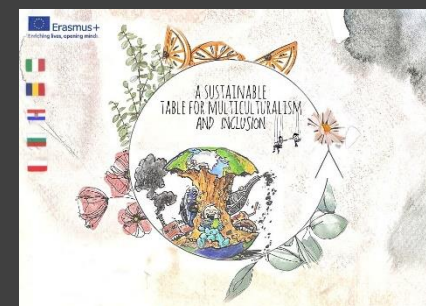




Sibiu 21th-25th March 2022



AN ANCESTRAL SUSTAINABLE TABLE





OUR TRADITIONAL DISHES

- Capunti” homemade pasta with cardoncelli mushrooms and hanging, dried tomatoes
- Orecchiette with turnip greens and toasted breadcrumb
- Spaghetti « calindri» with shrimps, artichoks and Apulian hanging tomatoes
- Scapéce- marinated small pelagic fish
- Stuffed Mussels with tomato sauce
- Tarts with fig compote

**“Capunti”
homemade pasta
with cardoncelli
mushrooms and
hanging, dried
tomatoes**

This preparation belongs to the tradition of south Italy seasonal cuisine with a typical handmade pasta from Apulia. Few and simple ingredients with a very particular taste. The main characteristic is that all the ingredients are km 0 produces: students went to a local farm “Manni” and chose them. Ideal to serve as a tasty first dish.



**“Capunti” homemade
pasta with cardoncelli
mushrooms and hanging,
dried tomatoes**



PREPARATION

Ingredients (10 servings):

1 kg semolina flour and type 00;
500 gr warm water;
300 gr "cardoncelli" mushrooms;
50 gr dried tomatoes (soaked in water for at least 2 hours);
300 gr winter tomatoes;
100 ml white wine;
100 gr Parmigiano Reggiano;
1 clove of garlic;
4 tablespoons of extra virgin olive oil;
chopped parsley;
salt and pepper to taste.

Handmade fresh «Capunti»

Prepare the flour, add salt and water and gently knead . When the dough is homogeneous and smooth, wrap it in cling film. Let the dough rest for $\frac{1}{2}$ hour. Then roll out ropes of dough, cut them into segments, and use your fingertips to create peapod-like dimples in each piece.

Mushrooms

Clean the cardoncelli mushrooms: separating them and wiping them with a damp cloth to remove the soil residues. Cut the mushrooms into slices and set them aside. Place the pan on the stove. Heat the oil with the garlic clove and brown it. Add the mushrooms and brown. Remove the garlic clove. Season with salt and pepper and deglaze with white wine. Add winter tomatoes and cook for 5 minutes, then add the dried tomatoes cut into strips. Finally complete with a sprinkle of parshley and parmesan.

In the meantime drain the pasta that will be boiling separately and toss in the sauce-pan.

Serve very very hot. Enjoy it.

Orecchiette with turnip greens and fried breadcrumb



Orecchiette pasta, made with turnip greens, is a traditional dish from Apulis: this special dish has several names, but the most common ones are recchie or recchietelle, meaning “small ears” for their shape.

Main Ingredients

- Turnip greens, garlic, EVO, salted anchovies, bay leaf, breadcrumb, salt & pepper.

Preparation

- Slightly fry, with a little extra virgin oil, garlic, anchovies and bay leaf. As soon as the anchovies are melted, add turnip green and sauté.
- In another pan toast breadcrumb until it is crunchy.
- When pasta reaches 3/4 of cooking, drain it into the seasoning and let it take the flavour. After that, serve with the breadcrumbs on top.



***Spaghetti «calindri»: with
shrimps, local artichoks
and Apulian hanging
tomatoes***



Ingredients

- extra virgin olive oil;
- winter/hanging tomatoes;
- pink shrimps;
- artichokes;
- parsley;
- garlic;-salt and pepper to taste

Ingredients for the shrimps soup:

- extra virgin olive oil;
- stems of parsley;
- cognac;
- stock.

PREPARATION

cleaning the artichokes:

- remove the hard part;
- shorten the stems and peel them to remove the filaments;
- cut off the top and pass the lemon all over (to avoid oxidation);
- divide into four and put them in a bowl with water and lemon juice.”
- clean the shrimps and with the waste prepare the soup;

For the soup:

- fry the garlic and parsley stems in a little oil;
- when the sauté is ready, add the waste shrimps and turn;
- add the stock;
- flambé with a little cognac;
- keep turning until everything has thickened.

