

# The menu of Cascina San Cassiano



**CASCINA  
SAN CASSIANO**

ALBA - ITALY

English version

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# Breakfast



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## Magical citrus fruit cookies

### Ingredients:

- 1/2 lemon
- 1/2 orange
- 60 g of butter
- 90 g of sugar
- 150 g of 00 flour
- 1 spoon of bicarbonate
- 1 spoon of grapefruit juice
- 60 g of butter with orange Cascina San Cassiano



### Cooking instructions:

preheat oven at 190°. Knead butter soften with sugar until you obtain a cream. Add peel of 1/2 orange and peel and juice of 1/2 lemon. Add grapefruit juice and mix. Add flour and bicarbonate and sieve. Knead citrus fruit mixture with flour. Let it stand in fridge for 20 minutes. Insert the mixture in shooter and "shoot" cookies on a baking tray. Baking for 10 minutes.

**Author:** Giorgia

**Blog:** Cook the look ([cookthelook.net](http://cookthelook.net))

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## Chocolate cupcakes

### Ingredients:

- 1 egg
- 125 g sugar
- 250 ml milk
- 250 g 00 flour
- drops of chocolate
- 1/2 bag baking powder
- 60 g of butter with cinnamon, cardamom and ginger Cascina San Cassiano



### Cooking instructions:

preheat oven at 180°. Mix with a whisk liquid ingredients and apart solid ones. Join all and mix quickly. Add drops of chocolate and fill 12 cup muffin pan. Put in the oven for 25 minutes at 180°.

**Author:** Giorgia

**Blog:** Cook the look (cookthelook.net)

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## Soft small muffin with raspberry jam

### Ingredients:

- 2 eggs
- 65 g water
- 125 g flour
- 125 g sugar
- 65 g olive oil
- 1/2 bag baking powder
- some rum or equal liquor
- raspberry jam Cascina San Cassiano



### Cooking instructions:

beat the two eggs with sugar, add oil, water, liquor and at the end flour and the sifted baking powder. Pour the mixture into small muffin forms (don't fill them to the edge), then add a spoonful of raspberry jam in each muffin, mixing to obtain a marble effect. Bake the muffins in the oven at 180 °C for about 15 minutes.

**Author:** Concetta

**Blog:** Sale e pepe quanto basta ([saleepepequantobasta.com](http://saleepepequantobasta.com))

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## Muffin with peach cream, cocoa and amaretti

### Ingredients:

- 2 eggs
- 20 cl of milk
- 300 g of flour
- 120 g of sugar
- 125 g of butter
- various decorations
- ½ teaspoon of baking powder
- peach cream with cocoa and amaretti Cascina San Cassiano



### Cooking instructions:

preheat the oven at 200 degrees, butter and flour the molds. Melt the butter in a pan. In a bowl, mix flour, baking powder and sugar. Work in a separated bowl the eggs, milk and melted butter. Mix and stir well the liquid elements with the solid ones, then fill the molds to  $\frac{3}{4}$  with the dough, put in the center one teaspoon of cream of peaches and bake for about 20 minutes. The muffins are ready when the surface is golden brown. At this point, let cool and spread with other cream with peaches and various decorations.

**Author:** Maria Luisa

**Blog:** In cucina da Malù ([incucinadamalu.blogspot.it](http://incucinadamalu.blogspot.it))



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## Girella with lemon marmalade and hazelnuts

### Ingredients:

#### *For the mix*

- 1 egg
- 40 g of seed oil
- ½ packet of dry bear yeast
- 160 g of lactose-free milk, less than 0,1% lactose
- 350 g of a mixture of flour and starch, alternatively flour 00



#### *For the filling*

- 35 g of hazelnuts
- 1 teaspoon of brown sugar
- water and an egg yolk for brushing
- lemon marmalade Cascina San Cassiano

### Cooking instructions:

on a pastry board place the flour mixed with baking powder, make a hole in the center in which you will pour the oil and egg. Begin to knead, adding little by little the milk, and work it until it will be smooth and homogeneous. Form a ball, cover with greaseproof paper and leave it in a warm place to let it rise for 90 minutes. Chop the hazelnuts with the cane sugar. When risen, place the dough on a pastry board, roll it out in a rectangular sheet about 5 mm high on which you will spread the lemon marmalade. Spread the hazelnuts, roll the dough over itself by the shortest side and cut the girella of about one cm long. Place them on a plate covered with greaseproof paper and let them rise for 30 minutes in the oven with the light on. Then heat the oven at 180 ° C and brush the girella with a mixture of egg yolk and water. Bake for about 35 minutes until they are cooked and golden looking.

