



ISTITUTO COMPRENSIVO FIANO

# EAT SMART, MOVE A LOT

## Italian regional recipes



ISTITUTO COMPRENSIVO FIANO

Via L.Giustiniani, 20  
00065 Fiano Romano  
Roma

Tel.: 0765-389008  
Fax: 0765-389918  
E-mail: rmic87400d@istruzione.it  
www.icfiano.it



Education and Culture  
Lifelong learning programme  
COMENIUS



Monte Bianco: the highest mountain in Europe



Valle d'Aosta: main city Aosta



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### Fonduta

Fontina Cheese 400 g.  
Butter 40 g.  
Eggs 4 yolks  
Milk 250 ml  
White pepper

Cut the cheese in little pieces and put them in the milk for 2 hours. Put on the cooker, add the butter, stir continuously and let the cheese melt completely. Add the 4 yolks and stir until the mixture will reach the right density. Put in the special pot and serve with toasted bread.



### Mecoulin

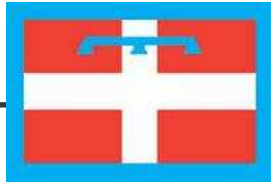
**Preparation:**  
Melt the yeast in a little warm milk, soak the raisins in rum and water. Heat the milk in a saucepan the butter and oil, sugar and cream. then remove from heat and incorporate eggs and grated lemon peel. pour the flour, baking powder and then add in the milk mixture slowly and knead until you have a smooth mixture. add the raisins and let rise for at least twelve hours directly into a mold. cook the mecoulin in the oven at 180° for about 60 minutes.



### Ingredients:

Flour: 1 kg	Raisin: 400 g
Milk: 1/2 l	Butter: 100 g
Cream: 200 g	Oil: one glass
Eight eggs	Brewer's yeast: 50 g
Sugar: 1/2 kg	Salt: q.b
Three lemon	Rhum: 1/2 glass

# PIEMONTE



Torino



## Seadas



250 g flour  
1 spoon of butter  
1 orange  
1 lemon  
200 g ricotta cheese or "fiore sardo"  
200 g honey  
Sugar  
Oil  
Grappa (not compulsory)

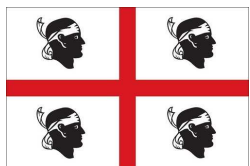
Put together the ricotta cheese with orange and grated lemon, grappa (not compulsory) and stir .  
Prepare the dough with the flour with the butter and warm water. Roll out and cut some thin round shapes of dough. Put in the middle one spoon of ricotta and cover with a second disc of dough. Close with attention and fry them in very hot oil. When ready serve them with warm honey and powdered sugar. Eat them warm.

## Culargiones

300 g flour, 1 dl water, salt  
Filling  
1 kg red potatoes  
1/2 glass of oil  
Garlic  
Mint  
Fresh Pecorino cheese (Goat cheese)



Prepare the filling: boil the potatoes and press them, add oil, and chopped mint and garlic. Add the fresh pecorino cheese and stir until obtaining a smooth filling.  
Prepare the pasta: put together the flour, water and salt and mixed until the dough is ready. Roll out and cut some disc of about 6/7 cm of diameter. Put in the middle the filling, fold the disc and then fold again to obtain the shape of ear of corn  
Boil in water and served with tomato sauce and pecorino cheese.



Stintino beach



Cagliari



## Bonet

### Ingredients:

Macaroons: 120g  
 Cocoa powder: 60g  
 Milk: 720ml  
 Rhum: 100ml  
 Yolks: 10  
 Sugar: 160g

### Preparation:

Work the egg yolks with the sugar until creamy. Finely chopped amaretti and mix with cocoa powder. add the rum cream sugar and eggs, adding the macaroons with cocoa and milk, mixing well to obtain a liquid mixture.

Make the caramel melting a bit of sugar in a saucepan, pour the caramel without stirring and then the mixture for bonet. Do any cooking in a water bath bake at 180 degrees for 45 minutes. cooked let cool and decorate with macaroons.



