

European Comenius Project
“YOUR CULTURE AND TRADITIONS
HELP ME TO APPRECIATE MINE”



Education and Culture DG

Lifelong Learning Programme

Tuscan Cuisine

traditional Tuscan recipes



Circolo Didattico Rignano sull'Arno - Italy
Primary schools of Rignano, Troghi, Incisa



In this booklet there are some of the most traditional recipes of our region, Tuscany, especially from the area of Florence.

In our area there are an abundance of olive and grapevine trees; on our hills you can find fertile fields and gardens for growing vegetables; typical pigs and cattle breeds are bred; many wild animals live in the woods and our traditional Tuscan bread, that hasn't salt so as not to interfere with other tastes, it's the basic ingredient for many recipes.

So our typical dishes often are very simple to enhance the delicious taste of the original wholesome ingredients.



For collecting the recipes, pupils and teachers were helped by parents, grandparents and by the staff of the school canteen. So, many thanks to everybody and...



Index

Starters

- Fettunta page 3
- Crostoni al cavolo nero page 4
- Crostini ai fegatini page 5

Soups

- Pappa col pomodoro page 6
- Ribollita page 7
- Farinata page 8
- Panmolle page 9

Pasta

- Pappardelle con la lepre o il cinghiale page 10

Main courses

- Bistecca alla fiorentina page 11
- Salsicce con fagioli all'uccelletto page 12

Sweets

- Cantuccini alle mandorle page 13
- Schiacciata alla fiorentina page 14
- Schiacciata con l'uva page 15
- Castagnaccio page 16
- Cenci page 17

FETTUNTA (Toast with oil and garlic)

Originally the Fettunta was a poor dish, originated as a snack for the countrymen working in the fields.

Nowadays it is served as an appetizer, consumed mainly in November to taste the new oil.

Ingredients

- bread
- garlic
- extra virgin olive oil
- salt

Instructions

Cut the bread into thin slices, roast in the oven or on the barbecue.

Rub the bread with garlic.

Add a pinch of salt and drizzle with extra virgin olive oil.



CROSTONI AL CAVOLO NERO (Croutons with black cabbage)

Ingredients

- black cabbage
- salt
- garlic (2 cloves)
- slices of toasted bread
- olive oil

Instructions

Boil the cabbage in boiling, salted water for 20 minutes until it becomes tender.

Toast the bread slices and rub the garlic on them.

Put the cabbage cut into large pieces on the slices of bread and drizzle with olive oil.

Serve hot.



CROSTINI AI FEGATINI (Chicken liver croutons)

Ingredients:

- onions g. 250
- garlic g. 20
- bread g. 500
- chicken liver g. 800
- anchovy fillets g. 40
- capers g. 100
- olive oil g. 100
- butter g. 250
- salt and pepper



Instructions

Cut finely the onion and brown it in oil, add chopped garlic and chicken livers cleaned and well washed, making it cook on high heat.

Sprinkle with wine, and when it is almost completely evaporated, add capers, anchovy, butter and finish the cooking.

Chop the mixture finely and keep warm adjusting it with salt and pepper.

Toast a little the bread slices, spread a spoonful of mixture on each slice of bread and place on a dish. Serve warm.



PAPPA COL POMODORO (Bread and tomato soup)

This is a dish of poor peasant origin, typically Tuscan, that was originally designed as a dish to recover the leftover bread. Excellent as a winter warm soup, the Pappa al pomodoro is equally inviting and tasty during summer, at room temperature.

Ingredients

- ripe peeled tomatoes g.800
- stale Tuscan bread g.250
- vegetable broth or water, l 1,5
- 2 garlic cloves
- fresh basil
- extra virgin olive oil
- salt and pepper



Instructions

In a pan fry 2 cloves of crushed garlic. Add tomatoes peeled and cut in pieces. When the mixture boils, add the vegetable broth and the stale bread cut into small pieces. Cover the saucepan and simmer until the bread blends with tomato sauce. Add salt, pepper and fresh basil and drizzle with olive oil.



RIBOLLITA (Twice cooked vegetable soup)

Ingredients:

cabbage, savoy, potatoes, onions, beans, carrots, celery, garlic, tomatoes, slices of stale bread, rosemary, sage, thyme and extra virgin olive oil.

Instructions:

We soaked dried beans overnight, then we boiled them with sage and garlic. We took the hard side from the leaves of cabbage.

We spent a bit of cooked beans in the vegetable mill.

We clean the carrots, the potatoes, the celery and we cut them into little pieces.

We cut onion, cabbage and savoy in thin slices.

We made the sauted mixture with onion, celery and carrots.

We added the vegetables cooked in a broth of beans for an hour and half.

We added the thyme and the whole beans.

We crumbled bread in a baking dish and we poured the broth with the vegetables.

We boiled it and... enjoy your meal!



FARINATA (Cornmeal soup)

Ingredienti

- cornmeal
- cabbage
- beans
- onion
- garlic
- tomato
- salt and pepper
- extra virgin olive oil

Instructions

Saute garlic and onion in olive oil.

