

Bruschette "Cunzate"

 Difficulty:low  Preparation:10 minutes  Cooking:raw food  Doses for:4 people € Cost:low

Ingredients

- Stale bread (12 slices)
- Tre Punte Extra-Virgin Olive Oil (q.s)
- Cherry tomatoes (n°10)
- Anchovies (n°12)
- Garlic (n°1)
- Salt (q.s)
- Black pepper (q.s)
- Oregano (q.s)

Preparation

Cut the stale bread in slices and toast it in a hot non-stick frying pan or in the toaster until it is golden. In a separate bowl cut the cherry tomatoes and chop the garlic finely, then season them with salt, pepper, oregano and plenty of oil. Place the mixture on the bruschetta and add the anchovies. The appetizer is ready to be served!



Trapanese Spaghetti

 Difficulty: low  Preparation: 10 minutes  Cooking: 15 minutes  Doses for: 4 people € Cost: low

Ingredients

- Basil (60g)
- Cherry tomatoes (200g)
- Garlic (n°1)
- Tre Punte Extra Virgin Olive Oil (4 spoons)
- Salt (q.s)
- Black pepper (q.s)
- Hot chili pepper (q.s)
- Chopped almonds (50g)
- Spaghetti (400g)
- Grated Parmesan cheese (liking)

Preparation

After thoroughly washing all the ingredients, cut the basil and the tomato. Put it in a mixer and add the oil, garlic, salt, pepper and a pinch of chili. Blend for a couple of minutes until you get the typical pesto consistency. Besides, boil the water in a pot. Cook the pasta al dente and then drain it. Combine spaghetti with pesto (if not amalgamated well add other oil) and serve with a handful of parmesan cheese and chopped almonds on it. Enjoy your meal!



Sicilian Breaded Meat

 Difficulty: low  Preparation: 25 minutes  Cooking: 15 minutes  Doses for: 4 people € Cost: low

Ingredients

- Veal slices (n°4)
- Tre Punte Extra Virgin Olive Oil (50g)
- Breadcrumbs (130g)
- Grated Parmesan cheese (30g)
- Garlic (n°1)
- Basil (2g)
- Parsley (2g)
- Mint (2g)
- Salt (q.s)
- Black pepper (q.s)

Preparation

After washing basil, mint and parsley, finely chop them together with garlic, you can use a crescent or a knife. Then go to prepare the breading: in a large bowl, put the breadcrumbs and add all the spices. Then join the grated Parmesan cheese, salt and pepper to your liking and mix everything. Now you can brush the meat with abundant oil on both sides and, slice after slice, pass it into the breading, pressing well with your hands to adhere the compound. Heat the grill on medium heat and cook the meat for 10-15 minutes, turning it a couple of times until the meat slices are well grilled on both sides. Enjoy your meal!



Sicilian Salad

 Difficulty: very low  Preparation: 15 minutes  Cooking: 35 minutes  Doses for: 4 people € Cost: low

Ingredients

- Potatoes (n°5)
- Cherry tomatoes (300g)
- Green beans (300g)
- Onion (1/4)
- Black olives (liking)
- Tre Punte Extra Virgin Olive Oil (7 spoons)
- White vinegar (1,5 spoons)
- Salt (q.s)
- Oregano (q.s)
- Basil (some leaf)

Preparation

Wash and boil the potatoes without peeling them in cold salted water for about 30-35 minutes (the exact cooking time varies depending on the size of them), then drain, peel and allow them to cool, then sliced. Do the same for the green beans basting for about 10 minutes. Peel the onion and cut into thin slices (or rings). Wash the cherry tomatoes and cut them in half. Put everything in a salad bowl and season with oil, salt, drenched olives, vinegar, oregano and basil leaves. And the side dish is served!



Biscuits with Olive Oil

 Difficulty: medium  Preparation: 15 minutes  Cooking: 15 minutes  Doses for: 35-40 biscuits
€ Cost: basso

Ingredients

- 00 Flour (280g)
- Tre Punte Extra Virgin Olive Oil (50g)
- Sugar (100g)
- Eggs (n°3)
- Vanilla flavouring (1 bag) or $\frac{1}{2}$ vanilla pod
- Baking powder (10g)
- Salt (un grosso pizzico)
- Grated lemon zest (n°1)

Preparation

Put the shelled eggs in a bowl and beat with sugar for a minute, then continue to beat, add extra virgin olive oil and aromas (vanilla and lemon). Sift in flour and yeast in a bowl, add the salt, combine egg and sugar mixture, and start to knead: when you mix all the ingredients and get a smooth and homogeneous dough, wrap it in the wrap and place it in the fridge for at least half an hour. After the time has elapsed, place the dough on a floured planter until it reaches the thickness of half a centimeter, then make 5 cm diameter round templates. Put them on a lined baking tray and cook it in a preheated static oven 180 ° for about 15 minutes. Once cooked, take the biscuits out of the oven, allow them to cool completely and then ... Have a good snack!

