



Liceo Statale A. Galizia  
Nocera Inferiore

“Enjoy with us”



COMENIUS Project 2012 – 2014  
Cultural Values under Magnifying Glass





*Dedicated to our headmistress  
Mrs Maria Giuseppa Vigorito,  
our teachers,  
our Comenius friends  
and all the people who work  
to spread culture and knowledge.*

# Campania

## Home to flavours and tastes

There are some smells and tastes speaking Italian all over the world: *spaghetti, pizza, mozzarella* which, wherever you are, tell about the best food produced in Campania, our region.

The key to the fortune of our gastronomy is the combination between simplicity and taste, it is able to speak a universal language.

Good food, smelling of both sea and sun: pasta with tomato and basil, the combination of tomato and mozzarella in the famous *Caprese salad*, the crispy '*mozzarella in carrozza*', fresh fish from the stunning beauty of the Coast, the special flavour of lemons, the colours of the vegetables, the pleasure of genuine extra-virgin olive oil and wine; last but not the least, to complete a traditional meal, the inevitable and irreplaceable '*cup of coffee*, the Neapolitan way, of course!

## The Cuisine of Salerno

Despite its rich farmland and access to ports for fresh seafood, the cuisine's "claim to fame" is the wide selection of street food, which may be baked, fried, grilled or even frozen. These treats are generally hand held and are available at shops or along the streets and made from inexpensive, fresh ingredients.

Pizza and pasta, cooked from the local wheat, make the region's recipes famous throughout the world. Genuine pizza, the most famous hand held food, is usually either pizza marinara, topped with tomato, garlic and oil, or pizza margherita with tomato, basil and mozzarella.

Pasta has plenty of shapes in the region. Most are familiar, such as spaghetti, maccheroni, fusilli and ziti. Perciatelli is a less well known noodle, long but hollow.

There are many fish-based dishes, for example, spaghetti with clam sauce, fish soup, fried anchovies, swordfish rolls, octopus cooked with San Marzano tomatoes, and Mussels Impepate.

The traditional way to cook meat is to grill it along with vegetables.

Vegetables play such a large part in the cuisine that the locals are often called "mangiafoglie" (leaf eaters). The fertile soil provides bountiful amounts of food, including salad greens, tomatoes, aubergines, peppers, garlic and herbs. A typical cold salad might include raw or cooked vegetables tossed with herbs and cheese. Other popular dishes are a stewed dish of aubergines, peppers, zucchini and onions with basil and olive oil that is served cold, stuffed red and yellow bell peppers with breadcrumbs seasoned with black olives, capers, garlic and anchovies and, of course, the famous aubergine parmigiana.

Cheeses, including Provolone, Pecorino, Manteca del Cilento, Scamorza, Buffalo Mozzarella and Burrino, have all been produced in the traditional way for centuries.

Stone fruits, melons, citrus, figs and grapes are grown and picked at the peak of ripeness. Olives make richly flavored green extra virgin olive oil. Chestnuts, walnuts and hazelnuts grow well in this region and are used extensively in local recipes.

Amalfi lemons are used to make the famous Limoncello liqueur and to prepare ice cream, sweets and desserts, such as baba, a sponge cake made with whipped cream and strawberries or rum, Sospiri (light airy almond cookies) and Lemon Delights, a cake filled with lemon custard.



# The geographical location of products



# PDO and PGI Products of Campania

## **PDO\* (Protected designation of Origin)**

- 🌀 Caciocavallo Silano (Cheese from Sila)
- 🌀 Cipollotto Nocerino (Nocerino Onion)
- 🌀 Fico bianco del Cilento (White Fig of Cilento)
- 🌀 Mozzarella di Bufala Campana (Buffalo Mozzarella Cheese)
- 🌀 Olio extravergine di oliva Cilento (Extra Virgin Olive Oil from Cilento)
- 🌀 Extra Virgin Olive Oil from Salerno Hills
- 🌀 Extra Virgin Olive Oil from Peninsula of Sorrento
- 🌀 Pomodoro di San Marzano dell'Agro Nocerino Sarnese (San Marzano Tomato)

**PDO** is a trademark of the legal protection of the name which is awarded by the European Union to those foods whose peculiar characteristics depend primarily or exclusively from the territory in which they are produced.