## Bagna cauda

### Ingredients:

Anchovy spanish: 100 g  
 Garlic: seven cloves  
 Butter: 50g  
 Oil: 1/2 glass  
 Red wine: one glass  
 Milk: 1/2 glass



### Preparation:

Wash the anchovies in wine remove the bones. Mince the garlic and put it for an hour in milk. Put in a saucepan with garlic and milk and cook everything on low flame. Meanwhile started to heat the oil and butter in a saucepan, preferably earthenware, when it is hot, add the garlic with milk. Stir thoroughly until the garlic you will not loose it, add the anchovies and keep on stirring for 20 minutes until the anchovies have dissolved. Once thawed the anchovies your bagnacaoda will be ready from serving possibly in the characteristic fujot.



Como Lake



Milano

## Arancini di riso

500 g rice  
200 g chopped veal  
meat  
50 g parmesan cheese  
4 eggs  
Onion  
Oil  
Breadcrumbs  
Flour  
broth



Put in a pan some oil, onion and chopped meat. Let cook softly for 15 minutes. Boil in the broth the rice until the liquid is absorbed. Add the parmesan cheese and 2 eggs. Take a spoon of rice in your hand and add a spoon of meat and then another spoon of rice. Give the shape of a ball. Roll it in the flour, then in the beaten and salted eggs, then in the breadcrumbs. Let it fry in large pan with oil. Served it hot

## Cannoli



300 g flour  
30 g butter  
30 g sugar  
30 g pistachio  
400 g ricotta cheese  
200 g power sugar  
100 g candy fruit  
50 g chocolate  
1 egg  
Marsala wine  
Chinammon  
Oil  
Sal

Put together flour, egg, sugar, melted butter, sal and marsala wine and make a dough. Put the ricotta cheese in a large dish and add powered sugar, stir until it is like a cream. Add candy fruits, pistachios chocolate. Roll out the dough and cut it in square. Roll the square on metallic shape to obtain "cannoli". Fry them in hot oli and then



Etna volcano



Palermo



## Polenta

1 kg Corn flour  
3 l. Water  
Salt

Put the water in a big pot, add 2 spoon of salt and let the water boil. Add little by little the corn flour and stir continuously.

After 40 minutes the Polenta is ready.

Pour it in wooden dishes.

Polenta can be eaten with meat, tomato sauce,



## Sbrisolona

Ingredients:

Skinned almonds: 150 g  
Cornmeal: 200 g  
Meat broth: 180 g  
Sugar: 100 g  
Eggs: 2  
Lemon: 1  
Sachet of vanilla powder: 1

Preparation:

Coarsely chopped almonds. Mix the two types of flour, eggs, sugar, vanilla, almonds, chopped lemon peel and start kneading. Melt the butter in a saucepan and remove from heat. Once cooled, add it to the dough. Heat the oven to 180° and place the link within on a baking sheet lightly greased. Cook for about an hour. Served at room temperature.



# TRENTINO ALTO ADIGE



Trento



Dolomites

## TYPICAL REGIONAL RECIPES

### Eggplant Parmigiana

- 600 gr. eggplant
- 400 grams. ripe tomatoes
- 50 gr. grated pecorino cheese
- Basil



Peel the eggplant, cut into thin slices and keep them in salt for about an hour. In a saucepan, with half a cup of olive oil, sauté a sliced onion and add the tomatoes, peeled and coarsely chopped. Add salt and pepper and let it consume the sauce for about 15 minutes.

Wash and dry the eggplant, roll them in flour and fry in hot oil. In an oiled baking pan make a layer of eggplant, sprinkle with tomato sauce, a little cheese, a little grated mozzarella and basil leaves. Make more layers of eggplant and sauce. Finish with a generous layer of tomatoes, pecorino cheese and mozzarella. Put in a hot oven for about 25 minutes.

### Mostaccioli

- ½ liter of honey figs
- Enough flour
- 4 eggs
- Gr. 100 Almond
- Cloves
- Orange peel
- Gr. 200 of sugar

Mix the honey of figs with a sufficient amount of flour to absorb everything. Add eggs, chopped toasted almonds, cloves crushed in a mortar and pounded dried orange peel or fresh zest and sugar. With this compound formed of rectangular schiacciatine medium size that will pass in a hot oven until they have acquired a beautiful coloring







Reggio Calabria



Sila mountain



## Strudel

4 apples  
100 g pine nuts  
100 g breadcrumbs  
100 g sugar  
100 g raisins  
Puff pastry  
Cinnamon



