



2016

“If you want to live an healthier and longer life, feed yourself like peasants, of southern Italy, used to do eating **pasta** topped with Mediterranean bounties: olive oil, tomatoes, vegetables, legumes, bread, fruit, fish and little meat”.

Ancel Keys (1904–2004)



INCIARMATO
A NISIDA



The quote printed on the cover of the twenty-first edition of our calendar is based on the book "Eating well and be comfortable," by Ancel Keys, American biologist and physiologist, promoter in the world of the Mediterranean Diet. Model of healthy eating, in which the pasta is considered one of the most important aspect.

In order to enhance the nutritional aspects and to appreciate its many qualities, Dr. Valentina Di Mauro, Specialist in Food Science, each month, will give us reflections and scientific information about this "precious" food.

From year to year, as usual, we employ chefs that, with their professional acknowledged, are able to enhance the quality of our pasta; chefs for 2016 Edition "year of good food" are Roberto Allocca, Agostino Iacobucci

and Felice Lo Basso. To them and to the directions of their respective structures that hosted us, we extend our thanks. We thanks them for the passion they have worked with our project. We remind you that the portions given in the recipes are for four people.

We thank those who in various ways have contributed to this Twenty-first Edition: **Anna, Michele Calocero, Nino Carpentieri, Valentina Di Mauro, Giuseppe Durante, Federico, Pietro Ferraro, Famiglia Fiorenza, Giulia, Gianluca Guida, Felice Iovinella, Mary, Raimondo Mautone, Roberto San Severino.**

Also, a special thanks goes to Nicoletta Gargiulo, President of Campania Italian Sommelier, who will guide us with her knowledge and experience in the choice



of wines to accompany the proposals of the chefs.

Thirteenth month

In 2016 edition of our calendar, months are 13, and not 12! The sense of this will become clear in the back cover where it is shown an enthusiastic initiative.



Chef Roberto Allocca



Chef Agostino Iacobucci



Chef Felice Lo Basso

Suspended between sky and sea, with the suggestive perception of being able to touch Capri with a finger. The Relais Blu looks like an enchanted place, where the real world has no room, because the eye and the senses, once they cross the threshold, they get lost in a enchanting view, with no space and timeless. Then, in addition to this dreaming reality, there are the local tastes, sublimely exalted by chef Roberto Allocca. A chef with great culinary skills. A Star Michelin Chef, well know through reviews, for his humility and competence.

Relais Blu
Via Roncato, 60
80061 - Massa Lubrense, NA
T. +39 081 878 9552
www.relaisblu.com

From 1899, Antico Caffè Chantant, is a prestigious restaurant in the center of Bologna with one Michelin star today. The restaurant I Portici, is today the place for food lovers, thanks to the creativity of the chef Agostino Iacobucci, born in Castellammare di Stabia, a city located by the sea. What makes these dishes special? The combination of the Campania's culinary traditions with Bologna local tastes. A binomial that has conquered the most demanding palates, making the historic restaurant I Portici an appealing choice for exclusive events.

I Portici
Via dell'Indipendenza, 69
40050 Bologna
T. +39 051 42185
www.iporticihotel.com

Unico Restaurant is an exclusive place, with a panoramic terrace on Milan, the highest in Europe. The restaurant has a unique style, for its elegance, the architectural furnishings and the delicious dishes of the chef Felice Lo Basso, who was born in Puglia and based now in Milan. At his side a brigade of young man with strong southern roots. His plates exalt italian products used with creativity and fantasy. Features also recognized by most prestigious guides in Europe, including Michelin that awarded him a star, advising Unico restaurant in reviews. It is located on the twentieth floor of the WJC Portello Tower.

Unico
Viale Achille Papa, 30,
20149 Milano
T. +39 02 3921 4847
www.unicorestaurant.it



Thirteenth month 2016

As anticipated in the second cover, in this edition you will find an extra month. Month thirteenth is a new project carried out by the contribution of the Institute of Penalty for minors located in Nisida. It is an important institution for young offenders, which operates daily in our country for the protection and defense of legality and the enhancement of the common good.

So in addition to the traditional twelve recipes, this year we present you one more, the thirteenth recipe written by the young guests of the Institute. For the realization of this project, we had the wonderful opportunity to visit the kitchen and pastry laboratory of the Institute, an experience that wowed and enriched us.

For years in this Institute there are courses and workshops for the recovery of artisan and traditional crafts: not only cooking and pastry, but also ceramics workshops, crafts crib, building restoration, painting, maintenance of green and theater, thanks to the contribution of the great **Eduardo De Filippo**. They are training courses through which youngster can experience and grow their individual abilities, so that they will have a better chance of reintegration into society.

All this is made possible thanks to hard work of the Director, **Gianluca Guida**, supported by professionals like educators, teachers and tutors who support the youngster day by day on the path of recovery.

"The goal of our training - tells director Guida - is

to make boys or girls to experiment constructive relations, in which adults propose solutions to them, and help and support them to change their living conditions. The main goal is to give them concrete examples, which usually they do not have in real life. And so, not make them to think that they can not get anything good from adults and the State".

In thanking the direction of the Insitute of Nisida, all boys and operators and especially **Luca Pipolo** and **Ciro Ferrantino** coordinators of cooking and pastry laboratory, we wish you to enjoy the "Striped Pasta with zucchini, mussels and pumpking flower soup "recipe written by the young guys of Nisida".



Striped pasta with zucchini, mussels and pumpking flower soup

350g Mezze Maniche rigate Leonessa, 500g of Mussels, 200g of small zucchini, 150g of closed pumpkin flower, 60g of grated Provolone del Monaco cheese, 2 San Marzano tomatoes, 2 cloves of garlic, 15 tablespoons of extra virgin olive oil, chilli, parsley and salt to taste.

