

“Bugie”: a **carnival dessert**.

Ingredients (for 1 person):

- 100 gr of all-purpose flour
- 1 egg
- 20 gr of butter
- 2 teaspoons of sugar
- 1 or 2 teaspoons of white wine
- baking powder for cakes (or in alternative: 1 small pinch of bicarbonate)
- 1 small pinch thin salt

Variants: you can add grated lemon peel, if you like. (you can replace it with vanilla).

- frying oil (best peanut or corn oil)
- confectioners’ sugar (for final decoration)

Step 1

put most of the flour in a bowl or on a work surface. Make a “well “in the centre and add the ingredients and mix well, moistening with an additional spoonful of wine, if needed; then add a little at a time the rest of the flour till it has the right consistence.

Roll out the dough on a lightly floured surface to a thickness of 0,3 cm. (1/8); cut the dough with a pastry wheel or a knife into 3 in. rectangles like lasagne (or as you like), (you can make some cuts in each rectangle);

Step 2

heat the frying oil in a deep frying pan; when oil is hot, fry the rectangles a few at a time; scoop them out when they are nice and crisp (golden colour) with kitchen tongs and drain off the oil putting them on kitchen paper;

Step 3

wait till they are cold and dispose them on a plate as a pyramid; then sprinkle them with abundant confectioner’s sugar or granulated sugar.



Strangozzi al tartufo

Ingredients:

- Strangozzi,
- black truffle,
- oil,
- garlic,
- salt and pepper

Preparation:

Strangozzi noodles are like homemade fettuccine but they contain only flour and water, no eggs. For 6 servings, use 600 g flour and plenty of water – as much as necessary to make a uniform dough.

Roll it out into a thin sheet and cut into strips about 1 cm wide. Let noodles dry for a few hours.

Sauce black truffle of Norcia and Spoleto:

You will need 100 g of black truffle. The truffle should be washed thoroughly with warm water and a brush, and then dried and grated. Pour 1 cup of oil into a saucepan, preferably porcelain, and sauté two minced anchovies until they dissolve completely. Brown a clove of garlic in the oil as well.

Take off burner and add grated truffle. Place back on low heat for 2 minutes.

Toss cooked pasta in sauce and add a sprig of parsley chopped finely



Asparagus and Egg Salad

Ingredients:

Asparagus 1,5 kg.

Eggs 4

Parsley a bunch

Lemons 1

Olive oil 4 to 5 tablespoons

Salt and pepper to taste

Preparation

Clean, wash and boil the asparagus in plenty of salty water and let them drain on a clean cloth. Cut off their tips. Put the eggs in a pot and cover them with water. Boil them for 5 minutes. Drain and cool in cold water. Peel and keep them in warm water until you use them.

In a bowl whisk the oil together with the lemon juice, salt and pepper. Arrange the asparagus on a tray decorated with lettuce leaves and slices of tomato, with their points facing the centre. Sprinkle them with chopped up parsley and place the eggs cut into slices on them. Season with the sauce you have prepared and serve at table.



Parmigiana

Ingredients

Aubergines 800 gr.
Mozzarella cheese 300 gr.
Tomatoes 500 gr.
Onions 1
Parmesan cheese 100 gr.
Egg whites 2
Extra virgin olive oil as required for frying
Basil a bunch
Salt to taste
Pepper to taste

Preparation

Peel the eggplants and cut them into 4 mm. slices lengthwise. Put them into a deep dish in layers and salt each layer. Put a weight on top and leave them for half an hour. Rinse the eggplant slices and dry them. Whip the egg whites and put the slices in them to avoid them from absorbing the frying oil.

Fry the eggplant slices in plenty of hot oil and drain them on kitchen paper. In the meantime, slice the onion and brown it. Add the tomatoes and the basil and cook on a high heat for 10 minutes. Cover the bottom of an oven dish with a layer of the sauce, sprinkle with a little Parmesan cheese and arrange some eggplant slices on top.