**Author:** Claudia

**Blog:** My ricettarium (myricettarium.com)

## Meringue tart flavored with tonka bean, with custard, apricots and almonds

### Ingredients:

#### *For the base*

- 1 egg yolk
- a pinch of salt
- 125 g cold butter
- half a tonka bean
- 50 g of icing sugar
- 225 g of flour 0 organic
- some cold water from the refrigerator



#### *For the custard*

- 2 egg yolks
- 60 g of sugar
- 200 ml cream
- 15 g of cornstarch
- 50 ml of whole milk
- some grated tonka bean

#### *For the Italian meringue*

- 2 egg yolks
- 3 egg whites
- 150 g of sugar
- some grated tonka bean
- acacia honey with apricots and almonds Cascina San Cassiano

### Cooking instructions:

#### *Preparation of the base*

pour flour, sugar and salt in a bowl and work it all together with your hands together with the cold butter cut into small cubes. You will get a compound similar to the crumbled bread crumbs. At this point, add the egg yolk and work well until it forms a ball of firm dough. Now add some cold water and still work the ball of dough so that it softens slightly. Cover it with plastic wrap and place in the fridge for half an hour.

#### *Preparing the custard*

while the base will be in the fridge to cool down, boil in a pot some grated tonka bean with milk. Then, while it warms up, beat the 2 egg yolks with sugar and cornstarch and when the milk and the cream will start to boil, pour in the egg yolks and mix well. Continue to cook, stirring until it all will be well thickened. Now pour the cream into a bowl and cover with a transparent film that will touch the cream. Let it to cool.

#### *Preparation of the tart*

Take the dough and roll it out with a rolling pin until it will be the right size to cover the cake pan and its edges. Then gently fill the tart mold with the base, including edges, and trim the edges with a wheel so to level the height. Cover the base with baking paper and pour over the dried beans laying them well, they will



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let the base remains low. Now put in a preheated oven at 190 degrees for about 20 minutes, or until it is golden brown. Remove baking paper and beans and pour in the custard spreading it well. Now take the apricots stuffed with almonds and drain them from the honey (do not throw away the honey, it is great for breakfast), cut in half and put them on the custard. At this point you can prepare the Italian meringue beating the egg whites, to which you added some grated tonka bean. As far as it stiffens, pour the sugar little by little. Beat until the meringue will not be steady (pulling out the whisks the meringue remains attached forming a kind of beak). Now fill the tart with meringue and, to make the cake more attractive, form some waves on the surface using a palette. Place the tart mold immediately in the preheated oven at 170 degrees for about ten minutes (if it starts to darken, decrease the temperature), then lower the temperature to 120 degrees and cook for other 15/20 minutes. Finally turn off and leave the tart in the oven until it is completely cold (recommended time: a whole night). While the oven cools leave the door of the oven open using a wooden spoon so that moisture can go out. Serve cold.

**Author:** Gloria

**Blog:** [Dolcissimi dolcetti \(dolcissimidolcetti.com\)](http://dolcissimidolcetti.com)

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## Yoghurt cups with apricot compote

### Ingredients:

- sponge cake
- 600g of apricots
- 2 knob of butter
- 2 spoons of sugar
- 600 g of greek yoghurt
- 8 teaspoon of eucalyptus honey Cascina San Cassiano



### Cooking instructions:

wash and halve the apricots and pit them. Heat a frying pan, melt the butter and pour the sugar in it. Add the apricots halved and cook for 5 or 6 minutes adding a little bit of water. Crumble some sponge cake and lay it on the bottom of a cup. Sprinkle then with some syrup made by the apricots. Warm up the eucalyptus honey in the microwave and mix it with yoghurt. Pour the yoghurt on the sponge cake and cover with the apricot compote. Let it rest for other 10 minutes and taste when the apricots are still little warm.

**Author:** Sonia

**Blog:** La cassata celiaca ([lacassataceliaca.blogspot.it](http://lacassataceliaca.blogspot.it))

# Starters



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## "Focaccia" (bread) with speck and grilled courgettes

### Ingredients:

#### *For dough*

- 300 g water
- 2 teaspoons salt
- 550 g 0 flour
- 2 tablespoons extra-virgin olive oil
- 150 g liquid mother yeast (or ½ cube fresh yeast)

#### *For stuffing*

- 300 g speck
- 1 pot of grilled courgettes in grape seed oil Cascina San Cassiano



### Cooking instructions:

prepare the dough which must be very soft, without adding more flour: classic bobbles during baking will make mixture light and crispy. Leaven a long time, at least 5 hours. If you use mother yeast remember to refresh it, sometime before using it. When dough is ready, divide it in 4-5 pieces and roll with hands (not with rolling pin), put on oiled baking tray or on stone (if you use wood stove) and bake it. When focaccia starts to get light brown, take them out and garnish immediately with speck, Cascina San Cassiano's Grilled Courgettes in grape seed oil and, if you like, some preservation courgettes oil.

