



Projet Erasmus+ Namur - Marsala

" Tradi Ali Culture "



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Traditions et folklore liés à l'alimentation

Tradition, History and Recipe from Sicily



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« *Arancine* »

from tradition to innovation



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ARANCINE'S HISTORY... AND GEOGRAPHIC ORIGIN

The arancina was born in Palermo but over the centuries, it was diffused in the rest of Sicily. The name “arancina” derives from the “orange” fruit and means “small orange”.

The origin of this dish dates back to the time of the Arab domination in Sicily, which lasted from the 9th to the 11th centuries. The Arabs were used to mixing a little saffron rice in the palm of their hands, then to season it with lamb before eating it. The comparison with an orange was natural in Sicily because this fruit is very common everywhere in the island.

In Palermo, it was called “arancina”, while in Catania and Messina its name was “arancino” (masculine) or “arancini” (plural). The ball shape is characteristic of the arancina from Palermo, while the conical one is typical of Catania.

The idea to give to this delicious recipe a little crunchy biscuit and the round form, derives from a practical need. Indeed, it seems that King Frederic II of the House of Swabia liked this dish at the point that he wanted to carry it with him during his hunting days in the “Ficuzza” wood close to Palermo. Therefore, one thought of frying these rice pellets in a scented breadcrumb to be able to transport them.





Photographs of Frederic II's Royal Palace and of the "Ficuzza" Wood

RECIPE

In Sicily, you will find the arancini everywhere and everytime, as an aperitif, a main course or also in the streets as "street food".



In this recipe, I will show you the typically Sicilian arancina with veal ragout and its ham-cheese alternative.

There exists also an innovative alternative with swordfish and aubergines.



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Ingredients :

Ingredients for 20 arancine:

1 kg rice twelve-carat alloy
1.5 liter vegetable stock
1 leek or 1 average white onion
1 sachet saffron
30 g butter
50 g grated Parmesan cheese or caciocavallo
3 soup spoons extra virgin olive oil
salt according to taste

For a stuffing with veal ragout:

200 g chopped veal
200 g ground pork
tomato sauce.
300 g fresh or frozen peas.
1 carrot
1 celery
1 average white onion
1 glass of red wine
olive oil.

For breadcrumbs:

100 g flour
salt and pepper
one half-liter water
300 g breadcrumb for breadcrumbs
grape-pip oil for the crackling

Various alternatives

For a stuffing with swordfish and aubergines:

1 kg rice
1 liter and half of fish stock.
2 leeks
1 sachet saffron
30 g butter
3 soup spoons extra virgin olive oil
salt and pepper
600 g swordfish
500 g aubergine

For a stuffing with ham

60 g cooked ham
120 g mozzarella



Preparation with a stuffing with ragout or ham



To prepare rice pellets, start by boiling rice in 1.2 salted boiling water L (1) so that, after cooking, the water is completely absorbed (the starch remains in the pot and thus, you will obtain a very dry and compact rice). Cook during approximately 15 minutes, then dissolve the saffron in a little water and merge it to the cooked rice (2). Mix with butter (3).



Add grated cheese (4) and mix the whole well. Pour and spread out rice over a broad plate (5) and recover it with a plastic film. Let it completely cool. The film prevents the surface of the rice from drying.

In the meantime, care for the stuffing: the meat ragout.
Peel and cut finely onion, carrot and celery (6).



Brown the onion, the carrot and celery chopped in a frying pan with 2 soup spoons olive oil and butter (7), then add chopped veal and ham (8); brown at high heat, then add the wine (9) and let it evaporate.



Now, add tomato purée (10), add salt and pepper according to your taste and simmer with a cover during 20 minutes.

At mid-cooking, add the garden peas (11-12) (if necessary, you can add a little warm water, so, the sauce will be coagulated and not liquid).



When the peas are cooked, cut the caciocavallo in dices (13).

For the stuffing with ham, cut out ham (14) as well as the mozzarella (15) in dices.



Once the rice is completely cooled (it will take at least a few hours), with a soup spoon, remove approximately 120 g rice, put it in the centre of the hand to form a basin (16). Pour there a coffee spoon of ragout (17) and add some cheese dices (18).



Then, add some rice to cover and close the rice pellet (19) by giving it a ball or conical shape (20). For the stuffing with ham, stuff each arancina (formed by approximately 130 g rice) with ham dices and mozzarella (21).



This option is traditionally called “al burro” (22).

Now that all arancini are ready (23), prepare the paste to fry them:

pour the flour in a bowl, a small amount of salt and a trickle (24).

Mix well the whole with a whip to avoid lumps.



Then plunge the arancini, one by one, in the paste (25) while trying to cover them entirely (26) and roll them in breadcrumb (27).



