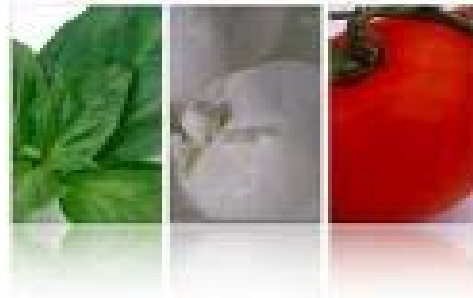


Secondary School "Alfonso Volpi" Cisterna di Latina



Italian Recipes



LASAGNA

Ingredients:

Flour
Eggs,
Salt
Minced meat
Onion
Tomato sauce
Extra virgin olive oil
Mozzarella
Ricotta



In ancient Rome, there was a cooked dish called lasagna and was the favorite food from Cicero

Preparation:

Arrange the flour and at the center lay the eggs and salt.
Start working the eggs and gradually incorporate the flour.
Continue to work to obtain a homogeneous mixture.

Sauté onion. Mash the meat with a fork and add the tomato sauce, basil and salt. Cook one hour over low heat.

Put in a baking a layer of tomato sauce and a layer of lasagna. Then add mozzarella, ricotta and Parmesan.

Repeat until all the ingredients are finished.

LAMB CHOP FRIED

Ingredients:

Lamb chops
Eggs
Flour
Bread crumbs
Salt
Oil for frying
1 lemon



**Typically
cooked in
Christmas and
Easter Day**

Preparation:

In a bowl beat eggs with salt.

Pass the lamb chops in flour, then in eggs and then in breadcrumbs.

In frying pan, heat oil. Arrange the chops and cook 5 minutes per side.

Once removed from the oil, pass on yellow paper to remove superflous grease.

Serve hot with lemon wedges decorating.

NEAPOLITAN PASTIERA: typical Easter's dessert



Ingredients:

Sugar

Flour

Butter

Eggs

Egg yolks

Pinch of salt

Grated rind of
one orange

Wheat

Milk

Ricotta

Cinnamon

Vanilla



Preparation:

Place the flour. Add eggs, sugar, butter, a pinch of salt, grated rind.
Mix the ingredients in the center and gradually incorporate the flour.
Make a ball, cover with plastic wrap and put in refrigerator for 30 minutes.
Put in a pan the corn with milk. Cook it for about 10 minutes.
Add butter and sugar.

In a bowl, work the remaining sugar and ricotta until creamy.
Add eggs, a pinch of salt, vanilla and cinnamon. Mix and add corn.
Cover an aluminium pan with the pastry.
Add the mixture almost to the edge. Make the strips with the remain pasta
Bake in preheated oven and ventilated at 170°C for about an hour.

... THANK YOU
FOR YOUR
ATTENTION ...