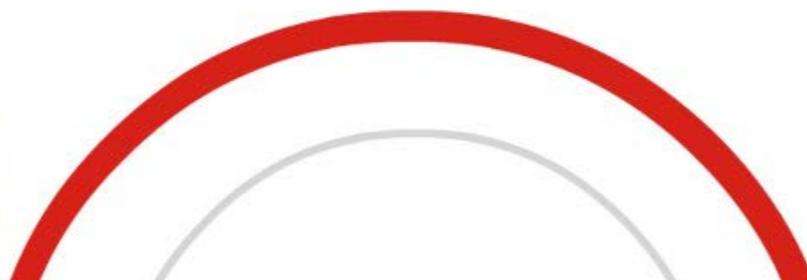


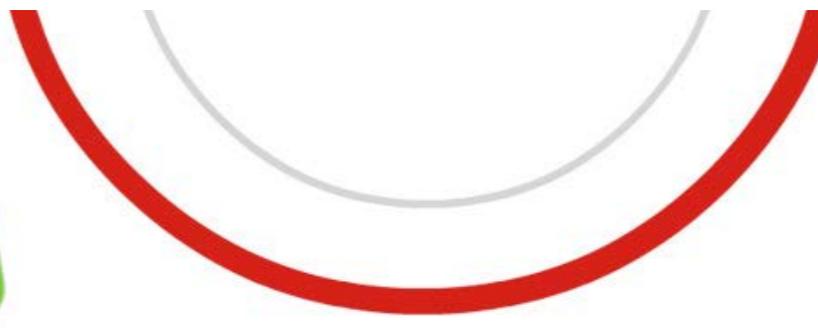
OUR WORKSHOPS

SICILIAN SPECIALITES

MEETINGS IN ERICE



RECIPES



Programme Erasmus+ Call 2016
KA2 Cooperation for Innovation and the Exchange of Good Practices Strategic Partnerships for Schools Only
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HAPPY HOURS **HAPPY FUTURE** **HAPPY EUROPE**

MARSALA SHAKE



Ingredients for preparation

- 12 cl of Campari Bitter
- 12 cl of Cointreau
- 12 cl of Marsala Rubino
- Splash Water tonic Schweppes
- Ice
- 4 mint leaves
- 1 slice of lime
- 1 Fetta di lime



Marsala is a rich and complex wine, where centuries of history and traditions, flavors and crafts mix with the result of creating a wine with multiple faces and varieties, and, therefore, extremely versatile.

All over the world it is used both in the kitchen and at the table, as an aperitif or with dessert, during the meal or in place of sorbet, cold, heat or at room temperature.

It is a versatile wine because there are several types of grapes used in its preparation and the different aging times and processing methods.

For the gold and amber Marsala the precious white grapes Grillo, Catarratto, Inzolia and Damaschino are used.

The ruby Marsala are born instead mixing Pignatello, Nero d'Avola and Nerello Mascalese with the use of the above mentioned white grapes for a maximum of 30%. Depending on the sugar content it can be sweet and fortified, dry or semi-dry, spicy, fragrant, but always fascinating

Marsala is therefore able to adapt to every moment of the day and to every palate.

Preparation

Cool the glasses and the shaker pour the ingredients

Shake well, and pour the cocktail inside the tumbler fill with tonic water.

Finish by adding the decorations, the mint leaf and the slice of lime with a straw.



ARANCINE



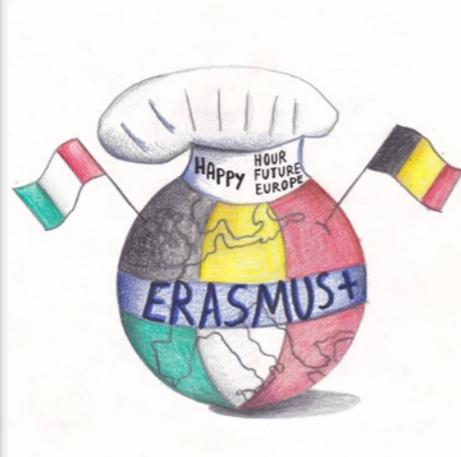
This dish is considered the symbol of Sicilian street food: the origin of the dish goes back to the Arab ages to become one of the most loved foods by the locals, for obvious reasons. Every day is good to eat the Sicilian arancina, but it is a traditional food for the feast of Santa Lucia on 13 December when bread and pasta are not eaten. An Italian habit that tells an important piece of the gastronomic culture of Belpaese, These are sold as snack foods at pizza shops, bars and similar places in Sicily,

The name arancina comes from the shape of this breaded and fried rice ball that reminds of an orange. And it represents a very joyful synthesis of the various historical influences present in the area: the Arab one for rice and saffron, the French one for meat sauce, the Spanish one for tomatoes and the Greek one for cheese.

According to the tradition this food was born in convents, for others inside the baronial houses, or from the tradition of popular cuisine, where the leftovers of a lunch were recycled in an imaginative and tasty way.

