

SCUOLA ELEMENTARE STATALE  
1° CIRCOLO "S. TRAINA"  
MISILMERI (PA)

# **PROGETTO COMENIUS-COMENIUS PROJECT**

**"ABBRACCIARE LE CULTURE EUROPEE PER  
MEZZO DELLE SANE TRADIZIONI  
ALIMENTARI"**

**"EMBRACING EUROPEAN CULTURES  
THROUGH HEALTHY EATING  
TRADITIONS"**

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# ABOUT THE ORIGINS...

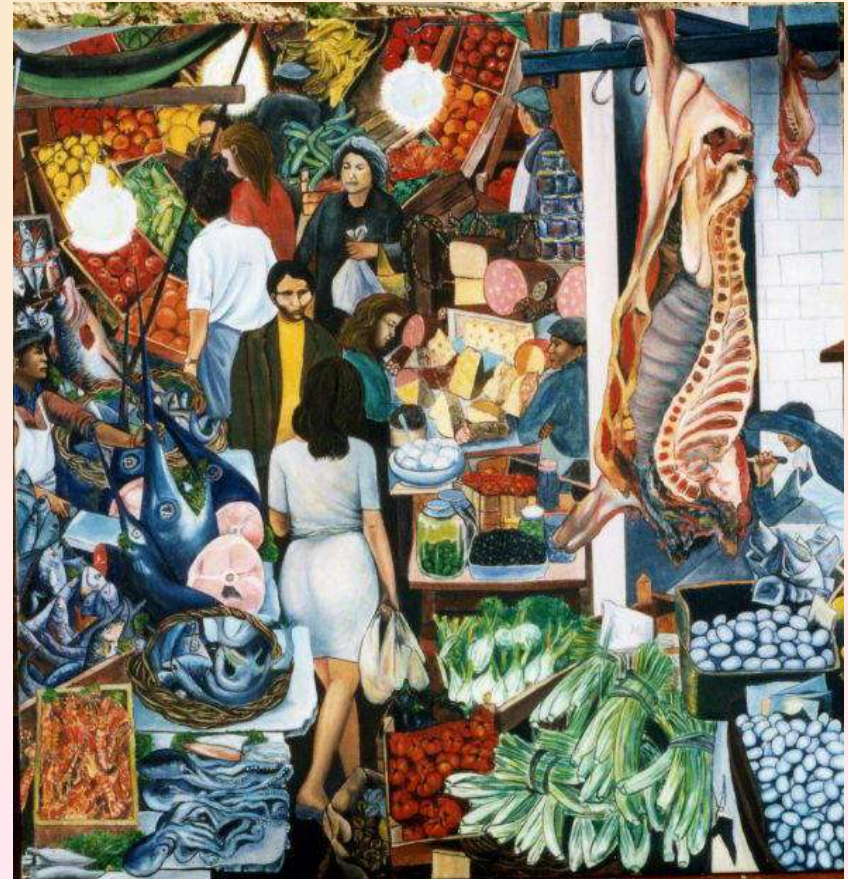
- The cuisine of **Sicily** is one of the most distinctive in Italy.
- Over the centuries, different waves of invaders colonized the island bringing with them different culinary traditions and ingredients.
- The **Arabs** had the greatest influence on Sicily's cuisine, bringing ingredients such as **citrus fruits, apricots, spices and almonds**.
- They were also thought to have introduced ice-cream to the island, as well as all sorts of sweet pastries.

# *SICILIAN CUISINE*

- *One of the most important aspect of Sicilian cuisine is the quality of the ingredients used.*

*It is virtually impossible to find non-seasonal fruit or vegetables at any greengrocer's.*

*The result is that ingredients are fresh, often produced in Sicily (or Italy) and are wonderfully fragrant and tasty. So, to get the best out of our recipes you should buy fresh, in-season ingredients where possible.*



*La "Vucciria" di Guttuso*

# SICILIAN FOOD



# BRUSCHETTA



Toasted bread topped with chilled chopped tomatoes, onions, olives and herbs.