In a pan, heat oil at the temperature of 170-180 °C, then fry an arancino at a time (28) (two at a time would cause a drop of the oil temperature). When they are brown-gilded coloured (29), place them on a plate covered with paper napkins (30) to wipe oil in excess.

Conservation

You can preserve the arancini in a refrigerator during a few days.

If you used only fresh ingredients, you can also freeze them if not fried, because it's far better to fry them just before eating.

... Enjoy arancine !



Aubergine with parmesan



Alessia Stabile

English version produced by Coralie Mallinus

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Dish History

Here is the history of the aubergine with parmesan or “parmigiana di melanzane” in Italian. The exact origin of the dish’s name and its nature were lost over the years, but different theories will help us to situate it in the time.

The aubergine, “*melanzana*” in Italian, did its first appearance in the Southern regions of Italy, namely in Sicily, in Calabria and in Naples, in the 1400 years. It has then been introduced in the Northern regions, in Parma, among others, about the 1500 years. A lot of theories contradict the dish’s name “aubergine with parmesan” because it was originally a dish from the south and the parmesan didn’t exist in this region at this time. The most interesting theory is the following: the name wouldn’t apparently have any connection with the parmesan cheese referring to the city of Parma, but it would be of a linguistic deformation of “palmigiana”, that means “shutters”, namely window shutters to which aubergine slices are supposed to resemble. As the Sicilians have difficulty to pronounce the “L” letter, it sounds like “parmigiana”. In brief, this dish historically wouldn’t contain any cheese at all.

There are some little interesting differences between the traditional recipes of Naples, Sicily and Parma. In Naples, in Campania, the aubergines are coated with light breadcrumbs before being fried, which prevents them of sweating too much oil, and the cheese used was the mozzarella from two days before, that is drier. In Sicily, the aubergines are not coated with breadcrumbs, so the oil spills in the sauce and hard-boiled eggs slices are added. Furthermore, the Sicilians use “caciocavallo” (a typical cheese) in slices or parmesan. In Parma, the aubergine is often cut in slices, it is then fried in oil. The cheeses used are mozzarella and parmesan.

The recipe

Ingredients (for 4 people):

- 1,5 kg aubergines
- 1,4 liter canned crushed tomatoes
- Two tablespoons tomato purée
- 250 g mozzarella
- Two garlic cloves
- Parmesan or caciocavallo grating cheese
- Olive oil
- 10 cl red wine
- 10 cl water
- Salt and pepper
- Coarse salt

Cooking Utensils

- A frying pan
- A mandolin
- A colander
- Tissue
- Pyrex plate
- Oven

Preparation of recipe:

- Cut aubergines in thin slices in length and drain them with big salt (10) during 20 minutes. Rinse (11) and soak (12).



- In the meanwhile, brown garlic (2) in a saucepan with two tablespoons of olive oil (1) and add wine, crushed tomatoes (3) and the purée. Stir and add water. Add salt and pepper.
- Cover and let it simmer during 45 minutes over low heat.



- Cut mozzarella in thin slices. When aubergines are well drained, brown them in a frying pan with a little olive oil.
- As soon as the tomato sauce is ready, display the aubergines slices (19) alternately with some caciocavallo or grated parmesan (20), the mozzarella (21) and the tomato sauce in a gratin platter.



- Finish with a layer aubergines (25), the tomato sauce and the parmesan or freshly grated caciocavallo (26).
- Put in the oven at 210°C (thermostat 7) during 20 minutes and there you are (27)



ENJOY YOUR MEAL!



Busiate al pesto trapanese



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HISTORY OF THE PASTES

The pastes have a very old history which starts 7000 years ago, when the man gives up the wandering life and starts to cultivate the ground. He discovers wheat then, learns how to work it, refine it, knead it with water. He sprinkles the paste and cooks it on the hot stone.

In 1154, in a document of the Arab geographer « Al-Idrin », who resembled a tourist guide, one mentioned a food of flour in the shape of son called “triyah”, and produced in Sicily.

The “busiate” are a kind of pastes which belongs to the typical dishes of the gastronomy of Trapani. The name of these pastes derives from “busa”, the stem of an endemic plant to the Mediterranean region. One used the “busa” to roll up the fresh pasta and to give them the typical shape in spiral.

Concerning the pistou with the “trapanese”, it is a receipt very old and typical of the province of Trapani, which was born from the continuations of the continual commercial exchanges between Italy and Is Europe. During their long journeys, the boats which started from Genova towards Eastern Europe often made stopover with Trapani, one of the towns of Sicily having a port among most important of all the island. In Trapani, one quickly adapted the receipt of the Genoese pistou, which then with time, was modified by people of Trapani and was adapted to the local products: the tomato and almonds.

The receipt for the manufacturing of Busiate

Ingredients for the pastes (4 people) :

- 400 G of wheat flour hard
- 200 ml of water approximately
- virgin extra olive oil in q.s.
- salt in q.s.

