

THE BIBLE OF HOMEMADE



ITALIAN LIQUEURS

CARLOTTA MELZI D'ESTE

THE BIBLE
OF ITALIAN HOMEMADE LIQUEURS

...AND THE FINEST PASTRIES TO SERVE
WITH THEM

By Carlotta Melzi d'Este



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PREFACE

Italy is famous for its sun, its cuisine and its wines.

Few people know about Italian passion for delightful homemade liqueurs.

Every Italian family has a precious old cookbook, inherited by Mom who inherited it by Granma who inherited it by Great Grandmother who inherited it by...

At the end of the family cookbook there is a little section about Liqueurs, Rosolios, Ratafias and Flavored Wines.

Italian liqueurs are made by infusion, using a base of pure alcohol or Grappa.

The ingredients can vary from flower petals, to fruit, to spices and herbs.

Some liqueurs use vegetables as main ingredients; there is an Artichoke, a Basil and even an Onion Liqueur.

Different liqueurs have different uses.

In a pleasant ladies afternoon you can serve violet Rosolio with little almonds pastries, while in a summer evening you can prefer a prickly pear Ratafià served with marzipan stuffed dates.

Flower and fruit liqueurs are also used as ingredient for traditional pastries; this book is plenty of examples such as ricotta and tangerine pudding or Nacatuli Bruntzisi or Gueffus.

Spices and vegetable liqueurs are often used to flavor salty dishes, for example Toasted Tuna Roe Bread or Stuffed Dried Plums.

Use your fantasy and moisten a roast with Onion Liqueur give more taste to a Risotto with Porcini Mushroom Liqueur.

During the Renaissance, while French and Belgian monks were engaged in brewing strong beers, Italian monks developed the science of herbs

liqueurs.

Alongside the more common Eucalyptus or Rhubarb liqueurs, Italian monasteries produced Birch or Nettle or Centerbe (one-hundred-herbs)

liqueurs.

Italians drink those digestive liqueurs at the end of heavy dinners, often serving them with same taste homemade candies.

In the past most Northern Italian families used to distill their own Grappa at home.

Those Grappa were so tasty and alcoholic (often 70° or more) that it was quite impossible to drink them as they were.

They were so strong that it was considered rude for a woman to drink them,

so Those Grappa taste were refined using honey, fruit, vegetables, herbs.

This book will offer you some recipes to prepare delicious, soft Grappa such as Fresh Cream or Fig or Pear or Olive Grappa.

Also wines (especially Marsala) were treated to produce new flavors.

There is the fragrant Hawthorn but also the Sapa (Sardinian cooked wine), used to prepare the delicious Sapa Bread. Or the Barolo Chinato, a Piedmont recipe famous all over the world.

Italians use to offer something to eat with their homemade liqueurs.

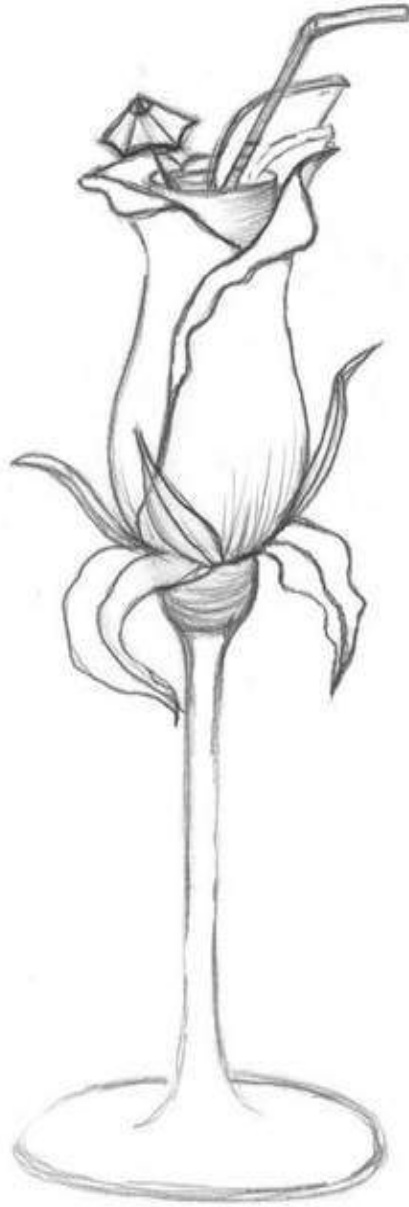
This book offers you plenty of traditional recipes, from cookies to fritters to truffles from various Italian regions.

I hope you enjoy the matches I've done, but feel free to change them and to experiment different taste combinations.

This book also will teach you how to prepare cocktails the Italian way.

Most of the liqueur, in fact, can be used to prepare well known or completely new cocktails, using flowers, fruit, champagne, ice cream...

Enjoy this book, its flavor, its recipes but most of all enjoy the ancient and slow art of liqueurs making.





FLOWERS LIQUEURS



CARNATION ROSOLIO

Ingredients:

1 liter of alcohol 95°
7 oz of red carnation petals
1 pinch of red cochineal food coloring (or other
scarlet food coloring)
7 oz of sugar (for the carnation)
14 oz of sugar (for the
syrup)
½ liter of water.

Put the red carnation petals and 7 oz of sugar in an airtight jar.

Let soak for 4 days.

Add the alcohol and the food coloring.

Let soak for 2 weeks.

Filter.

Make a syrup with 14 oz of sugar and the water.

Add the syrup to the alcohol.

Bottle and let rest in a dark, dry place for 1 months.

Put a green candied cherry in a Martini glass.

Put in a shaker 1 part of Carnation Rosolio, 1 part of White Rum and 1-2 drops of bitter almond extract for each serving, sprinkle a lemon zest in the liquid, shake and pour in the glass.

CARNATION FLAVORED ALMOND ICE CREAM

Ingredients:

¾ liter almond milk

3 ½ oz sugar

3 crushed cardamom seeds

red carnation petals

½ cup fresh cream

1 pinch of red cochineal food coloring (or other scarlet food coloring)

Boil the almond milk with the sugar and the crushed cardamom seeds until it is reduced to half a liter.

Let cool and filter.

Gently chop in 2-3 parts a little handful of carnation petals.

Mix the almond milk, the fresh cream, the chopped carnation petals and the food coloring.

Put in the ice cream machine for 45 minutes (or follow your ice cream machine instructions).

Put the ice cream in dessert cups and decorate with red carnation petals.

JASMINE ROSOLIO

Ingredients:

200 jasmine blossoms
1 liter of alcohol at 95°
3 ½ cups of sugar
¾ liter of water

Put the blossom and the alcohol in an airtight jar.

Let soak 15 days.

Make a syrup with the sugar and the water.

Filter the alcohol and add the syrup.

After a week, filter again, bottle and let rest for another month before serving.

Mix 2 parts of Jasmine Rosolio, 1 part of vodka and 3 parts of watermelon juice.

Pour over ice in a large glass.

Let float 3-4 jasmine blossoms on the surface

FLOWER PETALS COOKIES

Ingredients (for 60-80 cookies):

1 ½ cups butter
10 tbsp sugar
2 eggs
2 ½ cups flour
a pinch of salt
½ cup of rose petals
½ cup of jasmine petals
½ cup of orange blossoms
½ cup of violet petals
2 tsp of Red Roses Rosolio
2 tsp of Jasmine Rosolio
2 tsp of Orange Blossom Rosolio
2 tsp of Violet Rosolio

Mix the butter and the sugar until the mixture is creamy.

Add the eggs, the flour and a pinch of salt.

Knead the dough and divide it in 4 parts.

Add the rose petals and the Red Roses Rosolio to 1st part, the jasmine petals and the Jasmine Rosolio to the 2nd part, the orange blossoms petals and the Orange Blossom Rosolio to the 3rd part and the violet petals and the Violet Rosolio to the 4th part.

Make four dough balls and let rest half a hour in the fridge.

Roll out the dough ½ cm (0.2 inch) thick.

Cut out 15-20 cookies from each part with a flower shaped cookie cutter.

Preheat the oven at 350 F.

Put the cookies on a baking tin covered by baking paper.

Bake for about 15 minutes, until the cookies are pale golden.

Serve cold.

ORANGE BLOSSOMS ROSOLIO

Ingredients:

1 ½ cups of orange blossoms
1 liter of alcohol at 95°
10 tbsp of sugar (for the blossoms)
3 ½ cups of sugar (for the syrup)
1 liter of water

Crush the orange blossoms with 10 tbsp of sugar in a mortar.

Put the blossom and sugar mixture and the alcohol in an airtight jar.

Let soak 15 days.

Make a syrup with 3 ½ cups of sugar and the water.

Filter the alcohol and add the syrup.

After a week, filter again, bottle and let rest for another month before serving.

Orange blossom taste is largely used in the Southern Italian cuisine.

add this Rosolio to biscuits, cakes, candies, chocolates...

You can

Put 2 tablespoons of Orange Blossom Rosolio in a frozen flute and fill with Champagne.

Decorate with half orange slice.

Pour 2 parts of Spicy Chocolate Liqueur and 1 part of Orange Blossom Rosolio in a cocktail glass and stir.

Decorate with two orange blossoms and cocoa powder.

RICE COOKIES

Ingredients:

½ cup butter
8 tbsp of candied orange zest
2 eggs
8 tbsp sugar
a pinch of salt
1 ¾ cups rice flour
3 tablespoons of Orange Blossom Rosolio
sugar (for decoration)

Take out the butter from the fridge.
Coarsely chop the candied orange zest.

Cut the softened butter in little cubes.
In a large bowl whip the eggs with the sugar and a pinch of salt.
Add the butter, the chopped candied orange zest and the Orange Blossom Ratafià and mix well.
Add the rice flour and knead until the dough is smooth and blended.
Divide the dough in 8 parts.
Shape 8 cylinders about 10 cm (4 inches) long and with a diameter of 2 cm (0.8 inch).
Wrap them in transparent film and let rest in the fridge for a hour.

Put some sugar on a plate and roll the cylinders on it.
Cut the cylinders in 1.5 cm (0.6 inch) slices.
Put the slices on a baking tin covered by baking paper.

Preheat the oven at 350 F.

Bake the cookies for 12-15 minutes.

Let cool

CITRONELLA ROSOLIO

Ingredients:

1 liter of alcohol 95°
7 tbsp citronella (or lemongrass) leaves
1.5 liter of water
5 ¼ cups of sugar

Clean and wash the citronella leaves.
Put all the leaves and the alcohol in an airtight jar.
Let soak for 1 month, shaking from time to time.
Filter.
Make a syrup with the sugar and the water.
Add the syrup to the alcohol.
Let rest for a week.

Serve a ball of this ice cream using half peach as a cup.

Sprinkle the ice cream with some Citronella Rosolio: this is the taste of the summer!

Shake 1 part of Citronella Rosolio, 1 part of Persichino (Peaches Liqueur), 2 parts of Amaretto Liqueur and serve in a cocktail glass.

Garnish with a stripe of orange zest.

PEACHES AND LEMONGRASS ICE CREAM

Ingredients:

½ cup water

11 tbsp sugar

the juice of half orange

a little bunch chopped of lemongrass leaves

3 tbsp of Citronella Liqueur

6 white peaches

1 cup Mascarpone cheese

Make a syrup with the water, the sugar, the orange juice and the lemongrass leaves.

Let cool and add the Citronella Liqueur.

Filter the syrup.

Peel the peaches and blend them in a mixer.

Add the syrup and the Mascarpone cheese and blend again.

Put in the ice cream machine for 45 minutes (or follow your ice cream machine instructions).