A product can be classified as DOP when the phases of production, processing and preparation takes place in a defined geographical area. Those who produce PDO must adhere to strict production rules laid down in the rules of production, and the respect of these rules is guaranteed by a specific control authority.

### **PGI\* (Protected Geographical Indication)**

- 🌀 Carciofo di Paestum (Artichoke of Paestum)
- 🌀 Castagna di Montella (Montella Chestnut)
- 🌀 Limone Costa d'Amalfi (Amalfi Coast Lemon)
- 🌀 Limone di Sorrento (Sorrento Lemon)
- 🌀 Marrone di Roccadaspide (Roccadaspide Chestnut)
- 🌀 Melannurca Campana (Apple from Campania)
- 🌀 Nocciola di Giffoni (Giffoni Huzelnut)
- 🌀 Vitellone bianco dell'Appennino Centrale (White Veal Central Apennines)

**PGI** indicates a trademark of origin that is awarded by the European Union to those agricultural products whose special quality, reputation or other characteristic depends on the source of geographical location, and the production, processing and / or preparation takes place in a defined geographic area.

To obtain the PGI then, at least one phase of the production process must take place in a particular area. Those who produce IGP must adhere to strict production rules laid down in the rules of production, and the respect of these rules is guaranteed by a specific control authority.







# Our selection of recipes

N.B.:

There are a number of ways to cook the following recipes, it depends on the tradition of the different places they are made. We have selected the best representative and the most traditional ones.

The quantities of the ingredients are referred to four people.

# Treats

- 🌀 Pizza
- 🌀 Panzarotti (Potato croquettes)
- 🌀 Aubergines 'a fungetiell' (mushroom shaped)
- 🌀 Mozzarella in carrozza (Carriage mozzarella)
- 🌀 Cherry tomatoes with ricotta cheese, rocket and basil
- 🌀 Aubergine small pies







It is not difficult to prepare a good pizza at home, it is better and really tasty. Do prepare it for your family or for your friends and you will get a great success. You can put anything on top: tomatoes, mozzarella, anchovies, capers, olives, vegetables, sausages, ham, it all depends on your taste and favourite food. Do not forget that just with some oil and rosemary on top you can taste a very good 'focaccia'.





# The real homemade Pizza Margherita

## Ingredients:

- 🍷 500 gr of flour;
- 🍷 1 cube of brewer's yeast;
- 🍷 mozzarella cheese;
- 🍷 1 teaspoon of table salt;
- 🍷 extra virgin olive oil;
- 🍷 tomatoes.

## Preparation

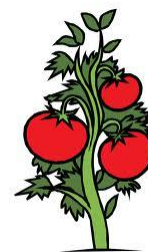
**Make the base:** Put the flour into a large bowl, then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside. Leave the dough to rise for a couple of hours.

**Make the sauce:** Mix the passata, basil and some garlic together, then season to taste. Leave to stand in room temperature while you get on with shaping the base.

**Roll out the dough:** If you've let the dough rise, give it a quick knead, then split into two balls. On a floured surface, roll out the dough into large rounds, about 25cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two floured baking pans, previously greased.

**Top and bake:** Heat oven to 240C/fan 220C /gas 8. Smooth sauce over bases with the back of a spoon. Scatter with mozzarella cheese and tomatoes, drizzle with olive oil and season. Bake for 8-10 mins until crisp. Serve with a little more olive oil, and basil leaves if using. Repeat step for remaining pizza.

**Cooking time:** 30 minutes, 2 or 3 hours rising.





Sometimes it doesn't take much to make everyone happy, for example you can prepare these tempting potato croquettes, that are very appreciated and easy to make. The recipe we suggest here is the base recipe for croquettes, made only with potatoes, flavoured with cheese, salami, pepper and nutmeg. It is a street food recipe.



# Panzarotti

(Potato croquettes)

## Ingredients:

- 🍷 1kg of potatoes (red ones are better);
- 🍷 1 cup (100 g) of grated parmesan cheese;
- 🍷 100 gr of chopped salami
- 🍷 salt, pepper, nutmeg, 2 yolks.

