

## Flat Bread

### INGREDIENTS:

1 kg white flour  
½ litre of water ½ glass of oil  
1 handful of parmesan 2 packets of yeast

Mix all the ingredients quickly and shape 4 flat breads.  
Cook on either side in a cast-iron pan.

## Polenta with beans

### INGREDIENTS:

1 medium size onion  
oregano and marjoram  
250 g of cooked borlotti beans  
tomato sauce  
1/4 litre of water  
Corn meal  
Oil  
salt

Fry the onion and oregano and marjoram together in a pan; when they are nice and golden add the bean, water and tomato sauce, boil for half an hour then add the cornmeal slowly, while mixing constantly, until you obtain a nice dense consistency. Add salt to taste. You should serve the Impastoiata hot (as a first course), but it is also good cold, sliced, that can be eaten as an entree.

## Bigoli Pasta

### INGREDIENTS:

½ kg of ricotta  
800 g of cooked spinach  
2 whole eggs  
5 tablespoons of Parmesan  
5 tablespoons of flour  
1 pinch of salt  
ground nutmeg

Squeeze the water out of the spinach and add all the ingredients to obtain a nice compact mixture; leave it to rest in the fridge for a few hours. Knead the dough to obtain long gnocchi (dumplings). Boil in salted water. Serve with butter and sage.

## Strangozzi pasta with olives and capers

### INGREDIENTS:

Pitted green and black olives

Capers Parsley

Garlic

Bread crumbs made with home dried bread

Mix the olives, capers, parsley, and garlic with a blender, then add the bread crumbs to the mixture. The colour obtained should be dark green, be careful not to add too much bread crumbs.

Sauce: oil, garlic, chili, and tomato sauce. Fry the garlic and chili until well browned, then add the tomato sauce and cook until nice and not watery. Cook the pasta, drain it, and add the sauce and serve.

## Roast potatoes in the cinders

Turn on the fire and wait until the embers are ready.

Lay out the potatoes in a corner of the fireplace distant from the fire and cover them completely with hot ashes and embers.

Move them after 25 minutes and then cover them again with ashes and embers. Repeat the last operation. The potatoes will be ready when they are soft. It usually takes between 60 to 80 minutes to cook 1 or 2 kg of potatoes.

## Tipical Cake

### INGREDIENTS:

½ l of milk

250 g of dry bread

80 g of butter

100 g of sugar

100 g of raisins

25 g of pine nuts

1 pear

1 apple

1 pinch of cinnamon

2 eggs

Put the dry bread in the warm milk.

In a bowl: mix the eggs, sugar, and butter; put the bread in the blender and add the mix with the cinnamon, raisins, and the cut-up fruit. Lay the batter on a cookie sheet, add the pine nuts, and bake for 40/50 minutes at 180°C. Best eaten when still warm.

# Crunchy biscotti

## INGREDIENTS:

- 6 eggs
- 200 g of butter or lard
- 600 g of sugar
- 1 lemon
- 2 glasses of anise liqueur
- ½ glass of aniseed
- 2 vanilla
- 1 kg of almonds
- 1 kg of flour 1 packet of yeast

Mix all the ingredients together and make the dough into the shape of a salami and put it into the oven. When it is cooked and has cooled down, cut it into slices and put the slices into the oven at 120°C for no more than 10 minutes.

These biscotti are delicious with sweet wine or liqueurs.