**Author:** Patty

**Blog:** Le ricette di zia Patty ([lericettediziapatty.blogspot.it](http://lericettediziapatty.blogspot.it))

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## Filled eggs

### Ingredients:

- salt
- 6 eggs
- balsamic vinegar
- 3 spoons of mayonnaise
- 1 jar conriso Cascina San Cassiano



### Cooking instructions:

boil the eggs for about ten minutes. Once ready, shell the hard-boiled eggs, cut them carefully in the middle in order not to break them. Remove the yolks, put them in a bowl and smash them with a fork. Add mayonnaise and some balsamic vinegar (according to your taste), mix well, then add the jar of Conriso, previously drained, and salt. Keep some olives and some small mushrooms apart, for decoration. Mix well all the ingredients, fill the half eggs and decorate with olives and mushrooms.

**Author:** Tiziana

**Blog:** Cucinando assaggiando ([cucinandoassaggiando.com](http://cucinandoassaggiando.com))

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## Croutons with lamb salad, boiled eggs and truffle mayonnaise

### Ingredients:

- truffle salt
- black pepper
- 4 boiled eggs
- 8 slices brioche loaf
- extra-virgin olive oil
- 1 roasted leg of lamb
- 1 little head curly endive
- 1 pot of mayonnaise with truffle Cascina San Cassiano



### Cooking instructions:

fillet the lamb in small pieces and mix with salad, washed and reduced in small pieces. Dress with oil, salt and some black pepper. Cut each slice of bread with a round potato cutter to obtain a round shape and a square one with a round hole in the center: toast both in a pan without condiment. When serving put in each plate the round slices, lay down on each one salad, meat, half egg and close with a square slice. Complete with some Mayonnaise with truffle.

**Author:** Concetta

**Blog:** Sale e pepe quanto basta ([saleepepequantobasta.com](http://saleepepequantobasta.com))



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## Torciglioni (twist) of puff pastry with ham

### Ingredients:

- 3 slices of cooked ham
- a roll of puff pastry rectangle  
(no hydrogenated fats, no butter nor lactose)
- 1 pot of mayonnaise with balsamic vinegar of Modena  
Cascina San Cassiano



### Cooking instructions:

roll out the puff pastry and spread it entirely with mayonnaise. Cut in half lengthwise. In the sense of the height cut many wide strips of about two fingers dimension which then have to be twisted. Place everything on a oven plate covered with a baking paper, spread the mayonnaise that come out on the surface and bake in a preheated oven at 200 degrees for about 10/15 minutes to achieve a reasonable degree of browning.

**Author:** Claudia

**Blog:** My ricettarium ([myricettarium.com](http://myricettarium.com))

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## "Macarons" semolina with gorgonzola

### Ingredients:

- 20 g butter
- 2 egg yolks
- salt, nutmeg
- 250 g of semolina
- a liter of fresh milk
- 100 g grated Parmesan cheese
- 2 tablespoons of Parmesan cheese
- 100 g of gorgonzola with mascarpone
- 300 g fresh spinach boiled in salted water and chopped
- butter with sage Cascina San Cassiano



### Cooking instructions:

put into a pot the milk, salt and nutmeg. Boil and pour in the semolina, stirring constantly. Lower the heat and stir again to obtain a solid and compact mix. Turn off the heat and let cool, then add 2 egg yolks, Parmesan cheese and butter, adjusting with salt. At this point, divide the dough into 2 bowls, add in one of the ball the chopped spinach. Stir vigorously and pour the mix in 2 baking sheets covered with wet and squeezed parchment paper. Leveling and flattening the mix down to an inch with wet hands. Cut out dumplings with cookie cutters of various shapes and lay a part of the same color in a buttered baking dish. At the center of each dumpling put some cheese, cover with a dumpling of a different color. Place a pat of butter with sage on each one, sprinkle with breadcrumbs and more Parmesan cheese and bake at 180 degrees for 20 minutes. Serve "Macarons" hot.