For breading:

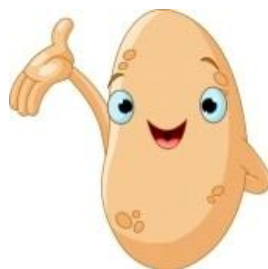
- 🍷 2 medium eggs;
- 🍷 breadcrumbs;
- 🍷 oil for frying.

## Preparation

Wash the potatoes, leave them whole and with the skin on. Then boil them in a pressure cooker for at least 20 minutes, adding some salt; if you have a normal pot, you can fill it with water to cover all the potatoes and cook for at least 40 minutes. When the potatoes are cooked, let them to cool a bit, then remove the skin. Pass them through a potato masher and collect the resulting puree in a bowl. Now just add the 2 yolks, salami, parmesan cheese, pepper, salt and some grated nutmeg. If you find the mixture a bit dry, you can add some of the remaining egg whites. After blending the mixture, take a small amount, (35 g) for example, and form into a cylinder. Now you're ready to dip into beaten egg and coat with breadcrumbs. Go on this way with all the remaining croquettes. When all the croquettes are breaded, it's time to fry them; heat the oil and dip 3/4 croquettes at a time in it; let them turn golden brown, then drain on kitchen paper. If you like them more crunchy, bread the croquettes twice.

The croquettes are ready to be served nice and hot!

**Cooking time:** 1 hour







*It is simply delicious, rustic and for this you do not fail ever!*





# Carriage Mozzarella

## Ingredients:

- 🍷 8 slices of homemade bread or sandwich loaf;
- 🍷 mozzarella;
- 🍷 anchovies without bone (if you like) or ham;
- 🍷 2 eggs;
- 🍷 breadcrumbs;
- 🍷 milk;
- 🍷 salt;
- 🍷 oil for frying.

## Preparation

Remove the crust from the bread and cut the mozzarella into slices, 1 cm maximum.

Drain the anchovies to remove all the oil storage. Beat the eggs with the milk and a pinch of salt.

Lay the bread on a cutting board, place a slice of mozzarella (or more depending on the size of the bread itself) on top, if you like you can add one or more anchovies or slices of ham and cover with another slice of bread.

Pass the stuffed sandwiches in beaten eggs then in breadcrumbs holding well in hand so that the mozzarella is held tight between the two slices.

Heat the oil in a large skillet then lay the bread and brown it on both sides. Drain and serve hot.

**Cooking time:** 20 minutes.





The name is referred to the shape and dimension of the pieces of aubergines, like small mushrooms.

They can be an excellent side dish, a tasty sauce for pasta, a light course of vegetables served with crunchy croutons.

It is a simple, cheap and tasty summer recipe.



# Melanzane ‘a funghetto’

(Mushroom shaped aubergines)

## Ingredients:

- 🍆 500 g aubergines;
- 🍆 300 g ripe tomatoes;
- 🍆 a few basil leaves;
- 🍆 two pinches of oregano;
- 🍆 salt;
- 🍆 hot chilli peppers;
- 🍆 extra virgin olive oil;
- 🍆 1 clove of garlic.

## Preparation

Wash the aubergines carefully. Cut into chunks and put them in a colander with some salt to remove the vegetation water. Keep them under weight for about 10 minutes.

Squeeze the aubergines gently. Heat the oil and fry, just a bit, a clove of garlic and add the aubergines. Cook, stirring often, for about 10 minutes.

Wash the tomatoes and cut them into small cubes, add to the aubergines, the oregano and leaves of basil, salt and pepper. Remove the garlic and add the hot pepper to taste.

Continue cooking for 10 minutes.

Serve hot.

**Cooking time:** 40 minutes.





Fast and tasty finger food recipe for parties or buffet, with friends, for lunch at the beach or dinner in warm summer nights.





# Cherry tomatoes with ricotta cheese

## Ingredients:

- 🍅 20 cherry tomatoes;
- 🍅 200 gr of fresh ricotta cheese;
- 🍅 rocket;
- 🍅 basil;
- 🍅 extra virgin olive oil;
- 🍅 salt, pepper.

