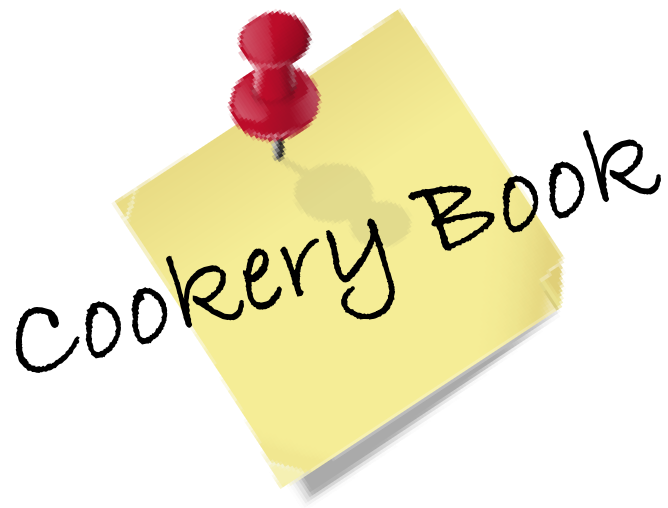


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Italian
Traditional Food

Appetizers

Rice Arancini



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Appetizers

Caponata



2

Arancini



Ingredients

Saffron: 1 sachet

Butter: 30 g

Rice: 500 g

Fine salt: 1 teaspoon

Aged Caciocavallo: 100 g

FOR STUFFED RAGOU

Fine salt: enough

Black pepper: enough

Onion: half

Butter: 25 g

Ground pork: 100 g

Extra virgin olive oil: enough

Tomato puree: 200 ml

Peas: 80 g

Caciocavallo cheese: 50 g

Preparation

Boil the rice in plenty of salted water. Allow to cool completely. Meanwhile stew the onion with oil and butter, add the minced meat and deglaze with wine. When cooked, add the tomato puree. Cook for 20 minutes.

As soon as the rice is completely cold, form the arancini, crush the pile of rice (120 g) in the center of the hand, forming a basin and pour 1 teaspoon of ragou and a few cubes of caciocavallo (and possibly the cooked ham) into it.

Heat the oil in a saucepan successively and bring it to the temperature of 170, then fry.

Calories: 270
Healthier Version

For a healthier version of this typical Sicilian food, replace the sauce with meat with stewed spinach or diced ham and bake the "arancini" at a temperature of 190° for about 30 minutes.

Caponata



Ingredients

- 3 eggplants
- 1 white onion
- Celery
- Hot pepper
- Olives 200gr
- Capers 3 spoons
- Tomato sauce 200ml + water 200ml
- Olive oil
- Salt and pepper
- Basil
- White wine vinegar 3 spoons
- Sugar 3 spoons

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Preparation

Wash the eggplants and cut them in little cubes, put them in a bowl and add salt.

Pour olive oil in a big pan, add the cutted onion and make it brown.

Add a pinch of hot pepper, celery pieces and 2 lives cutted in half.

Add also capers and tomato sauce diluted with water and add basil.

Let it cook at low heat until the sauce is rinsed and add salt, sugar and vinegar, mix and remove from heat.

Fry the eggplants, then add fried eggplants to the sauce and mix, add basil and black pepper.

Calories: 350

Healthier Version

If you want a healthier caponata without giving up its particular taste, just stew or grill all the vegetables instead of frying them.

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Italian
Traditional Food

Main Courses

Cheese ravioli



Main Courses

Aubergines
parmigiana



Cheese Ravioli



Ingredients

300 grams of durum wheat flour

3 eggs

400 grams of pork meat

500 grams of ricotta cheese

1/2 carrot

1/2 celery leg

200 grams of tomato paste

1/2 glass of red wine

3/4 springs of marjoram

1 bay leaf

Sugar (one teaspoon)

cinnamon powder

extra virgin olive oil

Salt, pepper

grated cheese

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Preparation

Prepare the dough like this: put a pinch of salt, 2 eggs and 10 tablespoons of water in the center of the flour fountain.

Knead until a smooth and homogeneous mixture. Mix the ricotta with 1 egg, the chopped marjoram, a little salt.

Roll out the dough into a thin sheet and place a several half tablespoons of ricotta in a line, well-spaced between them.

