



PASTA ALL'AMATRICIANA

It is one of the symbols of the Italian culinary tradition. The original recipe comes from Amatrice, a village not far from Rome. In the past the dish was eaten by poor people, in particular by shepherds, and it was without tomato sauce, but when America was discovered tomatoes arrived in Europe so they were added to the original recipe.

INGREDIENTS (for 4 people):

400 gr pasta (spaghetti)

1 chilli

1 spoon of olive oil

1 glass of white wine

Pepper

75 gr of "pecorino" (sheep's milk cheese) and parmesan

100 gr of "guanciale" (lard from the pig's cheek)

350 gr of peeled tomatoes or tomato sauce.

METHOD

Cut the bacon into small cubes and fry it lightly in a pan together with oil and pepper.

When the lard is roasted, pour some white wine and let it evaporate, then take it off the pan. In the same pan put the tomato sauce or the peeled tomatoes in it and cook for about ten minutes. In the meanwhile cook pasta and after having drained it, put it in the pan with the sauce and then add the lard. Still-fry the pasta for a few seconds, put some pepper and add grated parmesan and "pecorino".

MELANZANE ALLA PARMIGIANA (Aubergines with parmesan cheese)

INGREDIENTS.

2 large aubergines

1 tin tomato sauce

1 small onion

2 garlic cloves

Olive oil

Salt and pepper



30 gr flour

Toasted breadcrumbs

Fresh basil

150 gr mozzarella cheese

½ cup grated parmesan cheese

METHOD

Slice the aubergines. Salt on both sides and leave the slices in a colander, so that any bitter juice can dry away. Prepare the tomato sauce: fry onion and garlic until they are soft, but not browned. Add the tin of tomatoes and a teaspoon of salt, then heat the sauce. Mix some plain flour with salt and pepper in a plate and dredge each slice with the seasoned flour (on both sides) before frying them in the olive oil. Drain the slices well on paper towels and keep warm. Butter a baking dish, sprinkle the bottom with toasted breadcrumbs, shaking off the excess. Layer the aubergine slices, the tomato sauce, some fresh basil leaves, slices of mozzarella cheese and grated parmesan. Repeat these layers to use up all ingredients, finishing with sauce topped only with parmesan cheese. Bake at 200°C for about 30 minutes. They can be served hot or cold, preferably with fresh bread.

CAPRESE CAKE

This cake is a typical dessert of the wonderful isle of Capri, opposite Naples.

INGREDIENTS:

200 gr shelled and peeled almonds

200 gr butter

200 gr sugar

200 gr dark chocolate

5 eggs

Powdered sugar to garnish.

METHOD

Cook the butter in a bain-marie together with the chocolate. Put the almonds in a blender and chop them intermittently, so that the blades do not get warm and almonds do not lose their oil. Work the egg yolks and sugar. Add the melted chocolate and butter. Add the almonds. Whisk the egg whites until stiff and incorporate them gently to the mixture. Pour



the mixture into a pie-dish covered with baking paper. Bake in preheated oven at 180°C for about an hour, then let it cool. Dredge the cake with powdered sugar,

PASTIERA NAPOLETANA

It's a typical cake from Naples, eaten especially at Easter time.

INGREDIENTS

580 gr curd cheese

580 gr sugar

8 eggs

580 gr cooked wheat

Orange blossom flavour

Grated lemon peel

70 gr candied fruit

Ingredients for the shortcrust:

500 gr flour

3 egg yolks

200 gr butter

200 gr sugar

A pinch of salt

METHOD

Mix the sieving curd cheese with sugar .Add 8 egg yolks, the wheat, the grated lemon peel, the candied fruit finally whisk the egg whites until stiff. Mix all the ingredients.

Shortcrust: work the flour with 3 egg yolks, butter, sugar and a pinch of salt. Grease a pie-dish with butter, coat it with the shortcrust and pour the mixture into the pie-dish. Decorate the cake with stripes made of pastry. Bake at 180°C for about 2 hours. Let it stand for 1 hour and then dredge it with sugar.