

Cilento recipes

ACQUA SALE

Ingredients: toasted bread, a salted anchovy, three cherry tomatoes, garlic and extra virgin olive oil

Preparation: In a small saucepan fry garlic, salted anchovy and three cherry tomatoes with olive oil. Add boiling water and pour everything on the bread prepared in a bowl. Great dish for very cold winter evenings!



CILENTANA PIZZA

Ingredients:

Bread dough, already cooked tomato, grated goat cheese, oregano, garlic, extra virgin olive oil.

Preparation:

Spread the bread dough in a baking dish, add the tomato, oregano and chopped garlic, sprinkle with extra virgin olive oil and bake. Freshly baked, sprinkle with goat cheese.



FUSILLI ALLA CILENTANA

Ingredients

For 8 people: 1 kg homemade Cilentan fusilli, 500 gr of pork, 500 gr of veal, 500 gr. of mutton, garlic, onion, chili, extra virgin olive oil, salt, goat cheese, 2 l tomato paste.

Preparation

Put the oil in a saucepan and sauté the garlic, onion and pepper together with the pieces of meat. When it is well browned, add the tomato sauce. At the first boil, lower the heat and cook for about 2 hours. Separately boil the fusilli, drain them, place them in a bowl and season them with the meat sauce and plenty of goat cheese.



CHRISTMAS SCAURATIELLI

Ingredients:

1 l of water, 1 kg of flour, 1/2 orange, lemon skin, 2 spoons of sugar, a pinch of salt, 1/2 glass of white wine, 1/2 glass of olive oil, plenty of olive oil for frying, a sprig of rosemary, honey.

Preparation:

Boil the water for a few minutes with orange, lemon, wine, oil, sugar, salt, rosemary. Remove these ingredients from the water and put the flour in one go and stir continuously. Cook until the pasta comes off the sides of the pan. Lay the mixture obtained on a surface and beat it with a rolling pin. Allow to cool, cut into flakes and fry in plenty of oil. Arrange on a serving dish and season with honey and sugar.



CHICKPEA SOUP

Ingredients for 6 person:

400 g of chickpeas, a sprig of parsley, chilli pepper, salt, extra-virgin olive oil DOP Cilento, a clove of garlic.

Preparation:

Cook the chickpeas and add the salt. Place the toasted bread in a bowl and pour over the chickpeas. Season with extra-virgin olive oil DOP Cilento, a sprinkling of parsley, a clove of crushed garlic and chilli. Serve hot.



FOCACCIA

Ingredients:

500 grams of flour, a pinch of salt, a tablespoon of yeast, warm water

Preparation:

Mix the ingredients giving them a very flattened and elongated shape and let rise until they are doubled. Then bake and cook. Serve warm and stuffed with salami or cooked vegetables.



ALICI 'MBUTTUNATE

Ingredients:

1 l of fresh tomato sauce, 1 kg of anchovies, 3 whole eggs, goat cheese (as much as the eggs receive), olive oil, parsley, salt.

Preparation:

Clean the anchovies. Cook the tomato sauce for ten minutes over medium heat. Prepare the stuffing with the egg, parsley and grated cheese and place it between two open anchovies. Put them in the bowl with the sauce and cook for ten minutes.



Chestnuts Nocche, the taste of Christmas in the Cilento



Ingredients:

For the stuffing:

1 kilogram of chestnut flour, 500 grams of dark chocolate, 200 grams of sugar,
1 grated lemon peel,

For the pastry:

1 kilogram of flour, Extra virgin olive oil, Water, Method

Preparation:

For the filling of the Nocche you must first clean, crush the boiled chestnuts, then you must mix them with milk and cocoa with all the ingredients until you get a smooth and homogeneous dough. For the preparation of the dough, turn the flour over the table, add all the ingredients and knead until you get a paste that should become thin with a rolling pin or with the appropriate pasta machine. The dough must then be cut into circular shapes of the desired size and the filling must be put on each disc of dough. With another disc, then, close the two discs of pasta, taking care to press well with the fingers on the edge. Once the round shapes have been obtained, they must be "pinched" at the ends five times in order to obtain five points of a star. It's time to fry the Nocche in plenty of extra virgin olive oil. Once ready, the Nocche must be cooled and then sprinkled with powdered sugar or, even better, hot chestnut honey.

CARNIVAL CHIACCHIERE THE TASTE OF CARNIVAL

Ingredients:

300 grams of flour from the '00, 40 grams of sugar, 2 medium eggs , 60 grams of milk , 30 gr of melted butter, 2 tablespoons of Strega liqueur, Gated rind of 1 large untreated lemon, 1 pinch of salt, 1 liter of sunflower, Oil for frying, Vanilla icing sugar for garnish

Preparation:

Pour the sifted flour, sugar, grated lemon rind and vanilla into a large bowl or planetary mixer. Make a small hole in the center and add the very soft butter cut into small pieces, the eggs, the salt and the liqueur. Knead until the dough is smooth and well blended. Cover the dough with plastic wrap to prevent it from drying out and let it rest for at least 30 minutes, maximum 1 hour at room temperature. Take little dough at a time, keeping the remaining one covered with food film. Roll out with a rolling pin, I prefer to spread a little first with a rolling pin then I help myself with the sheeter until I reach a thickness of about 2 mm. (If you use the kitchenaid dough she starts at 1 and don't go past 6). With the dough cutter wheel cut out many rectangles of about 12cm by 5cm. Make a small central cut. Prepare a few at a time and fry gradually in hot oil at 170 ° -176 ° C. It is important not to exceed this temperature. Turn them quickly, they must be golden. Prepare a few chatter at a time and fry in deep hot oil at 175 ° / 176 °. Fry a few pieces at a time, they must remain clear and golden. The cooking is fast, it will take a few seconds per side. Drain on a tray covered with absorbent paper. When they are cold, sprinkle with a generous sprinkling of icing sugar.



