oil as possible, well drained.

If we do not want any extra oil we can use a large colander. We let them drain and then we introduce them to the bowl with the onion and the egg. We rest the future omelette for 15

minutes so that all the flavors come together. After these minutes this mixture is delicious, try to toast a bit of bread and add a capita with this mixture, incredible.

In the same skillet in which we fried the potatoes and once the oil was removed. We cook the mixture that we have at rest. That when splitting it with the fork, a little liquid egg comes out. For this type of tortilla we only need 4 minutes at medium-high heat on each side. It depends on what curd we want the tortilla to be.

To turn it around I use a large flat plate that I have for salads. But you can use a smooth-edged lid, even now I've seen that they sell special lids to turn the tortilla around.

Use the most comfortable method and easiest for you so that you do not spill out, with care. Do not despair if you do not leave, in that case you will have a more curd omelette, but equally rich. And we would have our omelette ready and to enjoy it.

We hope you like it!

Pedro Muñoz and Maria Dolores Alacid.

ANA MARTÍNEZ LORENTE  
**ZARANGOLLO**

Time preparation: 10 min

yield: 2 servings

Cook time: 15-20 min

difficulty: ★☆☆☆☆



**Ingredients**

- 1 onion
- 1 garlic clove
- 1 large potato
- 1 courgette
- 2 grand eggs
- 3 tbsp. of olive oil
- Salt to taste



**Preparation**

Peel and slice the onion and the garlic clove. Heat the oil in a pan on medium high. Once hot, add them and cook until softened.



While they are being cooked, peel the potato and chop it in dice of 1 cm approximately.

Once the onion is getting brown, add the potato and keep the medium high in order to have the potato softened too.

Rinse the courgette and chop it in dice of 1 cm, the same as the potato. Add them to the pan and stir.

Add some salt too, but, take care! You should add just a bit, you will be able to rectify it later.

Reduce heat and let it cook for 15/20 min (stirring and keeping an eye three or four times), until the potato and the courgette are tender.



Crumble the eggs and reduce heat to the minimum. Add them to the pan and stir.

Rectify salt and it's ready for serving. You can serve it with or without a drizzle of quality olive oil.



# Cypriot Recipes

## GREEK RECIPE

# BAKLAVAS

### Ingredients:

#### for the stuffing

Almonds

Cinnamon (powder)

Sugar

Butter

Crust (baklavas crust)

Syrup

### Syrup:

2 glasses sugar

1 ½ glass of water

1 teaspoon lemon juice

Cinnamon (powder)

### Procedure:

- We put some butter on the half of the crust (into a pan)
- We sprinkle almonds on the crust.
- We put the other half of the crust and some butter on it.
- Cut it in a shape.
- Bake for 40 min.
- Put the syrup (it should be cold) when the baklavas is ready from the oven.



## TRADITIONAL EASTER CYPRIOT RECIPE

# FLAOUNES

### Materials for the dough:

2kg of flour (farina or horiatiko)  
1 small teaspoon of salt  
2 small teaspoon of baking powder, mehlepi, masticha, anise  
2 cups of oil  
Yeast (of 2 eggs size)  
Warm milk for kneading

### Ingredients for filling:

2kg of goat cheese and haloumi cheese  
½ cup of semolina  
12 eggs  
1 piece of yeas  
small teaspoons of mehlepi, masticha  
1 cup of raisins  
2-3 eggs beaten for spreading  
2 cups of sesame

### Procedure of filling:

To make the flaounes we prepare the filling from the previous evening  
We grate the cheese 1-2 days in advance so as to dry.  
We add the semolina to the cheese and stir well.  
We beat the eggs evenly.  
We add the eggs and the yeas in the bowl with the cheese.  
Stir well to dissolve the yeas and add as many eggs as needed to make your mixture more solid.  
The next day we add the baking powder and the raisins.  
If needed we add 1-2 more eggs.

