

Mediterranean

Food

Erasmus+ booklet

2019

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On the Move for Social Inclusion

On the Move for Social Inclusion

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December 2108



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Italian food

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Lorem IpsumMediterranean food



Sfogliatella:
riccia or frolla?

Ingredients

1000 gr flour, high gluten

350 gr water

15 gr salt

40 gr honey

400 g lard or butter, at room



Lorem Ipsum

Instructions

* In a bowl, combine the flour and salt. Add water and honey. * After 30 minutes, split the dough into 4 pieces. Get one piece, then roll through a pasta machine, twice. Repeat this process until you create smooth sheets. * When the sheet is at 1mm thick, lay it on the surface and apply a thin layer of lard or butter. * Roll up the first thin sheet to create a tight sausage shape. * Next, wrap the next thin dough sheet around the original sausage shape pastry dough, layering up to create one large cylinder. Cover with a saran wrap and chill for 1 to 2 hours for the pastry to firm up.

* Now, to make the filling. Place the milk, sugar, and salt in a sauce pan and bring to a boil. Add the semolina flour, then transfer to a bowl. Add the remaining ingredients. Set aside. * Preheat oven to 375°F. * Bring out the pastry roll and cut them into 1 cm-thick pieces. Use your fingers, greased with lard or butter, to make an impression on the center to create a cone shape. * Press the edges of the pastry together to lock. * When you're done putting filling bake the pastries for about 30 minutes. * When done sprinkle them with confectioner's sugar. Serve immediately.



Lorem Ipsum



Pizza a metaphor of Integration and Inclusion

Lorem Ipsum



Also it represents an occasion to share our feelings and to tell our beloved the best stories of our life! Eating a pizza is an opportunity to foster social inclusion and integration, infact Pizza is a cheap meal, everyone can afford it at least once a month. It is healthy, made with simple ingredients and there exist a great variety of pizza to fit any healthy condition and likes. Can pizza be the metaphor of a successful integration? Putting together different ingredients of different origins, gives rise to a wonderful result, just like our Erasmus experience. When we met, boys and girls coming from so different countries and cultures, we matched together so naturally that we lived unexpected emotions...



Neapolitan pizza, or pizza Napoletana, is a type of pizza that originated in Naples. This kind of pizza is prepared with simple and fresh ingredients: a basic dough, raw tomatoes, fresh mozzarella, fresh basil, and olive oil. *So, what do you think about pizza? Is there anything better than eating a pizza Margherita with your friends or your family?* Eating pizza is more than sharing a meal, it's something that has to do with sharing one's time, to spend some good moments with people you like. It's a social act, you usually do it with friends and family but also with colleagues or someone you want to show your desire of getting to know each other better.

LA PIZZA

UNA ESPECIALIDAD
ITALIANA

UNA OBRA DE ARTE NAPOLITANA

75.500 PIZZERIAS EN ITALIA
6.040.000 PIZZA AL DIA EN ITALIA

UN PATRIMONIO DE LA UNESCO, UN SIMBOLO FAMOSO EN
TODO EL MUNDO



HISTORIA DE LA PIZZA

LOS ORIGENES DE LA PIZZA

La pizza margherita en tanto, se atribuye a una pizza que preparó un tal Raffaele Espósito, para la reina Margherita Teresa de Saboya. De tres pizzas elaboradas, la reina se encantó con una, a la que posteriormente pusieron su nombre.

La palabra pizza se comenzó a usar en el año 997 en latín medieval de la ciudad de Gaeta y posteriormente fue hallada en el pueblo de Penne D'Abruzzo en el año 1195.

Muchos autores afirman que la pizza, tal y como se conoce en la actualidad, procede de la ciudad de Nápoles (Italia) y aparece como plato popular entre los napolitanos, en algún instante no definido del siglo XVII. Es muy seguro que la pizza naciera de un alimento elaborado por los habitantes humildes de la ciudad de Nápoles y la composición no

fuera tan variada como la actual. Quizás en un principio fue un pan elaborado con una especie de masa de cereales puesta al sol, o a una fuente de calor como una piedra, y con algún condimento encima. En Nápoles está la pizzería Port'Alba, considerada como la primera pizzería del mundo. En 1738 empezaron a producir pizzas para llevar y en 1830 se expandieron a una especie de pizzería-restaurante con mesas y camareros. Hoy sirven pizza bajo las mismas premisas.

Cabe señalar además que la cocina napolitana es muy estricta con la elaboración de su pizza. Los puristas, por ejemplo, dicen que sólo se deben servir las dos pizzas "verdaderas": la marinara y la margherita.