Clean the tomatoes and carve cross the tip, parboil them for 25 seconds and then cool them down in iced water. Peel them, cut them in four and remove the seeds, wiped them, cut them into cubes and put aside. Open the raw mussels paying attention to collect the liquid in a

container. Slice the mussels and put them into the mussels liquid. Add the diced tomatoes, a little olive oil, half a clove of garlic, a bit 'of parsley (finely chopped) and leave to marinate in the fridge for a couple of hours.

In the meanwhile cook the pasta. Aside in the oil cook chopped garlic, parsley, red pepper, then add the diced zucchini and the pumpking flower cut into julienne. Add a ladle of cooking water from the pasta and cook. Add the marinading and cook for 5 minutes more. Then add the mussels with tomatoes, taking care to remove the garlic, Provolone del Monaco and cook until creamy. Add salt to taste and serve hot with a drizzle of olive oil.

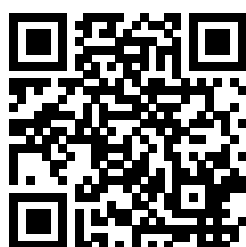
Match

This plate shows a great combination of tastes and aromas, Provolone del Monaco makes it particularly strong. Match it with **Pallagrello white** wine. A wine with fermentation in barrels with aromas of ripe fruit and spicy notes. The palate is perfectly balanced.





www.pastaleonessa.it



Scarica qui la versione digitale
del calendario Leonessa 2016

Download here the digital version
of the Leonessa 2016 Calendar

01

1 Ven

S. Maria Madre di Dio

2 Sab

S. Basilio Vescovo, S. Gelsomina

3 Dom

S. Genoveffa

02

4 Lun

S. Ermete

5 Mar

S. Amelia

6 Mer

Epifania di N. S.

7 Gio

S. Luciano, S. Raimondo

8 Ven

S. Massimo, S. Severino

9 Sab

S. Giuliano martire

10 Dom

S. Aldo eremita

03

11 Lun

S. Igino Papa

12 Mar

S. Modesto

13 Mer

S. Ilario

14 Gio

S. Felice martire

15 Ven

S. Mauro Abate

16 Sab

S. Marcello Papa

The nutritionist

A commonplace to debunk is to considered pasta a "fatty food"; remember that carbohydrates introduced in excess are transformed into fat and deposited in the form of triglycerides in adipose tissue, without limit for the accumulation. If you eat pasta in proper portions for lunch or dinner, it contributes to psychological and physical health of each individual thanks to its nutritional and hedonistic value.



2016

January

Stuffed gnocchi with provola cheese with black ink squid ragù sauce and tomato concasse

Chef Roberto Allocca

1kg of black squid, 600g of stuffed Leonessa Dumplings with provolone cheese, 400g of tomatoes from Corbara, 200ml of fish broth, 100ml of squid ink, 100ml of white wine, 3 tomatoes, 2 cloves of garlic, 1 bunch of basil, parsley, plus 4 basil leaves, 1 tablespoon of butter, salt, pepper, extra virgin olive oil and Parmesan cheese to taste
 Ingredients for fish stock: 1 liter of water, about 600g of fish bones, 500ml of white wine, 10 tablespoons extra virgin olive oil, 50 of fennel, 50g of celery, 50g of leek, 4 cloves of garlic, 1 bouquet of parsley, basil, thyme, bay leaf.

Prepare the fish stock in a pan, browning the garlic, fennel, celery and leek previously cut into cubes into oil. As soon as the vegetables become light brown, add the fish bones and continue browning over high heat to dry the water quickly. Add wine and let it evaporate, add cold water and complete cooking for about 30 minutes. Filter all in a colander and put aside.

Clean the squid and cut into cubes, taking care to retrieve the bag of black. In a saucepan put 2 tablespoons of oil and fry the garlic. Then add the squid, and when it becomes brown, take off the garlic and pour the wine, let it evaporate. Add parsley, basil, tomato puree, squid ink, the black squid and let it cook for about 30 minutes, basting occasionally with some fish stock. Wash tomatoes and carve cross the tip, parboil them for 25 seconds and then cool them down in iced water. Peel them, cut them in two and deprived them of the seeds and wiped them. Then cut them into cubes and put aside. In a saucepan, prepare a topping with butter, 1 tablespoon of olive oil, basil, fish broth, Parmesan cheese, salt and pepper to taste. Cook the gnocchi in salted water for no more than a minute, drain them and add an half portion to the topping, adding diced tomatoes. Then cook the other half portion in a pan with some olive oil until they become brown. Serve adding on the plate some fish sauce, and place above the Gnocchi, alternating between the two cookings. Decorated with florets of basil and a drizzle of olive oil.

Match

Stuffed gnocchi with provolone cheese is a dish with strong tendency to sweetness, and with a fat and smoky note. The fish ragù sauce gives balance to the dish, so we need a semi-sweet sparkling white wine with a blend of flavors and freshness like a **Fiano di Avellino**.

17 Dom

S. Antonio Abate

04

18 Lun

S. Liberata

19 Mar

S. Mario martire

20 Mer

S. Sebastiano

21 Gio

S. Agnese

22 Ven

S. Vincenzo martire

23 Sab

S. Emerenziana

24 Dom

S. Francesco di Sales

05

25 Lun

Conversione di S. Paolo

26 Mar

SS. Tito e Timoteo

27 Mer

S. Angela Merici

28 Gio

S. Tommaso d'Aquino

29 Ven

S. Costanzo

30 Sab

S. Martina

31 Dom

S. Giovanni Bosco

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06

1 Lun

S. Verdiana



2 Mar

Pres. del Signore

3 Mer

S. Biagio, S. Oscar

4 Gio

S. Gilberto

5 Ven

S. Agata

6 Sab

S. Paolo Miki

7 Dom

S. Teodoro martire

07

8 Lun

S. Girolamo Em.



9 Mar

S. Apollonia

10 Mer

S. Arnaldo, S. Scolastica

11 Gio

B. V. di Lourdes, S. Dante

12 Ven

S. Eulalia

13 Sab

S. Maura

14 Dom

I di Quaresima



08

15 Lun

S. Faustino



16 Mar

S. Giuliana vergine

The nutritionist

Pasta is considered one of the main component of the Mediterranean diet, a nutritional model recognized by UNESCO (United Nations Educational Scientific and Cultural Organization) as the Cultural Heritage of Humanity.



