

RECIPES from Abruzzo - Italy

I.C. "MARIO BOSCO" LANCIANO
SECONDARY SCHOOL (FIRST LEVEL)
"G.MAZZINI"



A TASTE:

"There is no more sincere love than
food."



- GEORGE BERNARD SHAW

We present you a
best selection of
recipes from...



BEST SELLER!



PASTA

PASTA IN ABRUZZO RECOUNTS ONE OF THE OLDEST TRADITIONS AND, IN FACT, THE FAME OF OUR PASTA FACTORIES, STILL WIDESPREAD TODAY THROUGHOUT THE WORLD, REPRESENTS THEIR HISTORY AND GEOGRAPHY VERY WELL.

RINTROCILO IS A PASTA THAT DERIVES ITS ORIGIN FROM THE ENCOUNTER OF THE PEASANT CIVILIZATION WITH THE PASTORAL ONE: IT WAS IN FACT PREPARED DURING THE TRANSHUMANCE.

THE RINTROCILO DERIVES ITS NAME FROM THE PARTICULAR ROLLING PIN THAT IS USED IMMEDIATELY AFTER ROLLING OUT THE DOUGH: IT IS GENERALLY 10 CM LONG AND HAS VERY DEEP GROOVES WHOSE FUNCTION IS TO 'CUTTER'. RINTROCILO IS A 'POOR' PASTA MADE FROM WATER, SALT AND DURUM WHEAT FLOUR.





PASTA

INGREDIENTS FOR 4 PEOPLE

400 G DURUM WHEAT FLOUR

A PINCH OF SALT

ENOUGH WATER

RINTROCILO IS SEASONED WITH LAMB RAGOUT

INGREDIENTS FOR 4 PEOPLE

400 G LAMB PULP OBTAINED FROM THE SHOULDER OR THIGH

400 G PEELED TOMATOES

1/2 GLASS FULL-BODIED RED WINE

2 TABLESPOONS EXTRA VIRGIN OLIVE OIL

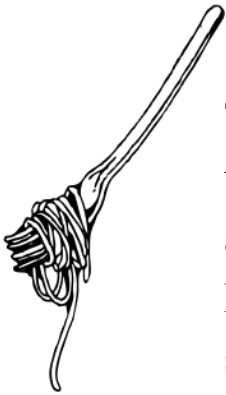
2 CLOVES GARLIC

1 ONION

TO TASTE OF ROSEMARY

1 CHILLI

TO TASTE OF SALT



To prepare the ragout, start chopping onion, garlic, chilli pepper and rosemary; heat a pan with oil, once hot, fry the chopped herbs; add the meat and brown it; blend it with red wine and finally add the peeled tomatoes.

Boil salted water in a large saucepan; cook rintrocilo for about 8 minutes; drain the pasta and season it with the lamb ragout and enjoy!

CICERCHIATA

INGREDIENTS

250 GR. 00 FLOUR

20 GR. BUTTER

30 GR. SUGAR

2 EGGS

250 GR. HONEY

SPRINKLES

SUNFLOWER OIL FOR FRYING

PROCEDURE

in a bowl, mix the eggs with the sugar, add the flour a little at a time and the butter softened at room temperature. Obtain a smooth and homogeneous dough and roll it out into a sheet about a cm high. With a sharp knife obtain equal strips that we are going to cut into similar rectangles. Form the rectangles into balls and place them on a tray covered in flour. Heat the oil and deep a few balls at a time. Turn often until golden brown and place on absorbent paper. Continue to the end of the balls. Put the honey in a non-stick pan and bring almost to the boil. Immediately dip the balls into it and mix with a spatula. Arrange immediately in paper cups and decorate with sprinkles. Here is the delicious cicerchiata from abruzzo ready to be tasted, ball by ball





CACIO E OVA BALLS



INGREDIENTS:

75 GR BREAD

200 GR PECORINO

130 GR EGGS

10 GR PARSLEY

BLACK PEPPER

SALT

First prepare the tomato puree, then prepare the dough, first chop the parsley cut bread and transfer to a mixer. After add pecorino, eggs, parsley, pepper and salt.

From the meat balls, taking a portion of a dough and roll it up in your hands. Heat oil and dip a few pieces at the time, cook for two minutes. Add tomato puree and serve!

INGREDIENTS:

- 200G OF CORN FLOUR
- 2 GARLIC CLOVES
- 6 SALTED SARDINES
- 500G OF BROCCOLI RABES , CHICORY , CARD
- HOT WATER FOR THE PIZZA DOUGH
- OLIVE OIL
- SALT
- DRY PEPPERS
- CHILLI PEPPERS

METHOD:

- Step1: Put the corn flour in a bowl, pour hot water on it and mix it until it makes a dough then put it in the oven for 20 minutes at 180°.
- Step2: Cut the veggies and boil them for 20 minutes.
- Step3: Put in a pan olive oil, garlic and peppers to fry without burning the garlic
- Step4: Add the vegetables previously boiled
- Step5: Fry the sardines
- Step6: Serv it with crumbled pizza on top and fried sardines on the side.

PIZZ E FOJE



BUON APPETTITO/ENJOY IT!

TARALLUCCI

INGREDIENTS:

- 1 KG FLOUR (4 CUPS)
- 2 GLASS OLIVE OIL
- 1 GLASS MONTEPULCIANO RED WINE
- 350 G GRAPES JAM
- 100 G TOSTE ALMONDS

METHOD:

KNEAD FLOUR, OIL AND WINE.

THE COMPOUND MUST BE SMOOTH AND ELASTIC.

TAKE A LITTLE BOWL OF COMPOUND AND MAKE A DISK.

IN THE DISK OUT A LITTLE SPOON OF JAM WITH TOAST ALMONDS.

CLOSE THE DISK LIKE THE SHAPE OF A HORSESHOE AND JOIN THE TWO EXTRIMIS.

GREASE A BAKING TIN.

BAKE THE BISCUIT AND PUT IN THE OVEN AT 180° FOR 20 MIN.



THANK YOU!

Avocado Salad with Fresh Herbs and Pepitas

I like to think of this salad as a sort of deconstructed guacamole. The freshness of the herbs and the cool, creamy avocado is the perfect side for rich chilequiles, or steak, and, if you like heat, feel free to include some thinly sliced jalapeños.

SERVES 2

- 1 large avocado
- 2 cups chopped assorted fresh herbs (basil, cilantro, mint, dill; save the cilantro stems for the salsa)
- 1/2 small red onion, finely diced (see technique on page 11)
- 1/2 teaspoon cumin seeds, toasted (see technique)
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon flake salt or fleur de sel
- 2 tablespoons toasted pepitas
- 1/2 a lime

Halve, pit, and peel the avocado. Place it flat-side down on a cutting board and slice thinly. Place 1 cup fresh herbs on a serving platter. Then top with half of the sliced avocado, half of the red onion, 1/2 teaspoon cumin seeds, a bit of olive oil, a sprinkle of salt, half of the pepitas, and a squeeze of lime. Add another layer in the same way. Serve immediately.



Braise and Pic

Classically, this is served for breakfast, with vanilla chips as the side and love leftovers egg on top. I use my 12-ounce perfect. There are a you are welcome to 1 onion. But, of course and enjoy the leftovers.

SERVES 4 OR 2 WITH FOR BREAKFAST

- 2 tablespoons unsalted
- 1 yellow onion, thinly sliced
- 1 recipe Roasted Tomato or 1 (8-ounce / 230 g) jar
- 1 cup / 240 ml chicken stock
- 18) or store-bought