



United In Diversity

**Saperi e sapori
in Campania**

**Culture and tastes in
Campania**

I.C. Adelaide Ristori, Napoli



Il patrimonio culinario della Campania

The culinary heritage of Campania

Il vastissimo patrimonio di prodotti, di sapori e di colori che caratterizza la tavola campana ne rappresenta anche la sua principale ricchezza. Questo patrimonio ci è stato lasciato dai nostri avi, dalla loro cultura, dalla loro abilità, dalla loro maestria nel riuscire a coniugare «saperi e sapori». Tocca a noi custodirlo e utilizzarlo.

The vast patrimony of products, flavours and colours that characterise the culinary heritage of Campania also represents its main wealth. This heritage has been transferred to us by our ancestors, their culture, their skill, their mastery in combining "knowledge and flavours". It is up to us to preserve and use it.

Le origini della cucina campana

The origins of Campania's cuisine



The origins of the Campania cuisine are very ancient and are based on the culinary traditions of the Greeks and Romans. In particular, the extraordinary discoveries of the cities of Pompeii and Herculaneum, buried by the eruption of 79 A.D., hand down to us dishes and condiments still in use in our cuisine today, such as *garum*, the famous fish sauce that today is called "colatura di alici" or *puls*, a kind of spelt polenta or broad beans with onions and cheese.





I nostri prodotti

Our foodstuffs

Il broccolo friariello



Secondo alcuni il nome friariello deriva dal castigliano "frio-grelos" (broccoletti invernali), mentre altri ritengono che derivi dal verbo napoletano frijere (friggere). Per friarielli si intendono anche, in vari dialetti basati sulla lingua napoletana, in particolare in Campania, i peperoni nani verdi dolci, detti puparulille friarielli (conosciuti anche come "friggitelli" nel Lazio), i quali vengono anch'essi consumati fritti.

According to some people the name friariello derives from the Castilian word "frio-grelos" (winter broccoletti), while others believe that it derives from the Neapolitan verb frijere (fry). By friarielli is also meant, in various dialects based on the Neapolitan language, particularly in Campania, sweet green dwarf peppers, called puparulille friarielli (also known as "friggitelli" in Lazio), which are also eaten fried.

Il pomodoro San Marzano

Il primo seme di pomodoro San Marzano arrivò in Campania nel 1770, come dono del viceré del Perù al re di Napoli. Fu piantato nell'area corrispondente all'attuale comune di San Marzano sul Sarno, dove attecchì bene grazie alla fertilità del suolo vulcanico. Negli Stati Uniti d'America, il San Marzano è considerato la base genetica per un altro tipo di coltura, il pomodoro varietà Roma (a sua volta considerato un ibrido). Il processo di trasformazione industriale del pomodoro San Marzano è incominciato intorno al 1926.



The first San Marzano tomato seed arrived in Campania in 1770, as a gift from the Viceroy of Peru to the King of Naples. It was planted in the area corresponding to the current city of San Marzano sul Sarno, where it took root thanks to the fertility of the volcanic soil. In the United States of America, San Marzano is considered the genetic basis for another type of crop, the Roma tomato variety (in turn considered a hybrid). The industrial transformation process of the San Marzano tomato began around 1926.

La castagna di Montella

Castagnaccio Napoletano

It is a sweet made of fresh chestnuts and cocoa enclosed in a delicious short pastry shell. There are many versions of this Campania sweet with: chestnut flour, dark chocolate, lard with or without short pastry.



The evidence of the presence of the chestnut tree in the area of cultivation of "Castagna di Montella" are very ancient. According to some, in fact, in this area the cultivation of the chestnut, originally from Asia Minor, dates back to a period between the sixth and fifth century b.C. The Longobards (571 a.D.), later, would have issued the first law, that we must remember, for the protection of this cultivation, already considered at that time a precious resource. Nutritional values: the chestnut has many dietetic and nutritional substances, which are quickly assimilated by the body. The mineral salts, such as phosphorus and magnesium, satisfy the oligomineral needs of the human body. Another element present in considerable quantities is potassium, ideal for the good functioning of cardiovascular and neuromuscular systems.

