

Pastina with pumpkin soup, brown beans and peas (winter)

INGREDIENTS 10 servings

PASTA (Ditalini)	600 g
PUMPKIN or SQUASH	1000 g
BEANS, brown	300 g
PEAS	400 g
CELERY	200 g
BROTH, prepared with vegetables	3500 ml
SALT	5 g
VEGETABLE OIL, sunflower seed	100 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	424
Total Protein (g)	14
Total Fat (g)	12
Saturated Fat (g)	2
Total Carbohydrate (g)	65
Sugars (g)	7
Fibre (g)	8

METHOD

Cut the pumpkin into pieces and boil together with celery in the broth until soft.
Blend them to obtain a smooth yellow base. Then put again in the broth.
Add a little of salt, the canned beans and the frozen peas.
Boil the pasta for the suggested time.
Then stop the fire and let the soup to rest to become slightly thicker.
Season with oil.

@ add croutons / toasted bread



Pasta with carrots and peas (winter)

INGREDIENTS 10 servings

PASTA (Ditaloni)	800 g
LEEK	250 g
CARROTS	500 g
PEAS	450 g
TOMATOES, canned, whole contents	450 g
VEGETABLE OIL, sunflower seed	100 ml

NUTRITIONAL VALUES 1 serving

Energy (kcal)	457
Total Protein (g)	13
Total Fat (g)	11
Saturated Fat (g)	1
Total Carbohydrate (g)	78
Sugars (g)	11
Fibre (g)	7

METHOD

Braise the leek with a little of oil.
Add the carrot cut in thin rounds, the tomatoes and the water.
Let it cook, than blend.
Add the chickpea and the durum wheat pasta.
Cook and let the soup become thicker.
Season with salt and pepper.



Barley soup with legumes, pumpkin and potatoes (winter)

INGREDIENTS 10 servings

BARLEY, pearl	400 g
CHICKPEAS, dried	300 g
LENTILS, dried	300 g
PUMPKIN	400 g
POTATOES	400 g
BROTH, prepared with vegetables	3000 ml
SALT	4 g
VEGETABLE OIL, sunflower seed	100 ml
ONIONS	150 g
GARLIC, fresh	20 g
GRATED cheese	100 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	544
Total Protein (g)	24
Total Fat (g)	17
Saturated Fat (g)	4
Total Carbohydrate (g)	71
Sugars (g)	4
Fibre (g)	13

METHOD

Make the soup with braised leeks, chickpeas, potatoes and stock.

Blend with a mixer; it should be not too thick, since the barley gives the thickness also.

Boil the barley, add the broccoli flowers and the diced roasted chicken legs (also remaining by day before).



Polpettone with beef, legumes and rice (winter)

INGREDIENTS

8 servings

BEEF, 15-18 months, lean meat, with visible fat	100 g
LENTILS, dried	300 g
PEAS	200 g
CARROTS	200 g
EGGS, chicken, whole	260 g
FLOUR, wheat, type 00 (fine ground)	100 g
BREADCRUMBS	150 g
GRATED CHEESE	75 g
VEGETABLE OIL, sunflower seed	50 ml
PARSLEY, fresh	20 g
RICE, white parboiled	400 g
LEMON peel	3 g

NUTRITIONAL VALUES

1 serving

Energy (kcal)	474
Total Protein (g)	23
Total Fat (g)	11
Saturated Fat (g)	3
Total Carbohydrate (g)	71
Sugars (g)	4
Fibre (g)	8

METHOD

Mix the ingredients.

Form a cylinder, lengthwise.

Cook a 140°C for 45'.

Let it rest 10' before cut it.

Add some stock if needed to keep the polpettone soft and moisture.

Serve with seasoned rice on the side rice.



Beef gulash with rice pilaf (winter)

INGREDIENTS

10 servings

BEEF, 15-18 months, lean meat, with visible fat	800 g
ONIONS	150 g
LEMON, peel	10 g
GARLIC, fresh	20 g
BAY LEAF, dried	3 g
TOMATOES, canned, whole contents	1200 g
PAPRIKA, powder	10 g
CUMIN SEEDS	10 g
SALT	4 g
VEGETABLE OIL, sunflower seed	150 ml
RICE, white parboiled	600 g

NUTRITIONAL VALUES

1 serving

Energy (kcal)	471
Total Protein (g)	23
Total Fat (g)	19
Saturated Fat (g)	3
Total Carbohydrate (g)	53
Sugars (g)	6
Fibre (g)	3

METHOD

Gently braise the chopped onion with olive oil, garlic and bay leaf.
Add the meat, brown for 1 minute.
Add the tomatoes and the lemon zest.
Cook for at least 1.5/2 hours, seasoning with salt and spices.
Serve with seasoned rice pilaf on the side.



Risotto Italian style with mushrooms and peas (winter)

INGREDIENTS 10 servings

RICE, white parboiled	800 g
BUTTER	100 g
MUSHROOMS, common	300 g
FROZEN PEAS	300 g
TOMATOES, canned, whole contents	350 g
BROTH, prepared with vegetables	3000 ml
GRATED CHEESE	100 g
ONIONS	50 g
CREAM (20% fat)	100 ml

NUTRITIONAL VALUES 1 serving

Energy (kcal)	461
Total Protein (g)	13
Total Fat (g)	16
Saturated Fat (g)	8
Total Carbohydrate (g)	69
Sugars (g)	4
Fibre (g)	5

METHOD

Clean and chop the onion. Wash the mushrooms and cut into thin slices.

In a saucepan saute the onion with a little of oil.