2016

February

Conchiglioni stuffed pasta with rabbit in genovese sauce served on smoked provola cheese sauce

Chef Agostino Iacobucci

300g Conchiglioni Leonessa, 1 Coniglio intero, 500g Cipolla bianca e dorata, 500g Provola di bufala, 1lt Latte, 500ml Panna fresca, 160g Olio Extra Vergine d'Oлива, 2 spicchi di Aglio, Parmigiano grattugiato q.b., Sedano, Alloro, Rosmarino, Timo, Carota, Sale e Pepe q.b.

Cut finely the onions and marinate in 500 ml of milk for 24 hours. Debone the rabbit, and keep aside the bones. Prepare the rabbit sauce, frying in 100g of oil the bones, herbs, celery, carrot and 2 cloves of garlic. As soon as the mixture becomes golden, add wine and let it evaporate, then add 1 liter of cold water and cook for about 1 hour at a moderate heat. After filter everything with a fine-mesh strainer.

Aside in a saucepan fry a carrot and celery finely chopped, then add the marinated onions, bay leaf, rabbit meat and let cook for about 5 minutes, add milk onions and cook the "genovese sauce" for about 30 minutes over moderate heat. Meanwhile, in a saucepan reduce to 60 ° C the cream and 500 ml of milk for 10 minutes, then add the diced provolone cheese, and let it melt. Pass the sauce through a sieve to get a smooth sauce.

Aside, cook the pasta in salted water, drain it "al dente" and let it cool down.

Blend the Genovese Sauce to get a creamy and dense sauce. Fill the Conchiglioni and put them au gratin for 7 minutes at 190 ° C. Finally place the pasta on a bed of creamy buffalo sauce and glass with rabbit sauce. Decor with herbs.

Match

This dish has a sweet flavour made by carrots, onions, with a fair perception of fatness and oiliness. Herbs and smoked cheese give good fragrances. So, combine it with a **Red from Ischia** (Piedirosso, Guarnaccia and Aglianico) which ferments in steel with a small portion that is aged in oak barrels, with juicy and fresh fruits, tufts of grass and flowers.

The taste is pleasant, with a some acidity.

17 Mer

S. Donato martire

18 Gio

Le Ceneri

19 Ven

S. Mansueto, S. Tullio

20 Sab

S. Silvano, S. Eleuterio

21 Dom

II di Quaresima

09

22 Lun

S. Margherita



23 Mar

S. Renzo

24 Mer

S. Edilberto Re, S. Mattia

25 Gio

S. Cesario, S. Vittorino

26 Ven

S. Romeo

27 Sab

S. Leandro

28 Dom

III di Quaresima

10

29 Lun

S. Giusto

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1	Mar	S. Albino	
2	Mer	S. Basileo martire	
3	Gio	S. Cunegonda	
4	Ven	S. Casimiro, S. Lucio	
5	Sab	S. Adriano	
6	Dom	IV di Quaresima	
11	7	Lun	S. Felicità, S. Perpetua
8	Mar	III di Quaresima	
9	Mer	S. Francesca R.	
10	Gio	S. Simplicio Papa	
11	Ven	S. Costantino	
12	Sab	S. Massimiliano	
13	Dom	V di Quaresima	
12	14	Lun	S. Matilde Regina
15	Mar	S. Longino, S. Luisa	
16	Mer	S. Eriberto Vescovo	

The nutritionist

Pasta is present in people's eating habits all around the world for its versatility and easy way to be combined with typical ingredients of the various regions and nations. Thanks to its countless preparation methods, pasta can meet people's personal tastes and habits ensuring a varied, balanced diet.



2016
March

Amorini on shrimps carpaccio from
crapolla, squid and candied tomatoes

Chef Roberto Allocca

400g Amorini Leonessa, 280g of squid, 40g of shrimps medium size, 8 San Marzano tomatoes, 40g of buffalo butter, 50g of leek, 50g of fennel, 50g of celery, 1 large bundle of parsley, 5 cloves of garlic, peel of ½ lemon and orange, 50 ml of Brandy, 50ml of white wine, 14 tablespoons of extra virgin olive oil, thyme, basil, bay leaves, oregano, salt, pepper and powdered sugar to taste.

Wash tomatoes and carve cross the tip, parboil them for 25 seconds and then cool them down in iced water. Peel them, and cut in four parts. Take off the seeds and wipe them, then place them on a baking tray on a sheet of baking paper. Season them with oil, salt, basil, oregano, sugar, thyme, peels of lemon and orange and 2 cloves of garlic. Bake for about 2 hours at 70 ° C. Meanwhile, clean the squid and shrimps, cut them in two, putting the heads and shells aside. Place 10 shrimps between two sheets of baking paper in a square mold of 15 cm per side. With a meat mallet beat them, then place them in the freezer for about an hour. Prepare a bouquet by tying with kitchen twine parsley, bay leaf, thyme, basil; Fry gently in a pan with 8 tablespoons of olive oil, 2 cloves of garlic and all the diced vegetables. As soon as the mixture begins to brown add heads and shells and continue browning over high heat for 2-3 minutes. Add the brandy, the wine and let it evaporate. Add 1 liter of water and bake for 30 minutes at medium heat. Then filter the sauce through a sieve and put it aside. Place the prawns carpaccio on a dish by removing a layer of baking paper at a time and season them with a pinch of salt, fresh ground pepper and olive oil. Put the butter in a pan with a few basil leaves and let cook, then add the tomatoes and some prawns sauce. In salted water, cook the pasta, drain it "al dente". Mix it together with sauce, and to cook until creamy adding some olive oil, salt and pepper. When it looks creamy, away from heat, add the squid. With the help of a ladle twined the pasta and place it on the carpaccio, frosting with the sauce and garnishing with basil and a drizzle of oil.