La mozzarella

Mozzarella di Bufala is a typical dairy product of Campania. The most important areas for the production of mozzarella are the provinces of Caserta and Salerno. It is believed that the origin of this product dates back to the Middle Ages.

According to some sources it was the Saracens who transported the buffaloes first in Sicily and then in the marshy plain of Garigliano, when they settled there with a real Ribat from which they left to plunder cities and monasteries in half of Italy, from Spoleto to Puglia. This product also contains excellent nutritional qualities: Average values per 100 g of product-Energy value: 246.4 Kcal-Proteins: 16.2 g-Carbohydrates: 0.4 g-Fats: 20 g-Phosphorus: 320 mg-Calcium: 245mg

Buffalo mozzarella is a representative dish of the region and is therefore used in countless recipes.



Ingredients:

- 300 grams of lasagna sheets
- 400 grams of mozzarella cheese
- 3 eggs
- 400 grams of Roman ricotta cheese
- 100 grams of pecorino cheese

La lasagna

Method

You start preparing the sauce by cutting the three types of meat into pieces. In a saucepan with oil, sauté the chopped onion, celery and carrot together with the diced bacon. Then add the meat and cook for a few minutes. At this point, add the wine and let it evaporate, turning the meat from time to time. Add the tomato puree and mix. From the moment the sauce starts to boil, lower the heat to a minimum and cook slowly for 4 hours. When ready, lift the larger pieces of meat and keep them aside. Meanwhile, prepare the meatballs by placing the minced meat, egg, chopped bread, Parmesan cheese and salt in a bowl. Mix well and shape many small meatballs with your hands. Fry the meatballs in boiling oil, turning them over. Put the ricotta in a bowl and add a part of the sauce to be able to wash it with a fork. Cook the lasagna sheets in boiling salted water for a few minutes, adding a few drops of oil. As they are cooked, lift them and put them to dry on a clean cloth. Meanwhile, boil the eggs for 10 minutes in a pot with water. Then peel and cut them into slices. Prepare the lasagna by sprinkling the pan with a ladle of meat sauce. Then lay the first layer of sfogio (if necessary cut a few) and cover it with ricotta. Then add the mozzarella in chunks and then the eggs. Repeat the steps also putting the meatballs and sprinkle with pecorino and bake in a preheated oven at 200 degrees (about 30 minutes). Your Neapolitan lasagna is ready to be brought to the table.



The Neapolitan lasagna is a rich and tasty first course based on fresh egg pasta, sauce with meat sauce, meatballs, ricotta and provola (two different kinds of local cheese), and that never fails at Carnival.

History

The first form of lasagna appears in ancient Rome under the name of Laganon. It was only around the fourteenth century that lasagna arrived in Bologna, where it underwent a series of influences that led it to become more similar to how we know it today. A little later the lasagna ended up in Naples and was completed with tomato sauce, thus becoming the symbolic dish of Italy that we all know.

What is the difference between Neapolitan Lasagna and greek Pastitsio?

The difference between lasagna and pastitsio is that lasagna is made of pasta sheets, while pastitso is made of macaroni.

Also some ingredients are different. Finally, another difference between these foods is that the pastitsio is Greek and the lasagna is Italian.



Greek pastitsio



Pasta alla Genovese

History

According to some, it took its name from the origin of the chef who first prepared this succulent sauce. In fact, it is said that during the Aragonese period in the port of Naples there were numerous trattorias run by Genoese who served this dish with great success especially among fishermen accustomed to eating almost exclusively fish and who showed to appreciate a meat-based dish.

Another tradition recalls that the name comes from the Neapolitan chef, Antonio Genovese, inventor of this sauce.

