From the class 1<sup>A</sup>/D and with the help of our English teacher Mariapiera Barbieri

We present:



## OUR RECIPE BOOK

We have chosen genuine recipes that will ensure you a varied and healthy diet. The dishes we have selected are quick and easy to cook. We have tried to explain the procedure "step by step" to guide you in their preparation.



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#### First courses

# Carbonara Spaghetti Recipe

## *Ingredients for 4 people:*

-320 g of spaghetti

-6 egg yolks

-50 g of pecorino romano cheese

-150 g of pork cheek

-a little pinch of black pepper

# Difficulty:

Quite easy





## Preparation:

Put a lot of water in a pot and heat it, then cut the pieces of pork cheek and grill them for 15 minutes. When the water is boiling put the spaghetti in the pot and cook it for 8 minutes. While the pasta is cooking, mix the yolks with grated cheese and black pepper powder. When the pasta is

cooked, drain its water, put the grilled pieces of pork cheek, the yolks, grated cheese and black pepper powder on the pasta and mix these ingredients. Put over the dish a little grated cheese and pepper powder, then the dish is ready.

## By Federivo Deviardi

# Spaghetti alla carbonara

**Difficulty:** easy

*Time:* 30 minutes

#### Ingredients:

- -Spaghetti
- -Pork cheek
- -Egg yolks
- -Pecorino
- -Salt
- -Black pepper

#### Preparation



Put on the stove a pot with the salted water to cook the pasta. In the meantime remove the rind from the pork cheek and cut it, first into slices and then into strips about 1 cm thick. The rind left can be reused to flavour other preparations. Put the pieces into a non-stick pan and grill them for about 15 minutes over medium heat, be careful not to burn them otherwise they will release a strong aroma. Meanwhile cook the spaghetti in boiling water for the time indicated on the package. While the spaghetti is cooking put the egg yolks in a bowl, add most of the Pecorino cheese (the rest is needed to garnish the pasta). Add some black pepper, mix everything with a whisk by hand. Add a tablespoon of cooking water to thin the mixture and mix. Meanwhile, the pork cheek is cooked, turn off the fire and keep it aside. Drain the pasta directly in the pan with the pork cheek and mix. Remove the pasta from heat and put the mixture of eggs and Pecorino cheese into the pan. Mix quickly to amalgamate. To make it really creamy, if needed, you can add a little pasta cooking water. Serve immediately the spaghetti and flavor with the Pecorino cheese left and the black pepper.

#### By Francesco Tripani



# Homemade pizza

*Igredients:* pizza dough; tomato sauce; mozzarella cheese;

salt;

seasoning to taste;

# preparation:

roll out the pizza dough; make small holes with a fork over the entire surface; put over the tomato sauce; put the mozzarella on the tomato sauce; put over the oregano, if you want it; bake all in the oven at 200°C for about 25 minutes.

Take out the pizza from the oven and add the seasonings.

Diddiculty:Easyjet, it tae less about 1 hoven.

By Giulia Rinaldi







# Second courses

# Recipe for meatballs

with sauce Ground beef 500g 2 eggs Bread crumbs 130g Salt 3g Black pepper 3g 10 parsley leaves 6 thyme leaves Seed oil 500ml Tomato sauce 500ml 2 table spoons of extra virgin olive oil

# Preparation:

Take a bowl and mix the bread crumbs with the thyme and parsley leaves cut before. Now add the ground beef and 2 eggs, mix for other 5 minutes and during this process put some salt and black pepper. Then put the mixture to rest in the fridge for 30 minutes. Now divide it in pieces of 20g and give them a spherical shape. Then cover the meatballs with the bread crumb and then fry them for 3 minutes in a pan with seed oil. Now take another pan and add the tomato sauce with 2 table spoon of extra virgin olive oil and when it starts to boil add the meatballs. They will be ready in 10 minutes.