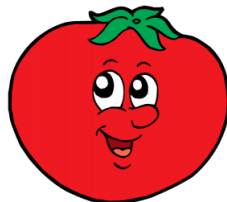
## Preparation

Prepare a mixture with 200 gr of fresh ricotta cheese, chopped rocket, basil leaves and drizzle with a few drops of extra virgin olive oil and fresh ground pepper.

Wash the cherry tomatoes, cut the top cap, take the seeds and excess liquid.

Stuff the tomatoes with the mixture, replace the cap to the tomatoes and arrange them in a nice plate of Vietri ceramics. Decorate with rocket leaves and serve.

**Cooking time:** 15 minutes.





Like the majority of traditional recipes, it is made of simple and poor ingredients. Nunzia Gargano, a gastronomy expert has described it in a recipes book dedicated to Nocera cooking tradition.



# Aubergines small pies

## Ingredients:

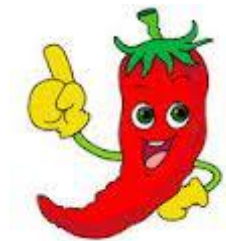
- 🍷 500g stale bread;
- 🍷 3 eggs;
- 🍷 3 aubergines;
- 🍷 a smoked mozzarella cheese;
- 🍷 San Marzano tomatoes;
- 🍷 basil;
- 🍷 grated Parmesan cheese;
- 🍷 salt and pepper.

## Preparation

Cut the aubergines into cubes and fry in plenty of olive oil. Soak the bread, squeeze and mix into a bowl with the aubergines, eggs, salt and pepper. Grease 4 small moulds, fill them half with the mixture, put in the center a cube of mozzarella cheese and cover with more mixture. Bake at 200° for 20 minutes.

Prepare the tomato sauce with San Marzano tomatoes, salt, olive oil, a clove of garlic, and only at the end of cooking, add the basil. Cook for 30 minutes. To serve, pour the tomato in the center of the dish, turn the pies out of the moulds and arrange them in a plate with the tomato sauce. Garnish with grated parmesan cheese and a few basil leaves.

**Cooking time:** 1 hour





# Pasta recipes

🌀 Spaghetti Omelette

🌀 Mesca Francesca (mixed pasta) with Controne beans

🌀 Sartù (rice pie)

*‘Volessi ca’ chiovesse maccarune,*

*Li prete de la via case ‘rattato. . . .’*

*“I wish it rained maccheroni pasta and*

*the stones in the street were grated cheese”*

*from an old Neapolitan song*



The pastiera of macaroni is a typical dish prepared in our region both on Holy Sunday and for the picnic on Easter Monday.

In the Agro Nocerino Sarnese the pastiera is often prepared because it is good hot, warm and cold and it is followed by roasted artichokes or salami.





# Spaghetti Omelette

## Ingredients:

- 🍷 500 gr of spaghetti;
- 🍷 4 eggs;
- 🍷 3 spoons of grated Parmesan cheese;
- 🍷 chopped salami or ham (optional);
- 🍷 20 gr of butter or two spoons of extra virgin olive oil;
- 🍷 salt and black pepper.

## Preparation

Boil the spaghetti in abundant salted water and drain. Let it sit for a while. Combine pasta, eggs and cheese in a bowl. Season with salt and pepper. You can also add some chopped salame. Heat half of the butter in a large heavy bottomed frying pan. Pour in the egg mixture, lower the heat and cook for 10 minutes until the eggs are just set but still very soft. Slip a knife around the edge to loosen the omelette, then using a spatula turn the pie cooked side up on to a plate (patch up the pieces if it breaks).

Heat the rest of the butter in the pan, slide the pie back into the pan, soft side down and cook for a few minutes. You can also cook the top side by just dotting with butter and grilling, but we suggest the pan method. Cut into slices and serve.

**Cooking time:** 1 hour.





A combination of typical and special ingredients.

The choice of the type of pasta, beans that become a velvety, lard that comes from a rare native breed bell, black pig from Caserta. For those whose origins are in Campania region this recipe evokes the flavours of childhood. For everyone else, however, do not miss this recipe. The bean from Controne, a small village in Cilento, is white, small and round, without spots, it has a very long tradition and is especially appreciated for its high digestibility and the thin skin, almost impalpable. It hardly breaks during cooking, which usually takes significantly less time than common beans.