Add the rice and gently fry for 1 minute.

Add the mushrooms, the frozen peas and the tomatoes.

Add the stock, little by little, and when it is quite soft (it needs more or less 15 minutes).

Add the cream, the butter, the grated cheese.



Semolina dumplings with tomato sauce (winter)

INGREDIENTS

10 servings (1 gastronorm)

MEAL, wheat durum or semolina	500g
MILK, cow, semi-skimmed, UHT	2000 ml
BUTTER	100 g
EGGS, chicken, yolk	80 g
GRATED CHEESE	100 g
THYME, dried ground	20 g
NUTMEG, ground	10 g
SALT	3 g
TOMATO SAUCE	250 g

NUTRITIONAL VALUES

1 serving

Energy (kcal)	463
Total Protein (g)	19
Total Fat (g)	21
Saturated Fat (g)	11
Total Carbohydrate (g)	51
Sugars (g)	13
Fibre (g)	3

METHOD

Place a large pan onto a medium heat and bring to the boil the milk seasoned with salt and pepper. Sprinkle in the semolina, whisking it continuously to avoid any lumps forming. Leave to cook for a few minutes.

When it starts to coagulate, remove from the heat and leave it to cool down for a couple of minutes.

Stir in the egg yolks and flavor with the nutmeg.

Then add a quarter of grated cheese and stir in carefully.

Bend in the butter and roll out the dough on a surface greased with oil or butter. Roll out the pasta to a thickness of ¼ inch (half cm) with a rolling pin. Leave to cool.

Then cut with a teardrop pastry cutter, or into squares.

Arrange them on a buttered baking sheet. Sprinkle the rest of the grated cheese over the gnocchi and brown in the oven at 200°C for a few minutes.

The gnocchi can be accompanied by a fresh tomato sauce.



Pasta with zucchini and carrots (winter)

INGREDIENTS 10 servings

PASTA (Farfalle)	800 g
ZUCCHINI	450 g
CARROTS	450 g
MILK, cow, whole pasteurized	700 ml
ONIONS	150 g
FLOUR, wheat, type 00 (fine ground)	70 g
VEGETABLE OIL, sunflower seed	50 ml
BUTTER	50 g
GRATED CHEESE	50 g
NUTMEG	10 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	493
Total Protein (g)	15
Total Fat (g)	14
Saturated Fat (g)	6
Total Carbohydrate (g)	80
Sugars (g)	11
Fibre (g)	5

METHOD

Cut the zucchini into rounds and dice the carrots.

Saute chopped onion with oil (and then a tbs of water).

Add zucchini and carrots, cook for a couple of minutes until tender, then add a pinch of salt and rosemary

Prepare béchamel (add hot milk to butter and flour, with a pinch of nutmeg – bring to boil). Add béchamel to the veggies.

Toss and stir pasta, sprinkle with grated cheese.

@or just use fresh cream instead of béchamel.



Pasta with fish, olives and peas (winter)

INGREDIENTS 10 servings

PASTA (Fusilli)	800 g
TOMATOES, canned, whole contents	1000 g
PERCH	700 g
CAPERS, pickled	100 g
OLIVES, black type	250 g
ONIONS	100 g
GARLIC, fresh	30 g
VEGETABLE OIL, sunflower seed	150 ml
PEAS	150 g
SALT	4 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	566
Total Protein (g)	21
Total Fat (g)	23
Saturated Fat (g)	3
Total Carbohydrate (g)	71
Sugars (g)	6
Fibre (g)	4

METHOD

Fry minced onion and chopped garlic.

Add chopped capers and olives. Cook for 1 minute.

Add the fish, cut into cubes; add the tomato sauce, the peas and cook for 15 minutes.

Cook Barilla pasta in plenty salted water, drain it and toss with the sauce.

Serve with chopped parsley.



Pasta Bolognese (winter)

INGREDIENTS 10 servings

PASTA (Tortiglioni)	800 g
TOMATOES, canned, whole contents	1000 g
ONIONS	100 g
CARROTS	300 g
CELERY	100 g
BEEF, 15-18 months, lean meat, with visible fat	650 g
BAY LEAF, dried	10 g
BASIL, fresh	10 g
VEGETABLE OIL, sunflower seed	100 ml
SALT	4 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	496
Total Protein (g)	24
Total Fat (g)	13
Saturated Fat (g)	2
Total Carbohydrate (g)	73
Sugars (g)	9
Fibre (g)	4

METHOD

In a large casserole pot, cook the onions, garlic, carrots and celery, in a little oil. Once golden add the meat and cook making sure there is no lumps.
Add the peeled tomatoes and bring to simmer.
Add the bay leaves and cook with a lid for 15 min on a low heat.
Stir occasionally.



Pasta with pesto (not seasonal)

INGREDIENTS 10 servings

Pasta (Pennette)	800 g
VEGETABLE OIL, sunflower seed	100 ml
BASIL, fresh	100 g
PINE NUTS	50 g
GOAT CURED CHEESE	50 g
PARMIGIANO CHEESE	50 g
GARLIC, fresh	20 g
POTATOES	300 g
GREEN BEANS	500 g
SALT	4 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	493
Total Protein (g)	15
Total Fat (g)	16
Saturated Fat (g)	3
Total Carbohydrate (g)	74
Sugars (g)	4
Fibre (g)	5

METHOD

Prepare the pesto: wash carefully the basil leaves and put them in a mixer together with the cheeses, the pine nuts, the garlic and the oil. A useful procedure is to add a couple cubes of ice and a pinch of salt to preserve the basil leaves from oxidation. Mix well in order to obtain a homogenous mixture. Peel the potatoes and cut them into cubes. Wash and clean the French beans and cut them into stripes lengthwise sense. Put the pasta in boiling water. Four or five minutes before draining the pasta, add the green beans and the potatoes into the pasta water, so that they will cook together. Then drain pasta and vegetables, reserving a little of the pasta water. Put the pasta in a bowl and toss with the pesto out of fire, adding a little of cooking water in order to keep the pasta fluid and uniform. Mix well.



