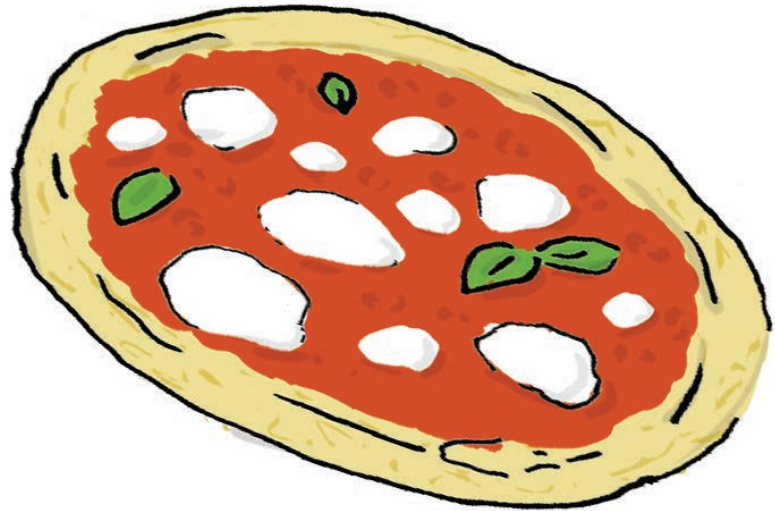


RECIPES HANDBOOK



Pizza



Ingredients:

- 6 tablespoons olive oil
- 2 tablespoons sugar
- 30 gr salt
- 50 gr dried yeast
- 1 kg white flour
- 600 ml hand-hot water
- tomato purée
- mozzarella
- some basil leaves

Directions:

1. Pour the hand-hot water in a basin with sugar and dried yeast.
2. In another bowl, sift the flour and the salt, then add the sugar and yeast mixture.
3. Softly pour the hand-hot water and whisk.
4. Knead and let the dough rest for a couple of hours under a clean cloth.
5. When the dough has risen, place it in a tin and push it out to line it completely.
6. Spread the tomato purée, sprinkle the mozzarella and the basil leaves
7. Bake it in the oven at 250 and leave it until the borders are golden.

TIPS: squeeze the mozzarella before placing it on the pizza (it could be too watery) and add it in the oven, when the pizza is half cooked.

Chicken Curry



Ingredients:

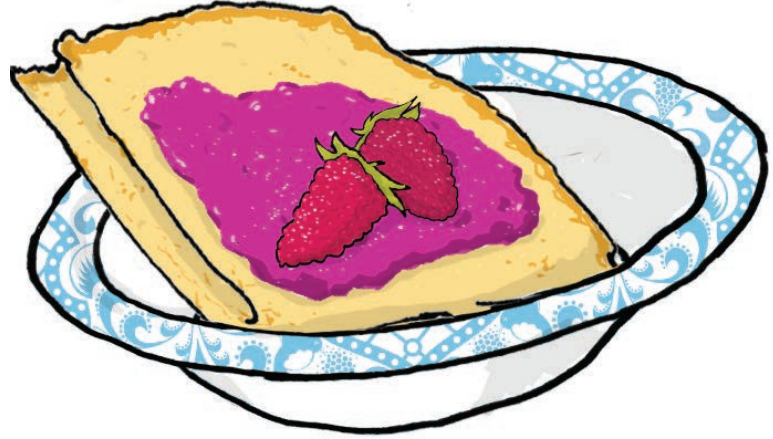
- 4 chicken breast fillets
- 1 tablespoon plain white flour
- 1 tablespoon curry
- 1 glass milk (or yogurt or coconut milk)
- 1 onion and 1 carrot
- oil and salt

Directions:

1. Cut the chicken into bite-sized pieces.
2. Marinate them in a bowl with curry.
3. In a pan, cook the thinly sliced onion and carrot until golden.
4. Then add the chicken bites and let them roast for a few minutes.
5. Add the milk.
6. Cook for some minutes.
7. Add the flour, if you are using yogurt or coconut milk you do not need to add flour.
8. Add some more curry if you like.
9. Season with salt and serve it with basmati rice.

TRIVIA: the English word curry comes from the tamil cari, which means sauce or soup.

Crêpes



Ingredients:

- 3 eggs
- 250 gr white flour
- ½ l milk
- 40 gr butter
- a pinch of salt
- vanillin
- 60 gr sugar

Directions:

1. Mix flour, sugar, salt, milk and vanillin in a bowl, and stir to make an even batter.
2. Whisk the eggs in another bowl.
3. Add the eggs to the batter and then stir in the melted butter.
4. Leave it for a while.
5. Then swirl a spoon of butter on a pan, when it is hot add a large spoonful of batter in the pan.
6. Cook on both sides for some minutes.
7. Slide it on a plate and add jam, chocolate or sugar and lemon only!

Borscht



Ingredients:

- 1 red beetroot
- 4 potatoes
- 1 stalk of celery
- 1 laurel
- 400 gr white cabbage
- 1 carrot
- 1 onion
- 1 spoon of flour
- some broth; salt; pepper;
soured cream; parsley

Directions:

1. Dice the beetroot and cook it in the broth for 15'.
2. In the meantime, thinly chop the onion, carrot, celery then fry them with a nut of butter.
3. Add some flour and broth.
4. When it is simmering, pour the diced potatoes in, the thinly sliced cabbage and the beetroots with its broth.
5. Season with salt and pepper, add laurel and let it cook for 30'.
6. Serve it with a soured cream spoon on each plate and some chopped parsley.