Preparation

- Pour the flour in a dish with a small amount of salt and of the olive oil in sufficient quantity.
- Gradually pour water in the mixture until obtaining a homogeneous paste.
- Let put back the paste with the refrigerator during 30 minutes.
- Spread out the paste over a scheme of work using your hands by forming small some 8/10 cm length thin cylinders.
- Roll up the cylinders of paste around a spade with skewer.
- Pose to them side by side on a plate flour.
- Let dry them a few hours around their spade before releasing some.
- Cook the busiate “al cogs”.



The receipt for the preparation with the pistou

Ingredients for the pistou:

- 250 G of ripe tomatos
- 50 G of basil
- 50 G of almonds
- 100 G of virgin extra olive oil
- 1 clove of garlic
- salt q.s.
- black pepper q.s.
- sicilian Pecorino (refined sicilian cheese) q.s.

Preparation :

- Chop of small pieces (with the hand or the blender) garlic, basil and the almonds.
- Add a small amount of salt and of black pepper.
- Add the extra virgin olive oil to the mixture.
- Make boil the tomatos until the skin gets clear easily.
- When the tomatos are peeled, chop them.
- Incorporate tomatos in the mixture and add a spoon of sicilian Pecorino while stirring up continuously.



When the pastes are ready, make jump them in a frying pan with the pistou during a few minutes. Decorate the dish with basil.
Bon Appétit !

La « cassata » sicilienne



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« *La cassata siciliana* » : origins

" Sicilian Cassata " as its name indicates is a cake of Sicilian origin. Its name comes from the Arabic, meaning "ball" or from the Latin meaning "cheese".

There are numerous varieties. Some include additional ingredients like pistachio nuts, pine nuts and cinnamon.

- The "palermitana" (city of Palermo) (the most widespread)
- The "messinese" (city of Messina)
- The "catanese" (city of Catania)
- The "nissena" (city of Caltanissetta)

The origins of the "cassata" date back to the IXth and XIth centuries during the Arabic domination in Sicily. Indeed, the Arabs had introduced the tillage of sugar cane, lemon, citrus fruit, orange, mandarin and almonds.

About the recipe's last ingredient (the ricotta), it is a soft white ewe cheese that was produced in Sicily since the prehistoric times.

Here are the ingredients of the recipe which, originally, was a crust pastry sugar cake stuffed with ricotta.

During the Normans domination, in the Martorana Convent in Palermo, the nuns prepared at Easter the "pasta reale": a dough of almonds flour and sugar, coloured by herbs which replaced the original sugar crust pastry.

The candied fruit-based decoration was introduced in 1873, on the occasion of a demonstration in Vienna.

Recipe

Ingredients

For the Genoese dough:

- 5 eggs at room temperature
- 160 g sugar
- 160 g flour
- a knob butter



For the ricotta:

- 700 g ricotta
- 180 g sugar
- 60 g chocolate granules.



For the almond paste:

- 150 g almonds flour
- 125 g sugar
- 50 ml water



For the side dish:

- 300 g icing sugar
- water in sufficient amount
- candied fruits and pumpkin



Preparation:

1. Place eggs in the bowl of a food processor, add sugar and rise mixture at high speed until its volume increases.



2. In the meantime, sieve the flour.



3. When the mixture is ready, add the sifted flour and mix slowly with an upward movement.



4. Pour the Genoese dough into a floured cake pan



5. Cook at 180°C during 20 minutes.



When the Genoese dough is cooked, pull it from the oven.

6. In the meantime, mix the ricotta with the sugar and the chocolate granules ...

And prepare the almond paste.



7. To prepare the almond paste: Cook the sugar and the water at low heat, rise the mixture at 121 C° (use a precision thermometer),



8. Then pour the almonds flour and cool.



9. When the mixture is tepid(warm), add the food colouring agent...



10. and by mixing form a rectangle ...



11. and put it at the edge of the cake pan.



12. Thinly slice the Genoese dough



13. Arrange the slices around the edges then ...

14. Fill the center with the ricotta and the remnants of the sponge cake



15. Put it in the refrigerator for a night.

16. The following day, transfer the "cassata" cake on a tray and prepare the glazing.

17. Warm the icing sugar and the water without boiling them and pour the mixture on the cake.



18. Decorate the cake with candied fruit and pumpkin.



« Cassatelle di ricotta »



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L'histoire de la "ricotta".

Tasty, fresh and light, this cheese is made of ewe milk and goat milk. It allows realizing very good cakes thanks to its delicate taste which fits with various flavours.



The masterpieces of the Sicilian pastry (Cannoli, Sicilian Cassata, Cassatelles, etc.) could not exist without this cheese whose history goes back to a very ancient era.



Indeed, in the masterpiece "Homer's Odyssey," the Cyclops Polyphème prepares this cheese for Ulysses and his adventure buddies. So the Cave of Polyphemus, which according to mythological studies was in Sicily (east of the island), was the first dairy cheese in history.