# CHICK-PEA FRITTERS

## *Panelle*

- These are flat fried slices of finely-ground flour of *ceci* (chickpeas)
- Sicilian cuisine has other tasty finger foods, including potato croquets (*crocché*), but *panelle* are among the oldest, made continuously since the Middle Ages.
- Nowadays they're sold at street side stands, in the street markets and in restaurants as appetizers.



# RECIPE

## Ingredients (serves 4)

- 200g of chick-pea flour
- 1/2 litre of cold water
- Parsley
- Salt
- Olive oil



*chick-pea fritters  
(panelle)*

## Procedure

- Mix the chick-pea flour into the water, making sure there are no lumps. Add a pinch of salt or two and a small clump of finely chopped parsley. Mix well and then start to heat on a low flame until the mixture turns into a thick, almost solid mass. Then, pour the mixture into a baking tray and leave to cool. The thickness should be about 3-4 mm.
- Once the mixture has totally cooled and turned to a soft solid state, cut into rectangles about 7cm x 4cm. Heat a decent amount of extra virgin olive oil in a frying pan, add a little salt and then fry your panelle rectangles until golden brown. Place on kitchen roll to get rid of any excess oil and then put a few in a crusty bread roll. Add some fresh lemon juice and eat while hot.

# ARANCINI

- Arancini are another staple of Sicilian cuisine
- They are fried rice balls stuffed with meat or cheese.
- In fact, there are different kinds of fillings: chocolate, butter, spinach and so on.
- In Sicily, they are especially eaten on Saint Lucy's day (the 13<sup>th</sup> of December)



# SFINCIONE

- A thick Sicilian pizza topped with tomatoes, onions and anchovies; rarely served in pizzerias but available in focaccerias, some bakeries, or from street vendors.
- To Sicilians, sfincione is not considered "pizza," which in Italy is by definition thin and crusty.





## *Caponata di Melanzane*

- This is one of Sicily's most popular aubergine dishes, tasty salad made with eggplants (aubergines), olives, capers and celery.
- You can eat it with bread, as part of an appetizer, or with hot or cold meats or fish.
- This is an original recipe from Palermo.



# RECIPE



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## Ingredients (Serves 4-6)

- 600g of aubergines
- Salt
- 6-8 tbsp olive oil
- 1 large onion, sliced
- 2 celery hearts (inner heads only), cut into little chunks
- 500g ripe tomatoes, chopped
- 100g pitted green olives
- 60g salted capers, rinsed
- 100g slivered almonds
- 2 ripe but firm pears, cored, peeled and sliced
- $\frac{1}{2}$  tsp ground cinnamon
- $\frac{1}{2}$  tsp ground cloves
- 50g caster sugar
- 50ml white wine vinegar
- Ideally you want the pale violet type of aubergine, without too many seeds.

## Procedure

- Cut the aubergines into cubes the size of a walnut.
- Immerse in salted water for 1 hour, then drain, squeezing the water out.
- Pat the aubergine cubes dry.
- Heat about 6 tbsp of extra virgin olive oil in a sauté pan and fry the aubergine cubes until golden.
- Scoop them out with a slotted spoon and set aside. Adding more oil to the pan if necessary,
- fry the onion until soft, then fry all the other ingredients, apart from the sugar and vinegar.
- Simmer for about 20 minutes.
- Add the aubergines to the mixture with the sugar and wine vinegar.
- Taste for salt and cook for another 10-15 minutes.
- Caponata can be eaten warm but it is also delicious cold.
- Serve with crusty white bread, cheese and a glass of fruity white wine.