RECETA DE LA PIZZA

Para hacer pizza necesitas los siguientes ingredientes:

- 1L de agua
- 50g de sal
- 3g de levadura
- 1,8g de harina

Déspués de haber formado la masa, tienes que agregar el pure de tòmate, 400g de mozzarella y 35g de aceite.

Por fin, tienes que poner la pizza en el horno de lena, a 430 grados. Con esta temperatura, es necesario insertar la pizza por 60 segundos y la pizza estará lista!!!

A piece of Napolitan History: Pizza



▲ The Recipe:

Add the water with oil and the salt until you get a soft and homogeneous mixture. Stretch it in the oven plates and leave it to rise 2 or 3 hours, according to the temperature. Season the pizza as you like and bake it in the warm oven (200 / 220°) for 15 -20 minutes

Try it and enjoy your meal!!!!!!!!!!!!!!

▼ The Recipe:

Ingredients: flour 500 gr., warm water 250/300ml , 1 die Yeast of beer, oil 1/2 glass, salt 1 spoon trims, sugar 1 spoon, tomato mozzarella.

Procedure: Start melting the yeast with some water, sugar and a tablespoon of flour for 10/15 minutes. Apart , mix the flour , the water with the Yeast of beer.





GNOCCHI ALLA SORRENTINA

The origins of *gnocchi*

One of the most popular dishes of Campania in Italy and abroad ... It's gnocchi alla sorrentina, really prepared in all the restaurants of the world! What makes this gnocchi dish so loved is its simplicity: Mediterranean flavors and authenticity mixed with easy preparation.

The gnocchi alla sorrentina are then wrapped in a creamy tomato and basil sauce, flavored with mozzarella and grated cheese ... just the ingredients that will make the gnocchi even more enjoyable, creating a stringy effect after the brief passage in the oven. Did we make your mouth water? Prepare the gnocchi alla sorrentina with us!



Ingredients for gnocchi:
Red potatoes 1 kg
Flour 00 300 g
Medium eggs 1
Salt to taste.
Semolina to taste.

For tomato sauce:
Tomato sauce 600 g
Basil 6 leaves
Garlic 1 clove
Extra virgin olive oil to taste.
Salt to taste.



To prepare the gnocchi alla sorrentina started with potatoes to make gnocchi: wash them to remove any soil, then pour them into a large saucepan, add the water and cook the potatoes for about 30-40 minutes.

Dedicate to the sauce: in a pan pour a little olive oil, a whole peeled garlic clove and the tomato puree, salt to taste; season with the basil leaves, then cover with the lid and cook over medium-low heat for about 30 minutes. When the potatoes are ready, drain well. Then sift the flour on the pastry board and create the classic fountain. Crush the still hot potatoes with a potato masher in the center of the flour fountain or peel and mash them. Pour the egg and salt over the potatoes, then begin to knead: this should be quick, just to give a homogeneous.

Boil the water in a large saucepan to cook the gnocchi and add salt to a boil; in the meantime, take a portion of dough by hand, keeping the remaining portion covered and making bigoli about 2-3 cm thick. Sprinkle with a little semolina and get the gnocchi from each loaf with the help of a tarot. To give the classic lining you can use a rigagnocchi or the prongs of a fork. As you prepare them, you can place the gnocchi on a tray lined with a clean cloth slightly sprinkled with semolina. Once the gnocchi are ready, remove the garlic from the sauce and pour almost all the sauce into a very large bowl. Cook the gnocchi by pouring them into the pan at least 2-3 times; they must cook for a few moments, taking care that the water in the pan vibrates and does not boil violently to avoid ruining them: drain the gnocchi with the help of a skimmer as soon as they come to the surface and dip them by hand in the bowl where you have poured it the sauce. Stir gently with a spoon. In a baking dish, pour the remaining sauce on the bottom, then sprinkle with a little oil and pour the gnocchi. Season with a layer of diced mozzarella and a sprinkling of Parmesan. Then continue with another layer of gnocchi, the remaining mozzarella and Parmesan. Bake your Sorrentine gnocchi in a static oven preheated to 250 ° in grill mode for 5 minutes. Serve them hot and steaming hot!



Spaghetti with tomato sauce



A symbol of Italian cuisine is spaghetti, tomato and basil. Spaghetti with tomato sauce is an institution, a simple but far from trivial recipe. Here we are to suggest our recipe for this timeless classic: slow and sweet cooking of peeled tomatoes, the scent of fresh basil leaves are among the suggestions for a sure success!