By Eni Pjeci



# Meatballs



Difficulty: Easy Time: 30 minutes Ingredients:

- 500/600 g beef
- 2 eggs
- bread soaked in milk
- 100 g parmesan
- nutmeg
- flour
- extra virgin olive oil
- salt

### Preparation

Pour the meat into a bowl, add the eggs and mix.

Add some slices of bread soaked in milk, add the parmesan, the nutmeg and continue to

mix.

Take a little quantity in your hands and create meatballs.

In the meantime heat the oil

Pass the meatballs in the flour and dip them in the oil.

Fry the meatballs in the pan for 15 minutes.

After cooking, leave to dry and serve.

Enjoy your meal

Your Chef Filippo

# **BEEF IN OIL**



DIFFICULTY: medium PREPARATION: 3/4 hours INGREDIENTS:

## 1,5 Kg of beef

250 g of extra virgin olive oil

3 big carrots

3 stalks of green celery

1 big onion

4 big cloves of garlic 250 cl of white wine a dozen anchovies, a little parsley, some capers, pinch of salt and celery stalks

# METHOD:

Take the piece of meat and, with a sufficiently large knife, cut the beef in a transversal way on all sides to form "pockets".

In these "pockets" introduce the anchovies with a piece of garlic.

At the end of the operation, flour the meat with white flour. Put a piece of meat and two tablespoons of extra virgin olive oil into a saucepan and fry them.

Remove the saucepan from the heat and add 2 or 3 anchovy fillets, the remaining garlic, the chopped onion, carrots and celery stalks well peeled and cut.

Now add all the oil and white wine. At this point, add enough water to cover the meat almost completely, put the saucepan on the heat, bring it to a boil and then adjust the flame to maintain a slight boil, continuing to cook for about two hours / two and a half hours.

Once cooked, remove the meat from the rest of the ingredients and place it on a plate to cool.

The other ingredients must be passed through a sieve, adding capers and parsley.

When the meat has cooled, cut it into slices about 1 cm thick.

Serve it with the sauce on a bed of polenta.

By Anna Fettolini

# THE BEEF IN OIL



This plate is important for me, because it was created in Rovato, my town.

# THE INGREDIENTS

- 1,5 kg Priest's hat, a type of meat
- 300 ml Olive oil
- 1 Carrot
- 1 Onion
- 2/3 slices Garlic
- 1 bunch of parsley
- 10 anchovies in oil
- q.b. capperi
- 30 g Grana padano cheese
- q.b. bread crumbs

## RECIPE

First of all, to prevent the meat from breaking up, you have to tie it with kitchen string. Then in a pan with a little oil, brown the meat, to seal the sides. At the same time clean and wash the carrots and onions and cut them into pieces (no matter the size). In this step use instead a casserole with high edges. Start browning the vegetables. Then add the previously browned meat.

Fry a few more seconds all together, cover the meat with 2/3 of the oil about present in the recipe and with water, better if hot and then salt. Cook for about 3/4 hours. Halfway through cooking add the remaining oil.

When cooked, remove the meat.



Add the parsley to the bottom, even if not chopped, the anchovies, the capers, a tablespoon of grana padano and a sprinkling of breadcrumbs (the latter to tie the sauce).

Use a blender to blend everything.

In a baking dish, soil the bottom with the sauce, place the meat previously cut into thin slices and cover with the cooking sauce.

Once the meat is placed, put it on the fire and warm it (without letting it stick). The recipe is finished.

Now you can enjoy this plate! good appetite!!!! By Federico Mazza

# "Manzo all'olio" Recipe

# Ingredients:

- 1,5 kg of "cappello del prete" meat
- anchovies
- extra virgin olive oil
- flour
- garlic
- mustard
- 1 stock cube
- 1 glass of white wine
- parsley Method:

Take 1,5 kg of *"cappello del prete"* meat, make some cuts on the surface and put some garlic and some anchovies inside of each cut.

Cover the meat with mustard first and then cover it with flour.

After this procedure, tie the meat with a twine, put the meat into a saucepan and pour 1 glass of oil and 2 glasses of water.