Pork loin with apples (winter)

INGREDIENTS 10 servings

PORK, light, without visible fat	800 g
APPLES, Renette type, without peel	900 g
LEMON, peel	20 g
FLOUR, wheat, type 00 (fine ground)	150 g
ONIONS	150 g
GARLIC, fresh	10 g
VEGETABLE OIL, sunflower seed	150 ml
RICE, white parboiled	600 g
BAY LEAF, dried	10 g
SAGE, fresh	10 g
SALT	4 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	556
Total Protein (g)	23
Total Fat (g)	22
Saturated Fat (g)	4
Total Carbohydrate (g)	70
Sugars (g)	11
Fibre (g)	4

METHOD

Wash and cut the vegetables. Flour the meat. Sprinkle the pork with the vegetables and the lemon zest. Add the pork and oil in a pan then put it into the oven. Brown the meat on all sides. Cook for 1 hour at 180°, taking care to turn pork on both sides and adding a little of water if become too dry. Cut the apples into cubes and put them into the oven at least 15 minutes before is ready. Cut the pork into slices and mix the sauce. Serve the meat with the sauce on the top. Serve with seasoned rice on the side.



Vegetables croquettes (winter)

INGREDIENTS 10 servings

POTATOES	1700 g
BEANS	300 g
LENTILS, dried	300 g
RICOTTA CHEESE, made from cow milk	300 g
BREADCRUMBS	200 g
EGGS, chicken, whole	150 g
GRATED CHEESE	200 g
VEGETABLE OIL, sunflower seed	100 ml

NUTRITIONAL VALUES 1 serving

Energy (kcal)	595
Total Protein (g)	27
Total Fat (g)	23
Saturated Fat (g)	8
Total Carbohydrate (g)	69
Sugars (g)	3
Fibre (g)	11

METHOD

Wash and boil potatoes in abundant salty water.

Peel the potatoes and smash them with a potato-ricer. Smash the boiled canned legumes and unit to potatoes.

Add grated cheese, eggs, ricotta cheese and half of breadcrumbs.

Make a dough and work it.

Prepare the croquettes, add breadcrumbs on the surface of every ball and put them into a pan with oil.

Add oil on the top and cook at 150° for 30 minutes.



Squid with tomato and thyme (winter)

INGREDIENTS 10 servings

SQUID	1200 g
CARROTS	500 g
CELERY	400 g
PEPPERS, sweet type	500 g
ONIONS	150 g
TOMATOES, canned, whole contents	600 g
VEGETABLE OIL, sunflower seed	120 ml
PARSLEY, fresh	10 g
THYME, dried ground	10 g
RICE, white parboiled	600 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	455
Total Protein (g)	22
Total Fat (g)	15
Saturated Fat (g)	3
Total Carbohydrate (g)	58
Sugars (g)	11
Fibre (g)	5

METHOD

Wash and boil the squid in abundant salty water for 5 minutes.
Prepare the vegetables, wash and cut into sticks.
Chop the onion and stew into a pan with oil.
Add the vegetables' sticks and cook for 10 minutes.
Add the tomatoes, season and put the squids together.
Cook 5 minutes more and serve with parsley and boiled seasoned rice on the side.



Lasagne with vegetables (winter)

INGREDIENTS

16 servings (1 gastronorm)

ZUCCHINI	500 g
CARROTS	500 g
PEAS	400 g
ONIONS	200 g
MILK, cow, whole pasteurized	3000 ml
FLOUR, wheat, type 00 (fine ground)	150 g
BUTTER	150 g
SALT	10 g
LASAGNE, dry	700 g
GRATED CHEESE	100 g

NUTRITIONAL VALUES

1 serving

Energy (kcal)	428
Total Protein (g)	17
Total Fat (g)	18
Saturated Fat (g)	10
Total Carbohydrate (g)	51
Sugars (g)	15
Fibre (g)	4

METHOD

If you do not use fresh veggies, use an equivalent quantity of frozen veggies mix. Season. Prepare a béchamel: bring to boil the milk and mix with the roux made with flour and butter. In a gastronorm put the first level of béchamel, some veggies and a layer of pasta. Cover with grated cheese and béchamel. Repeat to obtain 5 layers. Bake in oven for 20 minutes at 180°.



Egg roll with veggies (summer)

INGREDIENTS 10 servings

EGGS, chicken, whole	700 g
MILK, cow, whole pasteurized	180 ml
SEMI-CURED CHEESE	150 g
FLOUR, wheat, type 00 (fine ground)	80 g
ONIONS	50 g
PEAS	250 g
CARROTS	400 g
VEGETABLE OIL, sunflower seed	50 ml
GRATED CHEESE	100 g
SALT	4 g
RICE, white parboiled	600 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	505
Total Protein (g)	24
Total Fat (g)	19
Saturated Fat (g)	7
Total Carbohydrate (g)	61
Sugars (g)	6
Fibre (g)	4

METHOD

Cut the onion and stew into a pan with water and oil. Add the peas and cook for 15 minutes. Prepare a mixture with eggs and flour, taking care to mix well.

