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**2014 - 2017**

**Our Cookbook**

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# ITALIAN MENU'



## ROMA (CERVETERI)








- Mix of ham and salami starter
- Amatriciana
- Saltimbocca alla romana
- Tiramisù






***BUON APPETITO (ENJOY YOUR MEAL)***

<b>Mix of ham and salami starter (For 1 people)</b>	<b>Nutritional Values:</b>
<b>Ingredients:</b> Salami 50g; Olives 50g; Ham 50g.	Energy:1653 kjoule Calories:395 kcal Protein:22 g Sugar: 0g Fat: 37g
<b>Process:</b>    1)Cut the salami and the ham    2)Put the olives, the salami and the ham into the plate	
<b>Difficulty level:Easy</b>	
<b>Time for preparation:10 minutes</b>	
<b>Interesting facts about this meal:</b>	
<b>Alergens:Glutin</b>	

<b>Amatriciana (For 4 people)</b>	<b>Nutritional Values:</b>
<b>Ingredients:</b> Spaghetti 350g; Bacon 100g; Tomato sauce 300g; Parmesan (If you want)	Energy:5338,784 kjoule Calories:1276 kcal Protein: 88g Sugar:337g Fat: 44g
<b>Process:</b>	
<ol style="list-style-type: none"> <li>1)Put some water in a pan, and turn on the cooker</li> <li>2)When the water boils, put the pasta into the pan</li> <li>3)In the meantime, heat the tomato sauce in an other pan and the bacon in another one</li> </ol>	
	
	
<ol style="list-style-type: none"> <li>4)When the pasta is cooked, put it in a plate, with the bacon and the tomato sauce.</li> </ol>	
	
<b>Difficulty level:Medium</b>	
<b>Time for preparation:30 minutes</b>	
<b>Interesting facts about this meal:The quality of the ingredients is primary</b>	
<b>Alergens:glutin,parmesan.</b>	

<p><b>Saltimbocca (For 4 people)</b></p> <p><b>Ingredients:</b>  4 slices of veal beef 75g;  Ham into 4 slices 12 g;  Butter 50 g;  Black pepper (If you want);  Salt;  8 sage leaves;  White Wine 200 ml;</p>	<p><b>Nutritional Values:</b></p> <p>Energy:56471,448 kjoule  Calories:13497 kcal  Protein: 85g  Sugar:1g  Fat: 76g</p>
<p><b>Process:</b></p>  <p>To prepare the <i>saltimbocca alla romana</i> start by arranging the meat on a cutting board , removing any gristle and fat and then beat it with a meat mallet (1) and lay the ham (2) and then the sage leaves (3) upon the beef slices</p> <p>Pierce each slice with a toothpick letting the tip pass from one side to the other (4) and then divide the slice in two parts (5)</p>  <p>And as soon as the pan is hot put <i>saltimbocca</i> there (7) and let it brown for a couple of minutes per side (8). Then pour in some white wine (9)</p>	
<p><b>Difficulty level:medium</b></p>	
<p><b>Time for preparation:40 minutes</b></p>	
<p><b>Interesting facts about this meal:</b></p>	
<p><b>Alergens:glutin, butter</b></p>	

<b>Tiramisù (For 8 people)</b>	<b>Nutritional Values:</b>
<p><b>Ingredients:</b>  <b>6 eggs;</b>  120 g. Of sugar  500g. Of mascarpone  Coffee to wet the savoiardi  Cacao powder  Savoiardi (ladyfingers) 400 g.</p>	<p>Energy:19390,33 kjoule  Calories:4634,4 kcal  Protein:174g  Sugar:416g  Fat: 351g</p>
<p><b>Process:</b>  To prepare <i>tiramisù</i>, you must separate the egg whites from the yolks, add half the sugar to the yolks and mix them with an electric mixer fitted with whisks until you get a nice clear mixture, frothy and creamy. Then add the mascarpone to the mixture of egg yolks. In another bowl whip the egg whites up with an electric mixer, adding the other half of the sugar. Once the egg whites will be perfectly whipped up add them to the mixture of egg yolks, sugar and mascarpone. Do this gently with a spoon, stirring from the bottom up. When the cream is ready, put a spoon of it on the bottom of each cup.</p>  <p>Pass the ladyfingers in the sweetened coffee one by one being careful not to soak them too much and arrange them in each cup by cutting them to the shape of the container, if necessary.</p>  <p>Put a tablespoon of cream over the ladyfingers, level the cream and cover with another layer of ladyfingers soaked in coffee: if you have arranged the first layer vertically, they place them horizontally, then level the cream very well and finally sprinkle some cocoa powder over the top of the cup. You can make a simple variation by adding dark chocolate flakes in the cream, which makes the texture of the cake more original.  Store the <i>tiramisù</i> in a refrigerator, let it cool for a few hours and ... bon appetit!</p> 	
<b>Difficulty level:medium</b>	
<b>Time for preparation:40 minutes</b>	
<b>Interesting facts about this meal:</b>	
<b>Alergens:eggs, mascarpone, chocolate</b>	