Cook the meat over medium heat for 3/4 hours and keep mixing.

After 1 hour, put 1 glass of white wine and 1 stock cube.

When it is cooked, remove the meat from the saucepan and cool. When the meat is cold, cut it into slices, put the slices into the saucepan again and cook for another hour.

After 1 hour, cover everything with some parsley. The "manzo all'olio" is ready to be served!

# Fun fact:

Rovato is famous for the *"manzo all'olio"*. It's the typical meal of the town and it is usually served with "polenta"

## By Nicola Bergomi

# CHICKEN ROULADES WITH BAKED POTATOES

# Ingredients for the potatoes:

potatoes 1kg olive oil (according to your taste) salt (according to your taste) pepper (according to your taste) oregano (according to your taste) breadcrumbs (according to your taste)

# Ingredients for roulades:

10 chicken chest slices salt (according to your taste)10 slices of speck fontina (according to your taste)1 egg breadcrumbs (according to your taste)

# **Preparation:**

Put the cut cube potatoes in a bowl, then season them with the olive oil, salt, pepper, oregano and bread crumbs.

Mix everything and lay the potatoes on a baking tray.

Bake in the oven at 180/200° for 30 minutes.

Then salt on the chicken slices, lay one slice of speck and one of fontina on each of them.

Roll the slices and dip each roll in the beaten egg and then in the breadcrumbs.

Add the rolls to the potatoes in the baking tray, sprinkle a little olive oil on top and cook in the oven for another 30 minutes at 180/200°.

By Samanta Beu



# The Recipe of Sarmale by my mum

## TIME

50 minutes; preparation 2 hours; cook

# DIFFICULTY

Average difficulty

# INGREDIENTS

1 savoy cabbage 150g rice 200g minced beef 200gr of minced pork 1 onion Tomato sauce oil, salt and pepper 1 carrot

# PREPARATION

*Finely chop the carrot and the onion. Put them in a pan with the oil, add the meat and fry for 10 minutes.* 

Boil the rice for 10 minutes and add it to the meat you have removed from the stove, then start stirring with the hands. Add the oil, the salt, the pepper and a bit of tomato sauce. Mix and leave to rest for 30 minutes.

Meanwhile wash the leaves of the savoy cabbage and put them in hot water. Then put in each leaf a generous spoonful of the compound of meat and rice and close the leaf as if to form a roll. Do this until the meat runs out.

Now boil everything in hot water for 2 hours. When the rolls are ready serve them with a bit of acid cream (Smantana).

This is a typical dish of Romania and I love it. My mum has eaten them since she was a child and she has some secret ingredients. They are so good with hot peppers, but they're too spicy!

By Thea Teohari



Here are some dessert recipes from our super chefs. If you like desserts we think this recipe book is for you. If you don't know how to spend your time you should try these recipes and tells us

# MUFFIN WITH YOGURT

Difficulty: easy

Preparation time: 20 minutes

Baking time: 30 minutes

Calories: 274 for each muffin

Cost: low Portion: 12

Ingredients: 300 g flour

170 g sugar

A bit of salt

130 g butter

4 eggs

220 g Greek yogurt 16 g baking powder

1 lemon peel

#### Preparation

Remove the butter from the fridge 30 minutes before. Put the butter in a bowl. Add the sugar and whip the ingredients for ten minutes. Then add the eggs, the salt and the lemon peel. At the end, pour yogurt and mix. In the bowl put baking powder with flour and then put them in a sac à poche. Cut 12 squares of 15 cm for 15 cm and cover with these a mould of 12 muffins. Fill the moulds and bake in the oven at 180° for 30 minutes.

## By Diego Lamberti



# **MUFFINS**

Difficulty: easy Preparation time: 15 min Cooking: 20 min Ingredients: -125 g of butter -265 g of flour -135 g of sugar -135 g of milk -2 eggs -100 g of chocolate chips -1 vanilla sachet -1 teaspoon of baking soda -A little bit of salt -1 sachet of baking powder

## Preparation:

Melt 125 g of butter and mix it with 135 g of sugar and vanilla into a bowl. Then add 265 g of flour, 2 eggs, the baking powder and a pinch of salt and mix. At the end add 135g of milk and mix again.