RED POPPY ROSOLIO

Ingredients:

1 liter of alcohol at 95°
3 ½ tbsp red poppy petals
1 ½ tbsp Cinnamon
10 tbsp of sugar (for the poppy petals)
1 pinch of orange-red food coloring (optional)
3 ¼ cups sugar (for the syrup)
1 liter of water

Crush the red poppy petals with 10 tbsp of sugar and the cinnamon in a mortar.

Put the petals and sugar mixture and the alcohol in an airtight jar.

Let soak 15 days.

Make a syrup with 3 ¼ cups of sugar and the water.

Filter the alcohol and add the syrup.

After a week, filter again,

If the color isn't a beautiful poppy red, you can add a few drop of food coloring.

Bottle and let rest for another month before serving.

Put in a highball glass 3 ice cubes, pour 1 part of orange juice, 1 part of White Rum, 2 parts of Red Poppy Rosolio and stir.

SWEET SALAMI

Ingredients:

- 7 tbsp butter
- 7 tbsp of sugar
- 1 egg
- 3 ½ tbsp unsweetened cocoa powder (for the salami)
- 1 pinch of coffee powder
- 3 tablespoons Amaretto Liqueur or Coffee Liqueur
- 10 tbsp crumbled biscuits
- 6 tbsp blanched almonds
- 3 ½ tbsp unsweetened cocoa powder (for decoration)
- 2 tbsp icing sugar

Whip the butter, the sugar and the egg to obtain a creamy mixture.

Add the 3 ½ tbsp of cocoa powder, a pinch of coffee powder and the liqueur, stirring well with a wooden spoon.

Coarsely crush the almonds in 3-4 pieces.

Add the crumbled biscuits and the almonds to the mixture, mixing well.

Shape a salami with the dough and put in a plastic wrap.

Let rest for 3 hours in the fridge.

Take the Sweet Salami out from plastic wrap.

Mix 3 ½ tbsp of cocoa and the icing sugar on the pastry board and roll the salami on it.

Serve the Sweet Salami in slices as a real salami

RED ROSES ROSOLIO

Ingredients:

2 cups of red rose petals
1 liter of alcohol at 95°
10 tbsp of sugar (for the roses)
2 ½ cups of sugar (for the syrup)
1 liter of water

Crush the rose petals with 10 tbsp of sugar in a mortar.

Put the rose and sugar mixture and the alcohol in an airtight jar.

Let soak 15 days.

Make a syrup with 2 ½ cups of sugar and the water.

Filter the alcohol and add the syrup.

After a week, filter again, bottle and let rest for another month before serving.

Put 1 part of Red Roses Rosolio and 1 part of vodka in a shaker.

Sprinkle a grapefruit zest in the shaker and shake.

Put a white rose blossom in a frozen cocktail glass and pour the rose flavored vodka on it.

Pour 1 part of Red Roses Rosolio and 4 part of Champagne in a frozen flute.

GUEFFUS

(Typical Sardinia recipe)

Ingredients (for about 50 Gueffus):

10 tbsp sugar (for the Gueffus)

1/2 glass of water

1 ½ cups almonds flour

the grated zest of 1 lemon (yellow part only)

Red Rose Rosolio or Sambuca (Elderflowers Liqueur)

10 tbsp sugar (to decorate)

Put in a saucepan half of the sugar and the glass of water.

Cook at medium heat stirring constantly.

When the sugar thickens add the almond flour and the grated lemon zest.

Cook stirring until the mixture is firm, then add 2 tablespoon of Red Rose Rosolio, stir and remove from the heat.

Put the mixture on a pastry board and let cool for a few minutes.

Bath your hands in Sambuca Liqueur (o Red Rose Rosolio again) and make about 50 little balls.

Roll the balls in the remaining sugar.

Let cool in the fridge for 1 hour.

Wrap the Gueffus in colored tissue paper.

SAMBUCA (ELDERFLOWERS LIQUEUR)

Ingredients:

- 1 liter alcohol at 95°
- 1 cup elderflowers (about 30-40 heads)
- 5 ¼ cups of sugar
- 1 ¼ liters of water

Shake the elderflowers to get rid of insects.

Gently wash them with water and let them dry.

Put the elderflowers and the alcohol in an airtight jar.

Let soak for 2 weeks.

Filter.

Make a syrup with the sugar and the water.

Filter the alcohol and add the syrup.

Bottle and let rest for 2 months before serving.

The tradition wishes you to serve the Sambuca in a cocktail glass with a coffee bean, called 'La Mosca' (the fly).

Shake 2 part of Sambuca, 1 part of Coffee Bean Liqueur, an Espresso coffee and 1-2 mint leaves for serving.

Pour in a frozen cocktail glass and decorate with 3 coffee beans and a mint leave.

ALMOND PASTE PASTRIES

(Typical Sicily recipe)

Ingredients:

4 ½ cups of blanched almonds
3 ½ cups of sugar
1 cup candied orange zest
1 teaspoon vanilla extract
4 drops bitter almond extract
3 ½ tbsp honey (better acacia honey)
2 tablespoons Red Rose Rosolio or Arancello or
Amaretto Liqueur
1 ½ cups egg white
a pinch of salt
candied cherries, almonds and coffee beans to decorate

Blend the almonds and the sugar in a mixer to obtain flour.

Crush the candied orange zest in a mortar until they are creamy.

Put in a bowl all the ingredients and mix well.

Put the dough in a pastry decorating bag and squeeze out the pastries on a baking tin covered by baking paper.

The pastries diameter should be about 4-5 cm (1.5 – 2 inches).

Make a little tuft on the top of each pastry.

Let rest for 24 hours in the fridge.

Decorate each pastry with a candied cherry or an almond or a coffee bean.

Preheat the oven at 390 F.

Bake the pastries for about 10 minutes.

Take out immediately when they turn pale yellow.

The pastries should remain soft inside.

Serve cold.

Store the pastries for 2-3 weeks in a tin canister

SUNFLOWER ROSOLIO

Ingredients:

1 liter of alcohol 95°
20 sunflowers
12 saffron threads (or 2 saffron sachets)
4 ½ cups of sugar
1 liter of water

Gently wash and dry the sunflowers.

Use only the petals.

Put the sunflower petals, the saffron and the alcohol in an airtight jar.

Let soak for 2 weeks.

Filter.

Make a syrup with the sugar and the water.

Add the syrup to the alcohol.

Bottle and let rest for 1 month.

Mix 2 parts of Sunflower Rosolio, 1 part of Amaretto Liqueur, a pinch of saffron and pour in a highballs glass over ice cubes.

Pour over ice in a big glass 2 parts of Sunflower Rosolio, 1 part of Dry Gin, 4 parts of orange juice and stir.

CRESCIONDA DI SPOLETO

(Typical Umbria cake)

Ingredients:

4 eggs

7 tbsp of sugar

7 oz of crumbled Amaretti cookies

4 tablespoons of cornmeal (medium or coarse grind)

7 tbsp of unsweetened cocoa powder

3 glasses of milk

1 cup of Alchermes Liqueur

Whip the eggs and the sugar in a large bowl.

Add all the other ingredients and stir for a long time to mix well.

Put the dough in a silicone baking pan.

Preheat the oven at 350 F.

Bake for 30 minutes.

VIOLET ROSOLIO

Ingredients:

1 liter of alcohol 95°
1 cup of violet flower
1 ½ liters of water
6 ½ cups of sugar

Pick the violets in the early morning of a sunny day and use them immediately.

Gently wash and dry the flowers.

Use only the petals.

Put the violet petals and the alcohol in an airtight jar.

Let soak for 1 day.

Filter, saving the violets.

Make a syrup with the sugar and the water.

Put the violets in a bowl and pour the boiling syrup on them.

Let rest the syrup and the petals for 1 day and 1 night.

Filter and gently squeeze the violet in the syrup.

Add the flavored syrup to the alcohol.

Bottle and let rest for a month.

Wet the rim of a Martini glass with Violet Rosolio.

Dip the rim in sugar.

Shake 1 part of Violet Rosolio with 2 parts of Dry Gin.

*Pour in the
glass.*

Let float 3-4 violet and jasmine blossoms on the surface.

Pour 1 part of Violet Rosolio and 4 part of Champagne in a frozen flute.

LUMICEDDA

(Small Lamp: Typical Sicily recipe)

Ingredients:

For the dough:

1 cup of flour

1 egg

1 tablespoon of sugar

1 pinch of salt

a tsp of vanilla extract

a tbsp of butter

1/2 cup of milk

For the filling:

1 ½ cups of ricotta cheese

3 tbsp of sugar

grated zest of 1 lemon (yellow part only)

3 tbsp of Violet or Red Rose Rosolio

In a large bowl put all the ingredients for the dough.

Knead the dough then roll it out 5 mm (0.2 inch) thick.

Cut the dough into squares of 10 cm (4 inches) side.

In a bowl put all the ingredients for the filling and mix with a fork.

Put 2 tablespoons of the filling in the center of each dough square.

Wet your hand.

Lift the edges of the dough and glue the four corners to form little bags.

Preheat the oven at 390 F.

Put the Lumiceddas on a baking tin covered by baking paper.

Bake until they are light golden.

Serve warm or cold





FRUIT LIQUEURS



AMARETTO LIQUEUR

Ingredients:

1 liter of alcohol at 95°

1 liter of water

3 cups of sugar

1 ¼ cups of sweet almond

½ cup of almond kernels (those contained in the seeds of apricots or peaches)

Peel the almonds.

Crush them with the almond kernels in a mortar.

Put the crushed fruits and the alcohol in an airtight jar.

Let soak in a cool, dry and dark place for 3 weeks.

Make a syrup with the sugar and the water.

Filter the alcohol and add the syrup.

*Saronno is a little town 30 km far from
Milan.*

*A legend tells the most famous Italian liqueur was invented there in 1525, in
honor of the painter Bernardino
Luini.*

*The local Reina family began to
produce the liqueur, now worldwide known as DiSaronno©
Original.*

*Every family in Saronno town
(and surroundings) has its own Amaretto liqueur
recipe.
This is my family's.*

The Amaretto di Saronno cookies have more or less the same taste as the liqueur.

They are offered as they are or used as ingredient in other recipes, both sweet or salty.

You can find examples in the Stuffed Apricots or Puff Pastry Girelle.

AMARETTI DI SARONNO

(Typical Lombardy cookies)

Ingredients:

3 ¼ cups of sugar (for the dough)

the tip of a teaspoon of baking soda

½ cup of not peeled almond kernels (those contained in the seeds of apricots or peaches)

½ cup of natural not peeled almonds

3 egg whites

1 ¼ cups of sugar (for the outside of the cookies)

Mix baking soda with 3 ¼ cups of sugar.

Blend the two types of almonds in a mixer with the sugar mixture.

You should obtain a fine powder.

Put the almond and sugar powder in a bowl.

Add the egg whites.

Stir to mix the ingredients.

Wet your hands with water.

With the dough form little balls of the size of a big walnut.

Put 1 ¼ cups of sugar on a pastry board.

Roll the balls on it.

Put the Amarettis on a baking tin covered by baking paper.

Preheat the oven at 340 F.

Bake the Amarettis for 15 minutes.

Let cool on the baking tin.

APRICOT RATAFIÀ

Ingredients:

10 Apricots
1 piece of cinnamon
1 liter alcohol
6 ½ cups of sugar
1 ½ liters water

Use not too ripe apricots.

Wash, dry and cut them in two pieces.

Put apricots in an airtight jar with 3 or 4 of their crushed seeds.

Add the cinnamon, the alcohol and let soak for 2 months.

Make a syrup with the water and the sugar.

Filter the alcohol and add the syrup.

Let rest 10 days.

Prepare an ice cream with 1 ½ cups of melted apricots, 9 tbsp of brown sugar, 1 cup of fresh cream, and 3 tbsp of Amaretto di Saronno Liqueur.