Add milk, grated cheese, peas and salt. Put all in a tray covered by baking paper cook in the oven for 10 minutes at 150/160°. Boil the carrots and cut the cheese into slices. Take the frittata off the oven, cover with carrots and sprinkle with grated cheese. Roll onto itself. Leave cool. Cut into slices and serve with seasoned rice on the side.



Rice pilaf with potatoes and ham (winter)

INGREDIENTS

10 servings

RICE, white parboiled	500 g
BROTH, prepared with vegetables	2000 ml
BUTTER	80 g
ONIONS	100 g
POTATOES	1800 g
GARLIC, fresh	10 g
HAM	500 g

NUTRITIONAL VALUES

1 serving

Energy (kcal)	511
Total Protein (g)	18
Total Fat (g)	17
Saturated Fat (g)	7
Total Carbohydrate (g)	74
Sugars (g)	2
Fibre (g)	4

METHOD

Wash the rice.

Chop and braise gently the onions with the butter.

Add cinnamon and cloves.

Add the hot stock, cover and let it cook 18 minutes (low heat or oven).

When ready mix with boiled potatoes and diced ham.



Mashed potatoes, cheese and vegetables (winter)

INGREDIENTS

10 servings

POTATOES	1500 g
EDAM CHEESE, fresh	500 g
VEGETABLE OIL, sunflower seed	100 ml
GREEN BEANS	1000 g
RICE, white parboiled	500 g

NUTRITIONAL VALUES

1 serving

Energy (kcal)	568
Total Protein (g)	19
Total Fat (g)	23
Saturated Fat (g)	8
Total Carbohydrate (g)	70
Sugars (g)	4
Fibre (g)	6

METHOD

Boil the potatoes in abundant salty water and peel.
 Smash with a potato-ricer.
 Cut the cheese into cubes. Put all the ingredients together and mix. Season with salt.
 Cover with veggies.
 Cook for 10 minutes at 160° in the oven.
 Serve with rice on the side.

@As alternative to French beans, use veggies jardinière or pumpkin.



Vegetarian moussaka (winter)

INGREDIENTS 10 servings

POTATOES	2200 g
EGGPLANT	900 g
FETA CHEESE	350 g
CREAM (20% fat)	100 ml
EGGS, chicken, whole	150 g
VEGETABLE OIL, sunflower seed	80 ml
NUTMEG, ground	20 g
ONIONS	100 g
GARLIC, fresh	20 g
TOMATOES, canned, whole contents	800 g
BEANS	300 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	482
Total Protein (g)	15
Total Fat (g)	22
Saturated Fat (g)	9
Total Carbohydrate (g)	53
Sugars (g)	8
Fibre (g)	10

METHOD

Boil the potatoes, then cool down, peel and cut into slices.

Cut the eggplant into half cm slices, salt and let them rest for 20'. Then grill (or cook in oven) until soft and set aside.

Prepare a tomato creamy sauce: braise the chopped onion, add the chopped parsley, the diced tomatoes and the white beans. Aside mix the cream with the egg, obtaining a homogeneous mixture, then add to the tomato sauce.

Built the moussaka: in a tray alternate some layers of eggplant slices, feta, tomato and beans sauce and slice of potatoes.

Cook in oven at 180°C per 30'.



Mackerel summer salad (summer)

INGREDIENTS 10 servings

MACKEREL, canned in oil	600 g
FRESH LETTUCE	300 g
VEGETABLES, mixed, fresh, colorful	300 g
OLIVES, black type	50 g
BREAD, toasted	900 g
SPRING ONION	100 g
VEGETABLE OIL, sunflower seed	70 ml

NUTRITIONAL VALUES 1 serving

Energy (kcal)	500
Total Protein (g)	25
Total Fat (g)	17
Saturated Fat (g)	3
Total Carbohydrate (g)	65
Sugars (g)	4
Fibre (g)	5

METHOD

Season the colorful salad with a little of oil.

Arrange the salad on a dish, with bread crouton and mackerel fillet on top.



Pasta with mackerel, olives and peas (summer)

INGREDIENTS 10 servings

PASTA (Penne)	800 g
TOMATOES, canned, whole contents	1000 g
COD FISH	600 g
CAPERS, pickled	80 g
OLIVES, black type	100 g
ONIONS	20 g
GARLIC, fresh	10 g
VEGETABLE OIL, sunflower seed	100 ml
SALT	4 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	549
Total Protein (g)	25
Total Fat (g)	20
Saturated Fat (g)	3
Total Carbohydrate (g)	70
Sugars (g)	6
Fibre (g)	3

METHOD

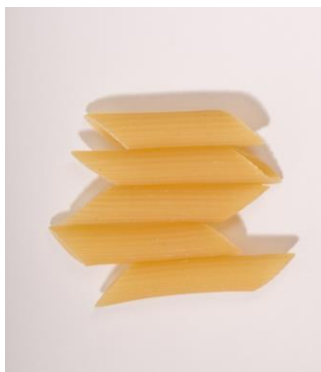
Fry minced onion and chopped garlic.

Add chopped capers and olives. Cook for 1 minute.

Add the fish, cut into cubes; add the tomato sauce and cook for 15 minutes.

Cook Barilla pasta in plenty salted water, drain it and toss with the sauce.

Serve with chopped parsley.