# PASTA DISHES

*Pasta with fennel and sardines*



*Spaghetti with clams*



*Baked pasta*



*Pasta with swordfish and aubergines*



*Pasta with cauliflowers*



*Pasta with cuttlefish ink sauce*



*Pasta with anchovies and toasted breadcrumbs*



# Pasta al Forno

- Christmas, a family picnic, a day on the beach, Easter, a birthday dinner ...  
one dish that is brought out on all special occasions in Sicily, is **pasta al forno**.
- The dish is based on a type of pasta, anelletti (little rings), mixed with a tasty meat ragu' and any other ingredients that take the cook's fancy, including mozzarella balls, fried cubes of aubergine, boiled eggs, and chunks of ham or mortadella .
- Once all mixed up with the pasta and topped with mozzarella slices, the whole lot is placed in an oven to meld together.



- Once the top layer is browned a little, it's time to serve up for your guests to discover all the goodies inside.





# RECIPE

## Ingredients

(Serves 6)

- 800g of anelletti or other short pasta (rigatoni are suitable)
- **For the ragu'**
- 500g minced pork (for a traditional Sicilian ragu') or beef
- 1 onion
- 4-5 cloves of garlic
- 1 leg of celery
- 1 largish carrot
- Up to  $\frac{1}{2}$  a litre of red wine
- A little tomato paste
- 1 large tin of peeled tomatoes or bottle of passata
- 150g peas
- Salt, pepper, oregano
- Other additions: cubes of ham or mortadella, fried chunks of aubergine, hard-boiled eggs, mozzarella balls, etc. etc..

## Procedure

- Gently fry your finely chopped onion, garlic, celery, and carrot in olive oil until the onion becomes soft.
- Add some more olive oil, let it heat up and add the meat, stirring constantly until it is all sealed.
- Put a lid on and turn down the flame and let it cook for a while in the meat's juices.
- After 10 minutes, turn up the heat and add the red wine, ensuring that all the alcohol is burned off.
- Turn heat down, cover and let the sauce simmer gently for half an hour.
- Add peas and tomatoes, salt and pepper and oregano and once again cover,
- leaving it to cook as long as possible (the more it cooks the better it is), stirring occasionally to ensure that the sauce is smooth.

# *Pasta con finocchio e sarde*

(Pasta with fennel and fresh herring)

- Dating from early medieval times, this classic Sicilian recipe is delicious when made with the right ingredients which are sometimes difficult to find outside the Mediterranean region.
- The herring described here are large sardines (by definition the sardine is any small herring rather than a particular species of fish).
- Remember that Italians don't sprinkle cheese over pasta dishes made with fish or other seafood.





# RECIPE

## Ingredients (serves 4)

- 400g bucatini (or thick spaghetti if bucatini are not available)
- 400g of fresh sardines
- 2 handfuls of fresh fennel fronds
- 1 medium-sized onion
- 2 or 3 salted anchovies
- 30g sultanas
- 30g pine kernels
- 1 teaspoon of tomato concentrate
- 1 sachet of zaffron
- Extra virgin olive oil
- Salt and pepper

## Procedure

- Wash the fennel and boil in salted water.
- After 10 minutes take it out and chop finely. Keep the water for cooking the pasta later.
  - Chop the onion finely and sweat gently in some olive oil until soft - use a large frying pan with lid for this.
  - Add the anchovies, the pine kernels and the tomato concentrate.
  - When mixed well together add the sardines, the fennel and the sultanas.
  - Splash with white wine, burn off the alcohol and break up the pieces of sardine and anchovies with a wooden spoon.
  - Add the sachet of saffron, a little salt and pepper and leave to cook for about 10 minutes with the lid on.
  - The sauce should not get too dry, but be moist. In the meantime, cook the pasta and, when ready, add to the sauce in the frying pan.
  - Mix well and serve with a glass of chilled white wine.