Cut the apples in little slices and put them in a bowl, add the pine nuts, the sugar, the raisins, the breadcrumbs and mix together. Stretch the puff pastry in the right thickness, place the mixture in the center and fold the pastry in the shape of a rectangle. Put in the oven for 40 minutes at 200 °C

## Canederli

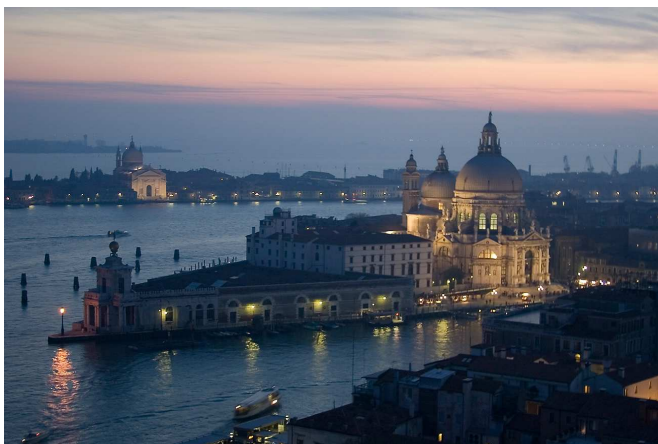


Ingredients:  
Meat broth: 2 l  
Butter:30 g  
1 onion  
Flour:40 g  
Milk: 150ml  
Nutmeg: a sprinkling  
Bread: 200g  
Pepper: a sprinkling  
Parsley: 2 spoons  
Speack: 100g  
Eggs:2  
Sage

Put the bread in a bowl cut into small pieces, add eggs, pepper, salt and milk, stir and let stir for at least 2 hours covering with a towel. Stir the bread. Cut the onion and speack and prepared a fried in oil and butter. Let cool and add the sauce to the mixture of bread along with parsley chopped chives, nutmeg and finally the flour. Mix and let stand 30 minutes. Made with this dough dumplings, balls. Then roll in flour dumplings. Bake in meat broth. Serve warm in broth or with melted butter and sage.



Cortina d'Ampezzo



Venezia

## Focaccia

250 grams of flour 00  
 250 grams of semolina flour  
 300 ml of water  
 150 grams of potatoes  
 1/2 tablespoon of salt  
 4 tablespoons of extra virgin olive  
 15 g of yeast  
 250 grams of cherry tomatoes  
 oregano, salt, oil



Mix the two flours, make a hole in the center and add the mashed boiled potatoes. Start kneading by adding the yeast dissolved in 100 ml of luke-warm water. Add 4 tablespoons of olive oil, salt and gradually the rest, until the dough is soft and sticky. Put the dough to rise for 2 hours covering the bowl with a damp cloth. Roll out the dough now in a oiled baking pan and shape it with your hands. Cut the tomatoes in half and place over the entire surface of the dough, press each tomato into to the focaccia. Season the focaccia with oregano, a bit of salt and chopped a little olive oil and let rise again for 30 minutes.

## Pasticciotti

**Pastry**  
 00 flour 500 g  
 Butter 250 g  
 4 egg yolks  
 Vanilla  
 Powdered sugar 200g



Prepare the custard: Beat the yolks with the sugar, add the sifted flour, you heat the milk over low heat with the vanilla bean open and add to the mixture over low heat, stirring with a whisk. Thicken the cream and let it cool.

Prepare the pastry: Put the flour, egg yolks, sugar, vanilla extract and butter. Knead until the dough is compact and quite elastic. put in the fridge wrapped in plastic wrap for at least half an hour. Roll out the dough to a thickness of half a centimeter and line the molds with the dough, put the cream and a cherry (optional) and cover with a disc of dough. Brush with egg and bake in a pre-heated oven at 180 degrees for 30-35 minutes. When pasticcotti are golden brown (15) Remove from the oven, let cool and enjoy them still hot.

**Filling**  
 00 flour 50g, Milk 500 ml, 6 egg yolks, 1 vanilla pod  
 Sugar 150 g, cherries in syrup, Egg for brushing

# PUGLIA



Vieste



Bari

## TYPICAL REGIONAL RECIPES

### Rice with radicchio

Ingredients:

Rice: 400 g

Asiago cheese: 240g

Radicchio: 4

Butter: 100g

Grana Padano: 40g

Vegetable broth: 800g

Two tablespoons oil

1 garlic clove

Half a red onion

Half leek

A glass of wine

Salt and pepper: q.b.