Put the mixture into a muffin tin and add some chocolate chips. Put them into the oven and bake the muffins for 20 minutes at 180 degrees.

Now you can add some whipped cream or what you want.

By Aurora Halluli



# PLUM CAKE

Time: 1 hour and 15 minutes

**Difficulty:** medium

Portions: 6

Ingredients:

250g sugar

200g butter

3 eggs

3 spoonfuls of milk

160g flour

50g starch

1 sachet of baking powder

## Preparation:

In a bowl, mix the sugar with the softened butter and cut into small pieces. In another bowl, beat the eggs with milk and add them to the butter cream. Add sifted flour with baking powder and starch to the mixture. Mix the ingredients and pour the mixture into a buttered and floured plum cake mold. Bake for 10 minutes in the preheated oven at 200°C and then for another 40 minutes lowering the temperature to 180°C. Remove from the oven and let it cool before removing it from the mold.

## By Angelica Monteleone



# " Tentasiù della spusa" TEMPTATIONS OF THE BRIDE

#### Preparation time : 45 minutes

## Ingredients:

250 grams of flour 0 130 grams of butter 125 grams of still water A little bit of salt 1,5 I peanut seed oil

## To garnish:

100 grams of honey30 grams of raisins 25 grams of butter25 grams of pine nuts20 grams of walnutPowdered sugar



#### **Preparation:**

Melt butter in a bain-marie or in the microwave and let it cool. In a large bowl mix the sifted flour and salt, add the melted butter and stir with a fork. Slowly add the water at room temperature and knead until all the ingredients are collected. The dough will be ready when it comes off the walls and hands. Cover the bowl with plastic film and let it rest in the refrigerator for at least an hour.

Now prepare the garnish: coarsely chop the pine nuts, walnuts and raisins with a knife, put it in a bowl and keep it aside.

Melt 25 g of butter in a bain-marie, when it is melted add the honey and finally the dried fruit mixture previously chopped. Leave everything on the fire in a bain-marie to ensure that the mixture remains liquid and does not thicken.

Take the dough again, place it on a sheet of baking paper and cover it with another sheet of baking paper, so that it does not stick to the pastry board and there is no need to add flour to the dough. Roll out the dough with a rolling pin, creating a fairly thin sheet, about 2 mm. Divide the dough in half and cut into strips of dough 1 cm wide and 10 cm long.

Starting from one corner of the strips, roll them up creating compact spirals but with a not too small diameter. To keep the curl while cooking, roll the spirals tightly. Put on the fire a pan with a high bottom with seed oil, check with a kitchen thermometer that the oil temperature reaches 170 ° and immerge in the pan the "tentasiù" helping with a perforated ladle in order to preserve the shape of the spirals. Fry a few at a time.

The "tentasiù" will be ready when they are golden brown, it will take a couple of minutes. Drain them on a tray covered with absorbent paper, then place them on a serving dish and, helping you with a teaspoon, sprinkle them with the mixture of honey and dried fruit that you have kept warm. Finally sprinkle them with powdered sugar. Enjoy lukewarm. *By Davide Pezzotti* 

# **ROSE CAKE**

# Ingredients for the mixture:

- White flour, 400 gr
- Egg yolks, 4
- Brewer's yeast, 25 gr
- Warm milk, 250 ml
- Vanilla, 3 gr
- A pinch of sugar and salt

# Ingredients for the cream:

- Butter, 250 gr
- Sugar, 250 gr

# Preparation:

- 1) Put the flour in a large bowl and make a hole in the middle;
- 2) Add sugar, salt, vanilla, eggs. Mix gradually all the ingredients;
- 3) Warm the milk and dissolved brewer's yeast into the milk: add gradually to the mixture;
- 4) Knead until it is smooth and elastic;
- 5) Roll out the dough with a rolling pin to form a rectangle sheet;
- 6) Then mix the butter with the sugar until it is a cream;
- 7) Spread the cream into the sheet
- 8) Roll up the sheet
- 9) Cut the roll into regular small parts;

10) Arrange the small rolls into the mould, cover with the tea tower and then let to rise for 2 hours

11) Turn on the oven at 180 ° C and bake for 25 minutes



By Andrea Delpanno

# Tiramisù

is a delicious creamy dessert based on savoiardi (ladyfingers) soaked in coffee and covered with cream.