### Procedure of dough:

For the dough, we sift the flour into a bowl and add the baking powder, the masticha, the mehlepi and the anise and stir them well.  
We add the oil and pour the flour with hands. Then we add the yeas and the warm milk to dissolve the yeas and knead to make a regular dough.  
We leave the dough for 1-2 hours to inflate and then we open thin sheets and cut the rounds to what size we want.  
We add a similar filling and fold into the shape we want our flaounes.  
Before baking them we fit them inflate and smear them with some egg.  
Finally we cook them for about 1 hour in a preheated oven.





## GREEK RECIPE

# CHICKEN WITH SPINACH AND FETA CHEESE

½ kilo of spinach  
75gr grated feta cheese  
4 chicken fillets  
1 tbsps of olive oil  
1/3 cup of milk cream  
2 tbsps of fine cut parley

### Sauce

60 gr of butter  
2 tbsps of flour  
1 cup of chicken stock  
1 cup of dry white wine

### Instructions:

We melt the butter in a pan and we add the flour and we stir until it boils. Turn off the heat and add the bouillon cube (meat stock) and the wine. Stir it and heat it until it becomes thick cream.

### Procedure:

- We wash the spinach very well and we put it in a saucepan and we stir it until the leaves wilt.
- We strain it and we leave it to cool.
- We mix the spinach with the "feta" cheese.
- We cut the fillets in the middle and we fill them with the mixture. We put toothpicks around the fillets in order to keep the mixture in.
- We fry the fillets from sides. Then we pour the sauce and we boil them in the saucepan for about 25 minutes.
- Finally we add the thick cream and the parsley



## CARROT CAKE

### Ingredients:

235ml vegetable oil. Plus extra for the tin  
100gr natural yogurt  
4 large eggs  
1 ½ tsp vanilla extract  
½ an orange juice  
265gr self-raising flour  
335gr light nutmeg sugar  
1 ½ tsp ground cinnamon  
¼ fresh nutmeg finely grated  
265gr carrots (about 3), grated  
100gr sultanas or raisins  
100gr walnuts or almonds, roughly chopped (optional)

### For the icing:

100gr slightly salted butter, softened  
300gr icing sugar  
100gr full-fat cream cheese

### Method

- Heat oven to 180c/160c fan/gas. Oil and line the base and sides of two 20cm tins with baking parchment, Whisk the oil, yogurt, eggs, vanilla and zest in a jug. The flour, sugar, cinnamon and nutmeg with a good pinch of salt in a bowl. Squeeze any lumps of sugar through your fingers, shaking the bowl a few times to bring the lumps to the surface.
- Add the wet ingredients to the dry along with the carrots, raising and half the nuts, if using. Mix well to combine, then divide between the tins, Bake for 25-30 mins or until a skewer inserted into the centre of the cake comes out clean. If any wet mixture clings to the skewer, return to the oven for 5 mins, and then check again. Leave to cool in the tins.
- To make the icing, beat the butter and sugar together until smooth. Add half the cream cheese and beat again, then add the rest (adding it bit by bit prevents the icing from splitting). Remove the cakes from the tins and sandwich together with half the icing. Top with the remaining icing and scatter with the remaining walnuts. Will keep in the fridge for up to five days. Best eaten at room temperature.

## ZELEVI SARMI

### Ingredients

1 cabbage (preserved in vinegar)  
500gr pork minced meat  
1 cup olive oil  
3 chopped onions  
1 carrot  
1 celery root  
2 cups root  
2 cups rice  
2 tbs tomato paste  
500 ml vegetable stock  
1 tsp parsley  
1 tsp mint  
Salt, black pepper

### Method of preparation

- Sauté onion in olive oil and add minced meat, carrot and celery root (without coloring).
- Add rice, tomato paste and stir well and continue by adding the vegetable stock.
- When stock is absorbed, add salt, pepper, parsley and mint.
- Slowly open the cabbage leaf and add a tablespoon of the mixture, fold the two sides and then roll the cabbage leaf tight.
- Place them in a deep pot, in layers.
- Add the stock and some of the cabbage liquid in the pot and place a plate on top of the leaves.
- Cook for 30' in medium heat and serve with yoghurt or tomato sauce.