In the Middle Ages, this cheese disappeared. It reappears with Saint Francis of Assisi, who will teach the making of the ricotta to the shepherds. For him, this cheese is both poor and simple but also perfectly white and divine, like the latter.

Nowadays, we find this cheese again in literature thanks to Pierpaolo Pasolini, a contemporary author. He went further than Homer because this sweet became the title of one of his works.





That's a simple man story who is ignored and despised by the surrounding bourgeoisie. The main character started to have breakfast with this cheese.

In May 2016, the ricotta was celebrated during the "Sagra della ricotta e del cannolo". This festival is organized by the Brotherhood of Saint Pascal (the patron saint of shepherds). It takes place in the town of Mussumeli, near Palermo, which is an agricultural land where the good grazing of sheep and goats ensures a product of excellence.



And now.....the recipe!

"Cassatelles di ricotta" are typical cakes of Sicilian gastronomy.

They have been recognized and included in the list of traditional Italian agri-food products.

This cake was born in 1700 on the occasion of Easter in the town of Calatafimi (province of Trapani).

They are called differently according to the various cities of Sicily: "Cappiddruzzi" in Marsala, "Raviola di ricotta" in Mazara del Vallo or "cassateddri" in the cities of Partinico and Lascari.

"Cassatelles di ricotta" are friable half-moons, inside which there is ricotta (cheese of sheep), sugar, some cinnamon and chocolate flakes.



For the dough, we used durum wheat flour, sugar, olive oil, Marsala wine and some lemon peel.

Utensils:

- Bowl
- Rolling pin
- Pasta cutter wheel
- Paper tissue
- Serving platter

Ingredients

For the dough:

- 1 kg durum wheat flour « 00 »
- 150 ml olive oil
- Marsala Wine
- Some lemon or orange peel (depending on your taste).

For the stuffing:

- 1 kg ricotta
- 250g sugar
- Chocolate flakes

- Icing sugar for the filling

Preparation

- Put the flour and the lemon peel in a big bowl.
- Mix then create a waterfall in the middle of the mix. Pour the olive oil in.
- Work the dough with your hands and gradually add the Marsala wine until you obtain a smooth paste.
- Leave to rest a little
- Then, prepare the stuffing with ricotta (beforehand drained), sugar, a pinch of cinnamon and chocolate.
- Roll the dough with the rolling pin until it is thin.
- Cut a circle in the dough with a knife and put a spoon of ricotta in the middle.
- Close all the "Cassatelles" with the pasta cutter wheel and fry them in hot oil.
- When the Cassatelles are golden brown, put it on a serving platter and dust with icing sugar.

For more information and pictures (version italienne)

<http://www.comenius-marsala-namur.com/TRADIALICULTURE/Dossier%20recette%20siciliens/P-VideoS-cassatelle.html>

The Marsala wine and its story.

The Marsala wine is a liqueur wine, probably one of the most prestigious.

In and around Marsala lies one of the most beautiful vineyards in the southern part of Western Sicily.

Since 1984, this wine is included in the list of A.O.C. (Appellation d'Origine Contrôlée = regional trademark)wine. Therefore, the name « Marsala » may only be used for excellent and superior wine. The wine must be bottled in an A.O.C area with a guarantee for the customer of a very high quality level.



Marsala:
The cathedral dedicated to
Saint Thomas Becket

The origin of the Marsala wine starts a long time ago. Its older name was « Perpetum ». Over the centuries, this wine has retained its characteristics which make it a famous wine all around the world.

As for the name of the city « Marsala », it's a name of Arabic origin « Mars Al-Allah », means the port of Allah.

However, thanks to an English trader called John Woodhouse, the Marsala wine has an international success. Indeed, in 1773, to protect himself from a rough sea, John docked to the harbour of Marsala. He discovered the production of the "Perpetum". This wine reminded him of those of Spain or Portugal so appreciated in England.

Woodhouse began to import these wines. In order to protect them during the travel, he added a little alcohol in the casks. The request was so big that Woodhouse decided towards the end of the 18th century to settle in Sicily. He created his own company to produce and market Marsala's Wine. The success was fast and the wine became international.

Side dishes with Marsala wine

Marsala wine is used in many cocktail preparations, culinary dishes and desserts. The best known are Cassatelle, Cannoli, etc.

As an aperitif, the varieties of Marsala Superiore, Vergine and Riserva dry are served fresh from 6 to 8 C ° maximum.

As a side dish, the Marsala is perfectly combined with blue cheeses such as Gorgonzola, Roquefort or those with hard pasta like Padano, Reggiano, Siciliano, Pecorino etc.