# Recipe n.1

## Ingredients:

-3 eggs -60g of sugar -1 sachet of vanillin

-1 spoonful of dry Marsala

-200g of mascarpone cheese -1 coffee mocha from 6 coffee -28 savoiardi (ladyfingers) -bitter cocoa

# Preparation:

Break the eggs and separate the egg yolks from the egg whites. Add the sugar and vanillin to the egg yolks, whip everything until the mixture becomes clear and foamy. Add the Marsala and the mascarpone cheese. Work again with the whips in order to create a velvety and dense cream. Whip the whites to snow and incorporate them to the cream. Make some coffee. Spread a light layer of cream on the bottom of a rectangular baking tin then gently place the savoiardi, soaked one by one in the coffee. Cover the layer of savoiardi with mascarpone cream and put the bitter cocoa. Form another equal layer. Finally let it cool in the fridge until serving. *By Asia Cucchi* 



## Recipe n.2

## Difficulty: medium Ingredients:

half a dozen eggs, half a kilo of mascarpone cheese, 200 gr of sugar 6 cups of

coffee, cocoa just enough, a

packet of Savoiardi biscuits

### Preparation:

whip the sugar with egg whites and keep aside the yolks. Add mascarpone cheese (it must be fresh) and whip until you see the whole is homogeneous, then add rhum or brandy. Add to the whole the whipped yolks. Pour the cold coffee in a big bowl (add to it water and sugar just enough) and dip your biscuits in the coffee. Place them in a baking dish and spread a layer of cream over the biscuits. Repeat the action and finish with a cream layer. Sprinkle cocoa on the surface.

#### By Filippo Bizzotto



# Recipe n.3

# Ingredients:

250g of mascarpone cheese
6 eggs
125 ml of milk cream
2 packets of biscuits
6 spoons of sugar
1 moka of coffe

## **Preparation:**

Let's start with the eggs. Separate the yolks from the egg whites and put them in two different bowls. Beat the egg whites until stiff, then beat the yolks with the sugar and add the mascarpone cheese. Add the eggs whites and mix well. Beat until stiff the milk cream and put it in the bowl with the yolks and the egg whites. Pour the coffee in a cup and soak the biscuits in it. Take the baking tin and make the first layer of cream. On top of this layer make one layer of biscuits. Make another layer of cream and another one of biscuits and so on until you finish the cream. Put the cake in the fridge and wait. The cake is ready.

## By Andrea Giambruno



# PANCAKES

Difficulty: easy

Preparation time: 15 min.

Cooking time: 20 min.

Ingredients:

- 25 g of butter
- 125 g of flour 00
- 2 eggs
- 200g of milk
- 6 g of baking powder
- 15 g of sugar

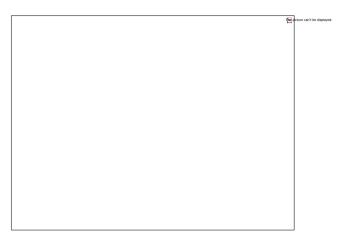
#### Preparation

Melt the butter over low heat, meanwhile, divide the egg whites from the yolks. Beat the egg yolks with a hand whisk, then add the melted butter and milk; mount the mixture until it is clear. Add the baking powder to the flour and sift everything in the bowl with the egg mixture, mix with the whisk to mix. Now beat the egg whites, pouring the sugar little by little and when they are foamy, pour them into the egg mixture. Heat a pan over low heat and grease with a little butter. Pour a ladle of the preparation in the centre of the pan. When bubbles begin to appear on the surface and the base is golden, turn it to the other side using a spatula. When the other side also gets golden, the pancake will be ready.