**Author:** Aria

**Blog:** Aria in cucina (ariaincucina.com)

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## Salty colomba (Easter cake)

### Ingredients:

- 3 eggs
- 10 g salt
- 100 g butter
- 20 g of yeast
- 10 g of sugar
- 500 g of flour 0
- 2 dl of whole milk
- 125 g cooked ham
- 125 g of Asiago cheese
- 125 of mushrooms in oil
- 75 g of diced fontina cheese
- 50 g of grated parmesan cheese
- 125 g of artichokes in olive oil Cascina San Cassiano



### Cooking instructions:

to achieve 6 small colomba, or a large one, create a "fountain" with 500 g of flour 0 and 10 g of salt; place in the center 20 g of yeast dissolved in approximately 2 dl of warm whole milk, in which 10 g of sugar were previously dissolved, and let stand for 15 minutes. Knead adding 3 eggs of 60 g each together with 50 g of grated parmesan cheese and 100 g of cold melted butter. Let the dough rise until it doubles and then divide it into two parts: add 125 g of diced asiago cheese and 125 g of cooked ham cut in cubes to the first, add then in the other half 125 g of artichokes in olive oil Cascina San Cassiano, 75 g diced fontina and 125 of mushrooms in oil. Then take some small molds made out of paper in the form of a dove, then make the body of the doves with the first mixture and the wings with the second. Let it to rise again then brush with beaten egg, sprinkle with sliced almonds and bake in a preheated oven at 220 °C for 15-20 minutes.

**Author:** Barbara

**Blog:** Ricette barbare ([ricettebarbare.blogspot.it](http://ricettebarbare.blogspot.it))

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## Salad with cucumbers, feta cheese and onions

### Ingredients (for 2 servings):

- 2 cucumbers
- 100 g of feta cheese
- a pinch of salt
- a spoon of extra virgin olive oil
- 5 sweet and sour Tropea onions Cascina San Cassiano



### Cooking instructions:

wash and cuts cucumbers into slices, place them in a container, add the onions in pieces, feta cheese in cubes, oil and salt. Mix all and serve. This recipe is great for low calories diets.

**Author:** Micaela

**Blog:** Le M cronache ([lemcronache.blogspot.it](http://lemcronache.blogspot.it))

# Pasta



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## Piedmont soup in casserole

### Ingredients:

- pepper
- 40 g butter
- 1,5 l meat broth
- extra-virgin olive oil
- 10 slices blackbread
- 1 tablespoon chopped parsley
- 800 g cabbage (whitest part)
- Bra DOP cheese fondue Cascina San Cassiano



### Cooking instructions:

start removing the outer leaves of savoy cabbage, take off the remaining ones and cut them in stripes. Pour meat broth in a pot and boil it, add the cabbage leaves and boil for 20-25 minutes. Lightly toast bread in a pan with butter. Lightly oil some oven dishes with some toasted bread, add savoy cabbage, cheese fondue, meat broth and pepper. Cover with a slice of bread, then with cabbage once again and finish with Bra cheese Fondue. Put in the oven at 180° for 20-25 minutes. Take out of the oven, sprinkle with some chopped parsley and serve.

**Author:** Barbara

**Blog:** Ricette barbare ([ricettebarbare.blogspot.it](http://ricettebarbare.blogspot.it))

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## Green spaghetti

### Ingredients (for 4 servings):

- 1 piece of onion
- 320 g of spaghetti
- pistacchio powder
- extra virgin olive oil
- 3 tablespoons of asparagus sauce Cascina San Cassiano



### Cooking instructions:

boil pasta in salted water. Meanwhile chop finely onion and fry it with some oil in a non-stick pan. When onion will brown lightly, add 3 tablespoons of Asparagus Sauce Cascina San Cassiano, mix all with some tablespoon of cooking water. Strain spaghetti "al dente" and not too much dry, sauté them in pan, sprinkling with pistachio dust and, to taste, black pepper. Serve and if you want, add more pistachio powder.

**Author:** Elisa

**Blog:** Cooking Movies ([cookingmovies.it](http://cookingmovies.it))

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## Whole fidanzati pasta with zucchini, truffle and salty ricotta

### Ingredients:

- oil
- salt
- onion
- pepper
- black olives
- 350 g zucchini
- 400 g of integrals fidanzati pasta
- half pack of dry ricotta (made with sheep milk)
- 3 tablespoons of truffle cream Cascina San Cassiano



### Cooking instructions:

wash and chop the zucchini, then make them in thin sticks with a grater. Pour some oil in pan, add the onion and sauté over medium heat. Then place the zucchini in the pan and brown them. Add the black olives. When they are almost ready, grate the salty ricotta and add truffle cream (about 3/4 spoons) and cook it for other three minutes. Season with salt and pepper. Cook the pasta, then drain it and pour it into the pan with zucchini. Heat again and add more salty ricotta. Finish cooking and serve.