Put an ice cream ball

in a cocktail glass and fill with Apricots Ratafià.

Serve with warm Stuffed Apricots for a pleasant contrast.

Shake 2 part of Apricots Ratafià, 1 part of Hazelnut Liqueur and 1 part of Amaretto Liqueur.

*in a large
glass.*

*Pour a tablespoon of almond milk on the
surface.*

Pour over ice

STUFFED APRICOTS

Ingredients:

6 large apricots
3 ½ tbsp of crushed dark chocolate
2 ½ tbsp of crumbled Amaretti cookies
2 tbsp of sugar
1 tbsp of unsweetened cocoa powder
1 egg yolk
1 teaspoon of vanilla extract
Amaretto Liqueur
butter
dry white wine

Wash and dry the apricots.

Open them in two and take out the seeds.

In a bowl put the crumbled Amaretti cookies, the yolk, the cocoa powder, the vanilla extract, the sugar, the chocolate and a tablespoon of Amaretto Liqueur.

Stir to mix thoroughly.

Fill the half apricots with the mixture.

Put the apricots in a buttered pan and add 3 tablespoon of white wine on the bottom of the pan.

Don't put the wine on the apricots.

Preheat the oven at 390 F.

Cook the apricots for 20 minutes.

Serve the apricots warm or cold.

BLUEBERRIES GRAPPA

Ingredients:

1 liter of Grappa
3 handfuls of ripe blueberries
4 tbsp honey
the zest of 2 lemons

Put all the blueberries, the lemon zest and the honey in an airtight jar.
Expose the jar in the sun for 3 days.
Add the Grappa and let soak for 2 months in the sun, shaking every day.
Filter.
Let rest for a week.

You could also use blackberries, raspberries or cranberries to flavor a Grappa.

*Don't throw away the berries when you filter the liqueur.
Serve them in a dessert cup with whipped cream or vanilla ice cream: they are so tasty!*

Place a teaspoon of blueberries in a Martini glass.

Shake 1 part of Blueberries Grappa and 3 parts of Arancello Liqueur and pour on the fruits.

Place a teaspoon of blackberries in a Martini glass.

Shake 1 part of Blackberries Grappa, 2 parts of Honey Grappa and a splash of orange juice and pour on the fruits.

Place a teaspoon of raspberries in a Martini glass.

Shake 1 part of Raspberries Grappa and 2 parts of Pomegranate Ratafià and pour on the fruits.

BLUEBERRIES OMELETTE

(Typical Alto Adige recipe)

Ingredients (for 4 servings):

4 tsp of butter

5 eggs

a pinch of salt

6 tbsp of Blackberries Grappa

4 tbsp of blueberries

4 tbsp of blueberries (or blackberries or raspberry) jam

icing sugar

Beat the eggs with a pinch of salt and 2 tablespoons of Blackberries Grappa.

In a saucepan quickly melt the jam with 4 tablespoons of Blackberries Grappa.

Let cool for a few minutes.

Procedure for each omelette:

Melt a teaspoon of butter in a 15-16 cm diameter crepe pan.

Pour 1/4 of the beaten eggs in the pan.

Let cook at medium heat until there is only a few liquid in the center of the omelette.

Put a tablespoon of jam and a tablespoon of blueberries on a half of the omelette.

With the help of two forks or a large spatula flip one side of the omelette into the other.

Wait half a minute and put the omelette on a plate.

Sprinkle with icing sugar and serve immediately.

CHERRY RATAFIÀ

Ingredients:

1 liter of alcohol at 95°
4 ½ cups of black cherry
50 drops of essence of bitter almonds
6 ½ cups brown sugar
1/2 liter of water

Crush in a mortar the black cherries and their kernels.

Put in a bowl, cover with the sugar and let soak for 2 days in the dark.

Put in a pot with the water and the brown sugar.

Boil for 3 minutes, stirring.

Let cool.

Gather the cherries with a slotted spoon, squeeze all the juice from them.

Add the obtained juice to the sugared water.

Filter.

Put this liquid, the essence of bitter almonds and the alcohol in the bottles.

Let rest for 3 months.

The Cherry Ratafià is wonderful on fruit salads or poured on a vanilla ice cream.

Put in a cocktail glass a tablespoon of raspberries, add a part of Cherry Ratafià, a part of Amaretto di Saronno Liqueur, 2 parts of dry white wine and stir gently.

DRUNKEN BLACK CHERRIES CREAM

(Typical Lombardy recipe)

Ingredients (for 4 servings):

1 cup black cherries
1/2 liter of Cherry Ratafià
1/2 liter milk
1 tsp of vanilla extract
8 yolks
10 tbsp sugar
3 ½ tbsp flour
candied cherries and whipped cream to decorate

In a saucepan cook the cherries in Cherry Ratafià for 20 minutes.
Turn off the heat, let cool and remove the kernels.

Boil the milk with the vanilla extract.

Whip the eggs with the sugar and the flour.

Slowly pour the hot milk on the eggs mixture, stirring constantly to avoid the formation of lumps.

Finely chop the black cherries.

Put all the ingredients in a pot.

Heat up until the cream boils.

Remove from the heat immediately.

Serve the Drunken Black Cherries Cream warm or cold in 4 dessert cups.

Decorate with the candied cherries and a tuft of whipped cream.

CHESTNUT LIQUEUR

Ingredients:

1 liter of alcohol 95°
30 oz chestnut
1 bay leaf
2 spoons of salt
1 ¼ liters of water
5 ¼ cups sugar
1 vanilla bean

Put the chestnuts and the bay leaf in a pot with 2 spoons of salt and cold water.

Boil for about 1 hour and half.

Peel the chestnut and remove the internal pellicle.

Cut them in pieces.

Put the chestnut, the vanilla bean and the alcohol in an airtight jar.

Let soak for 1 month.

Filter.

Make a syrup with the sugar and the water.

Add the syrup to the alcohol.

Bottle and let rest for 2 months.

The Mistocchines are typical cookies in Bologna city (Emilia Romagna region).

Poor people cooked them on a cooker plate and sold them in the streets.

Nowadays we bake them in the oven to obtain a more even cooking.

Pour 2 part of Chestnut Liqueur, 1 part of Rum, 1 part of Arancello Liqueur (or Cointreau), 2 teaspoons of Vanilla Rosolio in a large glass and stir.

Garnish with orange zest and serve with 2 Mistocchines and a Marron Glacè.

MISTOCCHINE

(Typical Emilia Romagna Chestnuts Bisquits)

Ingredients:

7 oz chestnut flour
3 ½ oz white flour
3 ½ oz sugar
1 small glass of Anise Rosolio
a pinch of salt
warm water

On a pastry board mix the two flours, the sugar, a pinch of salt and the Anise Rosolio.

Add enough water to obtain a firm dough.

Knead the dough, form a ball and let it rest for half an hour.

Roll out the dough about 5 mm thick.

Cut out round shapes with a cookie cutter or with a glass.

Preheat the oven at 350 F.

Bake for 10 minutes.

Serve the Mistocchine warm or cold.

DRIED FIGS RATAFIÀ

Ingredients:

1 liter alcohol 95°
3 ½ cups dried figs
1 vanilla bean
2 cups of sugar
1 ¼ liters of water

Clean the dried figs with a damp cloth.

Dry well and cut them in half.

Put the dried figs, the vanilla bean and the alcohol in an airtight jar.

Let soak for 1 month, shaking every day.

Filter.

Make a syrup with the sugar and the water.

Add the syrup to the alcohol.

Bottle and let rest for 1 month.

*The right way to serve the Dried Figs Ratafià is on a dried fruit salad.
Cut in little pieces some dried figs, dried plums, dried apricots and dates.
Put 4 tablespoons of the fruit in a large glass and fill with Dried Figs
Ratafià.*

STUFFED DRIED FIGS

(Typical Calabria recipe)

Ingredients:

40 big dried figs

½ cup of shelled and blanched walnuts

½ cup of blanched almonds

3 ½ tbsp mixed candied fruit

3 ½ tbsp of grated dark chocolate

a tablespoon of unsweetened cocoa powder

Saint John Nocino Liqueur (or Figs Grappa or Amaretto or Spicy Chocolate Liqueur)

sugar

cinnamon powder

Cut the figs on a side.

Blend the walnuts, the almonds and the candied fruit in a mixer.

Mix the walnuts, the almonds, the candied fruit, the chocolate, the cocoa and the 2 tablespoons of liqueur in a bowl.

Fill the dried figs with the mixture.

Reassemble the figs and press them a little.

Put the figs on a baking tin covered by baking paper.

Preheat the oven at 350 F.

Cook the figs for 15 minutes.

Take out the stuffed figs from the oven and immediately sprinkle them with liqueur

Let cool.

Sprinkle the figs with sugar and cinnamon.

You can keep the stuffed figs for 2-3 months in a tin canister.

DRIED PLUMS GRAPPA

Ingredients:

1 liter of Grappa
25 oz of dried plums with their seeds
half a handful of raisins
1 pinch of cinnamon
a teaspoon of vanilla extract
2 ¼ cups of sugar

Cut the dried plums in little pieces.

Mince the raisins.

Put the dried plums (the seeds too), the raisins, the spices and half liter of Grappa in an airtight jar.

Let soak for 3 weeks, shaking from time to time.

Dissolve the sugar in the remaining Grappa.

Mix the sweetened Grappa with the other ingredients.

Filter and bottle.

Let rest for 1 month.

Shake 2 parts of Dried Plums Grappa, 1 part of Amaretto Liqueur, 1 part of Mandarinetto, 3 parts of fresh tangerine juice.

Pour in a highball glass and garnish with half tangerine slice.

STUFFED DRIED PLUMS

Ingredients:

16 pitted dried plums

Dried Plums Liqueur

16 blanched almonds

the grated zest of 1 orange (the orange part only)

16 strips of bacon

Soak the dried plums in the liqueur for 15 minutes.

Fill each plum with an almond and a big pinch of grated orange zest.

Wrap each dried plum with a strip of bacon and secure with a toothpick.

Put the plums on a baking tin covered by baking paper.

Preheat the oven at 390 F.

Cook the dried plums for 10 minutes.

Serve warm.

FIG GRAPPA

Ingredients:

- 4 ripe figs
- 1 lemon zest (only the yellow part)
- 4 tbsp of honey
- 1 clove
- 1 pinch of cinnamon powder
- 1 liter of Grappa

Wash and dry the figs and cut them in 4 parts.

Put all the ingredients in an airtight jar.

Let soak for 2 months, stirring from time to time.

Filter and bottle.

Let rest for a month.

Pour the Fig Grappa on baked apples or on cinnamon flavored ice cream.

Or use it to soak raisins to prepare an autumn tasty cake.

Pour in a large glass 2 parts of Fig Grappa, 1 part of Grapes Ratafià, 2 teaspoons of Cinnamon Rosolio, 1 tablespoon of raisins and stir.

FIGS WITH ALMOND AND LIQUEUR

(Typical Tuscany recipe)

Ingredients (6 servings):

24 white or black fresh figs

4 ½ tbsp of butter

1 cup of sliced almonds

3 tbsp sugar

3 tbsp honey

1 glass of Figs Grappa

1/2 glass of dry white wine

sweetened whipped cream

Gently peel the figs.

Melt the butter in a pan.

Place the figs in the pan, sprinkle with the sugar, the honey and the almonds.

Add the wine and the Grappa to make a sauce.

Cook for 5-10 minutes, turning the figs very gently a couple of time.

It's very easy to break them, so be careful.

Place the figs in 6 dessert cups and cover with the Grappa sauce.

Serve with whipped cream.