Focaccia with eggplant, cheese and oregano (summer)

INGREDIENTS

6 servings (1 gastronorm)

FLOUR, wheat, type 00 (fine ground)	650 g
YEAST, BAKERS, compressed	35 g
VEGETABLE OIL, sunflower seed	10 ml
WATER	350 g
EGGPLANT (or a colorful veggie mix)	600 g
SALT	5 g
EDAM CHEESE, fresh	300 g
OREGANO, fresh	10 g

NUTRITIONAL VALUES

1 serving

Energy (kcal)	570
Total Protein (g)	27
Total Fat (g)	14
Saturated Fat (g)	7
Total Carbohydrate (g)	88
Sugars (g)	5
Fibre (g)	6

METHOD

Dough made with flour, yeast, water, herbs and 2/3 of oil.

Add salt just at the end.

Let it rest for at least 1 hour.

Slice and saute the eggplant (or other veggies, even a colorful veggies mix)

Grease a tray and roll the dough by hands.

Grease with oil, salt and let it rest again for 40'.

Roll out and put the eggplant on the top.

Cook in oven 20' at 200°C.



Pasta with tuna, olives, tomato and oregano (summer)

INGREDIENTS 10 servings

PASTA (Sedanini)	800 g
TOMATOES, canned, whole contents	1000 g
TUNA	400 g
OLIVES, black type	100 g
ONIONS	20 g
GARLIC, fresh	10 g
VEGETABLE OIL, sunflower seed	80 ml
OREGANO, fresh	10 g
LEEK	50 g
SALT	4 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	475
Total Protein (g)	19
Total Fat (g)	15
Saturated Fat (g)	3
Total Carbohydrate (g)	70
Sugars (g)	6
Fibre (g)	3

METHOD

Fry minced onion, sliced leek and chopped garlic.

Add chopped olives. Cook for 1 minute.

Add the tuna fish, cut into cubes; add the tomato sauce and cook for 15 minutes.

Cook Barilla pasta in plenty salted water, drain it and toss with the sauce.

Serve with chopped parsley and oregano.



Ricotta and chard pie (summer)

INGREDIENTS 10 servings

PUFF PASTRY	400 g
RICOTTA CHEESE (cow milk)	400 g
CHARD	700 g
GRATED CHEESE	50 g
EGGS, chicken, whole	150 g
NUTMEG, ground	2 g
SALT	4 g
POTATOES	600 g
MILK, COW, whole, pasteurized	120 ml
RICE, parboiled	500 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	564
Total Protein (g)	15
Total Fat (g)	25
Saturated Fat (g)	11
Total Carbohydrate (g)	73
Sugars (g)	5
Fibre (g)	4

METHOD

Wash and boil the chard in abundant salty water.

Drain and cut.

Boil the potatoes, then cool down, peel and cut into cubes.

In a bowl put ricotta cheese, eggs, grated, nutmeg, chard, milk, potatoes, boiled wheat and mix.

Divide the flaky pastry into 2 parts: put the first part on the pan, add the filling then cover with the other part.

Put in the oven for at 170° for 35/40° minutes.



Potatoes and green beans pie (summer)

INGREDIENTS 10 servings

PUFF PASTRY	400 g
GREEN BEANS	600 g
POTATOES	1000 g
EGGS, chicken, whole	250 g
GRATED CHEESE	100 g
SALT	4 g
MILK, cow, whole pasteurized	250 ml
RICE, white parboiled	180 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	476
Total Protein (g)	14
Total Fat (g)	23
Saturated Fat (g)	10
Total Carbohydrate (g)	38
Sugars (g)	2
Fibre (g)	5

METHOD

Wash and boil the vegetables in abundant salty water.

Drain and cut.

Roll out the flaky pastry on a pan.

Smash the eggs into a bowl with the grated cheese, milk and salt.

Add the vegetables, the smashed potatoes and the boiled rice.

Put into the oven and cook for 30 minutes at 180°.



Focaccia with smoked ham (summer)

INGREDIENTS

6 servings (1 gastronom)

FLOUR, wheat, type 00 (fine ground)	650 g
YEAST, bakers, compressed	35 g
VEGETABLE OIL, sunflower seed	10 ml
WATER	350 ml
SMOKED HAM	300 g
SALT	5 g

NUTRITIONAL VALUES

1 serving

Energy (kcal)	538
Total Protein (g)	26
Total Fat (g)	12
Saturated Fat (g)	4
Total Carbohydrate (g)	85
Sugars (g)	2
Fibre (g)	3

METHOD

Dough made with flour, yeast, water, herbs and 2/3 of oil.
Add salt just at the end.
Let it rest for at least 1 hour.
Grease a tray and roll the dough.
Grease with oil, salt and let it rest again for 40'.
Cook in oven 20' at 200°C, till the focaccia is golden and crunchy.
Cover with smoked ham and serve.

(To obtain a golden color brush on top with an emulsion of water and oil).



Pasta with sweet pepper and turkey (summer)

INGREDIENTS 10 servings

PASTA (Conchiglie)	800 g
TOMATOES, canned, whole contents	1000 g
TURKEY, breast, without skin, cooked, pan fried	400 g
PEPPERS, sweet type	500 g
ONIONS	80 g
VEGETABLE OIL, sunflower seed	100 ml
LEEK	50 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	471
Total Protein (g)	22
Total Fat (g)	11
Saturated Fat (g)	1
Total Carbohydrate (g)	72
Sugars (g)	8
Fibre (g)	4

METHOD

Bring water to boil, slightly salted.

Cut the turkey meat into strips.

Heat a large Teflon pan with 1 tbs of oil, brown the chopped onion, the sliced leek, then gently roast the turkey meat.