Match

It is a great preparation with an excellent balance. So we need an equally balanced wine with hints of fruit, vanilla and Mediterranean flavours. The taste has a right warm note, without losing the freshness, that enriches the full taste. We propose a **Costa D'Amalfi White**.

17	Gio	S. Patrizio	
18	Ven	S. Salvatore, S. Cirillo	
19	Sab	S. Giuseppe	
20	Dom	Le Palme	
13	21	Lun	S. Benedetto
22	Mar	S. Lea	
23	Mer	S. Turibio di M.	
24	Gio	S. Romolo	
25	Ven	Annunc. del Signore	
26	Sab	S. Teodoro, S. Emanuele	
27	Dom	Pasqua di Resurrezione	
14	28	Lun	Dell'Angelo
29	Mar	S. Secondo martire	
30	Mer	S. Amedeo	
31	Gio	S. Beniamino martire	

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2016
April

Fresh pasta with cod, smoked ham
and pumpkin flowers

Chef Felice Lo Basso

500g Orecchiette Leonessa, 200g of diced codfish (desalted), 150g of bacon cut into strips, 120ml of fresh cream, 2 packs of Pumpkin Flowers, 1 spring onion, 4 tablespoons of extra virgin olive oil, salt and pepper to taste., Purple potato.

In a large pan, cook the onion (finely chopped) in oil, and when it gets brown add the bacon and the chopped courgette, taking care to leave some for the final decoration. After a minute, add the cream and turn off the heat.

Cook pasta in boiling salted water. Drain it "al dente". Mix the pasta with and the cod. Cook until creamy for a few minutes. Serve garnishing with fresh zucchini flowers and a sprinkling of purple potato.

Match

The taste of the dish focuses mainly on cod and smoked bacon that give flavor, taste and an intense perception of sweet tendency. A hint of oiliness and greasiness for the presence of the cream. It is adviced to match this dish with **Greco di Tufo** white wine. A wine aged in barrels with rich tones of yellow fruit and flowers.

1	Ven	S. Ugo Vescovo	
2	Sab	S. Francesco di P.	
3	Dom	In Albis	
15	4	Lun	S. Isidoro Vescovo, S. Riccardo
	5	Mar	S. Vincenzo Ferrer
	6	Mer	S. Guglielmo, S. Diogene
	7	Gio	S. Ermanno
	8	Ven	S. Alberto Dionigi, S. Walter
	9	Sab	S. Maria Cleofe
	10	Dom	S. Terenzio martire
16	11	Lun	S. Stanislao Vescovo
	12	Mar	S. Giulio Papa
	13	Mer	S. Martino Papa, S. Ida
	14	Gio	S. Abbondio
	15	Ven	S. Annibale
	16	Sab	S. Lamberto

The nutritionist

In an adult, in normal physiological conditions, is considered the following distribution which provides the daily energy as: 10-15% of proteins, 25-30% of lipids and 55-65% of carbohydrates. Carbohydrates, also called glucides, are present in vegetables in the form of starch and fibrous plant.

	17	Dom	S. Aniceto Papa
	18	Lun	S. Galdino Vescovo
	19	Mar	S. Ermogene martire
	20	Mer	S. Adalgisa vergine, S. Sara
	21	Gio	S. Anselmo, S. Silvio
	22	Ven	S. Caio
	23	Sab	S. Giorgio martire
	24	Dom	S. Fedele, S. Gastone
18	25	Lun	S. Marco evangelista
	26	Mar	S. Cleto, S. Marcellino m.
	27	Mer	S. Zita
	28	Gio	S. Valeria, S. Pietro Chanel
	29	Ven	S. Caterina da Siena
	30	Sab	S. Pio V Papa, S. Mariano

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2016 May

Pasta with fava beans and shrimps: “color, consistency and taste”

Chef Agostino Iacobucci

320g Pasta Mista Leonessa, 250g of fresh fava beans, 2 onions, 20g of cheek lard or bacon, 20g of Parmesan crust, 16 Fresh shrimps, 1 liter of vegetable stock, milk foam, 1 carrot, celery, 10 tomatoes.

Clean the shrimps and cut them in two, making sure to put the heads and shells aside. Place 4 shrimps, per portion, between two sheets of plastic wrap and with the help of a meat mallet beat them until they get thick. Place them in a mold with a shape of dome and remove the first film. In a large pot cook in oil the heads, the shells, carrot, celery and a chopped onion, then add the cherry tomatoes cut in half and add 1 lt of cold water. Let cook for about 2 hours at medium heat and then filter everything. In a saucepan, cook the bacon in the oil, add the onion finely chopped, peeled fava beans, crust of Parmesan and half the broth. Just begins to boil add the pasta and gradually add the remaining broth. Once the “al dente” pasta is ready, put it in the molds. Serve directly in the dishes, taking care to remove the second film and decorating with the prawns bisque and milk foam.

Match

It's a balanced dish thanks to ingredients like fava beans, pasta and prawns. Rightly enriched with parmesan and bacon going to give flavor and persistence at the plate.

It is interesting to combine this dish with a **Lacrima Christi Bianco** (white wine). It is a very renowned wine in the world. Its taste is unmistakable, full bodied, and smooth, it is made from a carefully selected mix of grapes cultivated on the slopes of the volcano. It has a slight scent that recalls brooms and ripe fruits. with a distinct minerality, distinctive of volcanic soils, with scrub and Mediterranean fruit with full-bodied taste.