## SOUTZOUKAKIA

### Ingredients

#### For the meat balls

500gr mix minced meat  
3 eggs  
3-4 garlic cloves  
4 slices bread  
150ml red wine  
100gr chopped onion  
1 tbsp cumin  
¼ tsp cinnamon  
¼ tsp nutmeg  
Salt, pepper

#### For the sauce

500gr tomatoes  
1 onion  
2 garlic cloves  
250ml red wine  
1 tsp tomato paste  
1tsp butter  
1tsp sugar  
1 stick cinnamon  
1 tsp all spice  
Olive oil  
Salt, pepper.

### Method of preparation

#### For the meat balls

Chop garlic and onions.

Soak bread core in red wine and then strain and mix all the ingredients together.

Wrap in plastic foil and leave in fridge for 30'.

Mix well and form small oval shape meat balls and sprinkle with some flour.

#### For the sauce

- ❖ Sauté onion and garlic in olive oil.
- ❖ Peel the tomatoes and add in sauce.
- ❖ Add tomato paste, sugar, spices, salt and pepper and let it simmer.
- ❖ Fry the meat balls from both sides and add the sauce.
- ❖ Let it simmer.
- ❖ Serve the meat balls with the sauce, rice or mashed potatoes.



## QUINCE PASTE (KIDONOPASTO)

### Ingredients

1kg quince

600gr sugar

Lemon juice

10gr arbaroriza (fragrant geranium - kiouli in Cyprus)

100gr almonds blanched

### Method of preparation

1. Wash quince carefully and grate them to remove the outer part of the quince.
2. Cut in four pieces, remove the pips and place them in a bowl with water and half of the lemon juice.
3. Put them in boiling water and add the rest of the lemon juice.
4. Pass through a blender and put them back in the boiling pot and stir well.
5. Add ginger leaf to enrich the flavour in serving pots.
6. Remove from heat and place them in serving pots.
7. Sprinkle with blanched almonds.
8. Leave it to dry for 3-4 days and cut into piece.



# KOULOUROUTHKIA WITH CAROB SYRUP

## Ingredients

3 cups strong flour  
½ tbsp. salt  
3 tbsp olive oil  
1 cup water  
2 cups carob syrup

## Method of preparation

1. In a bowl sift the flour, add the salt, the olive oil and mix well.
2. Add the water and mix well until the dough is firm.
3. Cover with a towel and let it rest for a while.
4. Take a small amount of the dough and roll it until it gets thin.
5. Then take the one edge and shape a circle within and press to stick together.
6. Place them on parchment paper and dust with some flour so they don't stick together.
7. Boil the cookies in hot water until soften.
8. In a second boiling pan put the carob syrup and a cup of water and boil.
9. Strain the cookies and put them in the carob syrup for a while.
10. Serve them hot with some of the sauce.



Italian recipes



# POLENTA TARAGNA

## Ingredienti

(dose per 6 persone)

- 2 litri di acqua
- 10 grammi di sale grosso
- 350-400 grammi di farina per polenta taragna (mais e granosaraceno)
- 300 grammi almeno di formaggio semigrasso
- 50 grammi di burro

## Preparazione

In un paiolo di rame o di ghisa, portate ad ebollizione l'acqua salata.

Aggiungete a pioggia le farine, precedentemente miscelate, e rimestando con

l'aiuto di un mescolo di legno, preparate una polenta normale,

cuocendola per circa un'ora. A fine cottura, ancora sul fuoco, aggiungete il burro. Fatelo sciogliere, rimestate ed aggiungete il formaggio semigrasso a tocchetti. Continuate ancora a rimestare la polenta, per distribuire uniformemente al suo interno il formaggio. La polenta sarà cotta quando noterete che, rimestandola, si staccherà dai bordi del paiolo. Toglietela quindi dalla fonte di calore, versatela sul tagliere e servite la polenta taragna molto calda. In alternativa alle due farine (grano saraceno e giallo) è possibile acquistare la farina per la polenta taragna già mista.