Add the diced bell pepper and cook for 10'.

Add the tomato sauce and set aside.

Boil the pasta in plenty boiling water, drain al dente, toss with the sauce and serve with some chopped parsley.



Chicken nuggets with sage and lemon (summer)

INGREDIENTS

10 servings

CHICKEN, breast, without skin	800 g
BUTTER	50 g
VEGETABLE OIL, sunflower seed	100 ml
BROTH, prepared with vegetables	1400 ml
SAGE, fresh	30 g
FLOUR, wheat, type 00 (fine ground)	60 g
SALT	4 g
RICE, white parboiled	700 g

NUTRITIONAL VALUES

1 serving

Energy (kcal)	478
Total Protein (g)	25
Total Fat (g)	16
Saturated Fat (g)	4
Total Carbohydrate (g)	61
Sugars (g)	1
Fibre (g)	2

METHOD

In a bowl, melt the butter with sage's leaves.

Add the flour and, keep mixing, cook over low heat for a minute.

Put the hot stock and blend well still obtain a smooth velouté.

Cut into cubes the chicken and little of flour

Put oil into a pan and saute the chicken over low heat for about 10', keeping the cover on. Season.

Dress with the chicken velouté and serve with boiled seasoned rice on the side.



Chicken salad with spinach, celery, pear and walnuts (summer)

INGREDIENTS

10 servings

CHICKEN, breast, without skin	700 g
RICE, white parboiled	600 g
SPINACH	600 g
CELERY	800 g
PEARS, without peel	500 g
VEGETABLE OIL, sunflower seed	100 ml
WALNUTS	100 g

NUTRITIONAL VALUES

1 serving

Energy (kcal)	494
Total Protein (g)	26
Total Fat (g)	19
Saturated Fat (g)	2
Total Carbohydrate (g)	56
Sugars (g)	7
Fibre (g)	6

METHOD

Wash the spinach, cut celery and pears.
Put all into a bowl and season with salt and oil.
Shell the walnuts and add.
Boil the chicken and cut into slices seasoned with oil and lemon juice.
Serve with rice on the side.



Octopus salad with potatoes and parsley (summer)

INGREDIENTS

10 servings

OCTOPUS	1000 g
POTATOES	3000 g
VEGETABLE OIL, sunflower seed	100 ml
LEMON juice	50 ml
SALT	4 g
SPRING ONION	50 g
PARSLEY	50 g

NUTRITIONAL VALUES

1 serving

Energy (kcal)	415
Total Protein (g)	17
Total Fat (g)	14
Saturated Fat (g)	2
Total Carbohydrate (g)	56
Sugars (g)	3
Fibre (g)	5

METHOD

Boil the octopus and the potatoes in abundant salty water.
Cut into cubes and add the spring onion.
Season with salt and pepper.
Splash lemon juice and oil.



Frittata with sausages and broccoli (summer)

INGREDIENTS 10 servings

EGGS, chicken, whole	700 g
GRATED CHEESE	120 g
BROCCOLI, purple sprouting	500 g
SAUSAGES, pork and beef meat, raw	250 g
RICE, white parboiled	700 g
SALT	4 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	487
Total Protein (g)	22
Total Fat (g)	20
Saturated Fat (g)	8
Total Carbohydrate (g)	57
Sugars (g)	2
Fibre (g)	3

METHOD

Cut broccoli and sausages.

Beat the eggs. Saute sausages and broccoli, then add the beaten eggs and cook in oven 20' a 180°C.
Serve with boiled seasoned oil on the side.



Golden panicked fish sticks (summer)

INGREDIENTS 10 servings

HAKE	800 g
EGGS, chicken, whole	250 g
BREADCRUMBS	400 g
FLOUR, wheat, type 00 (fine ground)	100 g
LEEK	50 g
LEMON juice	50 ml
OIL, sunflower seed	100 ml
RICE, white parboiled	500 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	529
Total Protein (g)	26
Total Fat (g)	14
Saturated Fat (g)	2
Total Carbohydrate (g)	79
Sugars (g)	2
Fibre (g)	3

METHOD

Cut the hake into sticks.
Mix breadcrumbs, flour and parsley.
Deep the fish sticks in the beaten eggs then roll them into the bread mixture.
Cook in oven at 200° per 10'.
Sprinkle with lemon juice.
Serve with boiled seasoned rice on the side.



Ricotta snow balls with tomato sauce (summer)

INGREDIENTS

10 servings

RICOTTA CHEESE, made from cow milk	700 g
GRATED CHEESE	100 g
BREADCRUMBS	150 g
SPINACH	200 g
EGGS, chicken, whole	300 g
SALT	4 g
TOMATOES, canned, whole contents	600 ml
VEGETABLE OIL, SUNFLOWERSEED	70 g
RICE, parboiled	400 g
POTATOES	600 g

NUTRITIONAL VALUES

1 serving

Energy (kcal)	505
Total Protein (g)	20
Total Fat (g)	22
Saturated Fat (g)	9
Total Carbohydrate (g)	59
Sugars (g)	5
Fibre (g)	3

METHOD

Prepare the snow balls blending ricotta cheese, salt, grated cheese, eggs, spinach, smashed potatoes and bread crumbs.

Add the balls, then cover with tomato sauce.

Put into the oven for 20 minutes at 180°.