1 Dom

S. Giuseppe artigiano

19 **2 Lun**

S. Cesare, S. Atanasio

3 Mar

S. Filippo, S. Giacomo

4 Mer

S. Silvano, S. Nereo

5 Gio

S. Pellegrino martire

6 Ven

S. Giuditta martire

7 Sab

S. Flavia, S. Fulvio

8 Dom

Ascensione del Signore

20 **9 Lun**

S. Gregorio V

10 Mar

S. Antonino, S. Cataldo

11 Mer

S. Fabio martire

12 Gio

S. Rossana

13 Ven

S. Emma

14 Sab

S. Mattia Apostolo

15 Dom

Pentecoste

21 **16 Lun**

S. Ubaldo Vescovo

The nutritionist

Pasta is a food containing especially starch and complex sugar with a large number of glucose units, which in the diet of an healthy adult, represents the energy substrate of excellence for the organism.

17 Mar

S. Pasquale Conf.

18 Mer

S. Giovanni I Papa

19 Gio

S. Pietro di M.

20 Ven

S. Bernardino da S.

21 Sab

S. Vittorio martire

22 Dom

SS. Trinità

22 **23 Lun**

S. Desiderio Vescovo

24 Mar

B. V. Maria Ausiliatrice

25 Mer

S. Urbano, S. Beda Conf.

26 Gio

S. Filippo Neri

27 Ven

S. Agostino

28 Sab

S. Ercole, S. Emilio m.

29 Dom

Corpus Domini

23 **30 Lun**

S. Felice I Papa, S. Ferdinando

31 Mar

Visitaz. B. V. Maria

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2016 June

linguine pasta with extract of green asparagus, mint and sea urchins

Chef Agostino Iacobucci

300g linguine Leonessa, 700g of Green asparagus, 150g of fresh sea urchins, 1 clove of garlic, 6 tablespoons of extra virgin olive oil, 4 leaves of mint, salt and pepper to taste.

Wash, wipe and blend the asparagus. In a large pot cook the whole garlic and remove once it is browned. Add the asparagus blended and let it cook for a few minutes. Meanwhile cook the linguine in a pot with salted water and drain it "al dente". Add the sauce in the pan, adding a drizzle of olive oil and some finely chopped mint. Serve placing the linguine nest with the help of a ladle, and placing over the fresh sea urchin.

Match

A dish with a strong taste where the taste is given by the asparagus, the great aroma of mint and the strong connotation of marine sea urchins. In combination with a **Fiano Cilentano** wine. Fiano is nutty and textured with floral and honeyed notes, spice and tropical fruit flavors.



1 Mer

S. Giustino martire

2 Gio

Festa della Repubblica

3 Ven

S. Carlo L. List

4 Sab

S. Quirino Vescovo

5 Dom

S. Bonifacio Vescovo

6 Lun

S. Norberto Vescovo

7 Mar

S. Roberto Vescovo

8 Mer

S. Medardo Vescovo

9 Gio

S. Primo, S. Efrem

10 Ven

S. Diana, S. Marcella

11 Sab

S. Barnaba Apostolo

12 Dom

S. Guido, S. Onofrio

13 Lun

S. Antonio da Padova

14 Mar

S. Eliseo

15 Mer

S. Germano, S. Vito

16 Gio

S. Aureliano

The nutritionist

The resistant starch represents the part that resists to the digestion process and which is fermented in the gut; for these characteristics pasta is considered part of soluble dietary fiber. The resistant starch reaches the intestine where it is fermented and converted to fatty acids that facilitate the proliferation of bacterial flora and inhibit the growth of pathogenic bacteria.

17 Ven

S. Adolfo, S. Gregorio B.

18 Sab

S. Marina

19 Dom

S. Gervasio, S. Romualdo Ab.

20 Lun

S. Silverio Papa, S. Ettore

21 Mar

S. Luigi Gonzaga

22 Mer

S. Paolino da Nola

23 Gio

S. Lanfranco Vescovo

24 Ven

Natività di S. Giovanni B.

25 Sab

S. Guglielmo Ab.

26 Dom

S. Vigilio Vescovo

27 Lun

S. Cirillo d'Aless.

28 Mar

S. Attilio

29 Mer

SS. Pietro e Paolo

30 Gio

SS. Primi Martiri

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1	Ven	S. Teobaldo eremita	
2	Sab	S. Ottone	
3	Dom	S. Tommaso Apostolo	
28 4	Lun	S. Elisabetta, S. Rossella	
5	Mar	S. Antonio M. Z.	
6	Mer	S. Maria Goretti	
7	Gio	S. Edda, S. Claudio	
8	Ven	S. Adriano, S. Priscilla	
9	Sab	S. Armando, S. Letizia	
10	Dom	S. Felicità, S. Silvana	
29 11	Lun	S. Benedetto, S. Olga, S. Fabrizio	
12	Mar	S. Fortunato martire	
13	Mer	S. Enrico Imp.	
14	Gio	S. Camillo de Lellis	
15	Ven	S. Bonaventura	
16	Sab	N. S. del Carmelo	

The nutritionist

Nutritionists recommend a daily consumption of pasta, combined with ingredients of high biological value, such as cheese, fish, meat or legumes. It creates dishes generally well balanced, highly nutritious and nutritionally complete.



2016
July

spaghetti pasta with zucchini
in nerano sauce

Chef Roberto Allocca

400g Spaghettoni Leonessa, 1kg of medium sized zucchini, 125g of butter, 60g of grated Parmesan, 60g of grated Caciocavallo cheese, 50g of basil leaves, extra virgin olive oil, salt and pepper to taste.

Wash and dry the zucchini and cut into slices of about 3mm thick. Preheat the oil in a frying pan and fry the zucchini, taking care to keep them green. Then let the zucchini cool down. Don't place them on a paper, so they can keep the oil.