Add the cabbage, cut into little strips and let it braise, add the beans previously cooked, with all their cooking water, season with salt and pepper and cook.

Add the cornmeal slowly, stirring constantly so as not to form lumps.

Serve the Farinata hot, with olive oil and grated Parmesan cheese.



PANMOLLE (Wet bread)

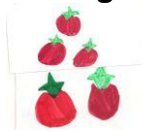
This cold bread salad is a typical summer recipe, very fresh and simple, which comes from the traditional Tuscan country cooking.



Ingredients



stale bread



tomatoes



cucumbers



onion



celery



basil



salt



olive oil



vinegar

Instructions



Wet the bread.



Squeeze and crumble it.



Cut the vegetables into small pieces and add them to the bread.



Drizzle with olive oil, salt and vinegar.



Stir well.



Enjoy!

PAPPARDELLE ALLA LEPRE O AL CINGHIALE (Pappardelle pasta with hare or wild boar sauce)

Pappardelle is a kind of handmade pasta, larger than Tagliatelle. You can buy them or make by yourself with 500 gr. of flour, 4 eggs, one tablespoon of olive oil and water. Mix all the ingredients, smooth the dough and cut in strips, wide about 4 cm.

Ingredients

- 400 g of pappardelle pasta
- 1/3 of one hare
or 500 g of minced wild boar
- 1/2 l of red wine
- 1 cup of broth
- 1 onion
- 1 leek
- 1 carrot
- celery
- 10 juniper berries
- 2 sprigs of rosemary
- parsley
- 2 cloves of garlic
- butter
- extra virgin olive oil
- parmesan cheese
- peppercorns
- salt and pepper

Instructions

Clean the hare, cut it into pieces and let marinate for 24 hours in wine with onions, juniper berries, rosemary, peppercorns and a clove of garlic (instead of the hare, you can let marinate the wild boar). Then, remove the meat and let drain. Chop leek, rosemary and remained garlic, carrot, celery and parsley and make them brown in a pan with the oil. Then add the pieces of hare (or the minced wild boar), let them cook over high heat for a few minutes, stirring with a wooden spoon and sprinkling with red wine, salt and pepper. Then turn the heat down, cover with a lid and cook for an hour, soaking with the broth. Take off the bones from the hare, reduce it into very small pieces and put it all on fire. Cook the pasta in salted water, drain it and pour into the pan where you cooked the sauce. Sauté for a couple of minutes, adding a knob of butter, stir and served with a sprinkling of grated Parmesan cheese.



BISTECCA ALLA FIORENTINA (Florentine steak)

Symbol of Florentine cuisine, known and appreciated throughout the world, outside of Florence called only "Fiorentina", our grilled steak mocks, with its simplicity, many experienced chefs who have been trying for years to give elaborate and disappointing recipes. So let's see what are the simple secrets of our specialty.

Ingredients

- sirloin or veal beef steak
- salt
- pepper



Instructions

To have a good Florentine steak, the meat must be of excellent quality (possibly Chianina breed) and it must have the bone (shaped like a T). In general, the authentic Fiorentina has a weight between 500g. and 800g and it should be about 5 – 6 cm thick. The beef should be about 18/20 months, and matured in his fourth at the right point (about 15/20 days).

Prepare the charcoal fire and heat the grill, make sure that, before the contact with the steaks, that coal is burning, but no flame. Then grill the meat without seasoning. When the steaks are cooked on one side, turn them, salt and pepper the roasted part and turn again a second time. Repeat the operation on the other side and cook until the steaks are well browned outside but still tender and rare inside. Finally, arrange in a warmed dish and serve. You can garnish with slices of lemon and accompany with fresh olive oil, if desired.



SALSICCE CON FAGIOLI ALL'UCCELLETTO **(Sausages with beans like little birds)**

This is a dish with many calories and suitable for cold winter evenings.

The name of this recipe ("beans like little birds") probably derives from the fact that among the ingredients there is the sage, indispensable in the typical cooking of birds.

Ingredients

- 300 grams of dried Cannellini beans
- 3 cloves of garlic
- 3/4 of glass of wine
- 4 sausages
- 200 g of peeled tomatoes
- 2 sprigs of sage
- extra virgin olive oil
- salt
- pepper



Instructions

Soak the beans for 12 hours in cold water and change it every 4 hours. Rinse the beans and boil them in plenty of water, without salt, with a sprig of sage and a little extra virgin olive oil. Initially bring to boil, then reduce heat and simmer. Season with salt 10 minutes before removing from heat, drain the beans, usually after about 1 hour and keep a cup of cooking water.

In a pan, fry the sausages with 1 clove of garlic, roughly chopped, and some sage leaves, turning them often and puncturing with a toothpick so that the fat can fall out. When the sausages are almost cooked, add the wine and cook until complete evaporation. Then remove from heat and place the sausages on a plate.