**Author:** Benedetta e Martina

**Blog:** Lamponi e tulipani ([lamponietulipani.blogspot.it](http://lamponietulipani.blogspot.it))



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## Hearts with chard and ricotta

### Ingredients:

- salt
- garlic
- bacon
- raisins
- pepper
- 300 g ricotta
- 100 g smoked cheese
- a handful of pine nuts
- 100 g of parmesan cheese
- a packet of pasta format "6 hearts"
- 700 g of leaves of chard raw weighed
- a tablespoon of walnut sauce Cascina San Cassiano
- a tablespoon of butter with sage Cascina San Cassiano



### Cooking instructions:

scald the leaves and add them in a pan where you fried the finely cut bacon with pine nuts, raisins and garlic; prolong the cooking for few minutes and add the walnut cream, pepper and salt. Mix the eggs and Parmesan in a cutter until you reach a velvety and not too thick cream. In a large pot boil the water and season with salt, cook the hearts for a little less than 8 minutes. Grease a baking pan with butter and sage. Use a slotted spoon to arrange the just drained hearts, stuff them before with a little of provola cheese in order to keep them wide open, and then with the help of a pastry bag, fill them with the cream of ricotta and chard. Pass the pan in the oven for few minutes in order to let the cheese melt and to form a nice crust on the cream. Lay the hearts in a serving dish and serve.

**Author:** Teresa

**Blog:** Pasticci e capricci ([pasticciecapricci.blogspot.it](http://pasticciecapricci.blogspot.it))

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## Suns and hearts made the Sicilian way

### Ingredients:

- salt
- basil
- 1 eggplant
- 1 fresh chili
- clove of garlic
- extra virgin olive oil
- 150 gr of minced pork
- fresh grated ricotta cheese
- a package of "The 6 Hearts"
- a tablespoon of "The vegetables"
- a package of "The 4 suns of Capri"
- butter with anchovies Cascina San Cassiano



### Cooking instructions:

cut the eggplant into pieces and leave it for about an hour in salt. Wash, drain and fry the cubes of eggplant in extra virgin olive oil and with a clove of garlic and a teaspoon of butter with anchovies. Add the minced pork, salt and cook for about ten minutes. Add half a fresh chili and a tablespoon of "The vegetables" to give color and flavor to our preparation. With this, stuff the pasta (after having blanched it for few minutes). Put in a hot oven and let it brown. Serve the dish with some sauteed eggplant previously left out and still a teaspoon of butter with anchovies. Sprinkle with the salty ricotta and serve adding some fresh basil leaves.

**Author:** Roberta

**Blog:** In Cucina con Roberta ([incucinaconroberta.blogspot.it](http://incucinaconroberta.blogspot.it))

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## Whole gnocchi with tomato and genovese pesto sauce

### Ingredients:

#### *For the sauce*

- salt
- fresh tomatoes
- 1 small courgette
- extra virgin olive oil
- genovese pesto sauce Cascina San Cassiano



#### *For stuffing*

- salt
- 1 egg
- 800 g of potatoes
- 100 g of wheat flour

### Cooking instructions:

knead the gnocchi with boiled potatoes, flour and egg until you get a very soft dough. Sauté in extra virgin olive oil the courgettes cut into small pieces. Add the fresh tomatoes and cook until ready, then turn it off and add some spoons of pesto. Cook the gnocchi and sauté them in the pan where you prepared the sauce; add grated cheese. Place the gnocchi in a casserole and bake in the oven at 170 degree for about 20 minutes.

**Author:** Natalia

**Blog:** Fusilli al tegamino ([fusillialtegamino.blogspot.it](http://fusillialtegamino.blogspot.it))

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## Gnocchetti with saffron and matcha tea with pistachio pesto

### Ingredients:

- salt
- sage
- 1 egg
- butter
- nutmeg
- 1 kg of potatoes
- 200 g of flour 0
- 0,125 g of saffron
- a teaspoon of powder matcha tea
- pistachio pesto cascina san Cassiano



### Cooking instructions:

make the gnocchi. Cook the potatoes and mash them with appropriate tools. Then mix the egg, salt and nutmeg and finally add the flavour. If needed, add 200 grams and knead the dough on a floured cutting board. Divide the dough in two parts and mix one part with saffron and the other with matcha tea. Roll out each part into a rope, use a knife to cut out square bites. Bring a pot of salted water to a boil, and wait until they come back to the surface. When they do, they're ready. Season them with butter melted with sage. Finally serve and season also with pistachio pesto..