Method

Chop celery, carrots and half an onion into pieces and add them to the oil, brown for a few minutes. Add the meat, let it cook for a while and deglaze with the white wine. Finely chop the onions and add to the meat together with the tomato and water. Leave to cook as long as possible, at least 2 hours over very low heat and stir occasionally. Finish cooking when the meat has a soft consistency, to the point of fraying. At this point, set the meat aside and cook the pasta in plenty of salted water. When ready, drain and add to the meat, stir in, add the Parmesan and pecorino and serve.



Ingredients:

Ziti; 6 onions; 1 celery; 2 carrots; 500g beef; 1 cherry tomato; extra virgin olive oil to taste; Laurel q.s.; grated Parmesan 30 gr.; Pecorino 20 gr; white wine 1 glas

La parmigiana di melanzane



Ingredients:

- eggplant
- pinch of salt
- basil leaf
- tomato puree
- measuring cup of oil

History

From a purely historical point of view, however, the most accredited hypothesis is that the eggplant parmigiana has Sicilian origins; this thesis is based on the fact that aubergines were introduced in Italy in the fifteenth century by the Arabs, who imported them from India. The term parmigiana derives from the particular arrangement of the fried aubergines partially superimposed on each other, which makes them look like the strips of a shutter, "parmigiana", precisely. But there is no lack of those who attribute Campania origins to this recipe: the first written testimony on this dish is contained, in fact, in "The gallant cook", a book written in the eighteenth century by Vincenzo Corrado, an Apulian cook at the service of numerous aristocratic families.

Method

Wash the aubergines, trim and slice them lengthwise: they should be about 4-5 mm thick. Place in layers in a colander, add a handful of coarse salt to each layer, place a pot full of water on top and leave for about an hour: in this way the aubergines will lose the vegetation water. After the necessary time, rinse the aubergines, squeeze and dry them well with a clean cloth. Beat the eggs in a bowl with a pinch of salt and pepper, flour the aubergines, dip in the egg and fry them in hot oil until golden brown. Lift with a skimmer and place them in a dish lined with kitchen paper. At this point prepare the sauce and then assemble the Parmesan cheese: sprinkle the bottom of an oven dish with the tomato sauce, then place a first layer of aubergine in the oven dish, cover with diced mozzarella, grated Parmesan cheese and tomato sauce. Continue in this order until the ingredients are exhausted, sprinkling the last layer with a generous handful of grated Parmesan cheese.



Parmigiana and greek moussaka

Parmigiana probably has Middle Eastern origins and finds its Greek variant in moussaka. The etymology "moussaka" betrays Turkish origins and can be traced back to the Ottoman domination of Turkey. As proof of this thesis, it should also be pointed out that similar dishes are widespread in Bulgaria, another land that suffered for a long time from the domination of Byzantium. Traces of dishes with aubergines (but cold) are present in Egyptian cuisine and in the countries overlooking the Mediterranean. And it is no coincidence that one of the interpretations of the name refers to the Arabic name of this cold dish. We must not forget the influence of Jewish cuisine on the recipe, which is present in this culinary tradition, but with an important distinction. In the Jewish moussaka béchamel (and any trace of dairy products) is eliminated in compliance with the *kasherut* which prohibits the mixing of meat and milk. However, this last element is clearly a false history: béchamel was born in France in the 17th century and arrived on moussaka only as a tribute to this culinary tradition in a much later period. Parmigiana cake as a multi-layered preparation with vegetables and cacio cheese already existed in the Middle Ages and in the eighteenth century the Parmigiana of the chef Vincenzo Corrado was made with pumpkins and aubergine only entered the list of vegetables at the end of the nineteenth century, with the chef Pellegrino Artusi providing his recipe with aubergines). In short, a few centuries (if not millennia) later than the first Middle Eastern moussaka.



Greek moussaka

Il casatiello



History

The casatiello is a salty cake, typical of the Easter period.