TIPS: add some meat in the broth, if you like it tastier.

Nigiri



Ingredients:

- 200 gr Japanese glutinous rice
- sunflower oil
- nori
- 80 ml rice vinegar or apple vinegar
- 30 gr sugar
- Fresh salmon or tuna
- salt
- soy sauce

TIP: if you do not like raw fish, try and make your nigiri with smoked salmon instead.

Directions:

1. Wash the rice in cold water to get rid of amid then drain well.
2. Put it in a saucepan and bring to the boil.
3. Cover and cook over a low heat for about 8 minutes. Never raise the lid.
4. Then leave the rice on a wooden surface.
5. In the meantime, mix vinegar, sugar and salt and add the mixture to the rice.
6. Leave to cool, covered with a damp cloth.
7. Slice the salmon and the tuna.
8. Have a bowl with cold water and vinegar at hand: you need to wet your fingers so as not stick all the rice on them.
9. And now be ready for the best part: press spoonfuls of rice into neat oval shapes (you only need to press it gently with your hands) and cover them with a slice of fish.
10. Serve with soy sauce.

Cheesecake



Ingredients:

- 300 gr wheatmeal biscuits
- 120 gr butter
- grated rind of a lemon
- 3 spoonfuls brown sugar
- salt
- vanilla stick
- 2 eggs
- 125 gr caster sugar
- 30 gr cornstarch
- 100 gr fresh cream
- 500 gr cream cheese

Directions:

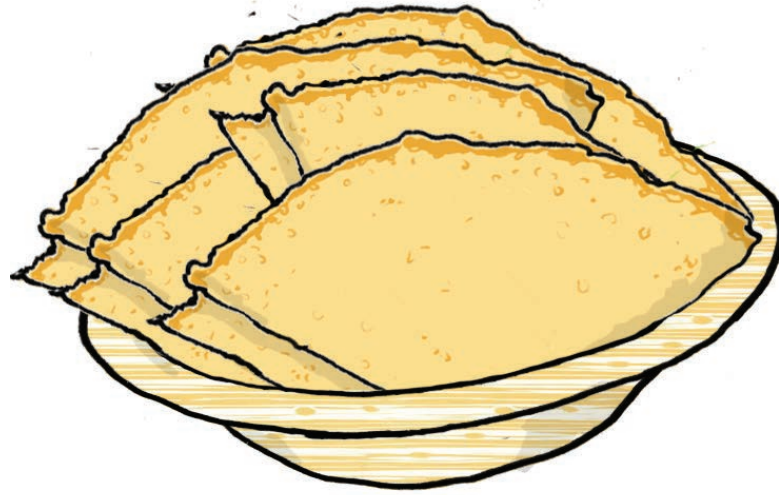
For the base:

1. Crush the biscuits then stir in the melted butter, the lemon grind, sugar and salt.
2. Press the mixture into a cake tin (22 -24 cm) with a loose base.
3. Leave it in the fridge to harden (30').

For the topping:

1. In a bowl, mix vanilla, eggs, caster sugar and cornstarch.
2. Beat until the mixture is smooth, then add cream cheese, cream salt and beat again.
3. Pour into the biscuit lined tin.
4. Bake it in the oven for 5' at 180
5. and then for further 40' at 140/150.
6. Serve it cold, decorated with fresh fruit.

Quesadilla



Ingredients:

- 250 gr wheat flour
- 120 gr warm water
- 10 gr salt
- 30 gr extra virgin olive oil
- Cheese
- Tomatoes
- Green salad
- guacamole

Directions:

1. Mix flour, water, salt and oil in a bowl.
2. Stir well and continue beating it onto a flat surface.
3. Beat it until it is smooth, then wrap it up in foil and leave it to cool for 30'.
4. Divide it in small batches and make them into pancakes (tortillas).
5. Fry in a non-stick pan, without adding oil.
6. On each hot tortilla add a salad leaf, some sliced tomato, the grinded cheese.
7. Then wrap it with another hot tortilla, halve it and season it with guacamole.

Tortillas, made with water and cornflour, were already popular in XVII century. They were handmade and baked on iron slates. They carried different names, depending on the coking method and on the filling: quesadilla for instance, comes from queso, which means cheese.

Vegetarian Couscous



Ingredients:

- 160 gr pre-cooked cous-cous
- 320 gr water
- 50 gr pre-cooked chickpeas
- 2 carrots and 2 onions
- 2 tomatoes
- 1 onion
- 3 courgettes
- saffron
- 50 gr raisins
- oil
- parsley or mint

Directions:

1. Wash and dry the vegetables first.
2. Then slice carrots and courgettes.
3. Dice the onion thinly and fry it in a non sticky pan until golden.
4. Add the sliced vegetables.
5. Drain the raisins and add to the pan.
6. Then add chickpeas, saffron and tomatoes.
7. In the meantime, bring water to the boil, season with salt, add the couscous and turn off the stove.
8. Distribute the couscous evenly in the pan and cover with the lid.
9. Leave it for 2/3'. Add a spoonful of oil and mix it, then stir it with a fork.
10. Serve it onto a large dish, set the vegetables in the middle and season with parsley or mint.

Couscous is a traditional Moroccan dish, but it is widespread in all Northern African countries. There is also a Sicilian version of it!

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