After that:

- prepare a pot with water;
- bring to the boil and drop the spaghetti;
- when almost cooked, fry the garlic in a pan with a little oil;
- add the shrimps, the artichokes and the previously cleaned winter tomatoes;
- leave to brown;
- once the pasta is cooked, add it to the condiment;
- as last ingredient pour the soup;
- mix well;
- serve and enjoy.

A white ceramic plate is centered on a light-colored, patterned tablecloth. On the plate, several mussels are arranged in a circular pattern. The mussels are cooked, with their dark, glossy shells partially open. They are covered in a thick, vibrant red tomato sauce. Finely chopped green herbs are sprinkled over the sauce and around the mussels. In the background, a small silver plate holds a few small, round, golden-brown pastries. A white cloth napkin is folded to the right of the main plate.

STUFFED MUSSELS WITH TOMATO SAUCE

- This preparation belongs to the tradition of seafood cuisine of the regions of southern Italy. Few and simple ingredients with a very particular taste. Stuffed mussels are a typical Apulian recipe, ideal to serve as a tasty main course dish or delicious appetizer. What makes these delicious mussels unique is the filling and the cooking in the sauce.

INGREDIENTS:

- 500 g cleaned mussels
- 250 g bread
- 700 ml. tomato sauce
- 2 cloves of garlic, chopped parsley (just enough)
- 40 g Grated pecorino cheese, 1 egg, water for soaking, extra virgin olive oil, sea salt, black pepper

PREPARATION

- To make the dough you need stale bread soaked in water or milk, parsley, grated cheese, egg.
- All stuff the open raw mussels: cooking will take place by frying in olive oil.
- Meanwhile, aside from frying a clove of garlic in a saucepan with olive oil, cook for a few minutes and add the previously fried mussels, sprinkle with chopped parsley and serve.

SCAPECE

- This preparation was born as a fish preservation system, in the periods of abundant fishing it was put pickle to be able to use it in times of scarcity of the product.





- The fish was first fried and then immersed in a marinade made of several layers of bread soaked in vinegar, with the addition of saffron which gives this dish the characteristic yellow color. A color that evokes the heat and sun of these lands. The fish used is small and very young, it is mostly ope and pupiddhi (i.e. boghe and zerri) that are not cleaned before frying, this it might seem strange however, doing so, the bone of the fish will become edible thanks to the marinade in vinegar, which will soften it. It is a truly unique dish, excellent to serve also as an appetizer. Consuming the fish bone is a widespread custom in various oriental cuisines, the Japanese argue that some important nutrients are contained only in the bone and not in the meat of the fish.



INGREDIENTS:

- 800 gr. blue fish
- 1 l. vinegar
- 1 l. frying oil
- 3 saffron sachets
- 1 kg. bread
- flour and salt as much as necessary

1. Flour the fish, without depriving it of thorns, and fry it until not will have obtained a golden colour.
2. Drain it on blotting paper and salt it. In a terrine dissolve the saffron in vinegar and stir thoroughly.



3. Take the bread and remove the crumb, on which you will pour the vinegar until cover it completely, let it to stand for a few minutes.
4. Get a very high container and arrange a first layer of crumb soaked in vinegar on which you will add a layer of fish. Alternate the two layers until the container is completely filled. Marinate it for at least 24 hours.





TARTS WITH FIGS COMPOTE

- Typical recipe of the territory with very ancient origins, it is possible to find this preparation in the annals of some convents' cuisine present in the area. The terminology used: ounces, libre, cups, cup and spoon are the units of measurement shown in the description of the original recipe, which for obvious reasons we were forced to change with current units of measurement used in the kitchen.



INGREDIENTS:

- 200 gr. flour 00
- 50 gr. almond flour
- 100 gr. sugar
- 70 gr. olive oil
- 1 egg
- milk to knead if necessary
- 5 gr. cream of tartar
- fig compote (jam with toasted and chopped almonds)

PREPARATION:

- Place the flour in a bowl and pour all the ingredients in it;
- Knead gently and use milk if the dough requires it;
- Leave to rest for 24 hours in the refrigerator;
- Roll out the dough into a 20 cm diameter mold;
- Stuff with fig jam;
- With the remaining dough, make strips and put them on the dough;
- Bake in a preheated oven at 180 ° C for about 15 minutes.



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Class 4B

A Sustainable table for Multiculturalism and Inclusion



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Con il
prof. Francesco De Santis

*A Sustainable Table
for multiculturalism and inclusion*

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2022



Marisol Valentina Flavia Maila Luca Simone



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