For a dessert, the service temperature is 16 to 18 C °, it accompanies perfectly not only the Sicilian pastries but also the other cakes based on pastry cream. I forgot to tell you that the Marsala wine was also a "meditation wine" very pleasant at the end of a meal

If you get a chance to go to Sicily, I recommend you a stop in the city of Marsala. This town is full of history with its museums, cantina and other wine shops.



La cantina Florio





The granita



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The "granita" is a cold dessert typical of Sicily. It is a semi-frozen liquid prepared with water, sugar and fruit juice. Lemon, orange, mandarin and peach juices are the most common ones, but almonds, pistachios, coffee or chocolate can also be used. The Sicilian "granita" is very difficult to imitate. It's a refreshing dessert ideal for hot summer evenings.



The story ...

The origins of the "granita" date back to the Arab domination in Sicily. The Arabs brought with them the recipe of sorbets, iced drinks flavoured with fruit juice or rose water. In Sicily, snow was collected from the Etna volcano in the Peloritani, Iblei and Nebrodi Mountains, to be stored during the year in coolers, cold rooms built of stone and erected on natural caves. In summer, this ice was taken to cover it with fruit syrup or flowers.

Close to Acireale, a city east of Sicily and famous for its Carnival, since 2012, the "Nivaroli" festival is dedicated to the "granita" craft. The festival's name comes from the name given to the receptacles for the storage of snow, "nivalori". They were valuable at the time when the refrigerator did not yet exist.



Recipe

Ingredients

- 600 ml water
- 200 ml lemon juice
- 300 g sugar
- lemon peel



Preparation

Pour 600 ml water into a saucepan (1), bring to a boil and add the sugar (2). When the sugar is completely melted, the liquid will become clear (3). Turn the heat off and let the syrup cool.



Squeeze the lemons with a juicer (4) and filter the juice using a strainer (5). You should get about 200 ml of filtered juice. Pour this juice into the cold syrup (6).



Whisk the mixture well (7). Place a lid on the plastic or metal container containing the "granita" and put it all in the freezer. After half an hour, remove the mixture from the freezer and stir it vigorously to break the ice crystals that have formed (8). Repeat this operation every half hour or every quarter of an hour if the mixture hardened too quickly. Repeat at least two or three times before obtaining the final product (9).



Originally the most traditional flavors of "granita" were lemon and jasmine.



But in eastern Sicily, granita becomes an object of worship and "granita with brioche" becomes an indispensable ritual that can not be resisted.



There are different varieties of granita throughout Sicily: Iced coffee with or without cream in Messina, almonds, chocolate, pistachios, blackberries, peach, strawberry, tangerine in Catania, ...



Pasta alla Norma



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L'histoire ...

Les pâtes « alla Norma » sont une recette née à Catania (ville à l'est de la Sicile). Cette recette est connue et appréciée dans toute l'Italie, mais aussi à l'étranger. Les pâtes à la Norma ont été créées au XIXe siècle par un chef cuisinier de Catania. C'est un plat de pâtes à la tomate avec des aubergines frites et de la ricotta salée. Dans notre tradition culinaire, l'aubergine fait partie de nombreux autres plats connus sous les noms de parmigiana, rouleaux d'aubergines farcies, escalopes d'aubergines, caponata et bien d'autres.

L'origine des « Pasta alla Norma » est incertaine. Selon certains récits, les pâtes à la « Norma » dériveraient du nom de l'opéra de Vincenzo Bellini, célèbre musicien au Théâtre de l'Opéra de Catania ([Ecoutez un extrait de "Sinfonia dalla Norma"](#)). Le nom de ce plat viendrait d'une phrase de Nino Martoglio, un dramaturge de Catania, qui, devant une assiette de pâtes, s'était exclamé « C'est une Norme », se référant à l'œuvre de Bellini.



La recette

Les ingrédients:

- 500 grammes de pâtes
- 1 Kilo de tomates mûres pour la sauce
- 2 aubergines
- un bouquet de basilic
- 2 gousses d'ail
- un oignon
- de l'huile d'olive extra vierge
- du sel et du poivre q.s.
- de la ricotta salée



La préparation

- Faire revenir l'ail et l'oignon (4), ajouter les tomates (5) lavées et coupées en morceaux avec quelques feuilles de basilic.
- Assaisonner (6) avec le sel et le poivre et cuire à feu doux. Ajouter une pincée de sucre.



- Lorsque la sauce tomate est prête, retirer du feu, passer au passe-vite et mettre de côté.



- Rincer les aubergines, retirer la tige et les couper en tranches (1) ou en cubes; ensuite mettre le sel (2) et laisser reposer (3) 1-2 heures afin d'éliminer l'excès d'eau et enlever l'amertume.



- Puis faire frire (13) les tranches d'aubergines dans l'huile chaude et les placer sur du papier absorbant (14).
- Découper (15) les tranches d'aubergines frites en 3-4 morceaux.