# POLENTA TARAGNA

## Ingredients

(6 servings)

- 2 liters of water
- 10 grams of coarse salt
- 350-400 grams of flour for polenta taragna (corn and buckwheat)
- 300 grams of at least half-fat cheese
- 50 grams of butter

## Preparation

In a copper or cast iron pot, bring the salted water to a boil. Add the previously mixed flours to the rain and stirring with the help of a mixture of wood, prepare a normal polenta, cooking it for about an hour. At the end of cooking, still on the fire, add the butter. Let it melt, stir and add the half-fat cheese into chunks. Continue to stir the polenta again, to distribute the cheese evenly inside. The polenta will be cooked when you notice that, stirring it, it will come off the edges of the cauldron. Then remove it from the heat source, pour it on the cutting board and serve the very hot taragna polenta. As an alternative to the two flours (buckwheat and yellow) it is possible to buy the flour for already mixed taragna polenta.



# Torta Margherita DAISY CAKE

## INGREDIENTS

150 gr of flour  
150 g potato starch  
5 eggs  
180 grams of sugar  
90 g butter  
130 ml of milk  
16 grams of yeast for cakes  
1 lemon peel  
1 Pinch of salt  
Icing sugar QB

## PREPARATION TIME:

30 minutes  
Cooking time: 70 minutes  
Doses: 10 people  
Difficulties : Easy  
Calories: 294



## DIRECTIONS

Separate the egg yolks from the egg whites and keep the latter aside.

Whip the egg yolks with the sugar. It is very important to work the eggs with a whip (by hand or electric) for several minutes because the more the compound in the room air, the greater the softness of the cake. Use eggs at room temperature.

After the egg-whipped has taken a clear and fluffy appearance, add the butter to room temperature

softened into small pieces and mix it well.

After this operation, sift the flour, the starch and the yeast and add them little at a time to the mixture.

To help you in the dough, add the milk too. If the mixture is still dry, add, little at a time, other milk.

Grate the peel of half a lemon and add it to the dough.

Whip the egg whites that have been kept from the previous part to steady snow. Take the egg whites assembled and add them to the mixture. Perform this operation gently, adding them a little at a time and stirring with a scoop of silicone from the bottom upwards in order not to disassemble the dough.

Butter and flour a baking sheet 22 cm in diameter and pour into the mixture.

Level, do not slam, and bake in a static oven at 150 ° C for approx. 70 minutes. In fact the cake could be cooked even 180 ° C for 50 minutes, but it is preferable to choose a lower temperature to encourage a better leavening.

Before churching it out, make the test of the toothpick, inserting it in the center of the cake will have to come out dry and clean.

Once cooked sprinkle the cake margherita with icing sugar to taste.

# Chocolate Salami

## Ingredients:

- 300 gr of dry
- 150 gr of butter
- 200 gr of dark chocolate
- 2 eggs
- 100 gr of sugar
- powdered sugar

## Method:

Crumble the dry biscuits coarsely. Carry out this procedure with your hands and not with the blender, as the pieces must be felt inside the salami.

Melt the dark chocolate in a bain-marie. While the chocolate melts, whip the cream butter. To do this, the butter must already be sufficiently soft, so that it can be worked with a silicone spatula.

Add the sugar and after the eggs. Mix well until you get a smooth and homogeneous cream.

Take back the warmed melted chocolate and add it to the mixture of butter and eggs. Knead until the dough becomes perfectly homogeneous, then add the chopped and blended biscuits.

Place the mixture on a sheet of baking paper and try to give it a cylindrical shape as regular as possible, helping with your hands and with a spatula.

Once you have given it the shape, roll it in the baking paper until it forms a large cylindrical candy. Tighten well to the sides and then roll it in the same way in an aluminum foil.

Put it to rest in the fridge. Once it has hardened, pull it out of the fridge, remove the aluminum and baking paper and roll it in icing sugar.

Serve the chocolate salami in slices, just like a real salami.



# LA PASTIERA

La pastiera è un dolce tipo del sud precisamente nasce in Campania. La pastiera è un dolce che viene cucinato nel periodo di Pasqua.