The diffusion of casatiello seems to be attested at least since the seventeenth century but perhaps it is even older because the name derives from the Latin “casus” which means cheese.

An indirect confirmation is the Cinderella Cat by Giambattista Basile, a Neapolitan writer, who describes the festivities given to the king to find the girl who had lost her shoe: “and, come the hated day, oh my goodness: what a “mezzecatorio” and what a fiddle! Where did so many shepherdesses and housewives come from?”

Method

The preparation of casatiello dough is the same as of pizza. We put flour, water, salt, sugar, little pepper; put a cloth on the dough and let it grow more or less an hour, it will have to become double, once grown it spreads and fills with all the cold cuts, after you roll it on itself, you do it in the shape of a donut and put it in the special mold. Let it rest a second time, then, if you want to add boiled eggs on top, put it in the oven for 40 minutes at 170 degrees and it's ready.



Ingredients:
flour 00 500g
water 300g
salt 15g
sugar 1 teaspoon
pepper

Inside:
salami
provolone
Roman cheese
eggs
pepper

Il danubio

The danubio is a rustic from the Neapolitan tradition made up of brioche balls stuffed with meats and cheeses. It can also be filled with nutella in the sweet version. The Danubio would have made its appearance in Naples a long time ago, during the reign of the Bourbons. In 1768 King Ferdinand IV married Maria Carolina of Habsburg-Lorraine, who brought with him a group of Viennese cooks that invented the Buchteln, a sweet pie made of many balls, so then the Neapolitan and the Viennese tradition has mixed together creating the danubio.



Ingredients:

Flour - 500g

Milk- 230ml

Breuer's yeast -7g

Salt ½ spoon

Sugar - 30g

Cooked ham

An egg

Salami

Oil - 5 spoons

Cheese



Viener Buchteln

Method

- **1. Start by heating the milk in a small pot (you just need to warm it). Then add the yeast and let it dissolve in the milk. Add a part of the sugar.**
- **2. Put the flour, the remaining sugar, salt, egg and mix into a large bowl. Start kneading and then add the oil as well. Continue to mix up your dough and then put it in a bowl in the oven with the light on and cover it with a wet tear. Let it rise for about 2 hours and in the meantime you can dedicate yourself to cutting cold cuts.**
- **3. After the rising time, take your dough and start forming balls of about 25 gr. Fill them with the filling you have chosen and place them in a round pan. When you have covered the entire pan, brush each ball with egg yolk and with milk, and if you want. Let the balls rise for another hour and a half and then in a preheated oven at 180C ° for about 30 minutes.**

Gli Struffoli

History

The origin of these fried balls, sprinkled with honey and garnished with candied fruit, would be Greek, as evidenced by the preparation "loukoumades". Also the name struffoli comes from the Greek "strongoulos" or "stroggulos" (of roundish shape). They spread in modern times thanks to the Neapolitan convents, where the nuns prepared them to offer them as a Christmas gift to noble families who had distinguished themselves for acts of charity. In the treatise on cooking of the end of the XVII sec. of Antonio Latini is cited as "strufoli" the modern Neapolitan recipe.



Greek loukoumades



Method

To make the struffoli, melt the butter and let it cool, in the meantime pour the flour, sugar, eggs, a pinch of salt, melted butter, grated orange juice and the annice liqueur into a bowl.

Then you have to knead by hand to create a compact and homogeneous dough, and you have to let it rest for at least 30 minutes.

After the resting time has elapsed, drain in a pot with the seed oil and dip the struffoli inside.

Once done you have to let it cool, and you have to melt the honey, when the honey is melted you have to pour the struffoli inside and mix everything and finally you have to add the decorations: colored sugars, candied oranges and cherries and colored sugared almonds.

Then you have to wait for the honey to solidify, once the honey has solidified you can give your plate of struffoli that you prefer.



La pastiera

The Neapolitan pastiera is a typical dessert of the Easter period.