Ingredients

Spaghetti 320 g
800g peeled tomatoes
Extra virgin olive oil 30 g
Garlic 1 clove
Basil 4 leaves
Salt as much as you need

Spaghetti

Ingredients



▲ Peeld tomatoes 800g

▼ Spaghetti 320g



◀ Extra virgen oil 30g



Basil 4 leaves ▶



How to prepare Spaghetti with tomato sauce

To prepare spaghetti with tomato sauce starting with the preparation of the sauce. In a pan pour the extra virgin olive oil together with the peeled and halved clove of garlic, so you can eliminate the soul to make the perfume more delicate. After 2 minutes of cooking over high heat, add the peeled tomatoes and season with salt, cover with a lid and cook for at least 1 hour over very low heat: the sauce should simmer very gently. Stir from time to time. After the indicated time, remove the garlic and pass the tomatoes to the vegetable mill, so as to obtain a smooth and homogeneous puree.

Transfer the sauce back to the pan, turn on the very low heat again and add the basil leaves. After a few minutes you can turn off the sauce and keep warm. At this point you just need to cook the pasta in plenty of boiling salted water, then drain it al dente directly in the sauce and stir in some instant flame stirring constantly to mix everything. Your spaghetti with tomato sauce is ready, all you have to do is serve and garnish if you prefer with other fresh basil leaves!



Advice:

The long cooking of the tomato guarantees you a tastier taste. For a more intense color, add a little tomato paste.



How to prepare Bolognese

Bolognese



Ingredients:

ground meat (you can use half
veal and half pork, you could also
use beef) 300g
pancetta 50g
butter 50g
onion 1
carrot 1
celery 1
peeled tomatoes (can) 400g
milk 1 cup
stock (meat or vegetable) 1 cup
bay leaf 1
salt & pepper

how to prepare bolognese



Melt the butter in a large pan. Finely chop the onion with the celery and the carrot, put in the pan and let it soften stirring . Add pancetta, finely chopped, and let cook for a couple of minutes together with the veggies, without browning them. Add the meat, and stir until it's completely cooked. Add the tomatoes, the stock, milk and bay leaf, bring to boil then reduce heat, put lid on and let simmer for about 2 hours, stirring just once in while. The final ragu should be dense and fragrant. Add salt and pepper to taste, leave the ragu to rest for a couple of hours and reheat it gently before serving (just toss some sauce with fresh cooked eggpasta).

how to prepare bolognese

Traditional Neapolitan cooking: *Casatiello*



▼ What is the "Casatiello"?

Casatiello is a Neapolitan stuffed Italian Bread. It's the typical dish of during the Easter. It has a strong symbolic value as it represents the Resurrection of Christ. It was considered also a real rite. The origins of this stuffed bread are so ancient: they date back to the Greek and after the Roman period.

▲ How to prepare "Casatiello"

Making the Casatiello is so easy. It could be sweet, but it's usually salad. Its ingredients are water, flour, yeast, salt, lard, oil, pepper, eggs. Prepare the dough using lard flour salt oil and pepper; let it rise for 6 hours at least then add cold cuts. Let it rise 3 hours more and then put it in the oven for at least half an hour at 180 grades. Put it in the oven and let it stay there for 75 minutes. Your Casatiello will be ready to eat!



Spanish food

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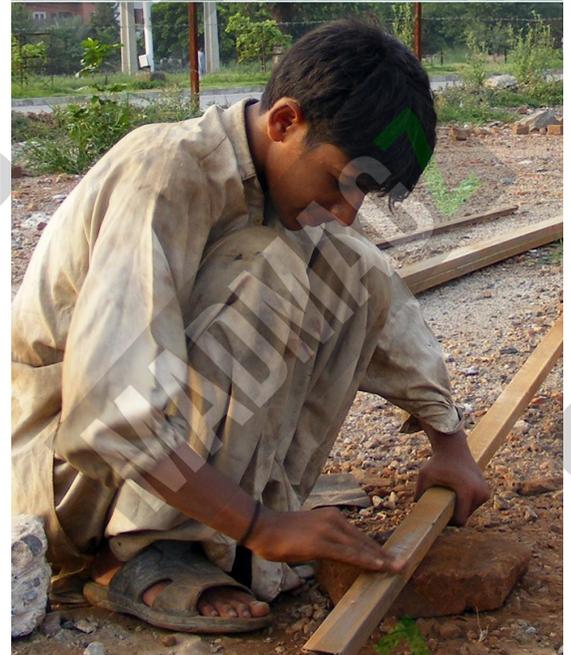
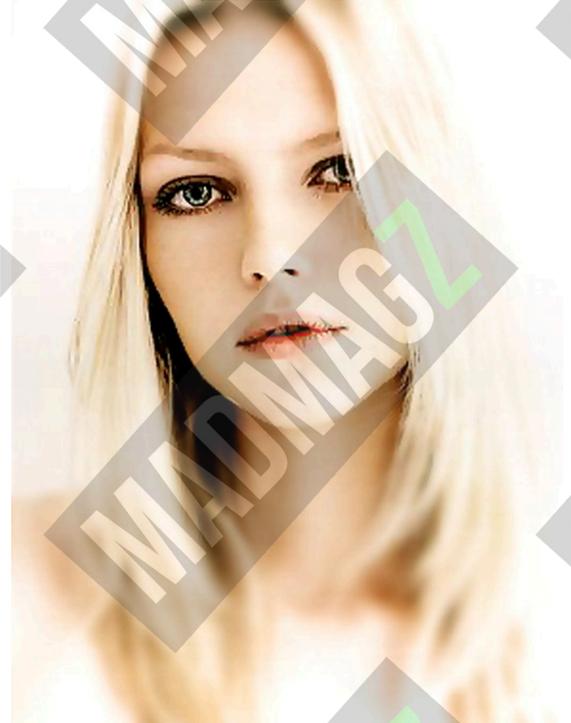
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Greek Food

