

TASTE AND QUALITY OF THE MEDITERRANEAN CUISINE OF APULIA



FIFTH GRADE STUDENTS
V A-B

FAVA BEANS AND CHICORY



To increase the softness and the creaminess of the puree some Apulian families cook a potato cut into slices with the beans.

The beans and wild chicory are a timeless dish, which the Apulian housewives still prepare today and that is handed down from generation to generation, to keep alive the flavors of the past.

It is often said that the simplest dishes are the best ...

Two poor ingredients: the dried broad beans and the chicory with a bitter taste, which together give life to a rustic and tasty dish, typical of the Apulian cuisine.

The wild chicory has a strong flavor, which goes well with the sweetness of the beans, and requires to be harvested by hand in the countryside areas; in Puglia it is very common that you go to the fields to collect chicory but if you can't find them in your area, you can always use cultivated chicory. The taste will be less intense but you can't really miss this dish.

INGREDIENTS FOR 2 PEOPLE

- 1KG OF CICORIES, EURO 1.50 PER KG
- 300 GR. OF FAVA BEANS, EURO 2.50 PER KG.
- 1 POTATO
- SALT AND PEPPER Q.S.
- EXTRA VIRGIN OLIVE OIL, 6 EURO PER LITRE



PREPARATION

First you have to rehydrate the beans by putting them in a bowl with plenty of cold water, for about 12 hours (you can put them in the evening and then cook them the next day.)

The day after drain the beans, rinse them under running water.

Place them in a heavy-bottomed saucepan (It's ideal a terracotta pan)

Add the potato, peeled and cut into cubes and cover with cold water. Add salt and continue cooking for about two hours on a gentle heat and without stirring.

When cooked, vigorously beat the mixture with a wooden spoon, adding two tablespoons of olive oil, so as to turn broad beans and potatoes into a thick puree that must however re





Clean the chicory, wash it several times under running water and boil it in plenty of boiling salted water. Drain it and keep it warm.



Sbollentate le cicorie velocemente nell'acqua bollente salata per qualche minuto,

Serve the hot puree in individual dishes with the vegetables next to it
season the chicory with a little extra virgin olive oil and pepper and serve immediately.



Enjoy your meal!

ORECCHIETTE AND TURNIPS



Orecchiette also called "recchitelle" or "strascinati", are one of the most representative dishes of Puglia. They have a rounded and concave shape with the rough surface very reminiscent of the shape of an ear.

INGREDIENTS:

- Turnips Kg.1 (€ 1.50)
- Orecchiette g.300
(€0,89 per KG)
- Oil q.s.
- Garlic 2 cloves (€ 0,20)
- Anchovies 2 (€ 0,30)



Preparation:

Boil some salted water in a large pot, in the meantime clean and wash the turnips.



When it boils, put the turnips and cook for 5 min. Add the orecchiette and cook for other 5 min.



Meanwhile, in a saucepan pour the oil and fry it with the garlic and anchovies.



When cooked, drain pasta and mix gently with the sauce.



Enjoy your meal!

RICE POTATOES AND MUSSELS



Rice, potatoes and mussels is a fanciful variation of the famous dish of Bari: the tiella. This recipe does not include the addition of tomatoes, but is equally tasty.

The version we are proposing here is not laborious and slow cooking, thanks to the presence of the liquid of the mussels, makes this dish deliciously aromatic as it also happens for another tasty recipe: fried mussels. Rice, potatoes and mussels is a dish suitable for the summer months, convenient to prepare the day before, it can also be served as a main dish.



Ingredients:

2 cloves of garlic (€ 0,20)

**250 g white onion
(€1.70)**

1 kg potatoes (€1.50)

**40 g. grated pecorino
romano cheese (€0.30)**

2, 5 kg mussels (€ 7)

200 g. rice (€ 0.50)

Salt q.s.

**Extra virgin olive oil (€
10.70 per litre)**

Parsley (€ 0.88)

**400
1.20**



Preparation



Bring the mollusk from the upper valve to the lower one and remove the empty valve. Strain the spilled liquid with a fine mesh strainer and set aside.

Start cleaning the mussels: remove the byssus from each mussel and remove any impurities on the shell with the help of a steel wool. With a small knife open them, starting from the tip and making a turn following the edge of the mussel shell, making sure to collect the liquid that comes out in a container



Peel the potatoes and cut them into wedges. Take a 23 cm square baking dish and cover the bottom with extra virgin olive oil, lay the potatoes, add salt and pepper and add a sprinkling of parsley.

Now prepare the breading: finely chop the garlic and add the breadcrumbs, then chop the parsley and add half of it to the breadcrumbs. Stir and add the extra virgin olive oil.



Continue with a layer of mussels, sprinkle with Parmesan and continue adding the uncooked rice. Now add the liquid from the mussels that you have kept aside, taking care to pour it gently over the whole pan.

Continue with another layer of potatoes, mussels and rice, add a sprinkling of parsley, salt and pepper and complete the layer with breadcrumbs. Gently add the water, on one side of the pan, until you reach just below the breading.



Complete with a drizzle of oil and bake the rice, potatoes and mussels in the lower part of the oven at 180 degrees for 60 minutes in a static oven. The surface should be well browned and your rice, potatoes and mussels will be ready to be enjoyed