Slice the Mozzarella cheese and lay some of them over the slices. Continue in the same way with all the layers until you have used up all the ingredients. Put the oven dish into a preheated oven at 180° c. for 55 minutes.

Then increase the temperature to 200° C. for a further 10 minutes to brown the top.



Rice with asparagus

Ingredients

Rice 400 gr.
Asparagus 400 gr.
Soup cube 1
Cream 30 gr.
Onions 1
Parmesan cheese 30 gr.
Oil as required
Salt to taste
Pepper to taste

Preparation

Prepare the asparagus by removing the harder outer peel up to half-way. Boil the asparagus for 10 to 15 minutes in plenty of water with the tips facing upwards. Drain being careful not to break the stalks. Cut off a few tips for decoration. Put the rest of the asparagus into an electric beater and blend until smooth, then put the mixture aside.

Let the soup cube dissolve in 2 cups of boiling water. Slice the onion finely and braise in the oil in a deep pan. Add the rice and toss quickly in the oil. Add the water a little at a time until the rice is nearly ready then add the asparagus mixture and mix well.

Take the rice off the heat and add the cream and stir. Season with salt and pepper to your taste. Sprinkle with Parmesan cheese and decorate with a few asparagus tips.



“Stuffed Celeries” (In October in Trevi)

Prepare a mixture of 4 sausages, some grated bread, a handful of parmesan and two eggs. Add a pinch of salt and ,if you like it, some pepper.

Boil the white stalks of 2 black celeries, leave them to chill ,then fill them with the mixture and close them with toothpicks or with a thread. Then put them in flour and fry them. Finally place the celeries in a baking tin with meat (chicken,pork,veal) sauce, parmesan and bake for 45 minutes. When it is golden, serve with hot sauce, parmisan and some butter shavings



CIARAMICOLA (a traditional Easter cake)

Ciaramicola is a traditional cake from Perugia, Umbria's capital city.

In a past when things were simple, young women made it for their fiancé as a gift for Easter.

The cake is highly symbolic: an immaculate meringue hides a red-hot heart.

Recipe

450 gr. cake flour

2 whole eggs

2 egg yolks

250 gr sugar

170 gr butter

grated zest of one lemon

1 teaspoon vanilla extract

3 tablespoon alkermes or dessert wine

4 tablespoon milk

16 gr (4 teaspoons) baking powder

Using a food processor, mix first dry ingredients with butter, then add all liquid ingredients. Transfer in a buttered bund pan and bake in preheated oven at 180° C (375°F) until set, about 45 minutes. Meanwhile make the meringue as explained below. Remove from the oven, switch off heat, but keep the oven warm as you will need it to dry the meringue. Remove the cake from the cake mold as soon as it is cool enough to handle.

For the meringue topping:

110 gr. sugar

2 egg whites at room temperature

2 tablespoon lemon juice

To make a classic Italian meringue, combine the ingredients in a metal bowl. Place over a saucepan of gently simmering water and beat with an electric mixer until very thick, about 5-6 minutes. Remove the bowl from heat and beat off the heat until light and fluffy.

Assemble the Ciaramicola:

Cover the cake above and around the sides with a thick layer of meringue. Sprinkle with multicolor confetti if you like. Transfer in the warm oven and leave to dry for several hours or until the next day. Enjoy with a glass of sweet wine like Sagrantino passito, Moscato or Vin Santo.



For Christmas

“Rocciata” (a Christmas Umbrian Cake)

Filling:

1300g fresh apples peeled,cored,chopped finely
100 gr sugar
75 gr cocoa powder or dark eating chocolate, grated rind
200 gr minced nuts,
1 teaspoon,200 gr raisins
100 gr pine nuts
1 teaspoon grand cinnamon
a slice of cedar
1\2 cup of rum and alchermes.