- Ajouter (16) l'aubergine à la sauce tomate.
- Faire cuire (17) les pâtes "al dente" avec du sel, les égoutter.
- Les verser (18) dans une poêle contenant la sauce tomate.



- Faire sauter (19) les pâtes quelques minutes dans la poêle avec la sauce tomate.
- Servir (21) en mettant quelques feuilles de basilic et une bonne pincée de ricotta salée râpée (20) à la dernière minute





The pastas with sardines



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How the pastas with sardines were born? History or myth ?

The pastas with sardines have been invented by a chef whose name remains unknown. In the 9th century before J-C, between the Byzantine and Arabic dominations, Eufemio of Messina, the supreme commander, against the Byzantine domination, decided to oust the rebels. But he has been caught and forced out of Sicily because he would have fallen in love with a nun and tried to persuade her to deny her vows.

It was of course a false pretence. Eufemio took refuge in Africa and in a spirit of revenge, he joined his forces with the Saracens in order to lead his fleet to Sicily. When he arrived at

Mazara del Vallo, he had to feed all soldiers with whatever available Sicilian ingredients found on the spot, like pastas, sardines, fennel (in order to hide the stinking smell of sardines that weren't fresh) and saffron offered by the Arabs.

This delicious dish is among the most famous Sicilian dishes. It hasn't won the Masterchef contest yet, but it has entered the history of regional gastronomy.



INGREDIENTS (for 6 persons)

- 500 g Bucatini pasta
- 500 g sardines
- 200 g fennel
- 1 onion
- 8 anchovies fillets in oil
- 50 g breadcrumb
- 30 g raisins
- 20 g pine nuts
- 10 g saffron threads
- olive oil to taste
- salt and pepper to taste



Preparation

First clean the sardines, remove the edges and the inner part.

Rinse the sardines under water and place them on a plate.



Preparer the fennel

Clean the fennel by eliminating the tougher ends and wash.

Preparer the sauce

- Sauté a chopped onion in a saucepan at low temperature.
- Add the anchovies fillets and crumble them with a spoon.
- Add raisins previously softened in warm water and pine nuts.
- In the meanwhile, cut the fennel into dices and add the onion.



- Dilute the saffron threads in a glass of cooking water, then pour the liquid obtained in the saucepan.
- Cook for a dozen minutes.



Add the sardines

- You can now add a half of the sardines.
- Cook for a few minutes, turn them upside down to make them crisp.



- In a second step, add the remaining sardines, which mustn't become crunchy (they just need a few minutes cooking).



Preparation of the pasta

- In the meanwhile, you can cook the pasta in the fennel cooking water.

Traditionally, the "Bucatini" is the most used type of pasta, that you can cut in two, so that you can eat them more easily (the Bucatini don't roll around the fork).



- When the pastas are "al dente", transfer them to the pan with the sardine sauce.
- Sauté them some minutes and add the pasta cooking water if necessary. Add a little extra virgin olive oil if need be.



The dish is now ready

Season and serve your pastas with sardines.

The icing on the cake : sprinkle them with toasted breadcrumbs, the famous Sicilian "muddica atturrata" !

Enjoy your meal !

Les pâtisseries aux amandes



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Histoire de la spécialité

La culture de l'amandier s'est diffusée depuis des temps anciens dans tout le bassin méditerranéen, en Asie et en Afrique, pour sa beauté et pour sa précieuse semence: l'amande.

Il a débarqué en Sicile avec les Phéniciens et son utilisation s'est répandue plus tard dans les colonies grecques. L'amande était utilisée dans la cuisine pour la préparation de délicieux gâteaux.



Au début du dernier siècle, la province d'Agrigente est le plus grand producteur du monde et l'amande est sa source principale de revenus. Environ 752 espèces ont été cultivées.

Au printemps, dans la ville d'Agrigente (célèbre pour sa vallée de temples grecs), a lieu la " fête de l'amandier en fleur ". La vallée des temples se couvre d'un manteau blanc et rose délicat semblable à une jeune mariée qui annonce le printemps.



Une autre tradition impose que des branches d'amandiers chargées de fruits soient utilisées pour décorer la statue de Saint Joseph à l'occasion de sa fête.

A l'occasion de la fête de la Toussaint, les amandes sont utilisées pour la préparation de la pâte d'amande ou "pasta reale" qui est considérée comme le top des gâteaux aux amandes. Il est préparé avec la farine d'amande et du sucre glace. A partir de la pâte d'amande et à l'aide de colorants alimentaires, on réalise des figurines comestibles en forme de fruits ou de légumes (mandarines, cerises, tomates, pommes, banane, pêches, figues ...)



Une utilisation très courante de l'amande est celle dans laquelle le goût du fruit est renforcé par le miel des Monts Iblei.



