

## RECIPES

### **Basic pasta recipe**

Cook pasta in generous amount of salted water following instructions on packet, drain and season with dressing preferred

Mix a small amount of preferred flavouring in butter cream or extra virgin olive oil, then sprinkle the pasta with parmesan cheese and serve.

For this preparation, using the same method, all types of sauces may be used. Only “Piccantina”, being very hot must be used in reduced quantity, diluted with extra virgin olive oil for pasta “garlic oil and pimienta” and diluted with tomatoes for pasta “all’arrabbiata”.

Using frozen truffle: melt a small amount of butter in pasta mixing dish, add half the truffle from the packet and mix well. When the pasta is cooked add the truffle, butter, mix till the pasta is completely covered, add the remaining truffle from the packet, sprinkle with parmesan cheese and serve. The pasta should be light and separate, if not add a small amount of cooking liquid and cover, leave for one minute. The same applies if using dried truffle, after soaking as indicated on packet, a small amount of the soaking liquid may be added to the pasta.

### **Risotto basic recipe**

Put small amount of oil in a casserole dish and fry a small amount of onion. Add the rice 100 gr. per person and leave to cook for 1 minute. Add a glass of white wine. Leave to absorb for one or two minutes. Add the ingredient chosen for the risotto, pre cooked sausage pieces or “trifolati” mushrooms (sliced and cooked in oil, with garlic and parsley), fish, vegetables or one of our sauces, etc. Mix to flavour (add salt and tomatoes if desired). Add the consommé (or water with stock cube) in amount equal to three times the weight of the rice and leave to cook till absorbed (15/17 minutes). Don’t forget to stir occasionally. After removing from heat, mix in butter and Parmesan cheese. Leave to rest for two or three minutes.

### **Dried mushrooms basic preparation**

Wash the dried mushrooms in cold water. Remove any impurities and leave to soak in warm water for about 30 minutes. When soaked drain and squeeze out excess water. Chop and fry in extra virgin olive oil or butter and garlic for a few minutes. They are now ready to be used for pasta or rice dishes, to spread on toast and to add to various fillings.

### **Savoury toasted bread.**

Ingredients: Sliced bread, garlic, extra virgin olive oil, flavoured oil or sauce.

Lightly toasted bread, rub with garlic (optional), dribble with oil and salt to taste. On the toast you may spread any of our sauces or creams. Remember the “piccantina” sauce, must be diluted with tomato sauce. Truffle or mushroom flavoured oils may be added to extra virgin or the toast may be sprinkled with frozen or dried truffles. Follow soaking instructions.

### **Spaghetti with potato and black truffle** For 4 people

Ingredients: Spaghetti 320gr. per person, 600gr. Potatoes summer truffle, 250ml. extra virgin olive oil two whole cloves garlic (with skins) small amount rosemary.

Peel and dice potatoes then fry with garlic and rosemary, cook spaghetti in salted water, drain then add to the potatoes, add the truffle, leave on the heat for a few minutes then serve. The truffle must be finely sliced, if you do not have fresh truffle you may use one of the following:

- sliced summer truffle
- frozen summer truffle
- dried summer truffle
- tartufata sauce.

### **Omelette**

Ingredients: eggs, salt, a truffle product or flavoured oil to taste.

Beat the eggs with a few teaspoons of preferred sauce or oil and salt. Heat the oil in pan and cook the omelette on both sides then serve.

If using frozen truffle leave the truffle to defrost then drain all the oil from packet (this oil may be used for cooking the omelette ) beat the eggs and add half of the truffle. Cook the omelette on one side. Add remaining truffle, fold over and serve. If you using dried truffle, add one or two spoons of soaking liquid to the eggs, then proceed as for frozen truffle.

### **Pizza with truffle**

Ingredients: Prepare pasta for pizza (flour, water, yeast, and salt) or use pre prepared pizza bases, tomatoes and truffles products as desired.

Add salt and pepper to the tomatoes spread on the pizza base, sprinkle with mozzarella cheese and cook in a very hot oven. When cooked remove from oven and cover with shavings of truffle and extra virgin olive oil.

We also suggest: sliced summer truffle (use oil in packet)-dried summer truffle- frozen summer truffle (use oil in packet) -frozen Bianchetto truffle- dried Bianchetto truffle

### **Polenta oven baked**

Ingredients: polenta flour, water, salt, preferred sauce.

Prepare the polenta following instructions on packet. Put prepared polenta in a oven proof dish and cover with preferred sauce. Sprinkling of Parmesan and a dribble of extra virgin olive oil. This dish may be prepared earlier and heated at the moment required.

For this dish we suggest :frozen truffle sauce to dilute as wished with extra virgin olive oil, full cream, or consommé sliced summer truffle (to add only when completely cooked, the cover with aluminium and leave a side for few minutes). Drained truffle may be added to the polenta before putting in the oven. For baking use parmesan cheese and the oil from the package. Frozen summer truffle Frozen Bianchetto truffle For al this products use instructions above Dried summer truffle Dried Bianchetto truffle

### **Sliced baked polenta**

Ingredients: polenta flour, water, salt, truffle or mushroom as preferred

Prepare the polenta following instructions on packet. Put prepared polenta in a oven proof dish or on a large chopping board, when cold cut into slices. Brown on both sides in heated butter. While still hot spread with preferred sauce and dust with grated Parmesan.