FOX GRAPES RATAFIÀ

Ingredients:

- 1 liter of alcohol at 95°
- 2 lb fox grapes
- 1 cup of brown sugar (for the grapes)
- 1 cinnamon stick
- 3 cloves
- 1 liter of water
- 3 ½ cups of brown sugar (for the syrup)

Wash and dry the grapes.

Squeeze a little the grape.

Put them, the spices, 1 cup of brown sugar and the alcohol in an airtight jar.

Shake well the jar till the sugar is dissolved.

Let soak for a month in a dark and cold place, shaking from time to time.

Filter, gently squeezing the grapes juice into the alcohol.

Make a syrup with 3 ½ cups of brown sugar and the water.

Add the syrup to the alcohol.

Bottle and let rest for 2 weeks.

There are a lot of variants of the Farinata all around the Mediterranean sea, but this is the original one from Genoa, in the Italian Liguria region. In 1284 the city of Genoa win in an important naval battle the city of Pisa (Meloria battle).

According to the legend on the way back a storm overturned some chickpea flour sacks and some olive oil jars.

The sailors let the mixture to dry in the sun and the Farinata was born!

FARINATA

(Typical Liguria Chickpeas Bread)

Ingredients:

1 ½ cups of chickpea flour
¾ liter of water
½ cup of extra virgin olive oil
salt
pepper
1 minced onion

Put the chickpea flour and the water in a large bowl.

Beat with a whisk to mix well, add salt to taste and let rest for twelve hours.

Remove the foam with a spoon.

Stir the dough.

Put the oil in a large and low pan.

Sieve the dough and put in the pan.

The thickness of the Farinata should be between 5 mm and 1 cm.

Stir the dough with a wooden spoon to absorb the oil.

Sprinkle with the pepper and the onion.

Preheat the oven at 430 F.

Bake the Farinata for 20 minutes or until it looks golden.

Cut into big rectangles.

Serve warm or cold.

GRAPES RATAFIÀ

Ingredients:

3 ½ lb of grapes
1 liters of alcohol at 95°
1/2 liter of water
2 ¼ cups of sugar

Wash the grapes and remove the seeds.
Put the grapes and the alcohol in an airtight jar.
Let soak 15 days, shaking every day.
Make a syrup with the sugar and the water.
Filter the alcohol and add the syrup.
Bottle and let rest for 2 months before serving.

To prepare quick strudel-like roll cookies thin slice an apple and cut the slices in little pieces.

Soak the apple pieces in Grapes Ratafià or Fig Grappa for 10 minutes.

Use only a tablespoon of soaked raisins, the soaked apple pieces, the butter, the liqueur and the cinnamon to fill the roll cookies.

Proceed as in the Puff Pastry Girelle.

PUFF PASTRY GIRELLE (ROLL COOKIES)

Ingredients:

1 handful of raisins

Dried Plums or Dried Figs or Apricot Ratafià or Pistachio Liqueur
or Pear Grappa

2 Amaretti di Saronno cookies

2 tbsp butter

1 package of puff pastry

brown sugar

cinnamon powder

Soak the raisins in the liqueur for half an hour, then wring out the liquid.

Finely chop the Amaretti di Saronno.

Melt the butter.

Roll out the puff pastry 5 mm (0.2 inches) thick and 10 cm (4 inches) wide.

Put the raisins, the chopped Amaretti cookies and the melted butter on the whole surface of the dough.

Plenty sprinkle with brown sugar, cinnamon powder and liqueur.

Make a roll with the dough, then cut out slices 1.5-2 cm (0.5 – 1 inch) thick.

Preheat the oven at 390 F.

Place the slices on a baking pan covered by baking paper and sprinkle with brown sugar.

Bake for about 10-15 minutes or until they are golden.

LIMONCELLO, ARANCELLO AND MANDARINETTO (LEMON, ORANGE AND TANGERINE LIQUEURS)

Ingredients:

1 liter of alcohol at 95 °
the zest of 12 lemons (10 tangerines, 6 oranges)
2 ¼ cups of sugar
1/2 liter of water
16 leaves of lemon (optional)

Peel the lemons with a zester or a vegetable peeler so there is no white pith on the zests.

Put the lemon zests, the lemon leaves and the alcohol in an airtight jar.

Let soak for 2 weeks in a dark place.

Shake from time to time.

Make a syrup with the sugar and the water.

If you prefer a less alcoholic liqueur make the syrup with 3/4 of liter of water and 2 ½ cups of sugar.

Filter the alcohol and add the syrup.

Bottle and let it rest for other 2 weeks.

Serve chilled.

Limoncello is a typical Southern Italian liqueur.

The most famous are produced in Naples, Amalfi (a beautiful town near to Naples) and in Sicily.

The other two famous citrus liqueur are Arancello (orange zest liqueur) and Mandarinetto (tangerine zest liqueur).

To prepare the Arancello use the zests of 6 oranges and substitute the lemon leaves with 2 tablespoons of orange blossoms.

To prepare the Mandarinetto use the zests of 6 ripe tangerine, the zests of 6 green tangerines and substitute the lemon leaves with 5 lemon balm leaves and a clove.

RICOTTA AND TANGERINE PUDDING

(Typical Sicily recipe)

Ingredients (for 4 servings):

2 tsp gelatin powder

8 tangerines

6 tablespoon of honey (better acacia honey)

1 ½ cups of Ricotta cheese

Limoncello or Arancello or Mandarinetto Liqueur

tangerine leaves for decoration

Soak the gelatin powder in cold water for 10 minutes.

Grate the zest of 2 tangerines.

Squeeze 5 tangerines.

Put the tangerine juice and 2 spoon of honey in a saucepan and cook at low heat until the honey is melted.

Add the squeezed gelatin and stir until it's completely melted.

Let cool and filter.

Whip the ricotta cheese with the grated tangerine zest to obtain a cream.

Add the tangerine juice and mix gently.

Wet 4 dessert cups with the liqueur and pour the cream in them.

Put in the fridge for at least 4 hours.

Unmold the puddings in 4 little dessert dishes.

Pour a tablespoon of honey on each pudding and decorate with the other 3 tangerine segments and the tangerine leaves.

ORANGE AND COFFEE GRAPPA

Ingredients:

1 liter of Grappa
3 tbsp of honey
1 large orange
10 coffee beans

Make small holes on the orange and plug with the coffee beans.

You have to place the coffee beans half inside and half outside of the orange.

Put to soak the orange with 1/2 a liter of Grappa for 3 weeks in an airtight jar.

Take away the orange.

Filter to remove little pieces of coffee bean from the Grappa.

Melt the honey with the remaining Grappa in bain-marie.

Add to the flavored Grappa and let rest for a month.

Use the Orange and Coffee Grappa to prepare an orange Irish Coffee.

Combine 3 parts of sweetened hot coffee and 1-2 parts of Orange and Coffee Grappa in a mug.

Place some whipped cream on the top of the mixture.

Decorate with grated orange zest and unsweetened cocoa powder.

ORANGE AND COFFEE PRALINES

Ingredients:

7 oz dark chocolate
½ cup of fresh cream
2 tbsp brown sugar
2 tbsp instant coffee
2 tbsp Orange and Coffee Grappa or Coffee Liqueur
2 tbsp of bitter orange marmalade
grated zest of an orange (orange part only)
unsweetened cocoa powder

Melt the chocolate and the fresh cream in a bain-marie.

In a large bowl put the melted chocolate, the brown sugar, the instant coffee, the liqueur, the grated orange zest and the bitter orange marmalade.

Mix well and let rest the cream in the fridge to harden a bit.

Put the cocoa powder in a plate.

With the chocolate cream make little balls of the size of a walnut.

Roll the balls in the cocoa powder and store in the fridge.

PEAR GRAPPA

Ingredients:

- 1 liter of Grappa
- 1 big, ripe pear
- 1 stick of cinnamon
- 2 tbsp of sugar (optional)

Wash the pear, cut it in slices, removing the kernels.

Put the slices of pear, the cinnamon, the sugar and the Grappa in an airtight jar.

Let soak for 2 weeks, shaking from time to time.

Filter.

Let rest for a month.

Serve chilled.

Put a slice of Miascia in a plate and generously sprinkle with the Pear Grappa.

Pour over ice in a large glass 2 parts of Pear Grappa, 1 part of Spicy Chocolate Liqueur, 1 part of fresh cream and stir.

MIASCIA

(Typical Lombardy cake)

Ingredients:

3 ½ tbsp of raisins
1 apple
1 pear
4 crumbled amaretti cookies
1 lb of stale bread
½ liter of milk
2 eggs
3 ½ tbsp pine nuts
7 tbsp of sugar
1/2 glass of Pear Grappa
dark chocolate chips

Soak the raisins in warm water for half an hour, then wring out the water.

Cut the apple and the pear in slices and then in little cubes.

Cut the bread into slices.

Let soak it in the milk for about 2 hours.

Squeeze and crumble the bread with your hands and put it in a big bowl.

Add the eggs, the raisins, the pine nuts, the apple and the pear, the sugar, the amaretti and the liqueur.

Knead the dough to mix all ingredients.

Pour the dough in a round silicone baking pan (26-28 cm or 10-11 inches).

Decorate the Miascia with chocolate chips.

Preheat the oven at 390 F.

Bake the cake for 15 minutes, then low the oven heat at 300 F and cook for other 15 minutes

Let cool in the baking pan before serve.

PERSICHINO (PEACHES LIQUEUR)

Ingredients:

1 liter of alcohol at 95°
30 peach seeds
a pinch of cinnamon
2 ½ cups of sugar
1/2 liter of dry white wine

Put the peach seeds and the alcohol in an airtight jar.

Let soak for 2 months.

Filter.

Make a syrup with the sugar and the water.

Add the syrup and the wine to the alcohol.

Bottle and let rest in a cool, dry place for 2 months.

Halloween is a sad time in Italy.

We don't have Halloween costumes or parties.

The 1st of November we pay a visit to our deaths at the cemetery sadly thinking the winter is beginning.

The Pan di Mort are the typical biscuits we eat that day.

Why don't eat them with the Persichino liqueur, to remember the sunny days of the summer?

PAN DI MORT (BREAD OF THE DEADS)

Ingredients (16 servings):

½ cup of raisins
½ cup of almonds (or pine nuts or hazelnuts)
3 ½ oz of Amaretti cookies
½ cup of biscuits
10 oz of Savoiardi (ladyfingers biscuits)
½ cup of dried figs
3 ½ tbsp Cocoa powder
1 tsp ground cinnamon
1 ½ cup of sugar
1 cup of flour
a pinch of salt
2 tsp baking powder
Nutmeg powder 1 big pinch
6 eggs whites
½ cup of sweet white wine
icing sugar

Soak the raisins in warm water for half an hour.

Put the almonds in the mixer and reduce into a powder.

Add the Amaretti, the biscuits, the Savoiardi to the almond powder and crumble them very well.

Put everything in a large bowl.

Chop the dried figs in the mixer, then add them to the crumbled biscuits.

Add the sugar, the flour, the salt, the baking powder, the nutmeg, the cinnamon, the cocoa powder and the eggs white.

Wring out the water from the raisins and add to the other ingredients.

Add the wine little by little, stirring till everything is well mixed.

Put the dough on a floured pastry board and knead until is omogeneous and smooth.

Divide the dough in 16 pieces and shape them like big almonds.

The tickness should be about 1 cm (0.5 inch), the length 12 -15 cm (5-6 inches) and width 5-6 cm (2 – 2.5 inches).

Place them on a baking tin covered by baking paper.

Place in the preheated oven at 350 F and cook for 25-30 minutes.

Sprinkle with powdered sugar and let cool.

Let rest for 2 days in a tin canister before serve.

PISTACHIO LIQUEUR

Ingredients:

1 liter of alcohol at 95°
2 ½ cups of pistachios
A pinch of cinnamon
1 liter of water
5 ½ cups of sugar

Coarsely chop the pistachios.