Preparation:

Put half the butter in a frying pan with the whole garlic, onion and the chopped leeks and cook. Clean the radicchio cut into small pieces and place them in the Pan, stirring well. Season with salt and pepper, and cook over low heat, add the white wine. In a large

saucepan cliffs some butter add the rice and mix. Add the vegetable broth and continue to stir until cooked. Add the radicchio sauce, combine the chopped butter and Parmesan cheese. Let it sit for 2 minutes then serve hot.

### Fried Cream

Put six egg yolks in a saucepan with the sugar and mix well until mixture is foamy then Add vanilla and grate the peel of half a lemon. Mix and put on low heat and add the flour and milk. Stir and boil for 4/5 minutes, remove from heat and place the cream in a pan greased with butter. When the cream is cold, cut it into small cubes about 5 centimeters and pass it over the egg whites you'll snow mounted in breadcrumbs. FRY in hot oil until golden appearance. Serve hot.



Milk: 1l

Eggs: 6

Flour: 300g

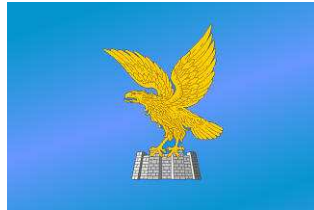
Sugar: 200g

A packet of vanillin

Breadcrumbs

Lemon: 1

# FRIULI VENEZIA GIULIA



Alps of Carnia



Trieste

## TYPICAL REGIONAL RECIPES

### Struffoli

Ingredients for 6 persons:

420g flour 00  
3 eggs  
1/2 cup of dry white wine  
3 tablespoons sugar  
500g of honey  
120g blanched almonds  
50g mixed candied fruit  
extra virgin olive oil,



Knead the flour on a pastry board with eggs, half a cup of olive oil and 2 chiucciai of sugar until the dough is soft and firm; let the dough rest, covered with a cloth, for about 30 minutes. Divide the dough into small pieces and form small cylinders the size of a little finger, cut the cylinder until obtaining of small dumplings, roll them until you get little balls. Heat oil for frying and made a lot of hot fry the "struffoli", after having passed in flour. Drain with a slotted spoon and place the grass-pea fries on paper towels to remove excess oil. Pour the honey in a saucepan with the sugar, heat over low heat until it's become liquid, then add the fried dough balls, the slivered almonds and candied fruit into small pieces, mix well and pour into a mold well-greased pudding. Allow to cool and then ..... good

### Mozzarella in carrozza

450 g of mozzarella  
16 slices of stale bread about 1 cm high  
flour  
2 eggs  
milk  
oil for frying  
salt



Cut the mozzarella into slices more or less equal in size and height to the slices of bread. Place a slice of mozzarella between two of bread, lightly pressing because everything remains firm. Prepared in the same way all the other sandwiches. Pass them in flour, then dip them into the eggs that you get bumped along with a drop of milk and a pinch of salt. Make sure that they get soaked with egg, absorbing the liquid. Heat up a lot of oil in a pan, when it is hot, dip the sandwiches, two or three at a time to not lower the temperature of the oil, and cook until they become golden. Pass them on paper towels to remove excess of oil and serve immediately....

# CAMPANIA



Capri Island



Napoli

## TYPICAL REGIONAL RECIPES

### Gubana

**Dough:**  
 600 g flour 00  
 30 g of yeast  
 2 cups milk  
 130 g of sugar  
 100 g butter  
 1 lemon  
 3 eggs  
 Salt



**Filling:**  
 150 g of walnuts  
 100 g raisins  
 2 dried figs  
 30 g of candied citron  
 30 g candied orange  
 100 g dark chocolate  
 1 glass of Marsala  
 2 tablespoons of bread-crumbs  
 30 g butter  
 60 g pine nuts  
 2 prunes

Mix well and long all the ingredients for the dough and let it rise in the warmth.

Prepare the filling with walnuts, pine nuts, figs, prunes and candied fruit. Gather everything in a bowl, add the raisins, previously soaked in marsala and drained, grated chocolate. United to compound the breadcrumbs browned in butter, stir well, then also incorporated the yolk and the egg white, beaten until stiff.

