

TASTE THE WORLD ~ RECIPE

Prepared by: **Molfettese Italian Nonnas** ITALY

COC-OZE A FRITTE (ZUCCHINI FRITTERS)

These fritters are an appetizer and are best eaten hot and straight from the pan. They can however, also be eaten cold and are great on top of a thin slice of fresh bread.

Ingredients

- 2 zucchini about 15cm long, coarsely grated
- 2 eggs, beaten
- Salt
- Cracked pepper to taste
- ¼ cup (20g) finely grated pecorino cheese
- ¼ cup self raising flour
- Olive or vegetable oil, for frying
- Wedge of lemon for serving

Method

Place the zucchini in a bowl and combine with the salt. Set aside for at least 1 hour, allowing the water to be drawn out. Squeeze the zucchini with your hands to remove most of the excess liquid and set aside.

In a separate bowl, lightly beat the egg and combine with the cheese and pepper. Add the zucchini and mix until combined. Add the flour and mix until a paste, similar in consistency to thickened cream is formed.

Heat the oil in a frypan and using a fork, add pieces of the mix about ¾ the size of a walnut to the oil. Tease the mix out to a thin layer and fry on both sides until golden brown. Drain on paper towels and sprinkle with a little extra salt.

U TRIDD PASTA SOUP

Serves 6

Extract from Daniel Belefemini's book: "I can remember sitting in front of the TV helping my Mum break sheets of semolina pasta into small pieces for U tridd. I must have only been four or five years old but seeing as tridd roughly translates to coarsely torn, a small boy is probably more than capable of making this pasta.

I can also remember fighting over the marrow bones with my older brothers or complaining that one of them was given a bigger share.

Pasta ~ Ingredients

- 1 cup semolina
- ½ cup plain flour
- 1 tsp salt
- 2 eggs
- 1 tbsp parsley, finely chopped

Method

Pile the flours on a workbench and make a well in the middle. Place the eggs and salt in the centre and using a fork, beat together while slowly drawing in flour from the sides of the well to combine with the eggs. Bring the mix together forming a ball and kneading for 10–15 minutes or until smooth and elastic.

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Depending on the size of the eggs, temperature of the ingredients, or even the type of flour, you may require a tablespoon or two of additional water.

Cut the dough into quarters and pass through the widest setting of a pasta machine. Fold the dough over on itself and pass through again. Do this up to six times or until the dough acquires a silky texture. Repeat this process for the remaining pieces. Decrease the roller width and pass each piece through, continuing to decrease the rollers until the second last thickness is reached.

Lightly flour and cover the sheets with a towel and set aside until dry and brittle. Break the sheets into small pieces over a bowl into pieces about the size of a five cent coin.

Leave them on a towel or in a container for later use.

Broth ~ Ingredients

- 1kg (roughly 4–6 pieces) marrow containing bones such as osso bucco or shin
- 1 tin peeled tomatoes, chopped roughly
- 1 large onion, roughly chopped
- 1 stick celery, chopped into 1cm pieces
- 3 carrots, chopped into 2–3cm pieces
- Salt and pepper
- To serve: grated parmesan

The process for a red meat broth is described here but this dish works equally well with chicken thighs and drumsticks (leave the skin on).

Method

Add all the ingredients, except the pasta, to a pot and cover with water. Bring to the boil, removing any scum which forms on the surface of the liquid. Continue to simmer gently for about 2 hours or until the meat is very tender and comes away from the bone. Strain the soup through a colander into a pot, reserving the rich broth. Remove the carrots and divide between serving plates.

Remove the meat and any marrow containing bones and place in a serving dish.

Alternately the marrow and meat can be added to the broth or emptied into the serving plates with the carrots. Meanwhile, prepare the pasta by cooking it in plenty of salted water until *al dente*.

Add the pasta to the plates with the carrots and marrow. Generously ladle the broth over the pasta and meat and serve with finely grated parmesan.