L'une des boissons les plus rafraîchissantes préparées avec des amandes est le lait d'amande. Il est préparé avec des amandes douces et du sucre :

- On pèle les amandes après les avoir plongées dans l'eau bouillante.
- On passe ensuite le tout au mixeur et on laisse reposer douze heures dans un bol recouvert d'eau froide.
- Après la filtration du mélange au travers d'une étamine, il faut porter le liquide à ébullition avec le sucre pendant environ 10 minutes.
- Le sirop doit être servi dilué avec de l'eau fraîche.
- Avec le lait d'amande, on peut préparer aussi la "granita d'amande".

La recette

INGREDIENTS: (pour 25 pâtisseries):

- 250 g de farine d'amande
- 250 g de sucre
- 2 blancs d'œufs
- 3 gouttes d'arôme d'amande amère
- 1 cuillère à café d'extrait de vanille
- 1 cuillère à soupe de miel
- 2 cuillères à soupe de confiture d'orange
- le zeste d'1 citron
- cerises ou oranges (petites tranches) confites ou amandes entières pour la décoration
- du sucre glace



USTENSILES:

- bol
- fouet
- malaxeur électrique
- moule à tarte
- papier sulfurisé pour le four

PREPARATION:

Les petits gâteaux aux amandes sont faits en quelques minutes:

- Dans un bol versez la farine d'amande, le sucre et une cuillère à café d'extrait de vanille.
- Dans un autre bol, fouettez les blancs d'œufs et ajoutez l'arôme d'amande amère, une cuillère à soupe de miel, la confiture et le zeste de citron.
- Combinez les deux mélanges et mélangez jusqu'à ce l'obtention d'une pâte lisse, humide et assez dure. Pour vous faciliter la tâche, vous pouvez également utiliser un malaxeur électrique.
- Préchauffez le four à 180 degrés.
- Formez des boules d'environ 25 g ; passez les dans le sucre glace de manière à les enrober complètement.
- Placez-les ensuite sur une plaque à pâtisserie recouverte d'un papier sulfurisé.
- Décorer les avec une cerise ou tranche d'orange confite ou une amande entière.
- Cuire les petits fours aux amandes pendant environ 10 minutes.
- Faites-les refroidir complètement et servez ou stockez-les dans un récipient hermétique.

The « sfincione palermitano »



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History of the speciality...

The word " sfincione " comes from the Latin " spongia " meaning "sponge". It is in reference to the porous consistency of the dough. This one is halfway between the bread dough and that in pizza. It must be well raised. It is seasoned with anchovies, onion, "caciocavallo" cheese and oil. It is a traditional dish existing in two variants: that of Palermo with tomato sauce and that of Bagheria, softer, enriched with ricotta and bread-crumbs.

The legend tells that its invention was lucky. Indeed, by leaving the dough excessively raised, the nuns of Porta Sant' Agata's convent in Palermo obtained a spongy dough that they named "sfincione".

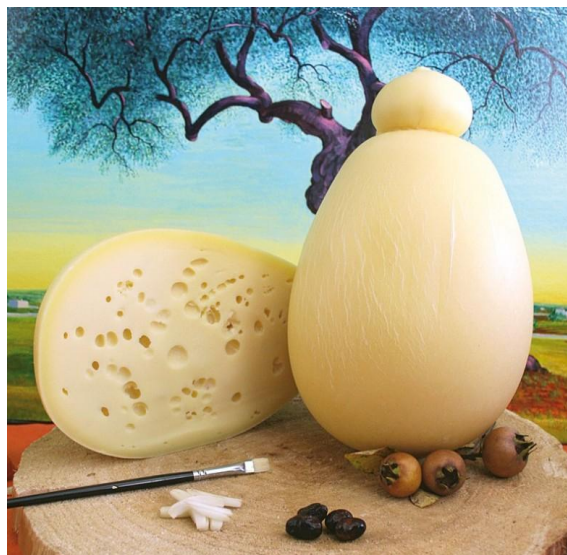
This speciality is prepared on the occasion of the feast of the Virgin Mary of the Immaculate Conception. This party takes place on December 8 and starts the Christmas holidays.

Here is how to prepare both variants:

The « CACIOCAVALLO »

"Caciocavallo" is a very precious cheese, produced from Sicilian cows' milk which some consider among the best milks from Italy. The aromas and the flavours vary depending on the region. The various types of "caciocavallo" reflect the specific traditions of every region. Those of Ragusa and of Godrano in Sicily are very appreciated.