**Author:** Ileana

**Blog:** Ribes e cannella ([ribesecannella.blogspot.it](http://ribesecannella.blogspot.it))

## Main courses



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## Köttbullar (Swedish meatballs)

### Ingredients:

#### *For meatballs*

- honey
- 1 egg
- 1 onion
- 200 ml milk
- 60 g breadcrumbs
- 500 g minced beef meat
- butter with sage Cascina San Cassiano

#### *For sauce*

- 280 ml water
- 70 g cream
- 1 package gräddsås (Swedish sauce for meatballs)
- blueberry jam Cascina San Cassiano

### Cooking instructions:

cut onion finely and cook it without browning with some butter. Meanwhile add milk with breadcrumbs and let absorb it. Join minced beef with onion, add an egg, breadcrumbs and milk mixture, a teaspoon of honey, two teaspoons of cloves, salt and pepper. Shape little meatballs and fry them, with butter, on a low flame, turning frequently not to blacken them. Now prepare the sauce. Pour water in a pot and boil it. Add contents of gräddsås package and mix with a whisk avoiding lumps. Add cream and boil it until it thickens. Finally add meatballs and let absorb sauce. Serve with boiled potatoes and blackberry jam.

**Author:** Roberta

**Blog:** In Cucina con Roberta ([incucinaconroberta.blogspot.it](http://incucinaconroberta.blogspot.it))



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## Mini B-Burger

### Ingredients:

- ketchup
- 1 onion
- 1 tomato
- 2 sweet bread
- 2 leaves of salad
- sweet American salt
- cheese slices of cheddar
- 1 spoon of balsamic vinegar
- 250 g minced meat
- fennel seeds, rosemary, thyme
- mayonnaise with balsamic vinegar Cascina San Cassiano
- 1 spoon of mustard sauce Cascina San Cassiano



### Cooking instructions:

in a bowl mix well the minced meat with mustard sauce with pepper, rosemary, thyme, fennel, salt and form the burgers. On a nonstick pan place a spoon of balsamic vinegar and grill the meat and the onions finely sliced. Put for a few minutes the bread with the cheese on in the oven and let the cheese melt. Now make your sandwich with lettuce leaf, meat, grilled onions, sliced tomatoes, potatoes (baked in the oven or fried) and all the sauces.

**Author:** Barbara

**Blog:** Cucina di Barbara ([cucinadibarbara.com](http://cucinadibarbara.com))

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## Potato balls

### Ingredients:

- egg
- salt
- milk
- potatoes
- frying oil
- parmesan
- breading ready
- red chili pepper
- mix of spices for potatoes
- sottiletta (cheese in slices)
- salami with wine Barolo Cascina San Cassiano



### Cooking instructions:

boil the potatoes in salted water. Once cooked, peel and mash them. In a large bowl add and mix the egg, a handful of parmesan, the mix of spices for flavouring potatoes, salt and red chili pepper. Cut in small pieces the slices of cheese and the salami, make the balls with the mashed potatoes add the filling and roll them well. Dip them in little bit of milk and then roll them into the breading. Finally fry them in hot oil and serve them.

**Author:** Fabiola

**Blog:** Olio e aceto ([olioeacetoblog.com](http://olioeacetoblog.com))



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## Baked sardines

### Ingredients:

- 800 g of sardines
- 3 squares of foil film
- 3 slices of wild fennel
- 1/2 fresh onion of Tropea
- whole salt of Cervia q. b.
- 2 handfuls of breadcrumbs
- 2 cm of fresh garlic (the protruding part)
- 6 black olives alla marchigiana Cascina San Cassiano



### Cooking instructions:

chop the garlic, onion and fennel. Pour the mix into a bowl in which the sardines were arranged beforehand, add the breadcrumbs and salt without adding oil. Take the 3 squares of foil film, Arrange the sardines, add 2 black olives alla marchigiana Cascina San Cassiano and close the film as to form a wrapping. Place the 3 packages on baking sheet and bake at 180 ° C for about 10 minutes. When the fish is cooked, leave it in the oven to maintain it warm. Serve 15 minutes later. The taste of the fish will be really natural and light since it has been cooked without added fat, superb will be the contrast with the black olives alla marchigiana! Ideal dish in combination with a good rosé wine.

**Author:** Giancarla

**Blog:** Cuoche a casa tua ([cuocheacasatua.blogspot.it](http://cuocheacasatua.blogspot.it))

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## Roast beef with green pepper mostarda

### Ingredients:

- a piece of lean meat for roast beef
- flavorings for roasts (recommended mix: salt, black pepper, green pepper, coriander, rosemary, marjoram and parsley)
- half a glass of white wine
- a cup of whole milk or soy milk
- green pepper mostarda Cascina San Cassiano



### Cooking instructions:

distribute the salt and the spices around the meat massaging it well and leave to marinate for at least half an hour. Heat a quite high non-stick pan or in steel. Place the pulp in the pot only once it reaches a definitely high temperature, so that the fibers of the meat will seal forming a crust. Turn the pulp and leave seal both sides for few minutes. Sprinkle with white wine spilled on the side and not directly on the meat. Lower the flame, add a cup of milk, whole or soy according to taste, to obtain a thicker sauce. Cover the pot and cook 20 minutes for every 500 grams of pulp. Serve, cut into thin slices and season with mustard green peppers. Pour the sauce left in the pot in a separate bowl and serve. The dish will be very tasty and easily digestible due to the absence of added fat.