Put the cinnamon, the pistachios and the alcohol in an airtight jar.

Let soak in a cool, dry and protected from light place for 1 month.

Make a syrup with the sugar and the water.

Filter the alcohol and add the syrup.

*Italians love salty
pralines.*

You can also try some substitutions in this recipe to have different kind of these appetizers.

Instead of pistachios you can use hazelnuts or almonds.

Instead of ricotta you can use Mascarpone cheese; in this case also substitute the Parmisan Cheese with Pecorino Romano cheese.

To obtain a sweet-and-salty taste soak some raisins in Pistachio Liqueur and add them to the mixture.

Wet the rim of a Martini glass with Red Roses Rosolio.

Dip the rim in brown sugar.

Shake 2 parts of Pistachio Liqueur, 1 part of Golden Rum and 1 part of Red Roses Rosolio.
Pour in the glass.

RICOTTA, PARMESAN CHEESE AND PISTACHIOS SALTY PRALINES

(Typical Emilia Romagna recipe)

Ingredients:

5 ½ tbsp peeled pistachios (for the pralines)

1 cup of ricotta cheese

3 ½ tbsp of grated Parmesan cheese

2 tablespoon olive oil

salt

pepper

1-2 tablespoon of milk

7 tbsp peeled pistachios (for decoration)

Blend 5 ½ tablespoons of pistachios in a mixer to obtain a flour.

In a large bowl put the ricotta and stir with a tablespoon to obtain a cream.

Add the pistachio flour, the Parmesan cheese, the olive oil and mix well.

Add salt and pepper at taste.

Add the milk only if the mixture seems too hard to stir.

With the mixture make little balls of the size of a walnut.

Let rest in the fridge for 30 minutes.

Coarsely chop 7 tablespoons of pistachios and put them in a plate.

Roll the balls in the chopped pistachios.

POMEGRANATE RATAFIÀ

Ingredients:

- 1 liter of alcohol 95°
- 4 ½ cups of pomegranate arils
- 1 cup of sugar (for the fruit)
- 2 ½ cups of sugar (for the syrup)
- 1 liter of water

It's very important to use only the pomegranate arils (seeds).

Carefully take away every little piece of the pomegranate white membrane: it's incredibly bitter!

Put the pomegranate arils and 1 cup of sugar in an airtight jar.

Let soak for 3 days in the sun, shaking every day.

Make a syrup with the water and 2 ½ cups of sugar.

Let cool.

Add the entire content of the jar and boil for 3 minutes.

Let cool and blend everything in a food processor.

Filter the fruit squeezing well.

Add the pomegranate syrup to the alcohol.

Let rest for a week then filter again before bottle.

Bresaola is a typical Northern Italian Italian air-dried salted beef.

It's produced in Valtellina valley, on the Alps.

To prepare a typical appetizer mix a tablespoon of fresh goat cheese with 2 teaspoons of Pomegranate Ratafià, salt, pepper and half a tablespoon

of pomegranate arils.

Put the mixture in a thin Bresaola slice and roll it.

Fill one third of a highball glass with crushed ice.

Pour 3 parts of Pomegranate Ratafià, 3 parts of grapefruit juice, 1 part of vodka on the ice and stir.

Shake 2 parts of Cherry Ratafià, 1 part of Hazelnut Liqueur, 1 part of Pomegranate Ratafià and pour in a frozen Martini glass.

DRIED FIGS AND LIQUEUR TRUFFLES

Ingredients:

2 oz of dried figs
Fig Grappa or Dried Figs Ratafià
5 ½ oz of chopped dark chocolate
½ liter of fresh cream
1 tablespoon icing sugar
unsweetened cocoa powder

Coarsely chop the dried figs and let soak in the liqueur for 1 hour.

Melt the chocolate and the fresh cream in a bain-marie.

Wring out the liqueur from the dried figs.

In a bowl mix the melted chocolate, the icing sugar and the dried figs.

Mix well and let rest in the fridge for half a hour.

Make 10-15 little balls with the mixture.

Put the cocoa powder in a plate.

Roll the little balls on it.

PRICKLY PEAR RATAFIÀ

Ingredients:

1 liter of alcohol at 95°
10 well ripe prickly pears
2 ½ cups of sugar
1/2 liter of water

Peel and prickly pears.

Use gloves, because they have invisible thorns, very painful for your fingers!

Crush the fruits and put with the alcohol in an airtight jar.

Let soak for 2 weeks in a dark place.

Shake from time to time.

Make a syrup with the sugar and the water.

If you prefer a less alcoholic ratafià make the syrup with 3/4 of liter of water and 3 cups of sugar.

Filter the alcohol and add the syrup.

Bottle and let it rest for other 2 weeks.

Serve chilled.

Prickly Pear Ratafià is a traditional Sicilian liqueur.

Prickly pears could be green, red, yellow or violet.

Use the red or the violet prickly pears to obtain a fully colored liqueur.

Shake 2 parts of Prickly Pear Ratafià, 1 part of White Rum, 2 part of almond milk and pour in a glass half filled with crushed ice.

MARZIPAN STUFFED DATES

(Typical Sicily recipe)

Ingredients:

24 big dates

1 cup marzipan

green, red and pink food coloring

3 tbsp of Orange Blossom Rosolio or Red Rose Rosolio

icing sugar

sugar

Open the dates on a side and take out the kernels.

Divide the marzipan in 3 parts.

Add a few drops of food coloring and 1 tablespoon of liqueur at each part.

Knead adding a little of icing sugar if the marzipan is too soft.

Stuff the dates with the marzipan.

Let the dates a bit open to show the marzipan filling.

Put the sugar on a plate and roll the dates on it.

Store in the fridge.

QUINCE RATAFIÀ

Ingredients:

1 liter of alcohol 95°
2 ½ lb of quinces
2 cloves
a pinch of cinnamon
a pinch of nutmeg
5 almond kernels (those contained in the seeds of apricots or peaches)
½ cup of sugar (for the quinces)
1/2 liter of water
1 cup of sugar (for the syrup)

Clean the quinces with a damp cloth.

Dry well, cut in half and eliminate the kernels.

Grate the quinces (fruit and the skin), put in a bowl, cover with ½ cup of sugar and let soak for 2 days.

Crush the spices and the almond kernels in a mortar.

Put the quinces, the spices, the almonds and the alcohol in an airtight jar.

Let soak for 2 weeks.

Filter.

Make a syrup with 1 cup of sugar and the water.

Add the syrup to the alcohol.

Bottle and let rest for 2 weeks.

Cotognata is a kind of hard quince jam.

Serve it alone or with ripened cheeses.

Make a brochette with a cube of Cotognata, a cube of Pecorino Romano cheese, a white grape, a cube of roasted bacon and so on.

COTOGNATA

(Typical Central Italy recipe)

Ingredients:

6 ½ cups of quinces

2 lemons

sugar

1 and 1/2 glass of water

2 big pinches of cinnamon powder

Clean the quinces with a damp cloth.

Cut the lemons in pieces.

Boil the quinces (with the skin) and the lemons for about an hour, until the quinces have the consistency of boiled potatoes.

Take out the quinces.

Let cool for a while, then peel them and take out the cores.

Blend the quinces and put them in a bowl.

Blend the quinces' cores and skins and filter them to obtain all the liquid.

Add this liquid to the blended quinces.

Weigh the content of the bowl.

Weigh the same quantity of sugar.

Put the sugar and the quinces puree and cook for about 40 minutes more, stirring all the time.

Put half of a teaspoon of the Cotognata on a dish.

Tilt a bit the dish.

If the Cotognata drops very slowly, it is done.

Put the Cotognata in a silicone baking pan.

The Cotognata thickness should be between 3 (1.5 in) and 6 cm (2.5 in).

Let rest for a couple of days.

- v Cut the Cotognata with a large cookie cutter.
- v Mix a cup of sugar with the cinnamon powder.
- v Roll the pieces of Cotognata in the sugar mixture.
- v Store in the fridge for a maximum of 3 months.

RASPBERRY RATAFIÀ

Ingredients:

1 liter of alcohol 95°
6 ½ cups of raspberries
1 cup of water
2 ¼ cups of sugar

Gently wash and dry the raspberries.

Put them in an airtight jar with the alcohol.

Let soak 2 months in the sun, shaking every day.

Filter and squeeze all the raspberries juice in a pot.

Add the sugar and water and let boil for about 10 minutes.

Let cool the syrup and add to the alcohol.

Filter again, bottle and let rest for a month.

Serve chilled.

You could also use blackberries, raspberries or cranberries to prepare a Berry Ratafià.

The Panna Cotta is a typical Piedmont pudding, but its origin is a mystery.

It seems a Hungarian lady, living in the Langhe (a Piedmont district famous for its wines) invented it at the beginning of '900.

Salty Panna Cotta 1:

Use 1 liter of fresh cream, the gelatin, 15-20 basil leaves, 12 tablespoons of grated Parmesan cheese, salt a pepper at taste.

Blend the basil leaves in a mixer with 1-2 tablespoons of milk and proceed as in the Liqueur Flavored Panna Cotta recipe.

Salty Panna Cotta 2:

Use 1 liter of fresh cream, the gelatin 2 ½ oz of smoked mackerel or salmon, salt and pepper at taste.

Blend the smoked fish in a mixer with 1-2 tablespoons of milk and proceed as in the Liqueur Flavored Panna Cotta recipe.

LIQUEUR FLAVORED PANNA COTTA

(Typical Piedmont recipe)

Ingredients:

gelatin sheets (enough for a liter of liquid)

$\frac{3}{4}$ liters of fresh cream

1 cup of icing sugar

$\frac{1}{4}$ liter of Raspberry Ratafià (or other fruit liqueur)

raspberries, wild strawberries, whipped cream and mint leaves to decorate

Soak the gelatin sheets in cold water for 10 minutes.

Squeeze the gelatin

Put the fresh cream, the gelatin and the sugar in a pot

Turn heat to low and cook, stirring, until gelatin dissolves completely.

Let cool for 10 minutes, then add the liqueur, stirring.

Sieve the cream.

You can use a large pudding mold or 6-8 individual pudding molds.

Wet the pudding mold(s) with liqueur.

Pour the cream in the mold(s) and let rest in the fridge for at least 4 hours.

Unmold the Panna Cotta and decorate with fruit, whipped cream and mint leaves.

ROSEHIP GRAPPA

Ingredients:

- 1 liter of Grappa
- 1 handful of rosehip berries
- 1 orange zest (only the orange part)

Peel and crush the berries.

Put all the ingredients in an airtight jar.

Let soak for 40 days in a dark place, shaking from time to time.

Filter, bottle and let rest for 2 months.

Put a tablespoon of crushed ice, 3-4 mint leaves and a stripe of orange zest in a cocktail glass.

Mix 1 part of Rosehip Grappa, 3 parts of orange juice and pour in the glass.

vitamin C and very refreshing.

This cocktail is full of

PETRAMENNULA

(Typical Sicilian nougat)

Ingredients:

3 ½ cups of honey

7 oz of almonds

1 lb of orange zests (the orange part only)

olive oil

Cut the orange zests into stripes from 5 mm to 1 cm (0.2 – 0.4 inches) wide.
Coarsely crush the almonds.

Boil the honey and orange zests in a saucepan until the mixture begins to solidify.

Add the almonds and continue to mix the ingredients until the mixture becomes very hard.

Grease a marble pastry board with olive oil.

Pour the mixture on it.

Let cool and cut into small rectangles.

SAINT JOHN NOCINO (WALNUTS LIQUEUR)

Ingredients:

2 lb of walnuts with their husk (about 30-35 walnuts)
1 liter of alcohol at 95 °
3 cups of sugar
1/2 cinnamon stick
7 cloves
1 nutmeg

Pick the walnuts in the evening of a sunny day in the second half of June.