Roll out the dough on a towel in a thin rectangular in shape, spread over the filling, leaving a blank board, then roll it up on itself; formed with a spiral roll not too tight and arrange on the plate, greased and floured. Brush the surface with beaten egg yolk, sprinkle with sugar and bake in preheated oven at 190 ° C for about 45 minutes. Serve warm or cold.

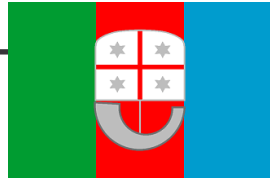
### Paparot



1 kg of spinach, 70 g butter, 70 g of wheat flour, 100 g of corn meal, one or two cloves of garlic, two liters of broth, pepper, salt

Boil the spinach in a little salted water, drain, squeeze and chop. Sauté the garlic in the butter, remove it, pour the spinach and season for a few minutes. Add the flour of wheat and a few ladles of broth so that no lumps are formed. Combine all the broth, flour and yellow, over medium heat, cook for 30-40 minutes stirring constantly. salt and pepper. This soup should be quite thick and is served hot.

# LIGURIA



Genova



"Le cinque terre"



## Cod in salad

**Ingredients:**

500 g of dried cod soaked,  
olive oil,  
garlic,  
ground pepper dry  
salt.

Boil the cod in the water, drain, remove the plugs and divide it into pieces not too large.

Season with olive oil, garlic and half a tablespoon of ground pepper.

Season with salt and serve not warm or cold.



## Taralli al naspro

1 kg of flour

5 eggs

1 pinch salt

1 pinch of sugar

a glass of anise or  
other sweet li-  
queur

Ingredients for naspro:

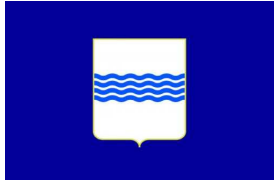
250ml water

500g sugar

peel and lemon juice



Preparation: mixed together flour, eggs, sugar, salt (a pinch) and liquor. Mix well until the dough is smooth. Cut the dough into small pieces and create small donuts. Bake in oven at 180 degrees until they are golden brown. Let cool. Prepare "naspro" in this way: In a saucepan add the water with the sugar, when it has melted, remove the pan from the heat and add the grated lemon peel and juice. Mix and after a few minutes, add a little at a time the donuts, continue stirring until they will be completely covered by the "naspro". Let cool. These biscuits are kept several days in tins.



Matera



### Baci di Alassio

Toast hazelnuts at 180 ° C. Put them in a blender mixer along with the cocoa powder and sugar and chop it all until you have achieved a very fine powder.

Whisk the egg whites and add to the mixture of hazelnuts and cocoa. Add the honey and mix well. Pour the mixture into the sac-a-few and create small tufts on baking sheet lined with parchment paper. Bake in a preheated oven at 200 ° C for 15 minutes. Boil the cream and pour immediately into a bowl containing the chopped dark chocolate. Stir with a spoon and mounted with the aid of electric beaters for a few minutes. Put the cream in a sac-à-poche and add the "Baci di Alassio".



Ingredients  
40g cocoa powder  
3 egg whites  
250g sugar  
30g honey  
500g hazelnuts

Cream  
150g dark chocolate  
100g cream



### Pasta with pesto

36 basil leaves  
20 g pine nuts  
1 clove of garlic  
1/2 cup of extra virgin olive oil  
2 tablespoons Grana Padano  
2 tablespoons pecorino  
coarse salt

In a mortar, put the peeled garlic and a pinch of salt, then started with the pestle to "crush" gently in a circular motion. Add the basil and continue to work with the pestle. Add the pine nuts and slowly pounded moving up and down with the pestle around the walls. Finally combined the two grated cheeses and pour in the oil. Stir briefly and the pesto is ready. Use it to season the pasta you prefer.



Regione Emilia-Romagna



Bologna



Comacchio



TYPICAL REGIONAL RECIPES

**Calcioni**

Boil the chestnuts in boiling water then peel and chop.  
Place the flour and pour in the center the yolks, oil, wine and water. Knead until you get a smooth dough. Leave to rest. In a separate bowl, prepare the filling by combining the chopped chestnuts, rum, chocolate, almonds, honey, candied fruit and cinnamon.

Roll out the dough previously prepared and left to rest, taking care to obtain a very thin sheet and then derive the circles of about 7 cm in diameter. Then put a spoonful of filling inside each disc and close on itself.