**Author:** Valeria

**Blog:** Vaniglia, zenzero e cannella ([vanigliazenzeroecannella.blogspot.it](http://vanigliazenzeroecannella.blogspot.it))

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## Veal stripes in radicchio sauce

### Ingredients:

- garlic
- parsley
- salt and pepper
- 4 slices of veal
- extra virgin olive oil
- 1/2 glass of white wine
- radicchio sauce Cascina San Cassiano
- red radicchio in extra virgin olive oil Cascina San Cassiano



### Cooking instructions:

fry in 2/3 tablespoon of olive oil a clove of garlic that will be eliminated once golden. Add the meat cut into stripes and simmer with white wine. Season with salt and pepper. Keep on cooking for other 15 minutes and meanwhile add the radicchio sauce. At the end add the chopped parsley and radicchio in oil. Serve warm with a tasty side dish.

**Author:** Ramona

**Blog:** Farina, lievito e fantasia ([farinalievitoeffantasia.blogspot.it](http://farinalievitoeffantasia.blogspot.it))

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## Salmon on a crunchy bed of fennel and nettle

### Ingredients:

- 2 fennels
- salt and pepper
- 2 slices of salmon
- oil flavoured with lemon
- nettle sauce Cascina San Cassiano



### Cooking instructions:

wash the salmon slices, brush them with flavoured oil and cook on a hot grill. In the meantime, wash and clean the fennels, sauté in a pan for five minutes with salt and pepper, then season with the oil flavoured with lemon. Place them on a plate and lay the salmon on them. Finally garnish with some nettle sauce.

**Author:** Mirtilla

**Blog:** Angolo cottura ([angolocottura.com](http://angolocottura.com))

## Desserts



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## Cream cups and apricots in syrup with Moscato wine

### Ingredients:

*For custard with Moscato wine*

- 1 yolk
- 40 g of flour
- 200 g of milk
- 60 g of sugar
- 50 ml of Moscato wine syrup (taken out from apricots in syrup)



*For the filling*

- 200 ml whipped cream
- almonds with acacia honey
- 4 slices tangerine panettone
- 1 pot of apricots in syrup with Moscato wine Cascina San Cassiano

### Cooking instructions:

heat in a pot the milk and the moscato syrup. Beat the egg with sugar. Mix with the sifted flour. Pour the mixture into the hot milk and heat for other 3/4 minutes. Let it cool covering everything with a plastic wrap resting directly on the cream. Once cooled, mix the cream together with previously sliced apricots along with a handful of chopped almonds and honey. Soak the slices of cake with the syrup of Moscato wine and place them in the cups, pour some cream with apricots, then a second layer of wet cake and remaining cream. Finally garnish the cups with whipped cream. Garnish with apricots, almonds and some acacia honey.

**Author:** Imma

**Blog:** Dolci a gogo (dolciagogo.it)

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## Mom's cheesecake

### Ingredients:

- 2 eggs
- 1 bag of vanillin
- 200 g fresh cream
- 3 tablespoons of flour
- 6 tablespoons of sugar
- 300 g Philadelphia (creamy cheese)
- 1 pot of blackberry jam Cascina San Cassiano



### Cooking instructions:

in a bowl beat eggs whites until stiff with electric whisk. In another bowl mix yolks with sugar; when mixture is clear and foamy, first add flour, then Philadelphia always keeping on mixing until it melt down. Add fresh cream, without whipping it, and vanillin. Then add stiff egg whites, paying attention not to soft them, slightly mixing from bottom to top. Butter the cheesecake mold and put in the oven at 180° for 40 minutes; let cool the cake in the oven with open door. When it is cold turn over cheesecake on a dish and garnish with Blackberry Jam Cascina San Cassiano and some mint leaves.

**Author:** Barbara

**Blog:** Cucina di Barbara ([cucinadibarbara.com](http://cucinadibarbara.com))

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## Rose cupcakes with mixed berries in syrup

### Ingredients:

- 2 eggs
- 185 g flour
- 125 g butter
- vanilla flavor
- 125 g of sugar
- 180 ml of milk (about 1/2 cup)
- 1/2 tablespoon of self-rising flour
- mixed berries in syrup Cascina San Cassiano



### Cooking instructions:

work the butter at room temperature together with sugar until the mixture is light and foamy. Add the vanilla flavor and work some more. Add the eggs one by one and then the flour sifted with the self-rising flour. Add the milk and mix it with a palette knife. Finally, always with a palette or with a spoon, add the mixed berries (well drained from the syrup) being careful not to crush them. Fill the molds, with a rose shape, and bake at 160 °C for 25 minutes. Finally, let cool completely, unmold and sift with powdered sugar.