# Mesca Francesca (Mixed Pasta)

## with Controne beans

### Ingredients:

- 🌀 350 g pasta Mesca Francesca Gragnano;
- 🌀 100 g of fat bacon;
- 🌀 250 g of beans Controne;
- 🌀 50 g celery;
- 🌀 2 cloves of garlic;
- 🌀 1 onion;
- 🌀 20 g parsley stalks;
- 🌀 30 g shallots;
- 🌀 150 g extra virgin olive oil;
- 🌀 a few bay leaves;
- 🌀 1 red pepper.



### Preparation

Soak the beans for at least 6 hours in cold water. Wash them and let them to cook with celery and bay leaves covered with cold water, at least 3 times the volume of the beans. In a separate pan put the extra virgin olive oil with chopped garlic, celery, parsley and shallots. Add the sauce to the beans half cooked. When cooked (it will be in about 3 hours) pass them to the mill. Cook the pasta in plenty of boiling salted water. Meanwhile, in a shallow saucepan (with just a little olive oil) melt the bacon previously beaten at knife point. Then add the basil leaves and pepper, cut into julienne strips. Once the pasta is cooked mix it with the melted lard (reserving a little cooking water if necessary to help you to maintain the same beautiful wet). Let the pasta rest for three minutes and serve.

Preparation of the dish: before serving, spread the mashed beans in each plate by placing the pasta in the shape of a nest. Garnish with basil leaves and some crisped bacon.

**Cooking time:** 3 hours and 30 minutes.





The sartù rice is a typical dish of the Neapolitan cuisine, a timbale of rice stuffing mainly meatballs, peas, mushrooms, mozzarella cheese, boiled eggs, is shaped like a donut and can be prepared in both white and with the sauce.

The term 'sartù' is a corruption of the French term "sour tout" and is one of the dishes based on rice oldest traditional Neapolitan cuisine prepared by French chefs at the courts of Naples in 1700. Each family has its own recipe, but the basic ingredients are common to pretty much everyone, Our recipe has been found in a book about traditional Neapolitan cuisine ... it was a hard work but it was worth it!



# Sartù

(Rice Pie)

## Ingredienti:

- 🍷 400 gr of rice;
- 🍷 200 grof peas;
- 🍷 200 gr of minced beef meat;
- 🍷 2 eggs;
- 🍷 breadcrumbs;
- 🍷 parmisian cheese;
- 🍷 flour;
- 🍷 1 onion;
- 🍷 30 gr dried mushrooms;
- 🍷 400 gr of peeled tomatoes
- 🍷 150 gr of sausage
- 🍷 50 gr of ham
- 🍷 butter, oil, salt, pepper.



## Preparation

Boil the peas, drain and fry in a pan with a knob of butter. Collect the minced meat in a bowl with an egg yolk, a tablespoon of bread crumbs, one of parmesan cheese, salt and pepper; mix the mixture and roll into small balls. Flour and fry in hot oil, drain and keep warm. Slice the onion and fry in a pan with the chopped ham fat, clean the mushrooms, soaked in warm water, drained and chopped then add the peeled tomatoes and the sausage cut into small pieces, add salt and pepper and cook for 15 minutes, then add the meatballs. Cook for 10 minutes.

Boil the rice in salted water and drain it 'al dente' (firm). Season with a portion of the prepared sauce, plenty of grated parmesan cheese, egg and the left white egg.

Butter and dust with breadcrumbs a mold for timbales, pour 2/3 of the rice so as to line the bottom and sides of the mold, leaving a hole in the center. Slice the boiled egg and mozzarella cheese, then put the two ingredients in the heart of the pie in alternating layers with peas, meatballs and sauce, sprinkling each layer of grated parmesan. Cover with the remaining rice, level the surface and sprinkle with breadcrumbs. Bake at 170 ° for about 50 minutes, or until the sartù turns golden. Remove from oven, let it cool do for 10 minutes then turn over on a serving dish and serve.