*PASTA C'ANCIOVA E MUDDICA  
ATTURRATA*  
(PASTA WITH ANCHOVIES AND  
TOASTED BREADCRUMBS)



# RECIPE



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- **Ingredients (serves 4)**
- 600g spaghetti
- 150gr bread crumbs
- a bottle of tomato passata
- 40gr of raisins
- 150gr anchovy fillets
- 2-3 cloves of garlic
- a handful of parsley
- a handful of pine kernels
- chilli pepper
- olive oil
- salt and pepper

## Procedure

Gently fry your finely chopped garlic in abundant olive oil for a few minutes. Add the anchovy fillets and break them down into small pieces using a wooden spoon. Add the pine kernels, the raisins, some crushed chilli, some finely chopped parsley and the tomato passata. Mix thoroughly together, season, cover and cook slowly on a very low flame. In the meantime toast the breadcrumbs in a frying pan and get the pasta cooking. Once the spaghetti is ready, serve with the sauce and a sprinkling of toasted breadcrumbs.

# *Spaghetti al Nero di Seppia*

(Pasta with cuttlefish ink sauce)



## Ingredients (serves 4)



- 500gr spaghetti
- 2 cleaned cuttlefish with their ink sacks
- 1 small shallot
- 2 tablespoons of tomato concentrate
- olive oil
- a little fresh chili pepper
- 1 glass of white wine
- salt and pepper
- parsley



## Procedure

- Finely chop the shallot and brown in olive oil.
- Cut the cuttlefish into thin strips and add to the shallot.
- Fry quickly, add the wine (burning off the alcohol) and then the tomato concentrate.
- Mix well, cover the pan and leave to cook slowly for about 20-25 minutes until the cuttlefish is relatively tender.
- Finally add the ink and a little crushed chili pepper and cook for a minute or two, adding the finely chopped parsley at the end.
- Mix the sauce with the spaghetti and serve with a good bottle of chilled white wine.

# *Spaghetti alle Vongole* (Spaghetti with clams)

## Ingredients (serves 4)

- 300g of clams
- 3 cloves of garlic
- olive oil
- parsley
- One large glass of white wine
- salt and pepper
- 600g spaghetti



## Procedure

- Wash the clams carefully in running water.
- Heat some olive oil in a large thick-bottomed frying pan (with lid) and add the chopped garlic for a moment.
- Then add the clams and cover until they open up.
- Throw in the wine and let the alcohol evaporate for a few minutes.
- Make sure not to cook off too much liquid, however (clam sauce without the juice is not good).
- Add the finely chopped parsley, salt and pepper to your taste and
- add the sauce to your al dente spaghetti.  
Serve with a chilled bottle of white wine.

*Pasta con pesce spada*  
**PASTA WITH SWORDFISH**



# RECIPE



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## Ingredients (serves 4)

- Penne or Fusilli (400grms)
- pesce spada/sword fish (one slice 2cm thick, chopped into small cubes)
- pomodoro pelato/peeled tomatoes (one tin of chopped tomatoes is fine if you don't have fresh cherry tomatoes)
- aglio/garlic (one clove)
- cipolla/onion (one)
- menta/mint
- olio d'oliva/olive oil
- sale/salt
- pepe/pepper
- vino bianco/white wine

## Procedure

- Chop the garlic and onion and brown them in a frying pan on a moderate heat with some olive oil. Increase the flame, add the chopped sword fish and let it brown. Sprinkle with white wine and turn the flame down again. Add the tomatoes, salt, pepper and mint and let it all cook for a few minutes.
- Cook the pasta until "al dente", drain it and mix it with the sword fish in the frying pan. Serve hot, adding a few leaves of fresh mint and - if you desires - some small cubes of fried aubergines.
  - *It can be served as a main dish, followed by salad or vegetables and accompanied by cool white wine.*

*Pasta "cui vroccoli arriminati"*  
(Pasta with cauliflowers)