**Author:** Imma

**Blog:** Dolci a gogo (dolciagogo.it)



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## Slices of pie with cherry jam

### Ingredients:

- 2 eggs
- 400 g flour
- 200 g sugar
- 200 g butter
- a pinch of salt
- grated lemon peel
- sour cherry jam Cascina San Cassiano



### Cooking instructions:

work on a pastry board the flour, sugar, salt, softened butter and add the eggs previously beaten, stir until the mixture is smooth, but not too compact, just if you had to create some crumble of dough within your hands. Let the dough rest in the refrigerator for half an hour wrapped in foil. Coat a baking pan with baking paper. Take the dough and divide it into two parts: iron reducing them both to a thickness of 1/2 inch and lay one of the two sides on the baking paper. Pour into the jam and cover with the other part. Bake at 180 °C for 30-35 minutes.

**Author:** Claudia

**Blog:** Le ricette dell'amore vero ([lericettedellamorevero.com](http://lericettedellamorevero.com))

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## Pink cake

### Ingredients:

#### *For the sponge cake*

- 3 eggs
- 150 g flour
- 200 g sugar
- a pinch of salt
- 100 g potato starch
- 250 g ricotta cheese
- a packet of baking powder

#### *For the filling*

- 200 ml cream
- 100 g white chocolate
- blackberry in syrup Cascina San Cassiano

#### *For the decoration*

- a stick of pink fondant
- 1/2 stick of white fondant
- a pacifier and a bottle of sugar



### Cooking instructions:

beat the eggs with sugar, then add the ricotta and flour mixed together with the baking powder and salt. When the mixture is well blended pour the mixture into a cake pan of 24 cm. Bake in a hot oven at 180 degrees for 35 minutes. Remove from the oven and let it cool. In the meantime, prepare the cream for the filling: Heat the cream in a saucepan until the first boiling, then, turn off the heat, add the white chocolate cut into pieces, stir until it melts and let it cool. Once the cake cooled, remove it from the pan, cut it into two disks and sprinkle each disk with a tablespoon of syrup of blackberries. On a disk, spread a portion of white chocolate cream, holding an amount equal to about a quarter of it, and place a dozen of blackberry in syrup on it. Cover with the other disk. Cover then the entire cake with the remaining part of the white chocolate cream so that the pink icing adheres to perfection. Finally garnish as you prefer.

**Author:** Micaela

**Blog:** Le M cronache ([lemcronache.blogspot.it](http://lemcronache.blogspot.it))

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## Roll stuffed with Moscato d'Asti wine mousse and strawberries

### Ingredients:

#### *For the dough*

- 4 eggs
- 100 g of sugar
- 1 organic lemon rind
- 100 g of flour with baking powder

#### *For the filling*

- strawberries
- kumquat liqueur
- 250 g mascarpone
- Moscato d'Asti DOCG wine mousse Cascina San Cassiano



### Cooking instructions:

cut the strawberries into small cubes and leave them to marinate with half a glass of kumquat liqueur. Beat the eggs and sugar for about 10 minutes in a robot, add the lemon rind and flour with baking powder. Pour the mix onto a baking pan covered with a baking paper and bake for 10/12 minutes at 180°C. Once the dough is cooked cover it with another layer of baking paper, roll it and leave it in the oven for other few minutes. Meanwhile prepare the filling kneading mascarpone together with the mousse, unroll the roll, wet it with the syrup of marinated strawberries, spread a layer of filling and add the strawberries cut in cubes. Roll it up well and add another layer of cream. Hold some cream and colour it with some red food colouring. Complete the roll with this rose cream decoration and strawberries cut in half.

**Author:** Scarlett

**Blog:** [Le delizie di casa mia \(ledelizedicasamia.blogspot.it\)](http://ledelizedicasamia.blogspot.it)

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## Dessert of ricotta on a Brachetto bed

### Ingredients:

- 300 g of ricotta
- 4 table spoon of sugar
- Brachetto wine jelly Cascina san Cassiano



### Cooking instructions:

put the ricotta in a bowl, add sugar and mix well. Then place in the oven and bake at 200 °C for 15 or 20 minutes. Let it cool and in the meantime warm up the brachetto jelly in a small pot. Let it cool, then place a layer of Brachetto jelly on a plate and add the ricotta dessert. Ready to serve.

**Author:** Maria Francesca

**Blog:** Una pasticciona in cucina ([blog.giallozafferano.it/lapasticciona](http://blog.giallozafferano.it/lapasticciona))



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