ARTICHOKE

INGREDIENTS

8 artichokes - globe variety; large and compact, 1 large bunch fresh parsley - about 20 sprigs or so, finely minced 2 large garlic cloves - finely minced, or more salt and freshly ground black pepper, 2 tablespoons extra-virgin olive oil - plus extra for drizzling

Instructions

Set up the barbecue. Light the coals, and when no more black smoke is emitted and the embers have turned grey/white, they are ready. Meanwhile, in a medium size bowl combine the parsley and garlic and season with salt and a generous grinding of black pepper. Drizzle in the olive oil and toss well to combine.

Prepare the artichokes. Remove any small leaves on the stem.

Rinse the artichokes under cold running water, taking care to also rinse between the leaves. Bang them upside down a few times on a work surface so that the leaves spread more easily. Dry the artichokes with paper towels, then let drain for a moment upside down in a large bowl.

Spread apart the leaves of the artichoke so you can reach the center, then stuff it with about 2 tablespoons of the filling. Drizzle into the center over the top of the filling a little additional olive oil. Squeeze the artichokes closed to obtain their original form. Set aside in a bowl standing upright while you prepare the remaining artichokes.

Place the artichokes standing upright onto the hot embers and gently twist and turn to submerge them slightly. Roast the artichokes until the outer leaves are well charred, basically black, and the core is tender, about 30 minutes - turning them in their upright position occasionally.

Remove the artichokes from the embers and set aside until cool enough to handle. Using a knife, remove the burnt outer leaves and clean the base.

They are delicious as is, or, if you like, you can season them with an additional sprinkle of salt, pepper, and extra-virgin olive before serving them warm or room temperature.



ARTICHOKE PASTA



Ingredients

- • 110g artichokes, marinated in oil
- • 1 clove garlic, peeled and crushed
- • 1 table spoon finely chopped parsley
- • 1 table spoon finely chopped thyme,
- • 450 g linguine pasta, cooked
- • ½ lemon, juice only
- • parmesan shavings, to serve (or similar vegetarian hard cheese)

Method

- 1. Pour the artichokes along with their oil into a pan and mash them down with a fork.
- 2. Add the garlic, parsley and thyme and heat through for a couple of minutes and then pour over the warm pasta.
- 3. Add the lemon juice and toss thoroughly.
- 4. Serve in bowls topped with shavings of parmesan cheese.

Fig Jam

This sweet fig jam is so easy to make at home! With its unique taste, it goes perfect with either sweet or savory dishes like scones, muffins, breads, or cheese.

Ingredients

- 1 kg figs cut into pieces
- 1½ cups (300 g) sugar
- ¼ cup water
- ¼ cup lemon juice
- Pinch of salt
- 1 vanilla bean, split and seeded
- 1 cinnamon stick

Instructions

1. In a medium saucepan, large enough to fit the figs, place all ingredients (if you add vanilla, add both the pod and seeds) and bring to a boil until sugar dissolves, stirring occasionally. Reduce heat to low and cook figs, uncovered and continuing to stir occasionally, for 30-60 minutes or until the liquid is thick and sticky and drops heavily from the spoon. Remove from heat and discard vanilla pod and cinnamon stick. For a chunky jam, gently mush large pieces of figs with a fork or potato masher; for a smoother jam, process in a food processor. Spoon jam into jars and close with lid. Let cool to room temperature, then refrigerate. Store jam in the refrigerator for up to 2 months.





DRIED FIGS



- Drying figs with the traditional method requires patience and care. The figs should be opened halfway, keeping the two parts still joined by the petiole.
- In the country tradition, dried figs are prepared by spreading them on a wicker trellis with the opening upwards, so that they do not touch each other and are covered with a tulle that can protect them from flies and insects.
- Arranged in this way, the figs must be exposed to the sun every day and withdrawn in the dry when the sun sets. Place the trellis in a sunny area away from humidity.
- Every morning, place the lattice in the sun and collect it before sunset by placing it in a dry place. After a week the figs have to be turned over, and turned over again after a further week ... so proceed until you are sure they are well dried.
Dried figs are used overall in Christmas time, also to prepare sweets.

POTATO MEATBALL

- Boil the whole potatoes and peel them. Drain , peel and mash with a potato masher.
- Add chopped parsley and garlic, breadcrumbs, eggs, parmesan, salt and pepper.
- Mix the ingredients until you get a homogeneous mixture.
- With wet hands form the meatballs.
- Heat the oil in the pan and fry the meatballs over medium heat.
- Once well browned, take them from the oil and let them dry on absorbent paper or straw paper before serving



GENOVESE STEW



- **INGREDIENTS:**
- - 1 kg of golden onions
- - 700 g of beef stew (bobbin or white rib or Royal)
- - a carrot
- - a coast of celery
- - 200 ml of dry white wine
- - two cloves or two bay leaves
- - extravirgin olive oil
- - salt

How to prepare Genoese stew:

- - clean the onions and leave them to soak in the water
- - sliced onions
- - cut into small cubes small carrots and celery, otherwise you will leave it whole and then at the end of the cooking remove them
- -in a saucepan put 4 tablespoons of extra virgin olive oil and fry the carrot, celery and a bit of onion
- - Insert the beef stew and fry
- - add the sliced onions, fry everything together for a couple of minutes on high heat because you have to seal the meat
- - smoke with white wine and cook for about 3-4 minutes on high heat and without a lid
- - add the water to the casserole, cover the entire surface of the meat and onion
- -insert two cloves
- - season with salt
- - cook for two hours on medium-low heat with the lid on
- - the result will be a cream of onions and a very soft and tender Genoese stew.