We also suggest the following products: Polenta Tartufata sauce ( to dilute with cream, oil or consommé) Summer truffle cream (to dilute with cream, oil or consommé) Bianchetto truffle cream ( to dilute with cream, oil or consommé) Sliced summer truffle Frozen truffle sauce ( to dilute with cream, oil or consommé) Frozen sliced summer truffle Frozen bianchetto truffle Dried summer truffle (use soaking liquid) Dried Bianchetto truffle (use soaking liquid)

### **Polenta basic preparation**

Add 35g of salt to 2 and a half litre of boiling water. Pour the meal and cook for about 15 minutes. to have a fluid “polenta”, add water; reduce water to have a less fluid one.

### **Truffle filet**

Ingredients: filet, cultivated mushrooms, cooking cream, truffle or porcini mushrooms sauce as preferred.

Cook sliced cultivated mushrooms in a little butter. Add the cream and cook for 1 minute. Take off the heat and add a few spoons of sauce or dried truffle (already soaked following instruction on packet)

Cook the filet steak on the grill. Prepare sliced bread lightly toasted the size of the filet.

Serve the meat on the bread covered with the sauce.

We also suggest: Small mushrooms Porcini mushrooms patè Frozen or packet truffle sauce Sliced summer truffle in packet Frozen summer truffle Frozen Bianchetto truffle Dried Bianchetto truffle

### **Stuffed rolled pork with potatoes and mushrooms**

Ingredients for four people: 4 slices of pork about 2 cm high (or eight slices of pork filet), 4 potatoes medium size, 10 gr. of dried mushrooms, grated parmesan, garlic, salt, pepper, extra virgin olive oil.

Boil the potatoes and mash. Add the dried mushrooms (prepared following instruction on packet). Salt and pepper to taste. Add a small amount of grated Parmesan. Open the meat and fill with the potatoes and mushrooms mixture. Close with tooth pick. The prepared meat may be cooked in two ways:

- 1) Heat extra virgin olive oil in non-stick frying pan. Add one clove of garlic, small branch of rosemary . Add the meat, brown, add a glass of white wine, leave to absorb and leave to cook, adding occasionally small amount of meat broth.
- 2) Arrange the meat on aluminium paper, dust with salt, pepper and rosemary. Close the paper and cook in oven or grill.

### **“Cicerchiata“**

Ingredients: Flour 300 gr., 200 gr. of honey with walnut or hazelnuts, a pinch of sugar and salt, 3 eggs, 3 spoons of Mistrà liquor, grated rind of one lemon, one teaspoon baking powder, frying oil. Mix the flour, eggs, baking powder, sugar salt, Mistrà and lemon rind till you have a smooth soft ball. Roll out long spaghetti and cut into pieces (like small dumplings). Fry in hot oil until golden and drain on kitchen paper. Pun all the honey in a large pan and heat through. Add the dumplings and cover with honey. Pour onto a cold plate and form a pyramid. Leave to cool.

## Pulses and Cereals

### **Basic cooking:**

**Integral spelt:** Accurately wash the spelt beans and leave to soak for at least 8 hours. Put in saucepan with double amount of water. Bring to the boil, salt to taste, skim, and then simmer for 50 to 60 minutes on low heat with lid. When all the water is absorbed the cereals will be dry and swollen, ready to be served

### **Integral pearled spelt:**

Accurately wash the beans. Put in saucepan with a generous amount of water salt to taste bring to the boil cover, lower heat and simmer for about 20 minutes.

### **Split spelt:**

Accurately wash the beans and place in saucepan without soaking adding double the amount of water. Bring to the boil, lower heat ,skim, salt, and simmer for about 20 minutes. When all the water is absorbed the beans are ready to be served. Split barley may also be used in the place of pastina in soups and vegetable soups

**Chickling peas:** Chickling peas must be soaked for 12 hours, boil slowly until completely cooked then add salt.

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### **Lentils:**

Accurately wash the lentils. Clean any impurities, put in saucepan covered with cold water, bring to boil, skim and cook for about 20/25mins.

**Pearl barley:** Accurately wash barley, clean any impurities, put in saucepan with generous amount of water bring to the boil, skim and cover, cook for about 30mins.

### **Mixed pulses:**

Soak for about 12 hours, boil slowly till cooked, add salt at end of cooking.

### **Traditional spelt soup (with minced spelt)**

Ingredients: minced spelt, onion, celery, peeled tomatoes, extra virgin olive oil and salt.

Fridge in a little oil chopped onion and celery, add the peeled tomatoes. Cook for a few minutes, add about 2 lt of water and bring to the boil. Add the minced spelt (about 250 grams for 4 people), add salt, to taste.

Leave cook for ½ hour stirring occasionally. Serve with goat cheese.