Cook the pasta in salted water and in the meantime in a large pan, prepare a topping with a little 'of water from the pasta, butter, pepper, zucchini and half the cheese. Then add the pasta cooked "al dente" and stir until creamy away from the fire by adding the rest of the cheese, basil, pepper and salt to taste. With the help of a ladle place the pasta in the middle of the plate. Then add the topping and a pinch of freshly ground pepper.

Match

This is a traditional plate with a sweet, greasy and fat flavor. It goes well with **Biancolella dell' Isola d'Ischia**. A white wine with a good freshness and moderate alcohol content, with well-balanced flavor and softness, a long minerality accompanies the long finish of mouth.

17	Dom	S. Alessio Conf., S. Tiziana	
30 18	Lun	S. Calogero, S. Federico V.	
19	Mar	S. Giusta, S. Simmaco	
20	Mer	S. Margherita, S. Elia Prof.	
21	Gio	S. Lorenzo da B.	
22	Ven	S. Maria Maddalena	
23	Sab	S. Brigida	
24	Dom	S. Cristina	
31 25	Lun	S. Giacomo Apostolo	
26	Mar	SS. Anna e Gioacchino	
27	Mer	S. Liliانا, S. Aurelio	
28	Gio	S. Nazzario, S. Innocenzo	
29	Ven	S. Marta	
30	Sab	S. Pietro Crisologo	
31	Dom	S. Ignazio di Loyola	

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32

1 Lun

S. Alfonso

2 Mar

S. Eusebio, S. Gustavo

3 Mer

S. Lidia

4 Gio

S. Nicodemo, S. Giovanni M. V.

5 Ven

S. Osvaldo

6 Sab

Trasfigurazione di N. S.

7 Dom

S. Gaetano da T.

33

8 Lun

S. Domenico Conf.

9 Mar

S. Romano, S. Fermo

10 Mer

S. Lorenzo martire

11 Gio

S. Chiara

12 Ven

S. Giuliano, S. Euplio

13 Sab

S. Ippolito, S. Ponziano, S. Filomena

14 Dom

S. Alfredo

34

15 Lun

Assunzione di Maria Vergine

16 Mar

S. Rocco

The nutritionist

A reduction or even elimination of complex carbohydrates, such as pasta, creates an unbalanced diet damaging kidneys and liver. To produce energy our body will need to synthesize glucose starting from protein and requiring to kidney an extra work. In the meanwhile the liver without carbohydrates produce waste molecular that organs like the brain, can use as energy in borderline cases.



2016

August

Stuffed macaroni with turnip tops, seafood and black garlic

Chef Felice Lo Basso

250g Maccheroni Leonessa, 300g of turnip tops, 150g of Mussels, 150g of clams, 150g torches sea, 2 potatoes, 1 shallot, 1 chilli, 1 clove of garlic, 500ml white wine, 2 cloves of black garlic, 100g of vegetable broth, Fresh Cream , Salt and Pepper to taste

Cook for about 10 minutes, in salted water, turnip tops with shallot and potato cut into slices. After cool all down in iced water. Drain, blend and add salt to taste. Blend until creamy the garlic with fresh cream and vegetable stock. Keep the sauce aside. Cook the pasta in salted water, drain it al dente and cool the pasta down in iced water to stop the cooking. Drain it again and guarnish with the cream of turnips. Aside in a pot cook the unpeeled garlic and chilli in 3 tablespoons of oil. Remove the garlic just when it starts to et brown. Add the seafood and after a minute add wine. Cover with a lid and cook for another 5 minutes. Unshell the seafood taking care to filter and keep aside the cooking liquid of the seafood. Complete cooking the pasta in a pan with the seafood water cooking. Serve garnishing each macaoni pasta with seafood and leaves of fresh turnip. Add a few drops of black garlic sauce, obtained by blending garlic with fresh cream and vegetable stock.

Match

This dish is characterized by bitterness of turnip, softened slightly by the addition of potatoes, pasta, seafood flavor and aroma of the garlic. Match it with a **Irpinia Falangina**. A win aged in small oak barrels, with fruity notes, minerals and puffs of sweet spices.

17 Mer

S. Giacinto

18 Gio

S. Elena Imp.

19 Ven

S. Ludovico, S. Italo

20 Sab

S. Bernardo Abate

21 Dom

S. Pio X Papa

35

22 Lun

S. Maria Regina

23 Mar

S. Rosa da Lima

24 Mer

S. Bartolomeo Apostolo

25 Gio

S. Ludovico

26 Ven

S. Alessandro martire

27 Sab

S. Monica, S. Anita

28 Dom

S. Agostino

36

29 Lun

Martirio S. Giovanni Batt.

30 Mar

S. Faustina, S. Rosa, S. Tecla

31 Mer

S. Aristide martire

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2016
September

Pasta with beaten anchovies from cetara
marinated with amalfi lemons, sea
asparagus and hazelnut milk from Giffoni

Chef Roberto Allocca

400g Manicotti Leonessa, 400g of anchovies, 400g of sea asparagus,
250g of ice, 200ml of fish broth, pouring anchovy to taste, 150g of
Fresh hazelnuts, 150g of toasted hazelnuts, 100g of butter, 2 Lemons
from Amalfi, wild fennel, salt, pepper and Extra Virgin Olive
Oil to taste.

Leave fresh hazelnuts in a pot with water for one night. The next day, with
the help of a kitchen cloth, remove the skin from the hazelnuts. Blend the
hazelnuts with the ice until creamy and add salt and peper to taste.
Wipe off the anchovies, the cut into small pieces and season with grated
lemon peel, a teaspoon of pouring anchovy, a tablespoon of olive oil
and lemon juice.