Wash the walnuts and cut into four parts.

Use of gloves: the husk stains a lot!

Put the walnuts in an airtight jar.

Cover them with the sugar and let them soak in the sun for 3 or 4 days.

Add all the other ingredients.

Let soak for 3 months, shaking once a week.

Filter and bottle.

If you prefer a less alcoholic liqueur add a syrup prepared

With $\frac{3}{4}$ cup of water and $\frac{1}{2}$ cup of sugar.

Bottle and let it rest in the dark for 3 months.

The Nocino was typically prepared in monasteries.

The original recipe gives you 3 dates:

Saint John day (June the 24th): pick the walnuts and prepare the infusion

Saints Michael, Gabriel and Raphael day (September the 29th): filter the liqueur

Let rest until Christmas.

FRUSTINGO

(Typical Marche cake)

Ingredients:

2 lb of dried figs black or white
3 handfuls of raisins
10 oz of peeled almonds
10 oz of. peeled hazelnuts
1 ½ lb of bleached walnuts
2 handfuls of mixed candied fruit into small cubes
2 handfuls of pine nuts
3 Espresso coffees (or 1 cup of american coffee)
1 big pinch of ground coffee
the grated zest of a lemon (only the yellow part)
1 handful of bread crumbs
3 orange juice
the grated zest of an orange (only the orange part)
3 ½ tbsp unsweetened cocoa powder
100 g grated chocolate
a cinnamon stick cut into pieces
1 grated nutmeg
2 glasses of liqueur (Amaretto or Orange and Coffee or Spicy Chocolate)
10 oz of flour
1 pinch of salt
3 ½ oz of sugar
2-3 cups of olive oil

Soak the dried figs in warm water for 1 night.

Boil them for 10 minutes.

Let cool, wring out the water and cut in quite big pieces.

Soak the raisins in warm water for half an hour, then wring out the water.

Toast the walnuts, the hazelnuts and the almonds with the grill of the oven for 5 minutes.

Coarsely chop the walnuts, the hazelnuts and the almonds.

Put all the ingredients (but the oil) in a large bowl.

Slowly add the oil, mixing and stirring, until the mixture is smooth and homogeneous.

Put the mixture in a big rectangular silicone baking tin.

Preheat the oven at 320 F.

Bake for 40 minutes.

Serve cold.

WATERMELON RATAFIÀ

Ingredients:

1/2 watermelon
1 ¾ cups of sugar
½ liter of water
1 liter of alcohol at 95°

Cut the watermelon pulp in little cubes and eliminate the kernels.
Put the watermelon and the alcohol in an airtight jar.
Let soak for a week in the sun, shaking every day.
Filter and bottle.
Kept in the fridge and shake before use.

To obtain a Melon Ratafià use the pulp of a melon.

Crush 5-6 ice cubes with half stick of cinnamon, 2 stripes of candied orange zest and 1 stripe of candied lemon zest.

the crushed ice in a cocktail glass.

Put

Shake 2 parts of Watermelon Ratafià and a part of Rum.

Pour on the crushed ice.

GELO DI MELLONE (WATERMELON PUDDING)

(Typical Sicilian recipe)

Ingredients:

2 ½ liters of watermelon juice
3 ½ tbsp of jasmine petals
1 glass of water
1 cup of wheat starch
1 1/3 cup of sugar
1 liter of Watermelon Liqueur
teaspoon vanilla extract
3 ½ tbsp of candied pumpkin
3 ½ tbsp of crushed pistachios
10 tbsp of coarsely crushed dark chocolate

To obtain 2 ½ liters of watermelon juice blend 7 - 9 lb of watermelon in the mixer, then sieve and filter the smashed pulp.

Put the jasmine petals in a glass of water and let soak for a day.

Filter the water.

Put the watermelon juice, the wheat starch, the sugar and the jasmine flavored water.

Boil 2-5 minutes, stirring, until it's creamy.

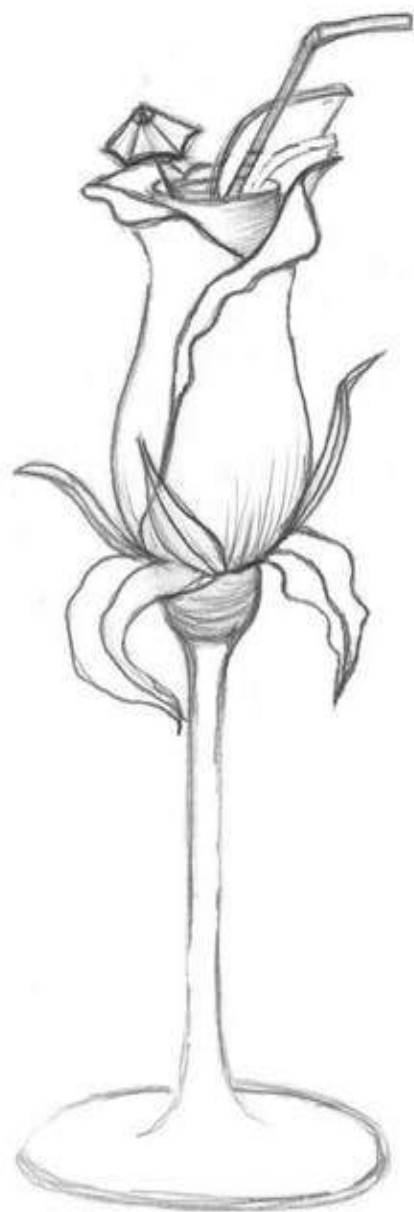
Remove from heat.

Add the Watermelon Liqueur, the vanilla extract and the candied pumpkin in little pieces.

Mix thoroughly and pour in dessert cups.

Let cool in the fridge.

Sprinkle with the pistachios and the chocolate.





SPICES LIQUEURS



ALCHERMES LIQUEUR

Ingredients:

1 liter of alcohol at 95°
1 ½ lb of sugar
vanilla bean
½ cinnamon stick
4 tsp of coriander seeds
cloves
2 tsp of anise seeds
4 tsp cardamom
4 tsp of red cochineal food coloring (or other scarlet food coloring)
1 cup of rose water

Crush the spices in a mortar.

Put the spices, 1 cup of water and the alcohol in an airtight jar.

Let soak for 2 weeks, shaking daily.

Make a syrup with the sugar and 1 ½ liter of water.

Let rest 1 day.

Filter and add the rose water.

Bottle and let rest for 1 month.

Al Kermes is the Arabic word for cochineal, a scarlet insect we still dry and pulverize to obtain food coloring.

Alchermes Liqueur is diffused in all the Mediterranean area.

In the XVI century Caterina de Medici, a Florentin noblewoman who married the French king Henry II, diffused it all over the European Courts.

Alcherme is used in Italian cuisine as ingredients in fritters, in the Zuppa Inglese and Tiramisù recipes and everywhere you need its beautiful scarlet color.

Sample in this book are Castagnole with Alcherme and Crescinda di Spoleto recipes.

CASTAGNOLE WITH ALCHERMES

(Typical Lombardy fritters recipe)

Ingredients:

1 lb of flour
8 tablespoons sugar
4 eggs
8 tablespoons Alchermes
4 tbsp milk
4 tbsp vegetable oil
grated zest of 1 lemon (yellow part only)
a pinch of cinnamon
1 packet of baking powder
Frying oil
Alchermes (to soak the fritters)
sugar (to decorate)

In a large bowl mix all the ingredients stirring well.

With two teaspoons shape little balls of the mixture of the size of a hazelnut.

Fry the balls in hot oil till they are golden.

Drop the Castagnoles onto paper towels to drain.

Pour the Alchermes in a bowl.

Put some sugar on a plate.

Soak the Castagnole in the Alchermes and then roll them on the sugar.

Serve immediately.

CHOCOLATE AND CHILLI PEPPERS LIQUEUR

Ingredients:

1 liter of alcohol 95°
10 fresh red chillies
1 ½ liters of water
2 lb sugar
2 ½ cups unsweetened cocoa powder
2 cloves
1 cinnamon stick
1 vanilla bean

Clean the chillies removing the stems and most of the the kernels.

More kernels you leave, more hot the liqueur will be.

Cut the chillis in two.

Put the red chillis, the spices and the alcohol in an airtight jar.

Let soak for a month in a dark place, shaking from time to time.

Filter.

Boil the water and add the sifted cocoa powder a tea spoon a time, stirring.

When the cocoa is completely dissolved, add the sugar and do a syrup.

Add the cocoa syrup to the alcohol.

Bottle and let rest for a month.

Crush 2-3 ice cubes with 5 mint leaves and put in a cocktail glass.

Add 3 part of fresh tangerine juice and 1 part of Chocolate and Chilli Peppers Liqueur.

Stir and decorate with candied tangerine zests.

Put in a cocktail shaker 1 part of Chocolate and Chilli Peppers Liqueur, 1 part of Rum, 4 parts of almond milk and a few drops of bitter almond extract.

Shake and strain into the glass; over ice.

RED CHILLI PEPPER CHOCOLATES

Ingredients (for about 30 chocolates):

1 cup of chopped dark chocolate

1 ¼ cup of fresh cream

3-4 tablespoons Red Chilli Pepper or Chocolate and Chilli Peppers
Liqueur

crushed red chilli peppers

Melt the fresh cream with the dark chocolate in bain-marie.

Let cool for a few minutes and add the liqueur.

Whip the chocolate with an electric whisk for 5 minutes.

Put the chocolate cream in silicone square chocolate mold.

Sprinkle the chocolates with the crushed red chilli peppers.

Let cool in the fridge for a couple of hours.

Carefully unmold the chocolates.

CINNAMON ROSOLIO

Ingredients:

1 liter of alcohol 95°
10 cinnamon sticks
1 ½ liter of water
3 ½ cups of sugar
the zest of an half orange (optional)

Crush the cinnamon in a mortar.

Put the cinnamon, the orange zest and the alcohol in an airtight jar.

Let soak for 2 weeks, shaking from time to time.

Filter.

Make a syrup with the sugar and the water.

Add the syrup to the alcohol.

Let rest for 1 month.

Heat 6 parts of pear juice with 2 teaspoons of brown sugar.

Pour in a glass and add 1 part of Cinnamon Rosolio, 2 parts of Golden Rum and stir.

Serve hot.

FRIED RICOTTA

(Typical Central and Southern Italia recipe)

Ingredients:

2 ½ cups ricotta cheese

2 eggs

7 tbsp sugar

flour

frying oil

cinnamon powder

Cut the ricotta cheese in squares of 4-5 cm (1.5 – 2 in) side and 1.5 cm (0.5 in) thick.

Beat the eggs.

Pass the ricotta squares in the flour and then in the eggs.

Fry the squares in hot oil and drop them onto paper towels to drain.

Sprinkle the ricotta squares with sugar and cinnamon powder on all sides.

MISTRÀ LIQUEUR

Ingredients:

1 liter of alcohol 95°
1 ¼ liters of water
5 ½ cups of sugar
3 tsp of coriander seeds
5 tsp grams of anise seed
1 tsp of fennel seeds
1 orange zest (only the orange part)

Crush the spices in a mortar.

Put the orange zest, the spices and the alcohol in an airtight jar.

Let soak for 3 weeks in a dark place, shaking from time to time.

Filter.

Make a syrup with the sugar and the water.

Add the syrup to the alcohol.

Bottle and let rest for 1 month.

Mistrà is a traditional liqueur from the Lazio and Marche Italian regions.

It's named after the Greek town of Mistrà (near Sparta).

Its flavor is quite similar to the Greek Ouzo.

