

SOUTHERN ITALIAN PASTRIES



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PREVIEW

I wanted to share with you this little preview of my newest book, *Southern Italian Pastries*. I gathered 5 recipes in this FILE to present to all of you this book I am proud of.

I want to quickly tell you how this book was born.

Years ago, after my first book, *My Calabria is served*, I started collecting old sweet recipes. It took a long time and a lot of effort.

These recipes you'll find in the book are extremely traditional, part of a rustic and authentic cuisine that it's becoming always more difficult to keep alive and share.

That's why my main mission is to find all the old recipes that are part of our history.

A discovery, page after page, of what it was in the past with our families and all the memories we keep in our hearts and live once again through these recipes.

I tried to include the whole Calabria, from North to South and you can imagine how hard it was, since I have been living in Vienna, Austria for more than 3 years now.

In the book you'll find 57 Calabrian recipes perfect for every period of the year and also, I used the Us cooking measurements to make the reading and the preparations easier for my American friends.

I hope you'll like it. There's all my heart in it. And now, here a little taste of it!

BRIOCHE CON IL TUPPO

INGREDIENTS:

- 4 cups of sifted all-purpose flour
- 3/4 cups of warm milk
- 1 cube of brewer's yeast
- 1/3 cup (2/3 stick) of room temperature butter
- 1/3 cup of sugar
- 2 whole eggs
- 1 vanilla pod
- 1 pinch of salt
- organic lemon peel

PREPARATION:

Heat the milk in a saucepan; it shouldn't be hot, just warm. Crumble and throw in the cube of brewer's yeast, let it melt and set aside.

Use a mixer for this recipe. Add the flour and sugar to the bowl and start the dough hook. Then add the milk with the yeast, whole eggs, vanilla and a pinch of salt.

When the dough is almost perfectly strung, add the butter, a spoonful at a time. When you have a smooth and homogeneous mixture that doesn't stick to the walls of the bowl, the dough is ready. Let it rise for about an hour and a half.

After letting the dough rise, form small balls of around 2.11/2.4oz and others a little smaller, maximum 0.7oz. Form briochse and at the center add the smaller ball that will become the famous *tuppu* (bun). Let it rise for another 30 minutes.

Coat the surface with a beaten egg mixed with a bit of milk and bake the brioches in a preheated oven at 350° F (180° C) for some 30 minutes. A trick to have a very shiny surface is to brush the surface of the hot brioches with hot water.

CROSTATA ALLA CREMA DI BERGAMOTTO (BERGAMOT CREAM PIE)

INGREDIENTS FOR THE DOUGH:

- 2 whole eggs
- 3/4 cups of sugar
- 2/3 cups (1 1/4 stick) of butter
- 2 1/2 cups of all-purpose flour
- 0.7oz of bergamot juice and its peel
- 1 tbsp of baking powder

INGREDIENTS FOR THE CREAM:

- Juice of a bergamot
- 2 cups of whole milk
- 1/2 cup of sugar
- 2 whole eggs
- 1/2 cup of all-purpose flour

PREPARATION:

Prepare the pastry in the classic way by adding all the ingredients on a pastry board and forming a smooth and homogeneous dough.

Let it rest for about 30 minutes and then turn to the cream.

Heat the milk with the organic bergamot peel. In a bowl, beat the eggs together with the bergamot juice, sugar, and flour.

Pour the warm milk and cook until creamy.

Roll out the pastry inside a baking dish and pour the cream over it. Decorate the pastry and bake for about 30 minutes at 350° F (180° C).

Let it cool before serving.

PITTA MPIGLIATA

Ingredients for the filling:

- 1 1/3 cups of walnuts
- 1 1/3 cups of raisins
- 1/3 cup of pine nuts
- 1/3 cup of almonds
- 8.8 oz of honey
- 1 tsp of cinnamon
- 1 tsp of cloves
- zest of a mandarin
- 3.4 oz of sweet wine, or rum as an alternative

INGREDIENTS for the pastry:

- 4 cups of all-purpose flour
- 2 eggs
- 6.7 oz of olive oil
- 6.7 of sweet wine
- 2 tbsp of sugar
- 1 packet of yeast
- orange peel

PREPARATION:

To prepare Pitta Mpiagliata it is necessary to make the filling one or two days before. Chop all the dried fruit with a knife, add the raisins to a bit of hot water and squeeze, then add to the dried fruit.

Add the cinnamon, cloves, mandarin zest, liqueur, and honey previously melted in a bain-marie, and mix everything: let rest for around 2 days.

For the dough, start by sieving the baking powder into the flour, and then knead all the other ingredients until you get a smooth dough.

Take a portion to make the floor of the pastry. The dough should be as large as the bottom of the pan. Line the bottom of the pan with parchment paper and then brush the sheet of dough with a little honey and oil.