Ingredients

rice (special rice for arancine)
butter
eggs
saffron powder sachets
onions
dried white wine
vegetable stock
Breadcrumb
Grana Padano cheese
Mozzarella
ham
Olive oil



Preparation

- Prepare the stock then add the saffron. Fry the onion with the butter but don't let it brown. Add the rice and the hot stock and then stir. Cook until the rice is done, turn off the heat. Transfer it onto a large plate and let it cool. Cook the risotto about 12 hours before making the arancine.
- In a bowl put the mozzarella and the diced ham, stir everything. Add a couple of tablespoons of béchamel (if you want) and mix everything. Add a minced pepper and stir.
- At this point, make balls with rice.
- Place a tablespoon of rice into the palm of your hand, flatten into a disk. Add a tablespoon of mozzarella cheese and ham. Quindi richiudete la base dell'arancino con altro riso e modellatelo dandogli una forma a punta o rotonda.
- Place another tablespoon of rice over the filling and form rice around it to encase it completely; press gently to form a ball. Roll ball in flour, then in the egg and finally in breadcrumbs until evenly coated. Once prepared, fry the arancine in abundant hot oil, until golden.

PANELLE



Panelle are Sicilian fritters made from chickpea flour and other ingredients. They are a popular street food in Palermo and are often eaten between slices of bread or on a roll, like a sandwich with some drops of lemon.

Panelle are believed to be of Arab origin during their domination in IX e l'XI century. Over time, the super-simple recipe remained the same, as you can taste nowadays both in fry shops in Palermo

The panelle tell the history of Sicily, periods of rare beauty, aspects of the inalienable social life and great pleasures of life. The "panelle" can be tasted with the classic Palermo bread and they can be considered an institution: you can taste in different fry shops. Ideal for a lunch, a snack or a dinner too.

Ingredients

- chickpea flour
- water
- chopped parsley
- Semi di finocchio
- pinch of salt and pepper
- oil for frying



PREPARATION

- Mix the water and the chickpea flour in a saucepan and mix well to avoid making lumps. Boil the mixture, adding a pinch of salt and pepper and mix regularly with a spatula.
- When the chickpea cream becomes dense and sticks out from the pan, turn off the heat, add the parsley and let the cream cool in a greaseproof container.
- Cut it into slices and then into triangles or into cubes. Fry in plenty of hot oil until they turn golden brown. Place the panelle in Sicilian sesame seed rolls and enjoy the true flavor of the isla

SICILIAN CAPONATA



The Sicilian Caponata is the typical side dish of the island. The recipe, which is based on fried vegetables, is very simple and often revisited and - while preserving some traditional ingredients unaltered - there are thirty-seven classic recipes. The caponata can be served as an appetizer or as a side dish and it is the Sicilian habit to accompany it with bread.

Regarding the etymology of the word, there are several hypotheses. The most widespread is linked to the ancient recipe, ie that which was prepared for the ancient aristocratic families based on fish lampuga (in Sicilian, in fact, Capone). Later, the popular families replaced the aubergines with fish, making it a dish that they could afford.

In recent years, the original recipe by inserting the fish has returned again as main ingredient and in particular swordfish. You can also find it prepared with the aubergines and some fish cut into cubes added to the dish when it is finished.

Ingredients

- Onions
- eggplant, unpeeled, cut into cubes
- celery
- white wine vinegar
- pitted black olives
- pitted green olives
- ground black pepper
- peeled canned tomatoes
- concentrated tomato paste
- drained capers
- sugar
- pine nuts
- blanched almonds
- salt and pepper



Preparation

- Wash the celery and cut into small pieces, put to boil in acidulated water with the olives, the capers and the onion cut into julienne. Sauté until the ingredients are soft and brown, about 15 minutes. Add the pine nuts and the concentrated tomato paste. Meanwhile peel, cut into cubes the eggplant and fry them with olive oil. Add the eggplant to the other ingredients and cook, stirring constantly, 5 to 7 minutes.
- Season caponata with vinegar, sugar, salt, and black pepper. Transfer to a serving bowl and garnish with toasted almonds. You can taste it hot or cold as you prefer.

SICILIAN TIMBALLO



Sicilian cuisine is rich in dishes known and loved all over the world. Among these there are certainly the baked ANELLETTI.

It is a typical, ring-shaped pasta of Sicilian origin. It seems that this dish was born in the area of Palermo, during the Arab domination of the ninth century, from the need to be able to easily transport a complete meal as it contains pasta and meat and it can be served as first and second course. Nowadays it can easily be found among the regional specialities. This type of pasta is used almost exclusively for this traditional Sicilian dish

Ingredients

- 500g of anelletti
- 200 g of mince (veal)
- 100 g mince (pork)
- 200 g of grated caciocavallo cheese
- 100 g of primosale cheese
- 200 g of tomato purée
- 100 g of breadcrumbs
- 1 onion
- 1 carrots
- a piece of celery
- one glass of red wine
- bechamel sauce



Directions

Chop the onion, the celery and the carrot and saute in the olive oil until translucent, add the minced pork and beef then the red wine and reduce.