Italian cuisine largely utilizes Mistrà Liqueur especially in fritters and in chestnut recipes.

Put 2 ice cubes in a highball glass, fill 1/3 of the glass with Mistrà Liqueur and serve with chilled water aside.

CHESTNUTS FRITTERS

Ingredients:

½ cup of raisins
Mistrà or Chestnut Liqueur
1 ½ cup of chestnut flour
1 cup of milk
6 tbsp of sugar
oil for frying
sugar (for decorating)

Soak the raisins in Chestnut Liqueur for half an hour, then wring out the liquid.

In a large bowl mix the chestnut flour, the milk, the raisins, 2 tablespoons of Chestnut Liqueur, a pinch of salt and 6 tablespoons of sugar.

Fry the dough a spoonful after spoonful in hot oil.

Drop the fritters onto paper towels to drain.

Sprinkle with sugar.

Serve immediately.

PEPPERMINT ROSOLIO

Ingredients:

1 liter of alcohol 95°
2 handful of fresh peppermint leaves
1/2 liter of dry white wine
1 liter of water
3 cups of sugar
the zest of a lemon (only the yellow part)
4 anise seeds

Put the peppermint leaves, the lemon zest, the anise seeds and the alcohol in an airtight jar.

Let soak for 2 weeks.

Filter.

Make a syrup with the sugar and the water.

Add the wine and the syrup to the alcohol.

Bottle and let rest for 1 month.

Put 3 crushed ice cubes a highball glass.

Add 1 part of Peppermint Rosolio, 2 parts of fresh milk, 2 teaspoon of sweetened condensed milk, 2-3 drops of Absinthe Liqueur (optional) and stir.

*Decorate with
a sprig of mint.*

MINT BONBON

Ingredients:

- 1 $\frac{3}{4}$ cups of icing sugar
- 2 tbsp of sweetened condensed milk
- 1 egg white
- 1 tsp of peppermint essence
- few drops of green food coloring
- $\frac{1}{2}$ cup of chopped dark chocolate (use chocolate especially made for coating)
- 2 tbsp of Peppermint Rosolio

Mix in a bowl the icing sugar, the condensed milk and the peppermint essence.

Slowly add the egg white, stirring well to obtain a consistent mixture.
Add the green food coloring.

Make balls of the size of a hazelnut with the mixture.
Press the balls to obtain 3 cm (1 in) diameter discs.
Put the discs on baking paper.

Melt the chocolate with the Peppermint Rosolio in bain-marie.
Dip the discs one at time in the chocolate.
Put the discs again on the baking paper.
Let cool in the fridge for a couple of hours.

SAFFRON ROSOLIO

Ingredients:

1 liter of alcohol 95°
6 saffron sachets
2 lemon zest (only the yellow part)
1 ¼ liters of water
4 ½ cups of sugar

Put the saffron, the lemon zest and the alcohol in an airtight jar.

Let soak for 10 days in a dark place, shaking every day.

Make a syrup with the water and the sugar.

Put the syrup in the jar with the other ingredients.

Let soak for a week.

Filter, bottle and let rest for a week.

Put 2 tablespoons of crushed ice in a large glass.

Pour 2 parts of Saffron Rosolio, 1 part of Golden Rum, 2 parts of coconut milk, 3 part of pineapple juice, 1 part of almond milk, a splash of orange juice, a pinch of grated clove, a pinch of saffron powder and stir.

Garnish with saffron threads on the cocktail surface.

LITTLE SHELLS OF RICOTTA CHEESE

(Typical Sardinia pastries)

Ingredients:

½ cup of sugar
4 cups of ricotta cheese (or cottage cheese)
2 eggs
1 pinch of saffron
the zest of 1 orange (only the orange part)
1 pinch of baking soda
1 ¾ cups of flour
2 tbsp lard (or 2 ½ tbsp of butter)
icing sugar and rainbow sprinkles for garnish

Put the ricotta in a bowl, mash with a fork and mix with a wooden spoon. Gradually add the sugar, eggs yolks, the saffron, the orange peel and the baking soda.

Let rest the mixture.

Place the flour on a pastry board, add the eggs whites, the salt and the lard. Work the dough as if you were making noodles.

Roll out the dough very thin (about 1 mm of thickness) and cut discs of about 8 cm (3 in) of diameter.

At the center of each disc put a ball of filling a little bigger than a large walnut.

Lift up the edges of 1.5 cm (0.5 in) and pinch the dough all around between your fingers.

Preheat the oven at 340 F.

Bake the sweets until the filling becomes golden.

Let cool and garnish with the rainbow sprinkles and the icing sugar. Let rest the cookies for 24 hours.

TARRAGON LIQUEUR

Ingredients:

1 liter of alcohol at 95°
1 bunch of fresh tarragon
2 vanilla beans
2 ¼ cups of sugar
1/2 liter of water

Put the tarragon, the vanilla beans and the alcohol in an airtight jar.

Let soak for 2 weeks.

Filter.

Make a syrup with the sugar and the water.

Add the syrup to the alcohol.

Bottle and let rest in a dark, dry place for 1 months.

Shake 1 part of Tarragon Liqueur, 1 part of Limoncello and 2 parts of vodka.

Pour in a frozen cocktail glass.

Garnish with a lemon zest.

TOASTED TUNA ROE BREAD

(Typical Sicily recipe)

Ingredients (for 4 servings):

2 oz tuna roe

3 garlic cloves

1 small bunch of parsley

pepper at taste

2 tbsp of olive oil

2 tbsp of Onion or Garlic Liqueur

4 big slices of bread (2-3 cm thick – about 1 inch)

Blend the tuna roe, 1 garlic clove, the parsley, the pepper, the olive oil and the liqueur in a mixer.

Toast the bread slices.

Peel the other 2 garlic cloves and vigorously rub them on the toasted bread.

Spread the tuna roe cream on the bread.

Serve warm.

VANILLA ROSOLIO

Ingredients:

1 liter of alcohol 95°
10 vanilla beans
1 ½ liter of water
4 ½ cups of sugar

Cut the vanilla beans in little pieces.

Put the vanilla and the alcohol in an airtight jar.

Let soak for 2 weeks, shaking from time to time.

Filter.

Make a syrup with the sugar and the water.

Add the syrup to the alcohol.

Let rest for 1 month.

Put a slice of Pumpkin Bread in a plate and generously sprinkle with the Vanilla Rosolio.

Ice Coffee the Italian way:

For 1 serving: put two sweetened Espresso coffees in a shake with a lot of ice, add 2 teaspoons of Vanilla Rosolio, shake a pour in a highball glass, with no ice.

PUMPKIN BREAD

(Typical Emilia Romagna cake)

Ingredients:

7 oz of pumpkin flesh
¼ liter of water
2 ¼ cups of flour
1 package of active dry yeast
7 tbsp sugar
2 tsp salt
¼ cup of olive oil
1 beaten egg
a handful of pine nuts

Cut the pumpkin flesh into small pieces and boil it in salty water for 10 minutes.

Let cool and blend in a mixer.

Put the flour, the yeast, the sugar, the salt, the oil and the pumpkin in a large bowl.

Mix thoroughly with a fork.

Knead the dough for at least 10 minutes.

Let the dough to rise for 2 hours covered with a damp cotton towel in a warm place.

Knead the dough for 1-2 minutes more and make 2 rolls about 16 in. of length.

Braid the 2 rolls and put the braided dough on a baking tin covered by baking paper.

Let rise for half an hour more.

Brush the braided dough with the beaten egg and sprinkle with the pine nuts.

Place the baking tin in the preheated oven at 390 F and bake the Pumpkin Bread for 40 minutes.

Let cool before serve.





CREAM LIQUEURS



ARANCELLO, LIMONCELLO AND MANDARINETTO CREAM LIQUEURS

Ingredients:

1 liter of alcohol at 95°
1/2 liter of milk
1 liter of fresh cream
8 oranges
1 cinnamon stick
6 ½ cups of brown sugar

Peel the oranges with a zester or a vegetable peeler so there is no white pith on the zests.

Put the orange zests, the cinnamon and the alcohol in an airtight jar.

Let soak for 2 weeks in a cold and dark place.

Filter.

Boil the milk and the fresh cream with the brown sugar, till the sugar is dissolved.

Let cool and filter.

Add to the alcohol and let rest for 2 weeks.

Serve chilled.

To obtain Limoncello Cream Liqueur substitute the orange zests with 12 lemon zests and use a vanilla bean instead of the cinnamon stick.

To obtain Mandarinetto Cream Liqueur substitute the orange zests with 12 tangerine zests (6 ripe and 6 green) and use only half cinnamon stick, a clove and a pinch of grated nutmeg.

WALNUTS AND TANGERINE PASTRIES

Ingredients:

1 cup shelled walnuts (for the pastries)
10 tbsp sugar
3 tbsp of egg white
the grated zest of two tangerines
¼ cup of shelled walnuts (for decoration)

Blend the walnuts in a food processor to obtain a coarse flour.

Place the walnut flour in a bowl, add the sugar, the grated zest of tangerine and egg white.

Mix together, creating a homogeneous mixture.

Shape 20 balls with the dough and decorate them with a piece of walnut.

Put them in a baking pan covered by baking paper.

Let rest a night in refrigerator.

Bake the cookies in a preheated oven at 390 F for 10/15 minutes.

COFFEE BEANS LIQUEUR

Ingredients:

1 liter of alcohol 95°
1 cup of coffee beans
3 almond kernels (those contained in the seeds of apricots or peaches)
3 ¼ cups of sugar
1 liter of water

Put the coffee bean, the almond kernels and the alcohol in an airtight jar.
Let soak for 2 months.

Filter.

Make a syrup with the sugar and the water.

Filter the alcohol and add the syrup.

Bottle and let rest for 2 months before serving.

Affogato al Caffè (Coffee ice cream floats Italian style):

Prepare an ice cream with 1 cup of milk, 1 cup of fresh cream, 1 ½ cup of Saint John Nocino (Walnut Liqueur), 10 tbsp of brown sugar and 10 tbsp of walnut flour.

Place 3 ice cream balls one above the other in a highball glass.

Pour a sweetened Espresso coffee on the ice cream.

Fill the glass with 1 part of Coffee Beans Liqueur, 1 part of Saint John Nocino and 1 part of fresh cream.

Top with whipped

cream.

Serve with a long ice cream spoon and a straw.

BIANCHEDDUS

(Typical Sardinia meringues)

Ingredients (for about 40 Biancheddus):

3 egg whites
1 ½ cup of sugar
few drops of lemon juice
1 ½ cup of sliced almonds

With a wooden spoon beat the egg whites and the sugar for 15 minutes.
Whip the egg whites adding a few drops of lemon juice until they form firm peaks.
Add the sliced almonds and mix carefully.

With the help of two spoons form 40 little piles of the mixture and place them on a baking tin covered by baking paper.

Preheat the oven at 300 F.
Bake the Biancheddus for about 20 minutes.
Don't open the oven during the cooking.
Turn the off the oven and wait until it is completely cold.
Again, don't open the oven.
The Biancheddus should remain completely white.

Take out of the oven, carefully remove the cookies from the baking paper and let cool.

COFFEE LIQUEUR

Ingredients:

1 liter of strong coffee
4 ½ cups of sugar
2 ½ cups of pure alcohol at 95°
1 vanilla bean
1 big pinch of cocoa powder

Since this is an Italian liqueur, we use coffee made with a Moka, the Italian coffee pot.

If you haven't one, make the strongest possible coffee with a coffee suitable for Espresso coffee.

Put the vanilla bean and the alcohol in an airtight jar.

Let soak for 2 weeks.

Filter.

Make a syrup with the sugar and the strong coffee.

Filter the alcohol and add the syrup and the cocoa.

Bottle and let rest for 2 months.