Cover them with another strip of pastry, make them adhere well to the one below and then with a toothed wheel cut out 5 cm square ravioli.

Calories: 235 Healthier Version

For delicious but healthier ravioli, replace the sheep's milk ricotta with the cow's one and toss the "ravioli" with simple tomato sauce instead of sauce with meat (ragù).

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Aubergines Parmigiana



Ingredients

1,5 kg aubergines
500 gr mozzarella cheese
150 gr parmesan cheese
1/2 onion
35 gr coarse salt
to season: oil, black pepper, basil, salt
to fry: peanut oil

Preparation

Wash and dry the aubergines, peel and slice them in 4mm thick slices. Put the slices in a colander with the coarse salt and make them pressure under a heavy plate, for one hour. Meanwhile, cut mozzarella cheese in cube and dry them.

Prepare the tomato sauce.

Now fry the aubergine: While oil heats up, wash and dry the aubergines slices with blotting paper and fry with peanut oil. When you finish, place the aubergines in a pan, add the tomato sauce, black pepper and mozzarella cheese. Go on like this in several layers until the pan is full. On the top of it, spread the tomato sauce, the parmesan cheese and bake it for 40 minutes at 200.

Calories: 242

Healthier Version

Bake the eggplants in the oven and cook all the ingredients in the oven or in a pan.

Italian
Traditional Food

Desserts

Sicilian cassata



Desserts

Biancomangiare



Sicilian Cassata



Ingredients

INGREDIENTS FOR THE MARZIPAN

200 g almond flour

200 g granulated sugar

50 g of water

Green food colouring

Preparation

Melt the sugar in the water over low heat, stirring constantly. As soon as the sugar starts forming a string add the almond flour and the food colouring.

Mix well and pour it on a moist marble floor. Allow to cool and knead it until you get a smooth and soft dough.

Flatten with a rolling pin to obtain a sheet of the about 7 - 8 mm thick, that we will cut into many rectangles as long as the edge of the mold.

Sicilian Cassata



Ingredients

INGREDIENTS FOR THE RICOTTA CREAM

500 g fresh sheep's ricotta

300 g sugar

50 g candied pumpkin, cut into small cubes

50 g dark chocolate drops

Seeds of a vanilla bean

Preparation

If the ricotta is very moist, as it should be, make it drip in order to remove most of the serum.

Mix well together the ricotta with the sugar and the vanilla bean seeds.

Let it stand for an hour and then sift it.

Complete by adding candied pumpkin and chocolate.

Sicilian Cassata



Ingredients

INGREDIENTS TO COMPLETE THE SICILIAN CASSATA

1/2 glass of rum

Sugar to taste

Water to taste

Candied fruit to decorate: candied pumpkin, thinner sliced candied pumpkin, cherries, oranges, pears, tangerines to taste

Preparation

Divide the sponge cake into three disks and place one of them in the bottom of the pan (which should be round with flared edges). Melt the sugar into the water, flavor it with the rum and soak the sponge cake with this syrup. From another sponge cake disc obtain some rectangles equal to those prepared with the marzipan, then place them on the edge of the pan alternating sponge cake and marzipan. Pour the ricotta cream into the mold. Then cover everything with the remaining sponge cake and let it stand for about an hour. Then, turn the cassata upside down on a round cake tray and let's prepare the sugar icing.

Calories: 388

Healthier Version

Remove the marzipan and the chocolate chips in the ricotta, use very few candied fruit and orange peel and reduce the chopped pistachios to a minimum!

Biancomangiare



Ingredients

- 1 liter of milk
- 100 grams of starch for sweets
- 120 grams of granulated sugar
- 50 grams of chocolate flakes
- Cinnamon
- Chopped toasted almonds
- Chopped pistachios
- Biscuits
- Coffee

Preparation

Dissolve the starch in a little cold milk. Stir in the sugar and the remaining milk, stir until it thickens.

Pour it into a form to make it cool. To serve, sprinkle with cinnamon, chocolate flakes, chopped almonds and pistachios.

To make a particular blancmange, take some dry biscuits, pass them in the coffee and start making layers. A very special tiramisu.

Calories: 135

Healthier Version

This delightful dessert will be just as exquisite but healthier if we use only two ingredients: almond milk and corn starch.

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Enjoy

Your meal!