# RECIPE

## Ingredients (serves 4 people)

- 600g pasta (traditionally bucatini - a type of thick spaghetti)
- 1 large cauliflower (about 1kg)
- 100g raisins
- 100g pine kernels
- 1 onion
- 6 anchovy fillets
- 1 small packet of saffron
- olive oil
- salt and pepper



**Cauliflowers**

## Procedure

- Cut up the cauliflower and boil in salted water until soft.
- In the meantime, gently sauté the chopped onion in olive oil until brown and add the anchovies, the raisins and the pine kernels.
  - Mix well and leave to cook gently for about 10 minutes until the cauliflower is ready.
  - When cooked, add the cauliflower to the anchovies, onions etc, using a spoon with holes in so that the cauliflower water remains in the pan (you will need it to cook the pasta in).
  - Add some of the cauliflower water and slightly mash the cauliflower, mixing it with the other ingredients.
  - Add salt and pepper and leave to cook gently, making sure it doesn't get too dry.
  - If it does, add more cauliflower water. Just before the pasta is cooked, add the saffron and mix in thoroughly.
- Cook the pasta in the cauliflower water and drain when ready.
- Serve the cauliflower sauce on top of the pasta and sprinkle liberally with parmesan cheese, or another stronger cheese,
- Such as ricotta salata.

# ASH

Sarde: fresh small herring (sardines), usually served stuffed ("beccafico")



# Sardines "a linguata"

- Ingredients for 4 servings  
1 1/2 lbs. of filleted sardines, white vinegar, flour, extra virgin olive oil, salt.
- Preparation  
Wash and dry up the sardines; put them in a bowl and cover with vinegar and soak for 30 min. Drip dry them on paper towels, flour the fish and fry in hot oil, add salt only at the end.



# Swordfish "al salmoriglio"

- Ingredients for 4 servings  
1 1/2 lbs of swordfish in slices,  
1/2 cup of extra virgin olive oil,  
2 medium lemons, oregano, salt,  
pepper
- Preparation  
Pour the oil in a bowl, add the  
lemon juice, some salt and  
pepper, some oregano and  
beat with a fork to obtain a  
homogeneous  
sauce. Salt the fish slices  
and grill them; then put them  
on a dish and sprinkle them  
with the sauce. Serve  
immediately.



# Swordfish roulades

## *Involtini di pesce spada*



# Baccalà

cod fillets in salt or water.



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# tuna or tunny tonno

This is a tasty dark Mediterranean variety served fresh, nothing like the canned white tuna sold in supermarkets.



# Mattanza

- For hundreds of years, fishermen in Sicily and Sardinia have used dense nets to capture the Mediterranean bluefin tuna (*thunnus thinnus*) in a quasi-spiritual procedure known as the mattanza. This takes place in May and June, when the giant fish swim past the coasts. In Sicily, the few remaining mattanzas take place off the island's western point among the Egadi Islands.
- The term "mattanza" comes to us from an old Spanish word, matar, meaning "to kill." Indeed, the term **mattanza** has found its way into the Italian vernacular as a synonym for "massacre." Because a mattanza is the catch of an entire school of fish, dozens of tuna may be captured. The ambience of bloody water and particularly large fish, leaves one with a singular impression.



# MEAT



Baked Lamb -  
*Agnello al forno*



Glazed kid -  
*Capretto aglassato*



**Sicilian Roulades**  
*Involtini alla siciliana*



**Barbecued Mutton**  
*Castrato alla brace*



**Cut of rump of veal with meat sauce**  
*Falsomagro al ragù*



**Sweet and sour rabbit**  
*Coniglio all'agrodolce*



**"Olivetana" Tripe -  
*Trippa all'olivetana***

# DESSERTS

- **Sfingi** --also sfinci, fried puffed dough ("cream puffs") filled with cream (especially the "sfingi di San Giuseppe" served on Saint Joseph's Day, 19 March) or coated with honey. Singular is sfincia.



*A SFINCIA*

# Buccellato

A crusty winter cake having a sweet filling of figs and nuts, sometimes cut into sections or formed into cookies.



