

Calabria!

from <http://www.cookaround.com/cook/italia/calabria/>

The gastronomy of this splendid region sees the unity of entirely different territories, which are quite balanced. In its recipe book you will find the right proportion of pig, sheep, beef, vegetables (especially eggplant) and fish. Calabria is a harsh sunny land, which presents perfumed citrus, olives, pot herbs, greens, vegetables and wines. A special feature of this kitchen is the preservation of foods.



The harshness of the land, the scarcity of water and the climatic conditions has an influence on the gastronomy, which in times of difficulty preservation of food became a necessity. Therefore the wide spread word of this territory are the preserves, which include preserved sausages under oil.

Peasants, Shepherds and Fisherman handed down the secrets of making the vegetable, meats in a special manner and also pig and Sword Fish, which are in abundance in the waters of Scylla and Bagnara. In particular the word spread from the past of the "poor mans caviar" which summarizes the sense of the popular Calabrian Kitchen.

The "poor mans caviar" is made with eggs and anchovies which are placed under oil and flavored with paprika. In these recipes there are talks of traditionally poor culinary, simple and genuine elements, especially of tastes and strong smells, a little like the gastronomy of Calabria.

Pizza Pitta style

Pitta Pizzulata

Author:

Difficulty ◆ 

Ingredient availability 

Ingredients

300 grams flour, 120 grams lard, ¼ cup of dry white wine, 3 eggs, 50 grams grated Pecorino cheese, a 300 grams peeled tomatoes, 1 hot chili, salt.

Procedure

Prepare dough with flour, 90 grams lard (melted and hot), eggs, and grated pecorino cheese, pinch of salt, and white wine.

Incorporate all ingredients, knead and leave to rest in a cool area for ½ hour.

Grease dish with lard, place dough and spread with tips of fingers.

Place diced, seeded, peeled tomatoes over base, add diced Pecorino cheese, sprinkle, salt, and remaining lard.

Cook in hot oven for 35-40 minutes



Stewed onions and bread

Licurdia

Author:

Difficulty 🍳🍳🍳🍳

Ingredient availability 🍲🍲🍲🍲

Ingredients

1kg of new onions, 500 grams of stale bread, 30 grams lard, red hot chilli, grated pecorino cheese, salt.



Procedure

Place 2 litre of water in pot, add washed and peeled onions cut into pieces, lard and salt. Cook on moderate heat for 1 hour. In the meantime toast bread and run chilli on top. Place in casserole dish and place hot broth and onions. Serve with chilli.



Pasta with mushrooms and citron

Fusilli al gusto di cedro

Author:

Difficulty ♦ 🍳🍳🍳🍳

Ingredient availability 🍲🍲🍲🍲

Ingredients

½ cup olive oil, 300 grams fresh mushrooms, 500 grams pasta (fusilli) parsley, salt and pepper, 2 citrons.