In particular, the legend is probably linked to the cult of Ceres whose priestesses carried the egg in procession, a symbol of rebirth that passed into the Christian tradition. There is also another legend that tells of some fishermen who, due to the sudden bad weather, had remained at the mercy of the waves for a day and a night, once they managed to return to land, to those who asked them how they could resist in sea so long, they replied that they had been able to eat yesterday's pasta, made with ricotta, eggs, wheat and herbs. For this reason the pastiera began to be a symbol of rebirth, as well as for the ingredients, because it had given a second life to these four fishermen.



Method (pastry)

Put the flour on a work surface and make a hole in the center, add all the other ingredients and knead quickly and gently, form a loaf and wrap it in cling film and let it rest for a couple of hours in the fridge.

(wheat)

Put the precooked wheat in a saucepan over low heat and add the milk and the whole lemon peel and mix until creamy. When finished, turn off the heat and remove the lemon peel.

(cream)

In a bowl, mix ricotta and sugar with a whisk, add the eggs and egg yolks, the orange blossom, grated lemon zest, a piece of butter and mix until it becomes creamy. Add the cooled wheat and finally a pinch of cinnamon.

(pastry)

Roll out the shortcrust pastry with a rolling pin and bring it to a baking tray making it adhere to it. Pour the cream inside and make strips with the remaining dough and place them diagonally on the mixture, put it in the oven and take it out of the oven after 80 min.



Ingredients: (pastry)

- Flour 300 g
- Sugar 100g
- Lard 100g
- 1 yolk + 1 egg
- Orange peel + salt

(wheat)

- 1 can of precooked wheat
- ½ l of milk
- Lemon peel

(cream)

- ½ kg of ricotta
- 300g of sugar
- 4 whole eggs and 3 yolks
- 1 vial of orange blossom
- Grated lemon zest
- Small piece of butter
- A pinch of cinnamon

La pizza Margherita

History

The pizza Margherita is the typical Neapolitan pizza, which was invented in 1889 in honor the queen of Italy, Margherita di Savoia. The chef Raffaele Esposito of the Brandi pizzeria invented a dish that he called Pizza Margherita where the toppings are: tomato, mozzarella and basil, which even represent the same colors as the Italian flag.



Ingredients:

dough:

1. Manitoba flour 200g
2. 00 flour 300g
3. water 300ml
4. extra virgin olive oil 35g
5. fine salt 10g
6. fresh brewer's yeast 5g

seasoning ingredients:

1. tomato pulp 500g
2. mozzarella cheese 400g
3. oregano 1 tbsp
4. salt up to 1 tbsp
5. basil
6. extra virgin olive oil

Method

To prepare the Margherita pizza, first start making the basic dough. Pour the water at room temperature into a jug, add the yeast and mix with a spoon so that it dissolves completely. Then in a separate bowl combine the two flours and add about half of the water flush, kneading gradually with your hands. Also add the salt and the rest of the water. Continue to work the mixture with your hands until you get a uniform result. At this point add the oil, always a little at a time, continuing to knead in order to favor its absorption. Then transfer the dough onto a surface and knead vigorously for a few minutes. Until it is smooth and elastic. Once obtained, transfer the dough to a bowl, cover with cling film and let it rise in a warm place for like 2 hours. When it has risen well, sprinkle the top with a little flour and transfer the dough by dividing it in half. Heat the oven to 250°. Then with frayed hands the mozzarella, pour the tomato pulp into another bowl and season with salt, oil, oregano and mix everything. Sprinkle the work surface and place one of the two blocks on it. With your hands squeeze it lightly, then roll it out with a twisting motion. Lightly grease a baking sheet and place the dough inside. Sprinkle with half the tomato and add the mozzarella and bake in the oven for about 15 minutes. Finally, take your pizza out of the oven and garnish with basil leaves.



Come fare la pizza napoletana a casa: ce lo insegna la mamma di Cristel



**How to make Neapolitan pizza at home:
Cristel's mother teaches us how to make it**



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