Pizza

(not seasonal)

INGREDIENTS

6 serving (1 gastronorm)

FLOUR, wheat, type 00 (fine ground)	650 g
YEAST, fresh	35 g
WATER	350 ml
TOMATO SAUCE	500 g
VEGETABLE OIL, sunflower seed	15 ml
MOZZARELLA cheese	250 g
BASIL, fresh	5 g
SALT	10 g

NUTRITIONAL VALUES

1 serving

Energy (kcal)	528
Total Protein (g)	19
Total Fat (g)	12
Saturated Fat (g)	5
Total Carbohydrate (g)	87
Sugars (g)	5
Fibre (g)	4

METHOD

Form the dough and let it rest for a couple of hour.

Work the dough and roll it up on a tray.

Season with topping.

Cook in oven 10' at 220 °C



Spelt soup with legumes (winter)

INGREDIENTS 10 servings

CHICKPEAS, dried	300 g
LENTILS, dried	300 g
POTATOES	400 g
SPELT, pearl	400 g
PUMPKIN	300 g
BROTH, prepared with vegetables	2800 ml
SALT	4 g
VEGETABLE OIL, sunflower seed	100 ml
ONIONS	150 g
GARLIC, fresh	50 g
GRATED CHEESE	100 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	542
Total Protein (g)	24
Total Fat (g)	17
Saturated Fat (g)	4
Total Carbohydrate (g)	71
Sugars (g)	4
Fibre (g)	13

METHOD

Peel and mince the onion.
Saute with chickpeas, lentils and all the others vegetables.
Cover with stock and cook for 40'.
Add the wheat and cook for more 10'.
Season with grated cheese.



Barley salad with ham and legumes (winter)

INGREDIENTS 10 servings

BARLEY, pearl	700 g
PEPPERS, sweet type	350 g
HAM	300 g
PEAS, frozen	200 g
TOMATOES	250 g
ZUCCHINI	300 g
ONIONS	200 g
VEGETABLE OIL, sunflower seed	100 ml
GRATED CHEESE	100 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	467
Total Protein (g)	19
Total Fat (g)	18
Saturated Fat (g)	5
Total Carbohydrate (g)	55
Sugars (g)	5
Fibre (g)	9

METHOD

Boil barley in slightly salted water, drain and cool down.
Braise the chopped onion, and then add the diced vegetables.
Brown few seconds the diced ham in a pan, without adding oil.
Toss the barley, adding the diced crunchy ham.



Pasta with ricotta, tomato and basil (summer)

INGREDIENTS

10 servings

PASTA (Gnocchetti sardi)	800 g
RICOTTA CHEESE (cow milk)	400 g
ONIONS	150 g
TOMATOES	600 g
GRATED CHEESE	100 g
VEGETABLE OIL, sunflower seed	80 ml
BASIL, fresh	30 g
SALT	4 g

NUTRITIONAL VALUES

1 serving

Energy (kcal)	476
Total Protein (g)	16
Total Fat (g)	16
Saturated Fat (g)	6
Total Carbohydrate (g)	70
Sugars (g)	6
Fibre (g)	3

METHOD

Mince the onion and boil oil and a tbs of water.

Add the diced tomatoes and cook for 10'.

Add ricotta cheese and basil and blend.

Cook the pasta in abundant salty water and drain.

Season with tomato and ricotta cheese sauce and sprinkle with grated cheese.



Golden rice balls (summer)

INGREDIENTS 10 servings

RICE, white parboiled	650 g
BREADCRUMBS	350 g
EGGS, chicken, whole	250 g
BUTTER	50 g
GRATED CHEESE	150 g
SALT	4 g
VEGETABLES mix	800 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	500
Total Protein (g)	19
Total Fat (g)	12
Saturated Fat (g)	6
Total Carbohydrate (g)	81
Sugars (g)	3
Fibre (g)	5

METHOD

Boil 15' the rice in salted water with a pinch of curcuma to give a nice yellow color.

Drain, put in a bowl and let it cool down.

Then mix in the butter, the grated cheese, 2 eggs and the veggies.

Form the balls and pass them in 2 beaten eggs and then roll in the breadcrumbs.

Cook in oven until become golden and crispy.



Bruschetta with tomato cream, tuna and capers (summer)

INGREDIENTS 10 servings

BREAD, toasted	900 g
TUNA	500 g
TOMATO cream	600 g
OLIVES, black type	100 g
FENNEL	500 g
CAPERS	60 g
VEGETABLE OIL, sunflower seed	80 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	493
Total Protein (g)	20
Total Fat (g)	15
Saturated Fat (g)	3
Total Carbohydrate (g)	70
Sugars (g)	10
Fibre (g)	7

METHOD

Bruschetta: bread with topping (tomato cream as semi-finished product already used in several schools).



Bread with chicken and potatoes with parsley (summer)

INGREDIENTS

10 servings

BREAD, toasted	800 g
POTATOES	600 g
VEGETABLE OIL, sunflower seed	100 ml
TOMATOES, ripe	700 g
CHICKEN, leg-lower part, without skin	800 g
PARSLEY, fresh	10 g
SALT	4 g

NUTRITIONAL VALUES

1 serving

Energy (kcal)	489
Total Protein (g)	24
Total Fat (g)	14
Saturated Fat (g)	2
Total Carbohydrate (g)	69
Sugars (g)	4
Fibre (g)	5

METHOD

Bruschetta with Chicken salad.