To make the roses, divide the remaining dough into 7 parts. Roll out strips of more or less 12" long and 7" wide and add the filling into the center.

Close the strips in half and wrap them around themselves: a beautiful little rose will come out. Place it in the center of the disk and continue with the rest of the stuffing and dough.

When the roses are ready, put the pita in the oven for about 40 minutes at 350° F (180° C).

When cooked, brush with a mixture of honey and sweet wine. This must be done as soon as the pitta is removed from the oven. It is advisable to eat pitta one day after cooking.

Check it out my video on my youtube channel!



CICERCHIATA

INGREDIENTS:

- 3 cups of all-purpose flour
- 1/4 cup of sugar
- 1/4 cups (1/2 stick) of butter
- peel of half an orange
- 3 medium eggs
- 1 yolk
- 1 pinch of salt
- 1 tbsp of anise liqueur
- 12.3 oz of wildflower honey
- 2 tbsp of candied orange
- 2 tbsp of candied citron
- colored sprinkles
- peanut oil for frying

PREPARATION:

Combine the flour, sugar, room temperature butter, orange peel, 3 whole eggs, one yolk, and the liqueur and knead everything for about ten minutes until you get a smooth and compact dough.

Let the dough rest, covered with a cloth for 30 minutes, preferably in a cool place. After resting, make thin and long loaves of dough and cut them with a knife into small pieces, like gnocchi.

Fry the dumplings in plenty of peanut oil and pat dry the excess oil.

In another pot, melt the honey and pour it over the *cicerchiata*. Add the candied fruit and stir. Finish decorating with colored sprinkles and candied fruit.

CUCCIA DI SANTA LUCIA

INGREDIENTS:

- 1 lbs of wheat
- 7 oz of vincotto
- raisins to taste
- 3.5 oz of fig honey or bee honey
- walnuts, almonds and pine nuts
- bitter cocoa

PREPARATION:

Clean and wash the wheat and soak in cold water for 24 hours. After 24 hours, cook in plenty of water. Then let it cool in its own cooking liquid.

Once cooled, drain the wheat and add the honey, vincotto, and dried fruit. Add the bitter cocoa as the last ingredient and mix.

HERE IS WHAT YOU'LL FIND IN THE BOOK

SWEETS

Bocconotti con marmellata d'uva (Pastry with grape jam)

Brioche con il Tuppo 14

Crostata con la mostarda (Spicy Candied Fruit Pie)

Crocette di fichi secchi (Dried Fig Crosses)

Crostata alla crema di bergamotto (Bergamot Cream Pie)

Crostata con ricotta di pecora (Sheep Ricotta Pie)

Crostata alla crema di limoni (Lemon cream Pie)

Chinulille alla ricotta

Glassa bianca naspro ('naspru) (White glaze Icing)

Fichi secchi al cioccolato (Dried figs with chocolate)

Frittatine di farina con miele di fichi (Majatiche))

Jaluni

Mostaccioli

Mostarda d'uva

(Grape Jam)

Pastette

Scirubetta

Stomatico

Susumelle

Sanguinaccio

Taralli all'anice

Varchiglie alla monacale

Vincotto

Eggs alla monacella (Nun's eggs)

WEDDING SWEETS

Dolcetti della Sposa (Bride Sweets)

Dolci degli Sposi (spouses sweets)

Rafioli

CARNIVAL

Anime Beate (Blessed Souls)

Cicerchiata

Guanti

EASTER

Cuculi

Cuzzupe

Cudduraci

Giannette

Fraguni

Nepitelle

Sgute

Riganella

NOVEMBER 2

Dita di Apostolo di Bagnara (Fingers of the Apostle of Bagnara)

Ossa dei morti (Bones of The Dead)

Morticeddi o Frutta Martorana

CHRISTMAS

Crispelle - Nacatole

Cuccia di Santa Lucia

Gagane

Giurgiulena – Cumpittu

Pitta mpigliata

Pratali

Pignolata

Sammartine

Scalille (stairs)

Turdilli alla cosentina – Cannariculi

Zeppole con vincotto

MARMALADES & CO

Marmellata di arance (Orange Marmalade)

Marmellata di clementine (Clementine Marmalade)

Marmellata di clementine con scorzette

Marmellata di fichi (Fig Marmalade)

Marmellata di bergamotto (Bergamot Marmalade)

Mostarda (Spice jam)

Miele di fichi (Fig honey)

Oil, Butter and Lard Conversion and Smoke Points

If you'll decide to buy my book, please let me know what you think and leave a review on Amazon. It would mean the world to me.

It was really a hard work. But I'm so happy now and proud to share it with you!

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CANADA



USA



THANK
YOU!