





CHICKPEAS SOUP

ZUPPA DI CECI

Ingredients (for 4 people):

- 800 grams of canned chickpeas
- 500 grams of hot water
- 1 onion
- 3 tablespoons of oil
- N. 2 bay leaves
- salt as required
- black pepper or chilli

Preparation:

In a saucepan, heat the oil with the onion cut into thin slices for 1 minute.

Then add the chickpeas and brown them for 1 minute over high heat, finally add the hot water, salt and bay leaf, cover the pot with a lid and cook for about 20 minutes over medium heat.

Serve with the addition of oil and pepper.



SARDINES

SARDE A BECCAFICO

Ingredients (for 4 people):

- 500 grams fresh sardines
- 200 grams breadcrumbs
- 5 tablespoons of olive oil
- 1 tablespoon of sugar
- 50 grams raisins
- 50 grams pine nuts
- Juice and zest of 1 lemon
- 20-22 bay leaves

Preparation:

Clean the sardines and remove the backbone. In a pan on a low fire, brown the breadcrumbs with 3 tablespoons of olive oil and remove from heat as soon as it gets golden. Add raisins, pine nuts, lemon zest. Add 2 more tablespoons of olive oil, then start filling the sardines, each at a time. Once you had put the mix, roll it up very carefully, because they are extremely delicate and easy to break. Put a leaf of bay to separate each roll and if you prefer stick a small wooden stick on each roll. Mix the sugar with the lemon juice (or lemon and orange juices) and sprinkle on the fish to moisten and perfume the dish before baking it. Now, bake in a preheated oven (180° C) for about 10-15 minutes. Serve it hot or cold, it is a perfect starter or a great side-dish.



CARROT CAKE

TORTA DI CAROTE

Ingredients:

- 1 1/2 cups granulated sugar
- 1 cup vegetable oil
- 3 eggs
- 2 cups wholemeal flour
- 1 tsp baking powder
- 1 tsp vanilla
- 1/2 tsp salt
- 3 cups shredded carrots
- 1 1/2 cups almond flour

Preparation:

In a large bowl, beat granulated sugar, oil and eggs with electric mixer on low speed about 30 seconds or until blended. Add flour, baking powder, 1 teaspoon vanilla and the salt; beat on low speed 1 minutes. Stir in carrots and almond flour. Pour into pan. Bake for 40 to 45 minutes or until toothpick inserted in the center comes out clean. Cool completely, about 1 hour.



COURGETTES (ZUCCHINI) OMELETTE

FRITTATA DI ZUCCHINE

Ingredients: (for 4 people)

- 2 zucchini (350 gr)
- 1 onion
- 4 eggs
- 30 grams of grated cheese
- mint
- oil
- salt

Preparation:

First of all, slice the courgettes and onion into very thin slices. Take a large-bottomed pan, pour a drizzle of oil, add the onion and fry it for a couple of minutes over moderate heat to soften it, then add the courgette and brown it over high heat for a couple of minutes. Stirring often. As soon as they are soft, remove them from the heat. In a bowl, beat the eggs, add the salt, grated cheese, chopped mint, pepper, courgettes and mix. Take the pan, pour 2 turns of oil, grease both the bottom and the edges of the pan well and put on the stove. As soon as the oil is hot, pour the mixture and mix gently with a spoon until the omelette thickens. Level the omelette with a spoon, cover with a lid and cook for about 4 minutes over medium heat. Then turn the omelette with a flat plate and cook the other side for a couple of minutes.



CODFISH IN WET BACCALA' IN UMIDO

Ingredients (for 4 people)

- 800 grams of desalted cod
- 500 grams of potatoes
- 150 grams of black olives
- 4 dl of water
- 1 onion
- 5 tablespoons of oil
- 3 bay leaves
- salt
- black pepper

Preparation:

Take a pan, pour in the oil, add the onion cut into thin slices and the potatoes into wedges and brown them for 5 minutes over medium heat, then pour in the water, bring it to a boil and add the chopped cod, the olives, bay leaves, salt (a little) and black pepper. Cover the pan with a lid and cook over medium heat for about 20 minutes.



PASTA ALLA NORMA

Ingredients (for 4 people):

- 400g of macaroni integral
- 4 aubergines
- 1 kg ripe tomatoes for tomato sauce
- 2 cloves of garlic
- a bunch of basil
- Extra virgin olive oil
- Salt and pepper
- 100grams grated ricotta salata (salted ricotta cheese)

Preparation:

Gently fry the whole garlic and add the cleaned tomatoes cut into pieces and a few leaves of basil. Season with salt and pepper and cook over low heat for about 30 minutes. When the tomato is withered, remove from heat, and set aside the so obtained sauce.

Cut the aubergines into small cubes and fry until golden brown in olive oil. Take out and place on kitchen paper to remove some of the oil. Sprinkle with a little salt.

Cook your pasta al dente, drain and add to the tomato sauce. Mix well and place in a serving bowl. Top with the chunks of aubergine and a few torn basil leaves and a final sprinkling of freshly grated salted ricotta.



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