Pasta with eggs and zucchini (summer)

INGREDIENTS 10 servings

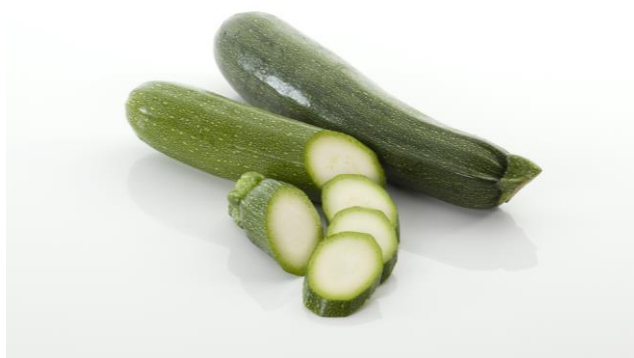
PASTA (Fusilli)	800 g
EGGS, chicken, yolk	300 g
ZUCCHINI	1100 g
LEEK	500 g
GRATED CHEESE	100 g
VEGETABLE OIL, sunflower seed	80 ml
BROTH, prepared with vegetables	300 ml
SALT	4 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	532
Total Protein (g)	19
Total Fat (g)	20
Saturated Fat (g)	6
Total Carbohydrate (g)	70
Sugars (g)	6
Fibre (g)	5

METHOD

Cut into slices the zucchini and the leek.
Toss in a hot pan with oil and a pinch of salt for 3 minutes.
Beat eggs' yolk into a bowl. Add grated cheese, stock and pepper.
Cook the pasta in salty water, drain and toss with zucchini and leek.
Take off from the heat and add eggs.
If liquid, put it on the heat 2 minutes more.



Pasta with broccoli, carrots and cheese (summer)

INGREDIENTS 10 servings

PASTA (Mezze maniche)	800 g
BROCCOLI, purple sprouting	1200 g
CARROTS	300 g
RICOTTA CHEESE (cow milk)	150 g
GARLIC, fresh	10 g
SALT	4 g
VEGETABLE OIL, sunflower seed	100 ml

NUTRITIONAL VALUES 1 serving

Energy (kcal)	453
Total Protein (g)	14
Total Fat (g)	12
Saturated Fat (g)	2
Total Carbohydrate (g)	73
Sugars (g)	9
Fibre (g)	7

METHOD

Prepare the vegetables: wash and cut the broccoli, peel and cut the carrots.
Toss in a hot pan with oil and a tbs of water for few minutes.
Remove from the heat.
Boil the pasta, drain al dente and season with vegetables in a hot pan.
Sprinkle with ricotta dry cheese.



Turkey with olives and potatoes (summer)

INGREDIENTS 10 servings

TURKEY, BREAST, without skin, cooked, pan fried	700 g
OLIVES, black type	100 g
ONIONS	200 g
CARROTS	300 g
CELERY	150 g
BROTH, prepared with vegetables	1200 ml
STARCH, potato	50 g
GARLIC, fresh	20 g
SAGE, fresh	10 g
ROSEMARY, fresh	10 g
BAY LEAF, dried	3 g
VEGETABLE OIL, sunflower seed	100 ml
SALT	4 g
POTATOES	2000 g
MILK, cow, semi-skimmed, UHT	600 ml
NUTMEG, ground	4 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	461
Total Protein (g)	28
Total Fat (g)	17
Saturated Fat (g)	3
Total Carbohydrate (g)	49
Sugars (g)	9
Fibre (g)	5

METHOD

Cut turkey into slices and toss in a hot pan with oil and salt. Add the carrots, onion and garlic fresh and keep on the heat for few minutes.

Season with aromatic herbs.

Put into the hot oven at 180° and dress with stock if necessary. At the end of cooking, remove garlic. Blend the sauce with a mixer and add a tbs of starch to thicken. Add olives and let flavor for few minutes.

Serve the meat with the sauce on the top and a purea of potatoes, made with potatoes, milk and nutmeg.



Braised fennel with ham (winter)

INGREDIENTS 10 servings

FENNEL	1000 g
MILK, cow, semi-skimmed, UHT	900 ml
FLOUR, wheat, type 00 (fine ground)	150 g
VEGETABLE OIL, sunflower seed	100 ml
GRATED CHEESE	100 g
HAM	300 g
SALT	4 g
RICE, white parboiled	700 g

NUTRITIONAL VALUES 1 serving

Energy (kcal)	536
Total Protein (g)	20
Total Fat (g)	19
Saturated Fat (g)	6
Total Carbohydrate (g)	73
Sugars (g)	6
Fibre (g)	4

METHOD

Blanch the fennel in slightly salted water.

Prepare the béchamel, melting olive oil, flour and hot milk.

Diced the ham.

Place the fennel in a tray, finish by sprinkle the finely diced ham and baked per 20' at 180°C.



Apple strudel (winter)

INGREDIENTS

10 servings

APPLES, without peel	500 g
SUGAR	150 g
BREADCRUMBS	40 g
RAISINS	40 g
LEMON, juice	40 ml
CINNAMON	1 g
EGGS, CHICKEN, WHOLE	100 g
BUTTER	100 g
SALT	1 g
FLOUR, WHEAT, TYPE 00 (fine ground)	300 g

NUTRITIONAL VALUES

1 serving

Energy (kcal)	308
Total Protein (g)	5
Total Fat (g)	10
Saturated Fat (g)	5
Total Carbohydrate (g)	52
Sugars (g)	26
Fibre (g)	2

METHOD

Mix all the ingredients to prepare the dough. Let it rest for 1 hour (in alternative use puff pastry). Meanwhile cut the apple into slices, add the sugar, the lemon juice, the breadcrumbs, cinnamon and the raisins.

Roll out the dough and form a rectangle, place the apples in the center and close.

Do some little holes in the dough and cook in the oven at 160°C per 30'.