**Cooking time:** 1 hour and 30 minutes.

# Fish and meat recipes

- 🌀 Cuoccio all'acqua pazza (crazy water fish)
- 🌀 Neapolitan polpettone (big meat roll)
- 🌀 Stuffed peppers



Pizzette e salatini,  
Ghiaccioli e pasticcini,  
Tartine con l'acciuga  
guarnite di lattuga.  
Biscotti al cioccolato  
e coppe di gelato  
spiedini di salumi  
oppure con gli agrumi.  
Panini di prosciutto,  
insomma un po' di tutto  
e ognuno mangerà  
quello che gli piacerà!

(A Nursery Rhyme by Corinne Albaut)



Pizza and crackers,  
Icicles and pastries,  
Canapes with anchovy  
garnished with salad.  
Chocolate biscuits  
and ice creams,  
kebabs of salami  
or of citrus.  
Ham sandwiches,  
in short, a bit of  
everything  
and everyone will eat  
what he pleases!



This simple and light way of cooking the fish exalts all the kind of fish. The 'Cuoccio' in "crazy water" is an old recipe from Campania region. It is a kind of soup and was eaten mostly by fishermen using part of their catch. Today it is a delightful course fish to be enjoyed with its cooking sauce.



# Cuoccio all'acqua pazza

(Crazy water fish)

## Ingredients:

- 🌀 1 shard 700/800 gr or two smaller ones;
- 🌀 a dozen cherry tomatoes;
- 🌀 1 cup white wine;
- 🌀 2 cloves of garlic;
- 🌀 chopped onion;
- 🌀 a pinch of oregano;
- 🌀 1 carrot;
- 🌀 1 stalk of celery;
- 🌀 about 1 cup of water;
- 🌀 extra virgin olive oil;
- 🌀 salt and pepper.

## Preparation

Wash and dry the fish. Make a cut in the middle of the fish starting from the head to the tail (cooks better). Cut into small pieces the celery and carrot, put the onion, the cloves of garlic and brown in a pan with a bit of oil, add 1 cup of water. Bring to the boil then add the wine and let it evaporate, put a pinch of oregano and finally the fish, which should be half into the water and half out. Cut the tomatoes in halves and add them to the fish, season with salt, cover and cook for about 20 minutes watering often with the fish sauce. When it is cooked, let it rest for a few minutes then fillet and remove the bones, season with its sauce and serve.

**Cooking time:** 40 minutes.







Once very little meat was eaten in our region, then cheaper cuts of meat were prepared by long cooking or combined with other ingredients to make meatballs or a meat roll such as the following one. In our region also a big meatball made of a mix of beef, bread, ham, salame, cheese, parsley and garlic roasted in the oven or fried is called 'polpettone'.





# Neapolitan Polpettone

(Beef big roll)

## Ingredients:

- 🕒 750 gr of minced beef or 1 slice of beef;
- 🕒 a slice of ham, 100 gr;
- 🕒 crustless bread, a roll;
- 🕒 1/2 cup of milk;
- 🕒 a clove of garlic;
- 🕒 2 or 3 pinches of parsley;
- 🕒 2 eggs;
- 🕒 2 boiled eggs;
- 🕒 20 gr of pine nuts;
- 🕒 40 gr of sultana;
- 🕒 1 onion;
- 🕒 1 carrot;
- 🕒 1 stalk of celery;
- 🕒 200 gr of tomatoes sauce;
- 🕒 extra virgin olive oil;
- 🕒 a bit of flour;
- 🕒 salt, pepper.



## Preparation

Mix bread and milk in medium bowl. Mash bread with fingers until soaked. Squeeze out excess moisture from the bread. Place bread in a large bowl; discard milk. Add beef, minced garlic and parsley, the eggs, the pine nuts and sultana, salt and pepper then mix well.

Place meat on a grease proof paper and, with moistened fingers, shape meat into a rectangle, about 1cm thick. Cover the meat with the slice of ham, place two boiled eggs on it and using the paper as an aid, roll up and close the rectangle of meat to form a roll. Slightly flour the roll.

Mince onion, carrot and celery, put them in a pan with some hot oil, put the 'polpettone' down with care and cook it uniformly. When it's brown, add the tomato sauce and a bit of water or wine. Let it cook gently for one hour. Let the roll cool down for half an hour before cutting it into 1 cm slices and serve.