### **Spelt minestrone (with minced spelt)**

Ingredients: Minced spelt, courgettes, carrots, potatoes, beans, celery, onions and extra virgin olive oil, peeled tomatoes.

Wash and chop the vegetables, fry the onion in three spoons of oil. Add the vegetable and two peeled tomatoes, brown for a few minutes. Add hot water and leave to cook. When the vegetables

are cooked pass through a sieve. Bring to the boil and add the spelt about 70 grams per person. Stir frequently and cook for ½ an hour. Salt to taste. Serve with a dribble of olive oil.

### **Spelt and beans soup**

Ingredients: whole spelt, red beans, rosemary, bacon and garlic

Soak the beans and spelt for 12 hours in generous amount of water. Cook the beans for about 2 hours on a low heat and in an other pan cook the spelt for about 50 minutes. When the spelt is cooked, drain and put to one side. Pass the beans through a sieve and add to the cooking liquid. Chop the rosemary, garlic and bacon, brown in 3 spoons of oil. Add the bean puree and the spelt. Add hot water if necessary. Add salt to taste. Heat through for a few minutes and serve.

### **Chickpeas and spelt (whole spelt)**

Ingredients: chickpeas, whole spelt, onion, celery, carrots, extra virgin olive oil, salt and pepper.

Leave the spelt and chickpeas to soak all the night. Boil both in a generous amount of salted water. Fry onions, celery and carrot in olive oil. Add the chickpeas with a small amount of the cooking water and the drained spelt. Add salt and pepper to taste. Serve with a dribble of extra virgin olive oil.

### **Vegetables and spelt (whole spelt)**

Ingredients: whole spelt, courgettes, potatoes, green beans, carrots, and vegetables in season, bacon, garlic, extra virgin olive oil, salt, pepper, pimiento.

Leave spelt to soak in generous amount of water for 12 hours. Cook for 50 minutes and leave a side for at least 1 hour in the cooking water. Chop the vegetables and cook in the salted water. Drain and add to the drained spelt. In a small pan slowly fry the bacon on four spoons of olive oil. Add the garlic and pimiento. Add to the spelt and vegetables. Mix well and serve as a side plate with grilled meat.

### **Chickpea soup**

Ingredients: chickpeas, extra virgin olive oil, garlic, rosemary and salt.

Soak chickpeas for one night. Boil in generous amount of water. Fry garlic, rosemary, tomato and two or three leaves of beet finely chopped. Remove garlic and rosemary then add to chickpeas and leave to boil for a few minutes. The soup is ready to be served on slices of toasted bread (quadrucci and maltagliati pastas may be added).

### **Lentils (traditional recipe)**

Ingredients: Lentils about 100 grams per person, 1 carrot, celery, 1 onion, garlic, some spinach leaves, three or four peeled tomatoes, salt.

Wash and clean the lentils. Put on the heat in salted water with one carrot a little celery and an onion. Leave to boil slowly for 20 minutes, till completely cooked. Fry the garlic in the oil. You may add chopped spinach leaves. Add a little peeled tomatoes and salt. Add this to the lentils with a necessary amount of cooking liquid. Heat through and serve with toasted bread.

### **Pulses and cereal soup (Imbrecciata)**

Ingredients: mixed pulses, onion, peeled tomatoes, sweet marjoram, extra virgin olive oil, salt and pepper

This soup in the Upper Tiber Valley is cooked mainly at New Year, to encourage a good harvest and to make it you can use our mixed pulses. Soak for about 12 hours the amount product that you wish to cook about 170 grams per person then put in pan with cold water and bring to the boil. Then leave to cook for about 1 and half hours. In a pan fry onions, peeled tomatoes, marjoram in olive oil. Add the pulses and salt and pepper to taste. If you want to prepare a soup add a little of cooking liquid. Our Mixed Pulses can be dressed with a little extra virgin olive oil.

### **Chickling peas Soup (typical recipe)**

Ingredients: Chickling peas, garlic, rosemary, peeled tomatoes, extra virgin olive oil

Cook the chickling peas about 170 grams per person following the instructions given. Meanwhile fry together garlic and rosemary in oil add tomatoes. Cook through for a few minutes. Take out rosemary, add this sauce to chickling peas and leave on heat till cooked add salt and pepper to taste. The shells of the chickpeas usually remain hard so we advise you to pass them through a sieve when cooked.

### **Toasted bread with chickling peas.**

Ingredients: Chickling peas, bread, garlic, extra virgin olive oil, salt and pepper

After soaking, cook the chickling peas in a little water; add salt and pepper to taste. Drain and pass through sieve obtaining a dense cream, add a small amount of oil and mix. Toast bread then rub each slice with garlic (optional). Spread the creamy mixture on the bread. Black or white truffle shavings may also be added to this cream.

### **Spelt soup with Porcini mushrooms**

Ingredients: Whole spelt, onion extra virgin olive oil dried porcini mushrooms

Boil spelt (170 gr. per person) lightly fry onion in oil add porcini mushrooms. Add this to cooked spelt with some of the cooking liquid. Add salt to taste. This dish may also be used as a side dish, then the spelt must be drained of liquid.