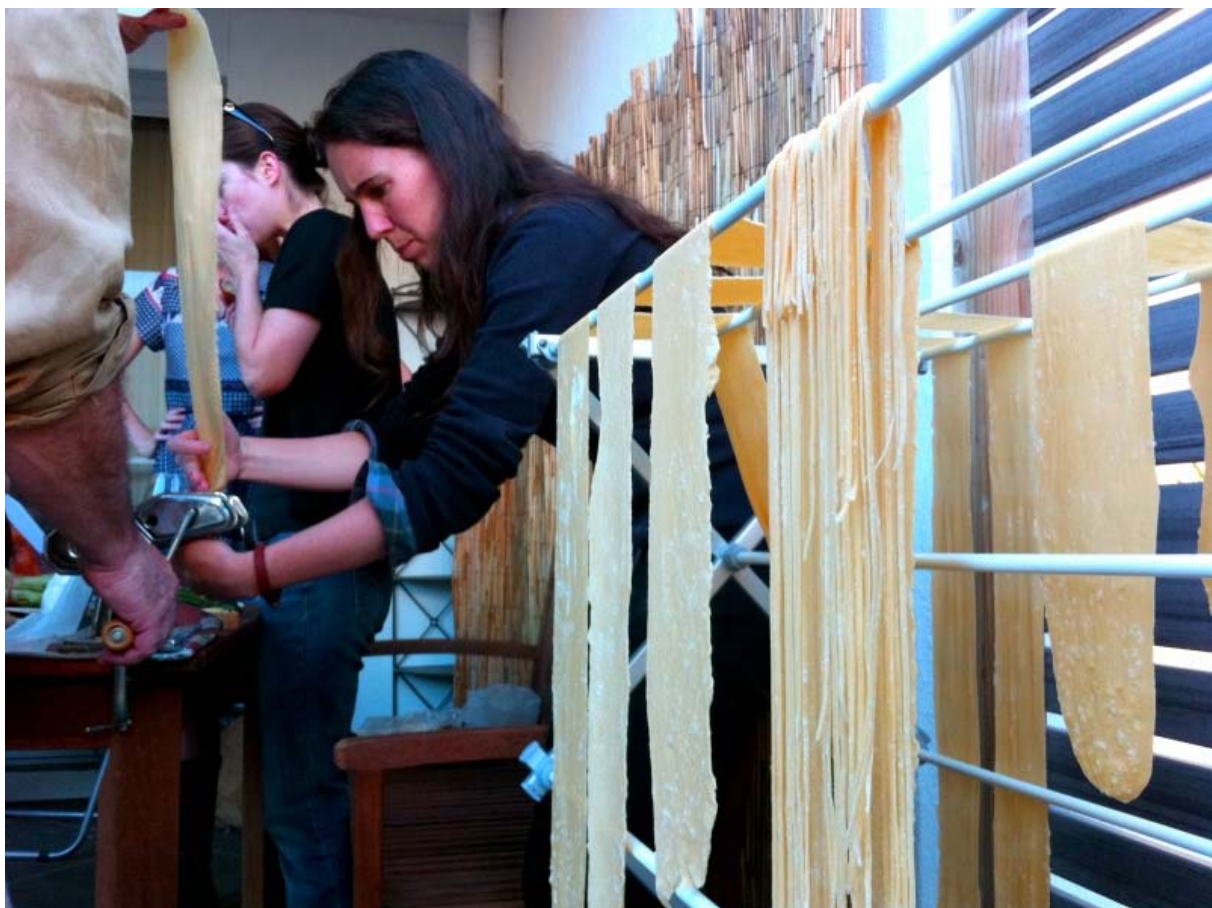


Procedure

Clean mushrooms well, slice and place in saucepan with 2 tablespoons of oil, fry and when they start to break down add salt, pepper and sliced parsley.

Remove from heat and add juice of one lime.

In the meantime, cook the pasta, drain and add oil, pepper, mushroom sauce and remaining lime juice. Sprinkle with grated lemon rind.



Spaghetti with cuttlefish

Spaghetti 'ccu niuru ri sicci'

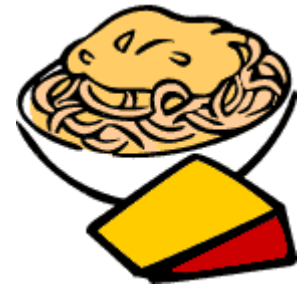
Author:

Difficulty 

Ingredient availability 

Ingredients

400 grams spaghetti, 2 cuttlefish, 2 cloves garlic, ½ cup oil, 3 hectograms of tomato fillets, 1 red dried chili, handful sliced parsley, salt.



Procedure

Clean cuttlefish, and remove bone and ink sack being careful not break sack.

Cut the cuttlefish into strips and leave to drain very well. While cuttlefish is draining dice garlic, parsley and chili and fry, add cuttlefish and ink sack to fry and leave to cook, add tomatoes and salt and leave to cook on low heat covered.