This cheese is completely part of a healthy Mediterranean diet protecting health and the well-being of the consumer



Recipe of “Sfincione de Bagheria” (with ricotta)

INGREDIENTS:

For the dough:

- 250 g durum wheat flour
- 250 g flour
- 1 dice brewer's yeast
- 12 g salt
- wather

For the seasoning:

- white round onions
- anchovy
- oregano
- salt
- «caciocavallo» cheese
- fresh bread-crumb
- ricotta cheese

Preparation:

- 1) Sieve and mix both flours
- 2) Add the yeast dissolved in some tepid to warm water and mix.
- 3) Pour the mixture in the mixer.
- 4) Thoroughly mix by gradually adding hot water until getting a soft dough.
- 5) Cover the dough with sprinkled flour and a tissue (the volume increases during the rising). Ideally, keep the dough in a warm area.
- 6) Let rest the dough one hour, the time to double its volume.
- 7) Meanwhile, clean onions and slice them thinly.
- 8) In a pan with lid, cook and brown onions in some olive oil.
- 9) Add the anchovy fillets and stir.
- 10) Drain the oil and put it aside separately.
- 11) In the cooking oil, add fresh bread-crumb, oregano, pepper and a little mature "caciocavallo" cheese.
- 12) When the dough's volume has been doubled, put it on a baking tray and level it to about two little fingers thick.
- 13) Season the “sfincione” with anchovies, onions, ricotta and bread-crumb.
- 14) Put the “sfincione” in the oven at 220°C during approximately 30 minutes.



Recipe of « Sfincione de Palerme » (with tomato sauce)

Ingredients (for 4 people):

- 800 gr durum wheat flour
- 25 gr leaven
- 2 onions
- 500 gr peeled tomatoes
- 100 gr fresh "caciocavallo" cheese (sliced)
- 100 g anchovy fillet
- oregano
- bread crumbs
- extra virgin olive oil
- salt, pepper



Preparation:

- 1) Mix the flour with the dissolved yeast in a little tepid to warm water.
- 2) Mold the dough energetically, pour salt water until getting of a soft dough.
- 3) Pour the mixture in a floured bowl, cover with a tissue and let rise during 2 hours.
- 4) Meanwhile, brown finely cut onions in a frying pan with a little olive oil and some soup spoons of water.
- 5) Crush tomatoes with a fork.
- 6) Pour the tomato purée in the frying pan with a pinch of salt and a pinch of pepper. Cook at medium heat during approximately twenty minutes.
- 7) Give the dough a thickness of some centimeters and arrange it on an oven-proof dish.
- 8) Oil and sprinkle the surface with chopped anchovies.
- 9) Cover with the slices "Caciocavallo" cheese and pour the tomato sauce.
- 10) Sprinkle bread-crumbs and oregano;
- 11) Cook the "sfincione" at 220°C during approximately twenty minutes.

Enjoy your meal !





Trofie

Alla Paolina



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History of the dish

The "Pauline" pasta is a traditional dish of Palermo which has been passed from generation to generation in the families of the city. They seem to be born from the hands of a monk of the monastery of San Francesco di Paola, Cook in Palermo.



The original recipe has changed over time, so that we now have dozens of variants.

The recipe

Ingredients for 6 people include:

- 600 g of trofie (pasta shape)
- 1 kg of cauliflower
- 1 onion
- 1 clove of garlic
- 250 g of tomato sauce
- 50 g of anchovies dirty
- 100 ml extra virgin olive oil
- 2-3 basil leaves
- a teaspoon of cinnamon powder
- 2 cloves (crushed)

Utensils

- meat grinder
- peeler
- wooden spoon
- strainer

Preparation time

Preparation time: 30 minutes

Cooking time: 15 minutes

Difficulty: average

Preparation

- Boil the cauliflower in salt water and keep the cooking water to cook the pasta.
- In a pan with hot oil, fry the chopped onion, garlic, cloves, cinnamon, tomato sauce and fillets of anchovies that have been washed and boned.
- Cook for 10-15 minutes.
- Season after cooking.
- In the cauliflower cooking water, Cook the trofie "al dente". Drain them.
- Sauté in a pan ("arriminare") with the already prepared sauce.
- Serve with freshly ground black pepper.



Variation of the recipe

"Pasta vruoccoli arriminati chi" (Pasta with broccoli sauteed in the Pan).

Ingredients for 4 people:

- 400 g of bucatini (type of pasta)
- 1 cauliflower 'Broccoli' of 1 kg
- 50 g raisins
- 50 g pine nuts
- 1 sachet of Saffron
- 1 onion
- 50 g of anchovies dirty
- 100 ml of olive oil
- salt and pepper



Preparation

- Carefully clean the cauliflower "broccoli."
- Him Blanch in boiling water for 10 minutes.
- Finely chop the onion and fry it in a pan with 100 ml of olive oil.
- Add the anchovies cleaned in the sauce and mash with a fork.
- Add the raisins, the gears and the heads of broccoli.
- Saute over medium heat, stirring to avoid burning.
- Add the Saffron previously diluted in a bit of broccoli cooking water.
- Season with salt and pepper and let Cook for 15 minutes.
- Cook pasta "al dente", drain them.
- Add them to the pan of sauce and mix.
- Let stand for 2 minutes before serving.