Per fare questo dolce bisogna preparare la pasta frolla:

farina  
uova  
burro  
zucchero  
sale  
vanillina

Mentre per fare il ripieno serve:

ricotta  
limone  
uova  
fiala di fiori d'arancia  
canditi  
latte  
zucchero  
grano cotto



Per procedere iniziamo a fare la pasta frolla bisogna mischiare gli ingredienti fino ad ottenere una palla per poi metterla in frigo.

Per fare il ripieno bisogna sciogliere il grano cotto nel latte caldo aggiungere la ricotta e le uova, lo zucchero, la buccia di limone, la fiala di fiori d'arancia, canditi e lo zucchero.

Stendere la pasta frolla in una teglia rotonda e aggiungere l'impasto liquido e poi fare le strisce con la pasta frolla rimanente. Cuocere in forno.

Spolverare con lo zucchero quando è pronto.

The pastiera is a sweet type of the South precisely born in Campania. The pastiera is a dessert that is prepared during Easter.

To make this dessert you have to prepare the shortbread:

flour  
eggs  
butter  
sugar  
salt  
vanillina

While to make the filling you need:

ricotta cheese  
lemon  
eggs  
Orange flower vial  
canditi  
milk  
sugar  
cooked corn

To proceed we start to make the short pastry you have to mix the ingredients until you get a ball and then put it in the fridge.

To make the filling you have to melt the cooked wheat in warm milk, add the ricotta and the eggs, the sugar, the lemon peel, the orange flower vial, candied fruit and sugar.

Roll out the shortcrust pastry in a round pan and add the liquid dough and then make the strips with the remaining shortcrust pastry. Bake in the oven.

Sprinkle with sugar when it is ready.

# PIZZOCCHERI

"Pizzoccheri" is the name of a typical Valtellina dish.

The ingredients that you need are:

500g Pizzoccheri pasta

240g peeled and chopped potatoes

200g Cabbage and other vegetables

80g butter

fresh sage leaves

2 cloves of garlic

40g parmesano and bitto cheese

Directions

Make the pasta sauce

- 3. Put the cabbage and potato into a pan, add water to cover, and season with salt and pepper. Bring to a boil, then lower the heat, and simmer for 20 minutes until the cabbage is tender and the potato is almost disintegrating.
- 4. Divide the butter between three small pans and cook the onion, garlic, and sage in the separate pans until soft and golden brown.
- 5. Roll out the pasta dough into a fairly thick sheet on a lightly floured counter and cut into 1/2-inch wide ribbons about 8 inches long.
- 6. Add the pizzoccheri to the pan of cabbage and potato, cook for 5 minutes, then drain, and transfer the mixture to a large dish. Pour the three hot butters over the mixture and toss lightly.
- 7. Arrange a layer of pizzoccheri-vegetable mixture on the base of a soup tureen, place a layer of cheese slices on top, and sprinkle with the Parmesan. Continue making alternating layers until all the ingredients are used. Serve hot.

You usually eat this dish in autumn or winter



# The Best Bolivian Silpancho Recipe!

Ingredients:

serves 4

cooking time: 1 hr

1 c. white rice

3 yukon gold potatoes

1 small green pepper, med. diced

1/2 small red onion, med. diced

1 tomato, medium diced

2 tsp vinegar

2 tsp vegetable oil

1 lb. ground beef (with the least fat content possible, ideally 90% or more lean, buffalo meat is also delicious)

salt

pepper

3/4 c. breadcrumbs

handful of Quillquiña leaves (or cilantro)

canola oil

## PREPARATION

First, get 1 cup of rice with 2 cups of water heating on the stove. Also put 3 whole potatoes on to boil for about 10 minutes.

Once cool enough to touch, you'll slice them like this (notice the insides are still raw).

You're going to finish cooking them in a frying pan.