Take the most tender part of sea asparagus and parboil in plenty water
for about a minute. Cook the pasta in salted water. Meanwhile, cook the
butter with toasted hazelnuts and sea asparagus in a large saucepan,
add half the creamy hazelnut and a couple of tablespoons of the pasta
cooking water, add anchovies to taste. Drain pasta "al dente" and add
to the sauce. Serve placing the pasta in the middle of the plate, garnish
with a few patches of heated creamy hazelnut and on one side place the
anchovies garnished with basil and fennel.

Match

The presence of anchovies and sea asparagus gives to the dish a
distinctive flavor, slightly bitter and a good aroma for the presence of
hazelnut and lemon. So, with this dish we need a white wine rich in
extract with a wide range of fruity, floral and sweet spices, with slightly
acid contained as a **Falerno del Massico Bianco**.

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1	Gio	S. Egidio Abate	
2	Ven	S. Elpidio Vescovo	
3	Sab	S. Gregorio M.	
4	Dom	S. Rosalia	
37	5	Lun	S. Vittorino Vescovo
	6	Mar	S. Petronio, S. Umberto
	7	Mer	S. Regina
	8	Gio	Natività B. V. Maria
	9	Ven	S. Sergio Papa
	10	Sab	S. Nicola da Tolentino
	11	Dom	S. Diomedea martire
38	12	Lun	SS. Nome di Maria
	13	Mar	S. Maurilio, S. Giovanni Cris.
	14	Mer	Esaltazione S. Croce
	15	Gio	B. V. Maria Addolorata
	16	Ven	SS. Cornelio e Cipriano

The nutritionist

The first stage of pasta digestion occurs in the mouth
during mastication by the ptyalin, an enzyme also called
salivary amylase, which breaks down starch into simple
carbohydrates. A good mastication therefore facilitates the
subsequent completion of the digestion of glucides which
takes place in the duodenum and in the various segments of
the small intestine.

17	Sab	S. Roberto Bellarmino	
18	Dom	S. Sofia martire	
39	19	Lun	S. Gennaro Vescovo
	20	Mar	S. Eustachio, S. Candida
	21	Mer	S. Matteo Apostolo
	22	Gio	S. Maurizio martire
	23	Ven	S. Pio da Pietrelcina
	24	Sab	S. Pacifico
	25	Dom	S. Aurelia
40	26	Lun	SS. Cosimo e Damiano
	27	Mar	S. Vincenzo de'Paoli
	28	Mer	S. Vencenslao martire
	29	Gio	SS. Michele, Gabriele e Raffaele
	30	Ven	S. Girolamo



	1	Sab	S. Teresa del Bambin Gesù	
	2	Dom	SS. Angeli Custodi	
41	3	Lun	S. Gerardo Abate	
	4	Mar	S. Francesco d'Assisi	
	5	Mer	S. Placido martire	
	6	Gio	S. Bruno Abate	
	7	Ven	N. S. del Rosario	
	8	Sab	S. Brigida	
	9	Dom	S. Dionigi, S. Ferruccio	
42	10	Lun	S. Daniele	
	11	Mar	S. Firmino Vescovo	
	12	Mer	S. Serafino	
	13	Gio	S. Edoardo Re	
	14	Ven	S. Callisto I Papa, S. Fortuna	
	15	Sab	S. Teresa d'Avila	
	16	Dom	S. Edvige	

The nutritionist

Pasta cooking time is an important factor for a good digestion; the term "al dente" means that the starch is assimilated in a progressive way and digestion is consequently slower. The prolonged digestion of the starch makes a gradual release of glucose and also its absorption is more fragmented over time. The result is a gradual arrival of the glucose in the blood that does not cause the insulin peak.



2016 October

Campania meets Emilia

Chef Agostino Iacobucci

250g Paccheri Leonesa, 2kg of peeled tomatoes, 400g of muscle, 400g of pork ribs, 400g of sausage, 250g of pork chops, 200 ml of red wine, 100g of bafalo ricotta, 50g of grated Pecorino Romano cheese, 50g of Raisins, 50g of pine nuts, 1 white onion, 1 clove of garlic, parsley and basil leaves to taste

Mince the garlic, parsley, raisins, pine nuts and pecorino and put it all on sliced pork chops. Then roll them up and tie with kitchen string. Cook in a pan with 2 tablespoons of olive oil along with the muscle, the pork ribs and sausages for 15 minutes. Add the finely chopped onion and continue to cook until the meat gets dark and the onions crispy. Add wine and let evaporate. Then add the pureed tomatoes and cook on low heat for 4-5 hours. When it is cooked add salt and pepper to taste and remove the meat from the sauce. Untie the meat rools and cut into slices. Cook the pasta in salted water and seaseen them with the sauce. Serve hot, and garnish with bits of meat, tufts of ricotta and basil.

Match

Holiday traditional plate from Napoli, it has a sour and aromatic taste. Match it with **Pallagrello Nero** presenting aromas of ripe red fruits, sweet spices but also with a touch of black pepper. Soft flavored with a balanced acidity, contains alcohol with a mild and juicy note.

43	17	Lun	S. Rodolfo	
	18	Mar	S. Luca Evangelista	
	19	Mer	S. Isacco martire, S. Laura	
	20	Gio	S. Irene	
	21	Ven	S. Orsola	
	22	Sab	S. Donato V., S. Giovanni Paolo II	
	23	Dom	S. Giovanni da Capestrano	
44	24	Lun	S. Antonio Maria Claret	
	25	Mar	S. Crispino	
	26	Mer	S. Evaristo Papa	
	27	Gio	S. Fiorenzo Vescovo	
	28	Ven	S. Simone	
	29	Sab	S. Ermelinda	
	30	Dom	S. Germano Vescovo	
45	31	Lun	S. Lucilla, S. Quintino	

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1	Mar	Tutti i Santi
2	Mer	Commemorazione dei Defunti
3	Gio	S. Martino, S. Silvia
4	Ven	S. Carlo Borromeo
5	Sab	S. Zaccaria
6	Dom	S. Leonardo Abate
46	7 Lun	S. Ernesto Abate
8	Mar	S. Goffredo Vescovo
9	Mer	S. Oreste, S. Ornella
10	Gio	S. Leone Magno
11	Ven	S. Martino di Tours
12	Sab	S. Renato martire
13	Dom	S. Diego, S. Omobono
47	14 Lun	S. Giocondo Vescovo
15	Mar	S. Alberto m., S. Arturo
16	Mer	S. Margherita di S.