In another pan fry 2 cloves of garlic and 3 chopped sage leaves in 4 tablespoons of extra virgin olive oil, over low heat for a short time, stirring often and being careful not to burn garlic. When the sage begins to wilt and the garlic to brown slightly, add the sausages and the tomatoes peeled and cut into cubes and keep stirring.

Add a little cooking water of beans (1/4 of a cup) and then pour the cooked beans, season with salt and pepper, cover and cook for 15 minutes on low heat.

If necessary, season with salt again, remove from heat and serve.

CANTUCCINI ALLE MANDORLE (Almond biscuits)

Ingredients

- white flour, 500 g
- sugar, 400 g
- almonds, 250 g
- 3 eggs and 2 yolks
- a beaten egg
- one bag of baking powder

Instructions

Mix very well all the ingredients (except the beaten egg).
Make 4 sticks by the hands and put them into a baking tin covered with oven paper.
Brush the sticks with the beaten egg and dust them with some sugar.
Cook in the oven (temperature 160°) for about an hour.
Take off from the oven and cut the cookies in oblique slices.
The cookies can be preserved for several days in closed recipients.



SCHIACCIATA ALLA FIORENTINA (Florentine pie)

This cake is a typical Florentine recipe of the Carnival period. The recipe is so old that it is passed down not by the weight in grams but in spoonfuls of ingredients!

Ingredients

- 12 tablespoons of flour (about 200 gr)
- 8-10 tablespoons of sugar (about 150-160 gr)
- 8 tablespoons of milk (about 60 gr)
- 6 tablespoons of olive oil (about 30 gr)
- 2 eggs
- orange juice and peel
- 1 packet of vanilla baking yeast
- icing sugar
- sweetened cocoa



Instructions

Beat the egg yolks with sugar, add milk, oil, juice and grated peel of the orange. Beat the egg whites until stiff.

Add the flour and baking powder, mix gently and add the egg whites.

Lining the pan with parchment paper, pour the dough and bake for about 30 minutes at 180°. Let the cake cold, then dust with icing sugar.

You can also decorate with the Lily of Florence made with the sweetened cocoa and stuff the cake with whipped cream, cream or chocolate.



SCHIACCIATA CON L'UVA (Grape pie)

Ingredients

- 350 g of flour
- black grapes in abundance
- 3 tablespoons sugar
- 3 tablespoons of olive oil
- 1 packet of yeast
- half a glass of water



Instructions

Dissolve the yeast in half cup of water with 3 tablespoons of sugar and flour.

Let the dough rise in a bowl for about two hours, covered with a wet cloth.

Put the dough on an oiled baking pan and sprinkle the top with grapes, sugar and a bit of olive oil. Cook in hot oven for half an hour.



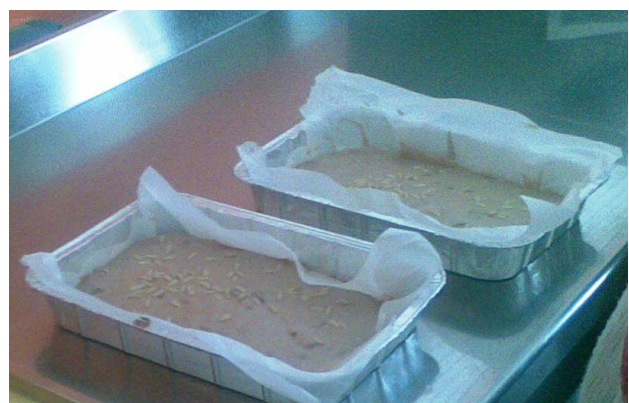
CASTAGNACCIO (Chestnut cake)

Ingredients

- 300g of chestnut flour
- a cup of water
- ½ cup of oil
- a sprig of rosemary
- a bit of pine nuts,
- walnuts and raisins
- a pinch of salt,
- one tablespoon of sugar

Instructions

Put the sifted chestnuts flour in a bowl, add water and the cold oil, where previously you fried the rosemary, and mix until the mixture will be smooth and without lumps; then incorporate the salt and the sugar. Finally add the pine nuts, the walnuts and the raisins soaked in water. Pour the mixture into a roasting pan and bake at 180 degrees for about half an hour.



CENCI (Rag-shaped fritters)

This is a typical cake of Shrove Thursday and of the Carnival time.

Ingredients

- 300 gr. flour
- 50 gr. sugar
- 2 eggs
- 30 gr. butter
- liqueur (Tuscan Saint Wine or brandy)
- grated peel of orange or lemon
- a pinch of salt
- icing sugar
- oil for frying



Instructions

Pour the flour on the table and break the eggs in the middle, add the sugar, the butter, the grated peel, the salt and the liqueur. Mix the ingredients, making a smooth and homogenous dough. Let the dough rest for about an hour. With the rolling pin, make a thin pastry and cut it first in strips, then in pieces. Fry the Cenci in plenty of hot oil. Drip them and let them dry on absorbent paper. Put the Cenci in a dish and sprinkle them with icing sugar. You can taste them hot or cold.

