



SAMPLE RECIPES

A delicious Italian feast

12 months of culinary celebration in Italy



BY LETIZIA MATTIACCI

Alla Madonna del Piatto Cooking School, Assisi-Italy

A DELICIOUS ITALIAN FEAST



PANZANELLA SALAD

Ingredients

For the salad:

- 2 tablespoons extra virgin olive oil, best quality
- 1/2 teaspoon salt
- 1 medium cucumber, peeled, halved and chopped and/or 3 sticks of celery, sliced
- 1-2 spring onions, diced small and held in a bowl of cool water
- 1/2 kg (1 lb) ripe juicy tomatoes, diced or sliced
- a twist or two of black pepper

For the finishing:

- 1 slice per person from a loaf or boule of rustic, low salt artisan type bread
- 1 clove garlic, peeled
- 1 and 1/2 tablespoons vinegar of your choice
- 1 handful basil leaves
- 1 tablespoon extra virgin olive oil
- freshly ground black pepper

Directions

Panzanella is a classic bread salad from central Italy. My Umbrian grandmother soaked stale bread in white vinegar and water until it was really soft, a method still quite used in Umbria. I prefer bread with some crunch so I skip this step.

Drain the diced onions from the water and add to the diced tomato. Sprinkle with salt and pepper and marinate for 30 min.

Toast the bread slices until golden and crispy. Bread loaves vary in size so adjust the amount of bread as necessary. You should have about 1 part bread in the salad with 3 parts being the rest of the ingredients. Toast and when still hot, rub with the garlic clove and dice or tear into 2 cm (about 1/2 inch) pieces.

Just before serving, combine the tomato with celery and/or cucumber in a large serving plate. Scatter the bread and basil over the salad and drizzle with olive oil and vinegar. Serves 4 as a side dish or as an appetizer .

A DELICIOUS ITALIAN FEAST



LENTIL SALAD

Ingredients

- 350 g (2 cups) cooked lentils
- 1 mozzarella or burrata or 4 tablespoon ricotta
- 4 plum tomatoes
- a bunch of tender Romaine lettuce or other salad leaves
- 1 garlic clove
- 1/2 teaspoon fennel seeds
- extra virgin olive oil, best quality

Directions

Slice or shred salad leaves, toss with olive oil and salt, then make a crown of salad in a serving dish leaving enough space for the lentils in the middle of the crown.

Dice or slice mozzarella or burrata.

Quarter tomatoes and transfer into a bowl. Salt and drizzle with 1-2 teaspoon olive oil. Marinate for at least 20 min. This will bring out the flavor of the tomatoes and make them taste sweeter.

Sauté garlic and fennel seeds in 1/2 tablespoon olive oil until fragrant. Drain lentils from their cooking liquid and toss in the garlic oil. Season with salt and pepper.

Add tomatoes with their juices and toss lightly.

Transfer lentils and tomatoes inside the lettuce crown. Top with mozzarella or burrata or ricotta. Drizzle with olive oil and serve.



Letizia Mattiacci is a cookbook author and owner of Alla Madonna del Piatto Agriturismo and Cooking School which is located near Assisi, in Umbria, Central Italy.

Letizia is culinary professional and has been teaching about home food, rural traditions, food quality and sustainability for over 17 years. She is a passionate home cook and has chosen to leave her academic career in biology to share her knowledge and enthusiasm about all aspects of Umbria's rural culture, food and ways of life. Her cooking classes and her first cookbook entitled "A Kitchen with a View" have deserved press mentions on the Seattle Times, The New York Times, National Geographic, Food and Wine magazine and she has also appeared on BBC television in her role of local gastronome.

Because of her expertise, she has been invited to talk about the Umbrian rural culture and cuisine at UC Berkeley Department of Anthropology, at Dante Alighieri Society in Boston, at NOIAW in Providence RI, at AIS Philadelphia and a number of Italophile Societies all over the United States including the Seattle-Perugia Sister City Association.

Letizia runs the agriturismo with her husband Ruurd, also a biologist, her daughter Tea who loves arts and Asian languages, dog Google and tuxedo cat Betty. The family spends considerable time traveling around Umbria to discover people with interesting stories, artisans of food, wine and crafts, special places to visit. Letizia is presently also working on her second cookbook entitled "A Delicious Italian feast".

Alla Madonna del Piatto offer vacation which are crafted based on Letizia's wanderings and are designed to blend a variety of experiences of local life such as cooking classes, private visits to farms and workshops, spectacular sightseeing, tastings of regional specialties and of course, fabulous meals.

We have no income this year because of COVID, please support our family by buying A Kitchen with a View on Amazon or contributing to A Delicious Italian feast crowdfunding.

THANK YOU WITH ALL MY HEART!!!!