Fry for a few minutes then add the tomato purée before diluting with half a litre of water. Season with salt and cook over a low heat for half an hour.

Meanwhile chop the aubergines, fry them in deep oil and add them to the sauce. Cook the anelletti, then dress with the sauce.

Grease the baking trays with oil and dust with breadcrumbs. Put the pasta in the trays, spoon some bechamel over the layer and add the grated caciocavallo and small chunks of primosale cheese; top with more breadcrumbs, a drizzle of oil and bake for about twenty minutes.

Let it rest before serving

MEAT ROLLS



Palermitan meat rolls are a traditional and well known second course, which originates from the small town of Bagheria, just outside Palermo. This dish is cooked in every corner of Sicily, where it can undergo variations in the filling, such as those that also include spicy salami. The traditional filling consists of breadcrumbs, caciocavallo, raisins and pine nuts. The meat is rolled adding in this mixture already salty and peppery. Then put on the spit, three or four, and between each onion leaves and bay leaves are added. Then proceed to the breading with extra virgin olive oil and breadcrumbs. While the skewers cook, on charcoal, in the oven or even in the pan, the scent of laurel, mixed with the aroma given off by the onion, spreads out perfuming the house, culminating precisely in the explosion of flavors characteristic of this dish.

Ingredients (serves 10)

slices of veal: 1Kg
 breadcrumbs: 350 g
 raisins: 100 g
 Pine nuts: 10p g
 onion: n5
 Red onion: n3
 caciocavallo cheese : 300g
 Parsley:100 g
 Extravergin olive oil: 300 ml
 Dried wine: 20 ml
 Bay leaves: 30 leaves
 salt
 pepper



Procedure

- Preheat the oven to 200° C.
- Fry the finely chopped onion. When the onions are soft, add the breadcrumbs, the pine nuts, the raisins, the grated cheese, the small cubes of cheese salt and pepper. Stir well until you have a consistent well amalgamated mix.
- Spread the slices of veal on a flat surface and add a bit of the filling on each before rolling them up. Place them on 4 skewers (4 involtini per skewer), with bay leaves and slices of onion dividing each one.
- Put the skewers in an oiled baking tray and place in the oven.
- Cook at 200 °C for 15-20 minutes and turn twice.
- Serve with a squirt of lemon juice.

CASSATINE



Sicilian cassata is a traditional sweet from Sicily. The ingredients are sponge cake, ricotta cheese, marzipan and candied fruit.

The history of the Sicilian cassata can be found in the Arab age. At first this pastry was only a frail dough stuffed with sugared ricotta and baked after stuffing.

It was only in the Norman age that nuns replaced the old Arab recipe and invented a decoration made of almond flour and sugar at the Martorana Convent, in Palermo. This new dough was green coloured with herbal extracts and was called royal martorana, namely the current marzipan. This pastry was prepared cold, namely without baking. That was the cold cassata. In the following years, chocolate, candied fruit and icing were added.

Ingredients

- 00 flour
- sugar
- Candied cherries
- dark chocolate drops
- eggs
- Vanilla
- Marzipan
- Ricotta



Procedure:

Prepare the marzipan, the sponge cake and the filling

- Sift the ricotta with a strainer and then add the chocolate drops
- Cut the sponge cake into the desired shape, preferably in small trapezoids
- Place the pieces of marzipan in the mould
- Fill with the sweet ricotta and cover with the crumbled sponge cake and press it down well.
- Unmould and spread the icing on top of each cake.
- Decorate the cassata with a candied cherry.

ALMOND COOKIES



All the typical Sicilian Sweets are prepared with almonds,, especially in the area of Catania and Agrigento, where the production of this fruit is very extensive; just this large amount has allowed the almond to become a basic ingredient of Sicilian dessert recipes, some now become so known and characteristic to be "a must" of the Sicilian culinary tradition.

The legend wants that the recipe was created in the XII century in the convent of the "Martorana" in Palermo and that its name is due to his goodness (worthy of a King!). These delicious cookies are as good as easy to do!

Accompany them with a good tea, coffee or a glass of Marsala, the typical Sicilian sweet wine.

Ingredients

- Almond flour
- Powdered sugar
- Grated zest of orange
- Egg whites
- Honey
- Candied cherries
- Fluid glucose



Preparation

Mix the powdered sugar with the almond flour. After that, add the honey, the glucose and the grated zests of orange and mix all the ingredients with the whites eggs lightly beaten.

Work the dough until it is compact and homogeneous, then line a baking pan with parchment paper and with the help of the pastry bag form cookies of about 2 inches wide. Decorate the top of each cookie with an almond or a candied cherry.

Set the oven to 200°, bake the cookies for a few minutes until they are golden brown. The almond cookies should be crispy outside and soft inside.

Let them cool, transfer them to a tray and serve them with a glass of raisin wine or of dried Marsala wine.