Boil salted water and cook spaghetti until al dente. Place cooked drain spaghetti on sauce and mix. Sprinkle sliced parsley.



Fennel soup

Zuppa di finocchi

Author:

Difficulty ◆ 

Ingredient availability 

Ingredients

5 fennel bulbs, 50 grams extra virgin olive oil, 1 clove garlic, handful chopped parsley, slices of bread and salt.



Procedure

Remove out skin on fennel, cut into slices and place in pot.

Add diced garlic, chopped parsley and oil. Place 1.5 litres of water in pan and leave to boil then reduce heat so it simmers.

In meantime place slices of toasted bread into casserole dish and place fennel soup on top.

Kid Sila style

Capretto alla silana

Author:

Difficulty ◆ 

Ingredient availability 

Ingredients

Kid meat, onion, potatoes, peeled tomatoes, grated pecorino cheese, salt, black pepper, oregano and olive oil



Procedure

Cut kid meat into pieces and place in casserole dish with diced onion, cut potatoes, peeled tomatoes.

Add grated pecorino cheese, salt, pepper, oregano and olive oil.

Cook in oven.

Stewed rabbit

Coniglio alla cacciatora

Author:

Difficulty ◆ 

Ingredient availability 

Ingredients

Rabbit meat, olive oil, suet, sage leaves, garlic, salt, black pepper, vinegar and cappers.



Procedure

Cut rabbit meat into pieces, wash and dry. Place in saucepan with olive and a little suet.

Add sliced sage leaves, 1 clove crushed garlic and fry on high heat.

Add salt, pepper and add cup of vinegar and a little water. Cook for ¾ hour and add extra water when needed.

When cooked add handful of minced cappers.

Almond meatballs

Polpette alle mandorle

Author:

Difficulty ♦ 🍳🍳🍳🍳

Ingredient availability 🍲🍲🍲🍲

Ingredients

250 grams of mince pork, 250 grams minced veal, 2 tablespoon fruit juice, 50 grams grated pecorino cheese, parsley, garlic, black pepper, salt, 100 grams dry peeled, slithered almonds, 500 grams peeled tomatoes, olive oil



Procedure

Mix meats, cheese, fruit juice, parsley, diced garlic, salt and pepper.
Prepare meatballs and fry with tomato sauce, which has been prepared early.
Before serving place almond sliver into meatballs resembling a chestnut.



Stuffed eggplant with dry cod

Melanzane ripiene con stocco

Author:

Difficulty ♦ 

Ingredient availability 

Ingredients

6 medium egg plants, ½ dry cod, soaked bread, grated goats cheese, chili, egg, parsley, garlic and olive oil.

Procedure

Cut eggplants in half-length ways. Remove insides. Prepare fill with diced dry cod, eggplant filling, soaked fresh bread, breadcrumbs, grated goats cheese, diced chili, egg, parsley and garlic.

Mix ingredients well and fill eggplants halves. Place in pan and fry.



Eggplant with almonds and walnut

Melanzane alle noci e mandorle

Author:

Difficulty ♦ 

Ingredient availability 

Ingredients

2 large eggplants, 3 cloves garlic, ½ cup vinegar, 1 tablespoon honey, 4 almonds, 50 grams dried walnuts, 2 tablespoons sultanas, oil for frying, basil leaves, mint leaves.

Procedure

Clean and cube eggplants and place in casserole dish with salt for 1 hour.

Place oil in saucepan and fry eggplants with excess water removed. Place on absorbent paper.

In a casserole dish add crushed garlic, eggplant, sultanas, walnuts and 4 grated almonds.

Place basil, mint leaves on top. Mix and cover.

In the meantime in a little saucepan add vinegar, honey and let melt.

When foam begins to form remove and add to eggplant mixture and leave to rest until it cools.

It is best to prepare this dish 1 day ahead of serving.





Fennel salad

Insalata di finocchi

Author:

Difficulty ♦ 🍴🍴🍴

Ingredient availability 🍴🍴🍴🍴

Ingredients

1 kg of fennel, extra virgin olive oil, vinegar, salt and black pepper.