Massage salt and pepper into the ground beef with your hands. Then you divide the ground beef into balls the size of limes. Sprinkle ground pepper onto a pile of breadcrumbs and then roll the beef in the bread crumbs to give it a light coating. Coat each side the meat with breadcrumbs and roll flat with a rolling pin on top of the breadcrumbs, flipping the meat over whenever it starts to stick.

The final thickness should be like a crepe.

Roll each meatball out into a sheet and stack the rolled meat sheets on a plate. Pan sear each on medium high, flipping them when you could see raw pink start to turn brown.

Stack each finished meat sheet on a plate, and then fry eggs individually and brown the potato rounds. Top the dish with the salad of tomato, red onion, and green pepper.

Bright, fresh, and crunchy, it breaks up the richness of the meat, eggs and potatoes. The dressing is equal parts vinegar and oil, plus generous salt.

To put the plate together, put potatoes at the bottom, then rice, the beef, egg and then the salad.

Prepare a nice llajwa (spicy sauce) to go with it!



# Lasagne recipe

6 servings

Ingredients:

1. Bolognese sauce
2. Fresh lasagna sheets 300 g
3. Besciamelle sauce
4. Cheese (you can use mozzarella cheese, but I personally prefer a semi soft cheese, or even hard)
5. Grated Parmesan

## First of all, bolognese sauce.

- 300 g lean minced beef meat
- 50 g brown or pink onion
- 50 g celery
- 50 g carrot
- 300 g tomato passata
- 200 ml white wine
- Olive oil, 3 of 4 tablespoons
- Salt and pepper to taste

## Method

Start by finely chop the vegetables. Add the oil to the casserole, and stir in the chopped vegetables. Cook on a low heat until they become soft and transparent (about ten minutes). Be careful that the onion doesn't turn brown. Add the minced meat, raise the heat to medium, and let it brown, stirring often. Pour in the wine, and keep stirring until it has completely evaporated. Stir in the tomato passata and cover the casserole; cook for about 2 hours. Add a ladleful of water when the bolognese sauce starts to dry up. Keep some extra wine to sip while cooking. Easy-peasy!

## Now, besciamelle sauce. Watch out: it can be tricky!

- 500 g milk (room temperature or slightly heated)
- 50 g all-purpose flour
- 50 g butter

## Method

Melt the butter in a heavy-bottomed pot over low heat. With a wire whisk, whisk the flour into the melted butter. It might tend to clump up a bit at first, but keep whisking and it will smooth. Keep cooking for 3 or 4 minutes then slowly pour in the milk, little by little, whisking vigorously and continuously. It will tend to seize and clump up when the liquid is added, so it's important to keep whisking energetically until you get a homogeneous mixture.

Season with a pinch of pepper and salt, to taste.

Raise to medium heat and continue whisking until it starts to thicken (about 5 to 7 minutes). Don't let a skin form on top of the sauce or on the bottom of the pot. If it does, whisk energetically and lower the heat a bit. When the besciamelle is ready, it will thickly coat a spoon that's dipped into it. Remove from heat, cover and let it cool.

Remember: it will continue to thicken as it cools so, if it is a bit too thick for your purposes, you can thin it by whisking in more milk, a little bit at a time, until it reaches the



right consistence (for lasagne, it should be similar to custard).  
In alternative, you can use ready made white sauce.

### **And now, let's arrange lasagne.**

First of all, slice the cheese: for a square 35x35 baking dish you may need 300g of cheese. I use cow milk, semi - soft texture, quite sharp cheese because it gives the dish a special flavour.

Slice it down in thin slices and left aside. Ladle 2 or 3 spoons of bolognese on the bottom of your dish and cover with a layer of lasagne sheets. Add bolognese sauce, sliced cheese and besciamelle sauce. Then again lasagne sheets, cheese and besciamelle. Repeat until you have at least three layers of pasta, or more if you like. Then cover with a lasagne sheet, bolognese sauce, besciamelle sauce and plenty of grated parmesan. Make sure no pasta is poking through. Bake in pre-heated oven at 180°C for 30 minutes or until the top is light brown.

Let it rest at least half an hour before eating: the sauces and the cheese will rest and you'll have no trouble in portioning your lasagne.