**Cooking time:** 2 hours.



*In Campania stuffed peppers can be prepared in so many different variations, depending on location: stuffed with bread, cheese and herbs, vegetables, fish or meat. It all depends on your creativity, fantasy and tastes!*



# Stuffed peppers

## Ingredients:

- 🕒 4 peppers;
- 🕒 200 grams of lean ground beef;
- 🕒 the crumb of a loaf of bread;
- 🕒 30 grams of black olives;
- 🕒 1 tablespoon salted capers;
- 🕒 2 eggs;
- 🕒 1 sprig of parsley;
- 🕒 breadcrumbs;
- 🕒 extra olive oil, salt.

## Preparation

Wash the peppers, cut off the top and clean the inner strands. In a bowl put the meat, the bread soaked in a little water and squeezed, chopped olives, the capers, eggs, parsley, salt and if you like some pepper. Season with salt and stir until mixture is smooth: if it is too soft, add some breadcrumbs. Then stuff the peppers with the prepared mixture, arrange them in a pan greased with oil, drizzle the peppers with oil and cook in preheated oven, 170 °C, for about 40 minutes. Bake and serve.

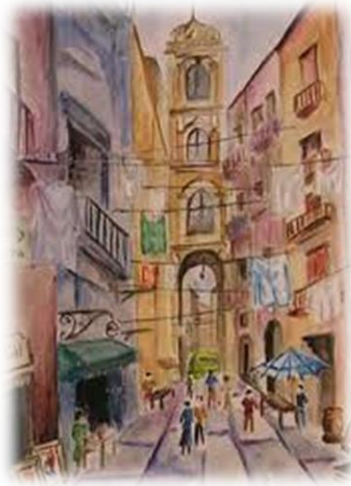
**Cooking time:** 50 minutes.



# Cakes

- 🌀 Lemon Delights
- 🌀 Zeppole
- 🌀 Pizza galette (Biscuit pie)





*Donn 'Amalia a ' Speranzella  
quanno frie paste crisciute,  
mena ll'oro 'int' 'a tiella,  
donn 'Amalia a ' Speranzella*

.....

*Pe sta femmena cianciosa  
lo farria qualunque cosa!  
Piscetiello addeventasse,  
dint' o sciore m'avatasse,  
m'afferrasse sta manella,  
mme menasse 'int' 'a tiella  
donn 'Amalia 'a speranzella!*

*Salvatore di Giacomo*

*Donna Amalia, sweet hope  
when she cooks risen dough,  
she puts gold into the pan,  
donna Amalia, my hope*

.....

*For that charming girl  
I would do everything!  
I wish I were a fish  
covered with flour,  
caught by her gentle hand,  
I'd plunge into the pan  
donna Amalia, sweet hope!*



There is a marvellous place in Italy, divided between the Sorrento Peninsula and the Amalfi Coast, a stunning coastal stretch where nature and art find a perfect union, giving life to enchanting landscapes.. Specially Amalfi can boast the best lemons of the world, the richest in juice, the biggest and most scented ones! One of the typical desserts of this area is in fact lemon based. The name says it all: delizia (delight), the youngest of a long series of desserts in Campania, whose fame has reached even Japan.



# Lemon Delights

## Ingredients:

- 🍳 5 eggs;
- 🍳 150 gr white flour;
- 🍳 75 gr sugar;
- 🍳 1 litre milk;
- 🍳 400 gr sugar;
- 🍳 150 gr white flour;
- 🍳 8 egg's yolks;
- 🍳 lemon skin;
- 🍳 vanilla bean;
- 🍳 1 litre milk cream;
- 🍳 Julienne cut lemon skin.



## Preparation

Separate the eggs putting the yolks in a large bowl and the whites in a smaller bowl. Add the sugar to the yolks, and beat until the consistency of frosting.

Beat the whites until they stand stiff. Fold the whites into the yolk-sugar mixture. Turn it over slowly and gently until completely mixed. Sift the flour (even if you don't usually sift flour - do it).

Fold the flour slowly, a bit at a time, to the egg-sugar mixture.

Butter and flour a cake pan. Pour in piping bag with plain tube and make many half spheres. Bake at 160° C (320 degrees F), for about 20 minutes. When done the puffs will be toasty on top, and a toothpick will come out clean.