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Turkish food

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Lorem Ipsum

Portuguese food

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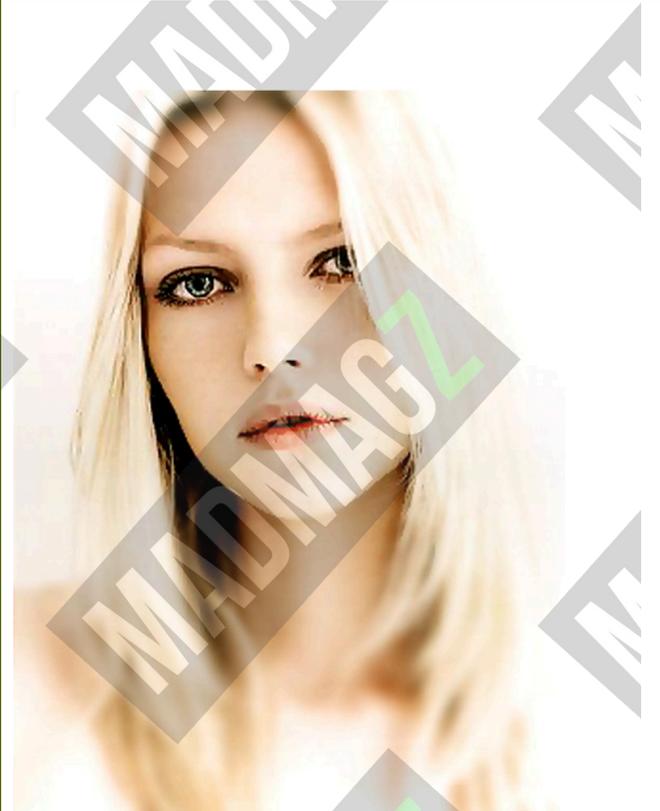
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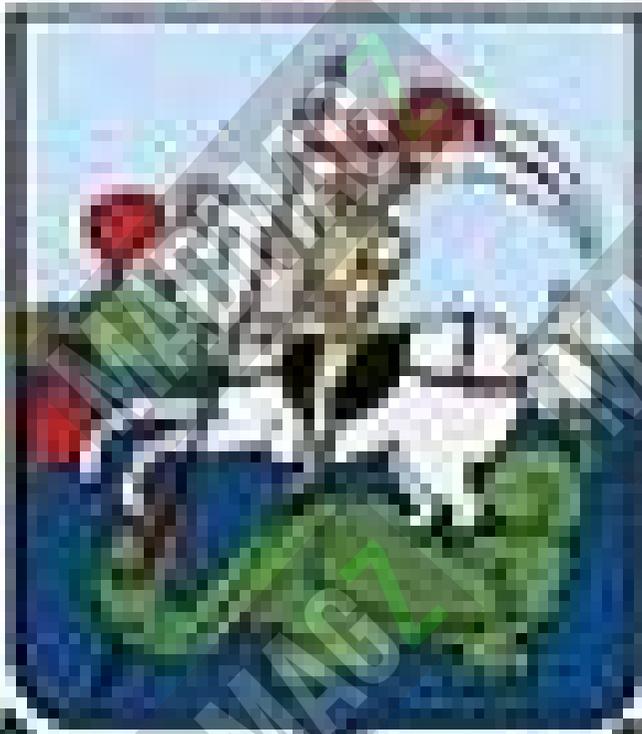
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