Pastry:

mix flour (300 gr), oil, 2 eggs and sugar (100 gr) in a small bowl until combined. Knead dough on floured surface until smooth.
Flatten dough and place the mixture in the centre.
Roll the dough and give it the shape of a spiral.
Grease the tray,line it with baking paper.
Bake the cake until it gets brown.
Top with icing sugar ,sprinkle with hundred and thousands and some drops of Alchermes.
Set at room temperature.



Panettone



Ingredients:

- 1 (.25 ounce) package active dry yeast
- 1 cup warm water (110 degrees F/45 degrees C)
- 1/4 cup white sugar
- 2 eggs
- 1/2 cup nonfat plain yogurt
- 1 teaspoon vanilla extract
- 1 tablespoon grated lemon zest
- 1/4 teaspoon salt
- 4 cups unbleached all-purpose flour
- 1/4 cup dried currants
- 1/4 cup raisins
- 1 tablespoon confectioners' sugar
- 1 tablespoon butter, melted (optional)

1. In a medium bowl, combine yeast, water and sugar. Cover and let stand 10 minutes, or until foamy. Add eggs, yogurt, vanilla, lemon zest, and salt. Mix well. Stir in flour 1/2 cup at a time until dough forms into a manageable ball. Turn out onto a lightly floured surface and knead for 5 to 10 minutes, adding flour as necessary, until dough is soft and pliable, but not sticky. (May need up to 5 cups flour.) Place dough in a large, lightly pan-sprayed bowl, cover, and let rise in a warm place until doubled, about 1 hour.
2. Preheat oven to 350 degrees F (175 degrees C) and spray a round 8-inch cake pan with non-stick spray. In a small bowl, toss dried fruit with confectioners' sugar. Punch down dough in bowl, transfer to floured surface, and knead in the fruit.
3. Form dough into a ball, place in prepared cake pan, cover loosely with dish towel, and let rise 30 minutes. (Loaf will rise above the pan sides.) Brush with melted butter, if desired. Bake for 45 minutes, or until loaf is golden brown and a toothpick inserted in the center comes out clean. Makes 10 wedges.

TORRONE



It is a traditional nougat that can be found in many regions throughout Italy: The word torrone is of Latin origin and comes from “torrore”, meaning to toast
Ingredients

- 1 1/8 pounds (500 g) toasted almonds
- 2/3 pound (300 g) honey
- 1 cup sugar
- 3 egg whites
- The grated zest of a lemon
- A teaspoon of vanilla extract
- Edible rice paper or fine wafers of the kind used in baking

Method

Begin by cooking the honey for an hour or more over a double boiler, stirring constantly, until a drop, dropped from the back of a spoon into a little cold water, solidifies.

In the meantime make a syrup with the sugar (you'll want three volumes of sugar to two volumes water), heating the mixture gently (you don't want it to darken) while stirring it constantly too lest it stick to the bottom of the pan. The syrup will be ready when a drop, dropped from the back of a spoon onto a plate, forms a white pearl.

Beat the egg white to stiff peaks, and add them, a little at a time, to the caramelized honey. Mix and continue cooking, directly over a low flame, stirring all the while. The honey will begin to expand and become frothy; continue mixing for a few more minutes and gradually incorporate the syrup, mixing well. Continue cooking and stirring, and when the mixture begins to tighten up and harden, incorporate the almonds, vanilla, and lemon zest. Mix thoroughly and turn the mixture into a pan, preferably square or rectangular in profile, that you have lined with wafers or rice paper. Cover the top of the torrone as well, and press down so as to level the torrone and press out any air bubbles that may have formed.

When the torrone has cooled, turn it out onto a wafer-lined work surface, and use a sharp knife to slice it as you prefer. The best way to cut a crumbly torrone is to place the knife blade on the torrone and tap it sharply with the other hand to obtain irregularly shaped chunks of torrone. Torrone should be kept sealed in a cool dry place.