#### By Jennifer Chikeka



# CHOCOLATE MUG CAKE



# Difficulty: easy

# Preparation time: 5 minutes

# Ingredients:

- mug
- Cocoa powder
- Flour
- Baking powder and baking soda
- Milk
- Butter or oil
- Sugar
- A pinch of salt

## **Preparation:**

Take a mug and put into it 4 tsp of flour and 3 tsp of sugar. Then add 2 tsp of cocoa powder, two pinches of baking powder, a pinch of baking soda and salt. Mix the ingredients well!

Then put into the mug a tsp of milk and a spoonful of butter (or oil).

Mix the ingredients very well, until the mixture become smooth. Put the mug into a microwave for 2 minutes.

Your mug cake is ready to eat!

By Aditi Sharma

# SABLES

### Ingredients:

-1 egg

-1 glass of icing sugar

-250 g of butter

-20 g of baking powder

-4 egg yolks

-vanilla extract

-jam

## Ingredients:

Get a bowl, put 250 g of butter and a glass of icing sugar in it and mix them with a kneading machine. Then add to the dough an egg, 4 egg yolks, vanilla extract and 20 g of baking powder.

Mix the ingredients and rest for 20 minutes.

Then knead the dough with your hands and make molds leaving a hole in the centre.

Put them in the oven for 12/15 minutes, finally stick the biscuits with the jam and put some icing sugar on top.

#### By Lina Beleh



# AIR FRYER DOUGHNUTS

# Portions: 8 Ingredients:

# Doughnuts

1 Can of pre-made flacky biscuit dough

Not stick cooking

# Glaze

½ powdered sugar (55g), sifted

1/2 teaspoon of vanilla extract

1 tablespoon whole milk

# Cinnamon sugar

¼ cup granulated sugar (50g)

1 tablespoon cinnamon

# Chocolate glaze

1/2 cup semisweet chocolate chips

1 teaspoon coconut oil Sprinkle

# for topping **Preparation**:

- 1. Preheat the air fryer to 350°F (180°C).
- 2. Separate the biscuits. Use the bottom of a large piping tip to punch out circles in the centre of each biscuit, creating doughnuts and doughnut holes.
- 3. Grease the air fryer basket with non-stick spray.
- 4. Working in batches of 3–4 at a time, "fry" the doughnuts and doughnut holes for 5 minutes, until golden brown.
- 5. Make the glaze: In a small bowl, whisk together the powdered sugar, vanilla, and milk until smooth.
- 6. Make the cinnamon sugar: In a separate small bowl, whisk together the sugar and cinnamon until combined.
- 7. Make the chocolate glaze: In another small bowl, combine the chocolate chips and coconut oil. Microwave in 30-second intervals, stirring between, until smooth.
- 8. Dip the doughnuts and doughnut holes in the glaze, cinnamon sugar, or chocolate glaze. Top with sprinkles, if desired.
- 9. Enjoy!!!

# By Swapna Nishani Senadheera



### MUM'S TART CAKE

Portions: 6

Ingredients:

250 g flour

50 g butter

100 g sugar

An egg

Olive oil

Baking powder

200 gr jam



Put butter, sugar, an egg and two spoonfuls of olive oil in a bowl and mix well.

When the dough is homogeneous, take off a small piece that you could use later, meanwhile put in a baking tin of diameter 22 cm, covered by baking paper, the remaining part.



Then add flour and baking powder, so it doesn't have to rest in the fridge and knead for 5 minutes



Roll the mixture (except 1/3 of it) and spread the jam on all the surface. Now take the 1/3 of the mixture that you left aside and create some strips to put on the pie.



Put the cake in the oven that you have preheated and bake it at 180°C for 30 minutes.



Here it is ready, a dessert suitable for every season, it is easy to preserve and yummy to eat on all occasions. By Marco Galli