Custard: Set all but 1/2 cup of the milk to warm over a slow burner with the vanilla bean and lemon skin. In the meantime, lightly whisk the yolks in a bowl to break them. Strain the flour into the bowl, whisking gently, and making sure that no lumps form. Whisk in the sugar too, and then the remaining half cup of milk, keeping a wary eye for lumps.

By this time the milk on the stove will be about ready to boil. Fish out and discard the vanilla bean, and slowly whisk the milk into the egg-and-milk mixture. Stick a fork into half lemon, return the cream to the pot and the pot to the fire, and continue cooking over a low flame, stirring gently with the fork, until it barely reaches a slow boil. Count to 120 while stirring constantly and it's done. Let it cool for a couple of hours, then add three parts of cream (previously whipped) and the grated skin of two lemons, then stir all together.

Empty the puffs from below and fill them up with the custard-cream mixture. Pour in a bowl roughly one litre of warm water, one shot of Strega liqueur and 1 tablespoon of sugar. Soak the puffs one by one quickly in the mixture, then place them onto a tray.

Add some milk to the remaining custard-cream mixture and cover the puffs. Use the remaining whipped cream to make little roses (using a star piping tube) on top of the puffs and add some julienne cut lemon skin.

**Cooking time:** about 3 hours.





The donuts are typical Christmas sweets, made with flour cooked in water and then, after being worked, fried, accompanied with honey and eaten hot are a real treat. They can also be found in the summer in some inns in Salerno where dishes are served as a dessert after a meal, accompanied by a good hot and cold limoncello.





# Zeppole

(Donuts)

## Ingredients:

- 🌀 4 dl of water;
- 🌀 200 grams of flour;
- 🌀 lemon peel;
- 🌀 60 grams of sugar;
- 🌀 sour cherries in syrup;
- 🌀 2 tablespoons of brandy;
- 🌀 honey or custard;
- 🌀 1 pinch of salt;
- 🌀 oil for frying.

## Preparation

Boil the water with lemon, brandy, sugar, salt for a few minutes. Remove from water these ingredients and put the flour straight off. Cook until the dough comes off the sides of the pan. Lay the mixture obtained on a pastry board and beat it with a rolling pin. Form with your hands a thin cylinder and divide into many small pieces long 10-15 cm. Replace each piece into a ring, by joining the two ends. Fry a few donuts at a time in hot oil.

Arrange in a serving dish and drizzle with honey and coloured sprinkles or custard and sour cherries.

**Cooking time:** 1 hour.





One of the most typical and poor dessert of Salerno gastronomy. It was usually proposed in the family on Sundays and prepared with cheap cookies sold in bulk in grocery stores, they reported the word 'petit'.



# Biscuits pie

## Ingredients:

- 🌀 1 packet of gold biscuits (about 40 biscuits);
- 🌀 3 eggs;
- 🌀 300 ml of milk;
- 🌀 80 grams of sugar;
- 🌀 40 grams of flour;
- 🌀 150 g of fresh cream;
- 🌀 vanilla powder;
- 🌀 vermouth or milk and coffee for the wet.

## Preparation

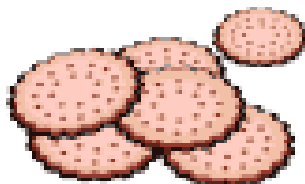
Prepare the cream: In a saucepan put the egg yolks whipped with sugar, then add the flour and mix together. Put the pan on the heat and add milk previously heated with vanilla and, if you like a slice of lemon peel. Stir until it becomes a cream. Cool it and add it to the fresh cream.

Then, wet cookies with vermouth or, if you are preparing for the children, with milk and coffee. Place a first layer of cookies on a flat tray, then spread a layer of custard, then again wet biscuits and cream, continuing until exhaustion of ingredients.

You can sprinkle the last layer with icing sugar.

This cake exalts its taste if prepared a few hours in advance and kept in the fridge.

**Cooking time:** about 25 minutes





It has been a journey in our region, a journey among flavours and smells; we enjoyed cooking together and, thanks to this experience we have met lots of nice and kind people.

We are grateful to our **Headmistress** for her useful advice, to our teachers, **Ms Giselda Romano** and **Mr Antonio Tuzzi** for their help and patience.

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Mariagiovanna, Carolina, Annachiara



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