Prepare hot oil and fry the cakes until they are golden. Drain and let cool. Before serving sprinkle with powdered sugar and cinnamon.

200 g flour, 1 tablespoon honey, almonds 50 g, 2 egg yolk, 1 teaspoon oil, 1 tablespoon white wine, dark chocolate 100 g, 1 cup rum, 1 tablespoon water, chestnuts 250 g, 25 g candied fruit, cinnamon, icing sugar



**Fish omelette**

Rinse and dry the anchovies. In a pan put plenty of oil to fry with a little butter. Beat six eggs, half a pound of cheese parmesan-cheese mixture, and the whole is mixed with anchovies. Take a spoon with a little 'of dough and fry over low heat in a pan with oil and butter brought to a high temperature. Place the fritters made on absorbent paper. Serve hot or cold.

500 grams of anchovies  
oil  
1 tablespoon of butter  
6 fresh eggs

50 grams of grated pecorino cheese  
50 grams of grated parmesan cheese







Termoli



Campobasso

### Tortellini di Modena

20 g Butter  
100 g. Meat of pork  
100 g. Mortadella  
100 g. Ham  
250 g Parmigiano Reggiano cheese  
1 egg  
pepper  
nut meg  
500 g. fresh pasta with eggs  
Cook the meat of pork in a pan with the butter . Chop the ham, and the mortadella ,mix together with meat . Add parmigiano Reggiano cheese , egg, salt, pepper and nut meg and make a mixture. Prepare the fresh pasta, cut it in little square and put a little spoon of the mixture in the middle of the square. Fold the pasta in the right way until you obtain tortellini. You can cook them in boiling water and serve with ragu sauce or cook them in a soup.



### Piadina



In a bowl, pour the flour and baking soda, add the lard and warm water (or milk if you prefer a more soft flatbread) in which you have dissolved the salt. obtain a consistent and firm but workable dough.

500 g flour  
Lard 75 g  
Baking soda 2 g  
Salt 6 g  
Water (or milk) 200 ml

Then divide the dough into 4 balls of about 200 g each, you tend with floured rolling pin thin discs about 4-5 mm thick. Cook the tortillas on both sides on a very hot cast iron skillet. Stuff with cheese, salami, ham, vegetables.

# TOSCANA



Firenze



Argentario



## TYPICAL REGIONAL RECIPES

### Arrosticini



**Ingredients:**  
Meat of mutton  
sheep  
Salt  
Pepper  
Spices

### Arrosticini

Cut the meat of mutton sheep fat into small pieces together with the thickness of 1-2 cm.

Slide the pieces of mutton, alternating with pieces of fat in the wooden skewers about 20-25 cm long.

Roast them on a special furnace with charcoal or dry wood, or on grilled kebabs sprinkled with seasonings for roasted meats.

Stir well the skewers until the meat is cooked and browned at least one side.

### Amaretti



**Ingredients:**  
1 kg of sweet almonds,  
1 kg of sugar,  
10 clear of egg whites

Peel and chop finely the almonds  
Mix them with the sugar and mix well with the egg whites. Let stand for three hours. Sprinkle the work surface with flour and sugar in equal quantities, and pour the mixture. Assemble the amaretti (preferably round in shape), arrange on greased baking sheet or cover with parchment paper and bake at 150 degrees for about thirty minutes.



Gran Sasso mountain



L'Aquila

## Toscan croutons



Chicken liver g.350  
half an onion  
A spoonful of capers  
3 anchovy fillets  
Broth (one glass)  
bread, extra virgin olive oil  
butter, salt, Pepper, Sage

Fry the onion in four tablespoons of olive oil, add chicken livers, capers, anchovies and sage. During cooking, gradually add the broth to keep everything soft. After half an hour of cooking, remove from heat and chop together until the mixture is creamy rather. Put briefly on the heat and add a knob of butter and season with salt and pepper. Spread on slices of toasted bread

## Cantucci



600 g toasted almonds and/or hazelnuts  
6 eggs  
700 g sugar  
1 glass of olive oil  
orange or lemon zest  
1 vanilla

Mix the eggs, sugar, oil, vanilla, lemon zest and orange. Add the flour and baking powder required. Add the almonds and hazelnuts and form the dough into two or three strands. Place on baking paper and bake for 20 minutes at 180/200 °. Remove from oven, let cool slightly and cut into slices. Put back in the oven for 10/15 minutes to 160/180 °.



