



SALENTO - THE LAND OF HUNDRED-YEAR OLD OLIVE TREES AND UNDERGROUND OIL MILLS



“Come and learn the traditional homemade cuisine of the heel of Italy’s boot with the author of the cookbook
Only organic fresh vegetables, fresh cheese and fish from our two seas!



the new english version/**ebook**

available on

<https://www.bookrepublic.it/book/9788889663875-il-gusto-del-tacco-recipes-from-salento/>



My recipes also on

To promote knowledge and flavors of Apulia, while illustrating the beauty and culture of our country, this, in short, the guiding line of the additional project "Dove c'è Qualità" directed by Luca Ciani.

The second volume, "Dio, come ti olio!", which earned in the title of a famous song of the anthropologist Domenico Modugno "Dio come ti amo" (God, how much I love you) - has the objective to describe the extra-virgin olive oil, through the many perceptions of taste, history and properties, as an element of cultural identity as well as a model of healthy and balanced diet. An ingredient not only valuable enough to be called "the gift of Apulia", symbol of nature and history, a source of health and beauty, "Dio, come ti olio!" proposes a series of recipes combining tradition (Dio, come ti olio! at home) and innovation ("Dio, come ti olio!" at the restaurant) completed with an interesting presentation about history and legislation related to the extra-virgin olive oil as food and as element of a landscape to be valued and protected.

Dio, come ti Olio! At the restaurant
 The chefs
 Andrea Caballaro
 Giovanni Curi
 Donato Episcopo
 Mario Falco
 Alessio Gualdo
 Gigi Mangano
 Alessandra Marchetti
 Emanuele Nabilato
 Franco Tomaseo
 Ippazio Turco

Dio, come ti Olio! At home
 Anna Maria Chirone Anno

Tranne se contestati o se diversi olii, tutti, sono omogenei e vengono venduti e giudicati, per la legge, e si fanno giuristi, che si fanno giudicati, con la legge, e si fanno giudicati, con la legge.

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Dio, come ti Olio!
 Italian oil, I love you!

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Twitter icon

http://www.ilraggioverdesrl.it/index.php?option=com_content&view=article&id=79&Itemid=38

Anna Maria is olive oil sommelier



Choose cooking lessons with Anna Maria to discover the authentic flavors of the cuisine of the Heel of Italy!

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1) Traditional recipes from Salento

Mashed white broad beans and wild chicory with fried bread (ok for vegan)

Timbale of potatoes, zucchini, mussels and rice

Typical Salento cake “Pasticciotto”



2) Homemade fresh pasta with stone ground flour

Orecchiette with cime di rapa/rapini (in winter) (ok for vegan)

Sagne “ncannulate “ with fresh tomatoes and spicy ricotta or cacioricotta cheese

“Cavatelli” with beans and mussels

Almonds cake leccese style



3) Vegetarian cooking with local vegetables

“Ciceri e tria” Homemade pasta with chickpeas (OK for vegan)

Potatoes cake/ balls and croquettes (Ok for vegan)



Stuffed eggplants or aubergines (**Ok for vegan**) or Parmigiana eggplants
Typical sweet “zeppole”



“Ciceri e tria

4) Bread and “taralli” with stones ground flour (**ok for vegan**)
Homemade pugliese bread “Taralli”,
Barese Pizza or “Focaccia” with vegetables
Typical biscuit “Quaresimali” with almonds



Pizza Barese

5) Learn how to make fish dishes with Anna Maria in Gallipoli

Fish soup

”Handmade fresh pasta” with fish ragù or Risotto with fresh fish

Fried fish



6) Local street food and local artisanal beer

Leccese rustico

Calzone

Arancini (rice balls)

Potatoes crocchette



The lesson is three hours long (h10-1.00 a.m. or h.05.00-08.00 p.m.)

Included leaflet of recipes

The cost for apron is € 10.

The copy of my English cookbook "Il gusto del tacco d'Italia" is € 20.