The nutritionist

The more you eat quickly, the less you feel satiated. It is well known, infact, that it takes about twenty minutes for the impulses to leave the stomach and reach the brain sending signals of satiety. During this time we can introduce large amounts of food without feeling full.



2016
November

Mafaldelle pasta in lamb ragù sauce and mixed mushrooms

Chef Felice Lo Basso

320g Mafaldelle Leonesa, 1 shoulder of lamb of about 1.5 kg, 200g of mushrooms (porcini, chanterelles, trumpet), 60 g of Pecorino cheese, 40g of double concentrated tomato, 2 carrots, 1 stalk of celery, 1 onion, 1 leaf of laurel , 9 tablespoons of extra virgin olive oil, 2 glasses of red wine, chives, orange peel, salt and pepper to taste.

Debone the shoulder of the lamb and fry the bones in a pan with 3 tablespoons oil, half the celery, carrot, bay leaf and half onion. As soon as the vegetables begin to brown, add a glass of wine and let it evaporate, then add 1 liter of cold water and cook for about 1 hour at a moderate heat. Then filter everything with a fine-mesh strainer.

Apart cook in 3 tablespoons of oil carrot, celery and onion, add the chopped lamb cut into small pieces, then add wine and let evaporate. Add the double tomato concentrate, filtered sauce and cook for 2 hours on a low heat. Cook the pasta in salted water, while in a pan fry mushrooms with the remaining oil. Drain the pasta al dente and cook until creamy with lamb sauce, adding the cheese and grated orange peel. Serve garnishing with mushrooms and chopped chives.

Match

It's a dish with a good structure, persistent and a rich taste. Match it with a **Falerno del Massico Primitivo** as it goes well with dishes based on meat sauces, thanks to its aromas of red fruit jam, violets, cinnamon and licorice.

17	Gio	S. Elisabetta
18	Ven	S. Oddone Abate
19	Sab	S. Fausto martire
20	Dom	S. Benigno
48	21 Lun	Presentazione B. V. Maria
22	Mar	S. Cecilia martire
23	Mer	S. Clemente Papa
24	Gio	Cristo Re, S. Flora
25	Ven	S. Caterina d'Aless.
26	Sab	S. Corrado Vescovo
27	Dom	I d'Avvento
49	28 Lun	S. Lucio, S. Giacomo Franc.
29	Mar	S. Saturnino martire
30	Mer	S. Andrea Apostolo

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2016

December

Spaghettoni pasta with lobster

Chef Felice Lo Basso

400g Spaghettoni Leonessa, 2 Lobsters medium sized, 200g of tomato puree, 10 reddish tomatoes, 5 tablespoons extra virgin olive oil, 2 carrots, 2 stalks of celery, 2 onions, 1 branch of parsley, 1 lemon peel, powdered coral, salt and popper corns to taste

Cook the lobsters for 8 minutes in salted water, then clean them taking care to keep the shells and heads. In a large pot cook in oil, the heads, the shells, carrots, celery and onions coarsely chopped, then add the tomatoes into chunks, the passed tomatoes and add 1 liter of cold water, and cook for about 2 hours on a moderate heat. Filter the mixture and pour the bisque in a large frying pan with whole tails and the chopped lobsters claws. Cook pasta in salted water and drain it al dente. Add the pasta to the bisque sauce and cook for 2/3 minutes more. Cook until creamy adding a drizzle of olive oil and grated lemon. Serve placing on the patsa a piece of lobster tail and garnish with powdered coral.

Match

Dish prepared for special occasions. It has a sweet and sour taste for the use of tomatoes, lemon and peppercorns. Match it with an **Aglianico del Taburno Rosato**. It gives an impact on the nose of red berries, pink pepper with mineral aftertaste.

1	Gio	S. Ansano	
2	Ven	S. Savino, S. Bibiana	
3	Sab	S. Francesco Saverio	
4	Dom	II d'Avvento	
50	5	Lun	S. Giulio martire
	6	Mar	S. Nicola Vescovo
	7	Mer	S. Ambrogio Vescovo
	8	Gio	Immacolata Concezione
	9	Ven	S. Siro
	10	Sab	N. S. di Loreto, S. Loredana
	11	Dom	III d'Avvento
51	12	Lun	S. Amalia, S. Giovanna F.
	13	Mar	S. Lucia
	14	Mer	S. Giovanni della Croce
	15	Gio	S. Valeriano
	16	Ven	S. Albina

The nutritionist

The word "portion" defines the standard amount of food in grams (g), which is assumed as the unit of measurement to be used for a balanced diet. Beyond the nutrient content, the portion size must be "reasonable", and it must meet the hedonistic expectations of the consumer and be conform to traditional food.

17	Sab	S. Lazzaro	
18	Dom	IV d'Avvento	
52	19	Lun	S. Dario, S. Fausta
20	Mar	S. Liberato martire	
21	Mer	S. Pietro Canisio	
22	Gio	S. Francesca Cabrini	
23	Ven	S. Vittoria	
24	Sab	S. Delfino, S. Adele	
25	Dom	Natale del Signore	
53	26	Lun	S. Stefano protomartire
27	Mar	S. Giovanni Apostolo, S. Rachele	
28	Mer	SS. Martiri Innocenti, S. Iolanda	
29	Gio	S. Tommaso Becket	
30	Ven	S. Eugenio Vescovo	
31	Sab	S. Silvestro Papa	

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