Roma



Circeo naturalistic park

### Pasta with truffles

500 g of pasta  
Sour Cream  
100 g of grated Parmesan cheese  
100 g of black truffles from Norcia  
Butter, salt, pepper.



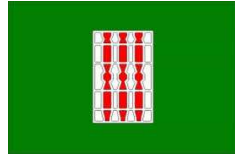
Mix in a pan the butter, cream and a little of grated Parmesan cheese. Boil the penne in salted water, drain when ready and put in a pan, add the truffle and Parmesan cheese before removing from the fire.

### Panpepato

Ingredients for 5/6 pieces:  
100 g Peeled almonds -  
100 g Peeled hazelnuts -  
100 g Shelled walnuts -  
100g Candied -  
100 g Sultanas -  
100g Dark chocolate -  
150 g Honey -  
200g cinnamon, nutmeg,  
white flour, Pepper  
(optional)



Soak the raisins in warm water for at least 20 minutes.  
Chop walnuts, almonds, hazelnuts and chocolate.  
Put all the ingredients in one bowl and add candied fruit, a couple of tea-spoons of cinnamon, one nutmeg, a generous sprinkling of black pepper (optional) and raisins squeezed.  
Turn on the oven and set it at a temperature of 180 ° C.  
Prepare a baking sheet covered with parchment paper. In a saucepan, boil the honey on low heat, after having added a bit of water. Pour immediately on ingredients prepared so that the chocolate melts. At this point add the flour, but very slowly and turning all the time; the resulting mixture should have the right consistency to be able to shape the rolls to be placed on the baking sheet. Bake for 10 minutes. Remove the cakes from the oven and let them cool before you pull away from the pan.



Marmore waterfall



Perugia



## TYPICAL REGIONAL RECIPES

### Lasagna

#### Ingredients

500 g of lasagna ( dough with eggs and flour)

1200 ml of tomato sauce  
800 grams of minced veal  
500 ml of sauce  
500 g of cream  
100 grams of parmesan cheese  
Carrot, celery, onion, salt, oil



Prepare a meat sauce by frying the ground beef in a pan with oil and the vegetables cut into chunks. Add the tomato puree, salt and simmer the sauce for at least 2 hours on low heat. Boil the pasta, drain and dry them on a kitchen towel.

Take a roasting pan, butter and put a layer of meat sauce, one pasta, one with meat sauce, sprinkle with grated Parmesan cheese, white sauce and grated mozzarella. Make another layer of pasta, meat sauce, etc. until all the ingredients will finish. Finish with a layer of mozzarella.

### Tiramisu



6 eggs  
500 ml coffee  
300 g sugar  
500 g mascarpone cheese (cream cheese)  
pavesini biscuits or sponge cake

Divide the egg yolks from the whites. Whisk the egg whites. Whip the egg yolks with the sugar, add the mascarpone, add the egg whites until stiff. In a baking dish place a layer of pavesini or sponge cake soaked in coffee, add a layer of cream, a layer of pavesini and one cream. Finish with a layer of cream. Cover with the cocoa powder. Put in refrigerator for several hours.



Ancona



Conero promontory



### Brodetto anconetano

Ingredients: Fish of different qualities (cuttlefish, corn on the cob, shrimp, cod, mullet, sole, turbot, rockfish, squid), salt, onion, two cloves of garlic, olive oil, vinegar, parsley, tomato sauce,

Clean and wash the fish, put it on a plate and season with salt. Sauté with a glass of oil a finely chopped onion and two cloves of crushed garlic. Then add half a cup of vinegar.

As soon as the vinegar has evaporated, add the chopped parsley and tomato paste. Add the cuttlefish, which have to cook 20 minutes over low heat and cover pan and then when the sauce begins to shrink, add the rest of the fish.

The soup should cook more than a quarter per hour over low heat until the sauce is ready.

Arrange slices of bread on each plate and pour the soup.



500 g flour  
3 eggs  
2 boiled potatoes  
1 pinch salt  
1 hg margarine  
1 vanilla  
100 g sugar  
250 ml milk  
1 hg raisins

### Fried donuts

Mix the ingredients until you get a smooth dough. do a lot of donuts and put them to rise covered. When ready to fry in hot oil. Drain and dip them in the sugar. Serve hot or cold