Procedure

Clean and wash fennel under running water and divide into stalks. Slice every stalk thinly and dress with oil, vinegar, salt and pepper. Mix well and serve.



Chili toasted bread

Crostini rossi piccanti

Author:

Difficulty ♦ 🍳🍳🍳🍳

Ingredient availability 🍴🍴🍴🍴

Ingredients

4 slices stale bread, 1 cup of peeled tomatoes, 1 hot chili, 2 gloves garlic, oil, salt, oregano

Procedure

Peel garlic and place with oil and chili in a pot on stove.

Fry and add peeled tomatoes.

Add oregano, salt and leave to reduce.

At this point serve with bread.



Lemon Tart

Crostata all crema di limone

Author:

Difficulty ◆ 

Ingredient availability 

Ingredients

Dough:

600 grams flour, 3 eggs, 250 grams sugar, 150 grams butter, 1 sachet of vanilla sugar, 1½ sachet yeast.

Filling:

3 large lemons, 2 eggs, 50 grams butter, 200 grams sugar, 100 grams flour, 1 tablespoon corn flour, ½ litre warm water, 1 pinch of vanilla powder.

Procedure

Place flour on board and make well in center. Place egg, sugar and melted butter. Incorporate all ingredients until soft dough is formed.

Knead and then leave to rest. To prepare filling was lemons well, dry and grate lemon skin, and juice.

In a bowl place flour, and pour warm water slowly mixing and making sure no lumps are formed, add sugar, pinch of vanilla. Whisk 2 eggs and add to flour mixture. Add lemon juice, and mix well. Place in pot and cook on low heat until thick.

Remove from heat and cover. Knead dough and cover tart base, keeping extra dough for decoration.

Place cooled lemon mixture in tart dish and decorate. Place in preheated hot oven on 180C until golden brown.



Half moon filled with jam and almonds

Nepitelle

Author:

Difficulty ◆ 

Ingredient availability 

Ingredients

500 grams flour, 100 grams lard, 150 grams sugar.

Filling:

500 grams grape juice, 250 grams almonds, 50 grams sultanas, 20 grams of cinnamon, 200 grams sugar, 200 grams cocoa, 1 glass of liquor (strega).

Procedure

Prepare dough with flour, lard and 1 cup of water. Roll dough into 5cm sheet.

In a bowl add jam, crushed almonds, cinnamon, sultanas, coco and glass of liquor and mix all ingredients well. Cut discs out of rolled dough and on each dish add teaspoon of mixture.

Fold half discs so they resemble half moons. Seal borders well so mixture does not escape during cooking.

Slightly flour each disc and place on tray and cook in moderate oven.

Can be served hot or cold.



Bergamot mousse

Spuma del colle al bergamotto

Author:

Difficulty ◆ 

Ingredient availability 

Ingredients

600 grams lentils, 1kg fresh shallots, 1kg yellow pumpkin, 100 grams butter, 50 grams parmesan cheese, 50 grams powdered nutmeg, fine salt, 3 eggs, 1 glass orange juice, (bergamot orange), 250 grams cream, 100 grams walnut kernels.

Procedure

Place lentils in abundant water and leave to rest over night. The next day boil lentils boil other vegetables in separate pot.

Drain cooked vegetables and leave to dry. Place vegetables in strainer and puree separately.

Strain through a white tea towel and add egg yolks (one per vegetable), butter, nutmeg, grated Parmesan cheese, salt and pepper, lentil puree and walnut kernels. Place whipped egg whites with each vegetable puree.

Place mixtures in cooking tines and line with each vegetable puree to form tricolors.

Place in oven on tray of water for 35 minutes at 180C. In saucepan melt 50 grams butter, Bergamot orange juice, add 250 grams of cream and cook on slow heat for one minute. Add orange sauce to cooked vegetable dishes.