- **Cannoli** are tubular crusts with creamy ricotta and sugar filling. If they taste a little different from the ones you've had outside Italy, that's because the ricotta here is made from sheep's milk.
- **Cassata** is a rich, sugary cake filled with the same delicious filling.



*CANNOLI*



*CASSATA*

# cannoli

Cannoli derive their name from "canna" (cane) because of their tubular shape, and because in the past, before the introduction of the metal tubes, they were shaped around a cane section.

They represent the Sicilian dessert par excellence.

Typically part of the festivities for carnival (*mardi gras*), they are among the most magnificent Sicilian pastries. The fried wafers are traditionally filled with ricotta cheese sweetened with powdered sugar, candied fruit, pistachios, and chocolate chops.



# RECIPE

## *for the cannoli*

2 cups (280 gr) flour  
1 oz (30 gr) sugar  
1 teaspoon chocolate powder  
1/2 teaspoon salt  
1 oz (30 gr) butter, melted  
1 cup (230 cc) dry Marsala wine  
1 oz (30 gr) butter, for brushing  
1 egg white  
frying oil

## Procedure

In food processor fitted with a metal blade, or by hand in a bowl, mix together the flour, sugar, chocolate powder, salt, butter, and enough Marsala wine to obtain a firm and sticky dough. *makes about 26*  
knead the dough lightly, adding some flour, a little at the time, until obtaining a smooth dough.



- Wet the overlapping part with the egg white and press on the edges to stick them together
- To make *cannoli* you need the metal tubes sold for this purpose.
- Pieces of cane can also be used, approximately 3/4 inch in diameter and 6 inches long (2 cm in diameter, 15 cm long).
- Wrap the squares around the tubes or cane diagonally.
- Don't press the dough against the tubes too much;
- otherwise it will be difficult to remove them afterward.

- In a saucepan, bring the oil to frying temperature.
- Fry the *cannoli* until golden brown a few at a time.



- Remove the *cannoli* shells from the tubes while they are still warm.

## for the filling

1 - 1/2 lbs (700 gr)  
ricotta cheese, drained  
1 teaspoon vanilla  
powder  
1/2 lb (225 gr)  
powdered sugar  
4 oz (115 gr) candied  
fruit, finely diced  
2 oz (60 gr) bittersweet  
chocolate, diced  
2 oz (60 gr) powdered  
sugar for dusting

## Procedure

- In a bowl, combine the ricotta cheese, vanilla, and powdered sugar.
- Reserve 2 pieces of candied fruit per each *cannoli* for decoration.
- Combine the candied fruit and chocolate dice with the cheese filling



Sprinkle with  
powdered  
sugar before  
serving.



# RECIPE



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## Ingredients:

- Plain sponge cake
- 1.25 pounds ricotta cheese
- 2 cups sugar
- 2 teaspoons vanilla extract
- 1 ounce Creme de Cacao (or Godiva or Kahlua Liquor)
- 1 ounce dark rum (Meyer's is a good one)
- 1 tablespoon shaved chocolate
- 2 tablespoons of orange, lime and lemon zest

## Procedure

- Place the ricotta cheese, sugar and vanilla extract in a bowl and mix well using a wooden spoon.
- When the mixture is smooth add the shaved chocolate and fruit zests and continue to mix well.
- Pour into a square glass dish and line it with sponge cake.
- Add the liquor(s) over it and coat it (you may wish to use more liquor to drench it).
- Then pour ricotta cream over cake and top with more cake slices.
- Refrigerate for at least 5 hours; overnight is best.
- Flip over on a serving dish and sprinkle with confectioners sugar.  
That's it!

# FRUTTA DI MARTORANA or... pasta reale



They are almond marzipan pastries coloured and shaped to resemble real fruit



Martorana Fruit  
(Pasta Reale)

*Buona digestione!*