Serve chilled.

Aosta Valley style coffee (6-8 servings):

Mix 4 cups of hot coffee, ¼ cup of Genepy (Mugwort Liqueur), 2 cup of White Grappa, 1 cup of Coffee Liqueur, 4 cloves, 8 teaspoons of sugar and pour in a bowl on 2 orange zests.

Serve hot.

This coffee is traditionally served in the Grolla.

A Grolla is a covered wooden wine goblet, with four to twelve spouts.

It's a kind of Friendship Cup and every friend drinks in turn from a spout until the alcoholic coffee finishes.

TILES BISCUITS

(Typical Aosta Valley cookies)

Ingredients:

For the cookies

- 1/3 cup of chopped almonds
- 1/3 cup of chopped hazelnuts
- 3 egg whites
- a pinch of salt
- 3 tbsp flour
- 3 tbsp butter
- 10 tbsp g sugar
- 1 tsp of vanilla extract

For the Fiocca (Snow made of fresh cream and liqueur)

- 1/2 liter of fresh cream
- 3 tbsp of sugar
- 3-4 tablespoon of Grappa (or Amaretto or Chestnuts Liqueur)

Chop the hazelnuts and almonds.

Whisk the egg whites with a pinch of salt until stiff.

Melt the butter.

Put all the ingredients in a bowl and stir well the mixture.

Place well spaced teaspoons of the mixture on a baking tin covered by baking paper with the back of a spoon spread the mixture to obtain flatten discs.

Preheat the oven at 350 F.

Bake for 10/15 minutes.

Let cool.

Prepare the Fiocca: whisk the cream with the sugar and the liqueur until stiff.

Serve the Tiles Biscuits with the Fiocca.

FRESH CREAM GRAPPA

Ingredients:

- 1 liter of alcohol 95°
- 1 liter of fresh cream
- 10 tbsp of sugar
- 2 cloves
- 1 vanilla bean (or a cinnamon stick)

Dissolve the sugar in the fresh cream.

Put the cream, the spices and the alcohol in an airtight jar.

Let soak for a week.

Filter and bottle.

Store in the fridge.

Serve chilled.

Lombard cattlemen and dairymen traditionally used to sign the contracts for the milk supply on Saint George day (23th of April).

During the talks the dairymen offered Pan de Mej cookies and a cup of fresh cream to dip the cookies in.

So why not dip our Pan de Mej in this wonderful Fresh Cream Grappa?

PAN DE MEJ

(Typical Lombardy cookies)

Ingredients:

10 tbsp of butter
3 eggs
1 tsp of vanilla extract
10 tbsp of sugar
1 pinch of salt
1 cup of flour
 $\frac{3}{4}$ cup of cornmeal (medium grind)
 $\frac{3}{4}$ cup of cornmeal (coarse grind)
1 package baking powder
5-6 fresh elderflowers heads
icing sugar

Shake each elderflower head to get rid of insects and give it a quick rinse under running water.

Let them dry.

In a saucepan melt the butter.

Let it cool.

In a large bowl whip the eggs, the sugar and the vanilla to obtain a creamy consistency.

Add the butter and a pinch of salt, stirring the mixture.

Mix the 3 flours and the baking powder.

Slowly add the flours to the mixture in the bowl, stirring vigorously to avoid the formation of lumps.

Add the petals of 3 elderflowers head and mix well.

Knead the dough for a couple of minutes and then form balls of about 2 ½ oz.

Mash the balls to obtain big biscuits with a diameter of 8-10 cm (3-4 in).

Put the biscuits on a baking tin covered by baking paper.

Sprinkle the biscuits with the remaining elderflowers (use the little flowers) and the icing sugar.

Bake in a preheated oven at 350 F degrees for 20 minutes.

HAZELNUT CREAM LIQUEUR

Ingredients:

7 oz of bleached hazelnuts
1/2 liter of alcohol 95°
2 ½ cups of milk
1 cup of fresh cream
2 ¼ cups of sugar
1 vanilla bean

Finely chop the hazelnuts.

Put the chopped hazelnuts and the alcohol in an airtight jar.

Let soak for 1 month in a dark place, shaking from time to time.

Filter the alcohol.

Boil the milk, the fresh cream, the sugar and the vanilla bean and for 10 minutes.

Let cool and add to the alcohol.

Bottle and let rest for 2 weeks.

Pour over ice in a highball glass 1 part of Hazelnut Liqueur, 1 part of Pistachio Liqueur, 1 part of Amaretto Liqueur and 3 parts of tangerine juice.

Shake 2 part of Hazelnut Cream Liqueur, 2 parts of Scotch Whiskey and 1 part of Cherry Ratafià.

Serve in a Martini glass with a candied cherry.

TUSCAN CANTUCCINI COOKIES

Ingredients:

10 oz of almonds with the skin
2 ¼ cups of kg sugar
2 tbsp honey
2 eggs
1 tsp of vanilla extract
2 ¼ cups of flour
1 tsp baking powder
salt

Roast the almonds in the preheated oven at 430 F for a few minutes.
Chop them coarsely: you should obtain no more than 2-3 pieces from each almond.

Whisk the eggs white with a little pinch of salt.
Beat the yolks with the sugar, the honey and the vanilla extract.
Very gently mix the white and the yolks of the eggs.

Put the flour on the pastry board with the baking powder and a pinch of salt.
Add the eggs a tablespoon a time and knead till the dough is compact and consistent.

Make 2 or 3 7-8 cm (about 3 in.) diameter cylinders with the dough.
Place them on a baking tin covered by baking paper.
Press a little bit the cylinders, so their wide will be about 10 cm (4 in.).
Place in the preheated oven at 340 F and cook for 15 minutes.

Take out from the oven and cut them immediately in 1 cm (0.5 in.) slices.
Lower the oven temperature at 300 F and toast the cookies for 25 minutes.
Let rest the cookies for 24 hours.

HEN'S MILK LIQUEUR

Ingredients:

1 ¼ cup of alcohol 95°
1 liter of milk
4 ½ cups of sugar
1 vanilla bean
8 egg yolks
1 cup of Marsala wine

Boil the milk with the vanilla and sugar.

Let cool.

Beat the egg yolks.

Pour a little milk at time on the whipped yolks, stirring.

Beat the mixture until the milk and the eggs are well mixed.

Add the Marsala wine and the alcohol.

Bottle and let rest for 2 days.

Cut in little pieces 1 apple, 1 pear and a 1 banana.

Put in a large glass 2 tablespoons of fruit and pour on them 2 parts of Hen's Milk Liqueur, 1 part of Golden Rum and 1 part of Quince Ratafià.

Don't stir.

Shake 2 parts of Hen's Milk Liqueur and 1 part of Sage Grappa.

Serve in a cocktail glass and garnish with a sage sprig.

CACIO E PEPE BISCUITS

(Typical Lazio Pecorino cheese and Pepper biscuits)

Ingredients:

2 ½ cups flour

1 ¼ cups of butter

1 cup of grated Pecorino Romano cheese

1 pinch of salt

9 egg yolks

a small handful of pepper

1 egg white

Take out the butter from the fridge.

Coarsely crush the pepper in a mortar.

Mix the flour and the grated Pecorino Romano cheese on a pastry board.

Add the softened butter, the crushed pepper, a pinch of salt and the yolks.

Quickly knead the dough.

Put the dough in a plastic wrap and let rest for 24 hours in the fridge.

Roll out the dough about 5 mm (0.2 in.) thick.

Cut the biscuits with a cookie cutter.

Put the biscuits on a baking tin covered by baking paper and let rest in the fridge for a hour.

Preheat the oven at 390 F.

Bake the biscuits until they are golden (from 10 to 20 minutes, it depends on the oven).

HONEY GRAPPA

Ingredients:

1 liter of Grappa
3 ½ tbsp of honey
2 g of cinnamon stick
3 cloves
1 lemon zest (yellow part only)

Put the spices and half of the Grappa in an airtight jar.

Let soak for 1 month, shaking from time to time.

Filter.

Melt the honey with the remaining Grappa in bain-marie.

Add to the flavored Grappa and let rest for 2 weeks.

Place two tablespoons of raspberries and a tablespoon of honey in a large glass.

Shake 2 parts of Honey Grappa, 1 part of Raspberry Ratafià, 4 parts of raspberry juice and pour over the fruit.

Boil 4 parts of grape juice with 1 tablespoon of honey per serving.

Let cool and pour in a large glass over ice.

Add 1 part of Honey Grappa, 1 part of Grape Ratafià and

stir.

Make a cut on a grape, dip in honey and use to garnish the glass rim.

SEADAS

(Typical Sardinia Cheese and Honey pastries)

Ingredients:

2 ¼ lb of fresh Pecorino Sardo cheese
1 lb of durum wheat flour
3 eggs
a pinch of salt
4 tbsp of fresh lard (or 4 ½ tbsp of butter)
the zest of two oranges (orange part only)
1-2 eggs white
1 liter of olive oil
honey (better arbutus honey)

The cheese should be very fresh and fat.

Knead the flour with the eggs, a pinch of salt, a tablespoon of water and the lard.

Work the dough till it is soft and elastic.

Let rest for half an hour.

Grate the cheese and mix with the grated orange zests.

Roll out the dough (about 3-5 mm of thickness – 0.2 in.) and cut discs of about 12-13 cm (about 5 in. of diameter).

Put 1-1.5 tablespoon of cheese in half of the dough discs.

Brush the dough discs edges with beaten egg white and cover with another dough disc.

Press the seam to seal.

Fry the Seadas in hot olive oil for 1-2 minutes, till they are slightly golden.

Drop them onto paper towels to drain.

Dissolve the honey in bain-marie.

Covered the Seadas with plenty of honey and serve immediately.

MELON CREAM LIQUEUR

Ingredients:

3 ½ cups of alcohol at 95°
1 cup of vodka
3 cups of cantaloupe melon pulp
the juice of a lemon
7 oz of sugar (for the melon)
1 liter g of fresh cream
1/2 tsp of vanilla extract
1 lemon zest (only the yellow part)
1 ½ cups of water
2 ½ cups of sugar (for the syrup)

Cut the melon in very small pieces, put them in a bowl with 7 oz of sugar and the juice of a lemon.

Let soak in the fridge for 1 day.

Mash the pulp with a fork.

Put the melon pulp, the lemon zest, the vanilla and the alcohol in an airtight jar.

Let soak for a week in the sun, shaking every day.

Make a syrup with the water and the sugar, allow to cool, add the fresh cream and boil again for 1 minute.

Let cool, add the vodka and put every thing in the airtight jar with the alcohol and the melon.

Let soak for a week in the dark, stirring every day.

Filter and bottle.

Kept in the fridge and shake before use.

Substitute the melon with watermelon and the vanilla with jasmine extract (or cinnamon powder) to obtain a Watermelon Cream Liqueur.

MELON GRANITA

(Typical Sicily recipe)

Ingredients:

2 ¼ cups of melon pulp

1 ¼ cup of water

10 tbsp of sugar

mint leaves

Melon Cream Liqueur

Make a syrup with the water and the sugar.

Let cool.

Blend the melon pulp in a mixer.

Mix the blended melon and the syrup in a bowl.

Put the bowl in the freezer for 3-4 hours, stirring the granita every 20-30 minutes.

If you forget to stir you'll obtain an ice block.

Don't worry: blend the melon ice block in a mixer to obtain a granita again.

Put the Melon Granita in large glasses.

Pour Melon Cream Liqueur on the granita and decorate with mint leaves.

MOTHER-IN-LAW'S MILK LIQUEUR

Ingredients:

1 liter of alcohol at 95°
1 liter of milk
4 ½ cups of sugar
1 cinnamon sticks
1 lemon

Boil the milk with the sugar and the cinnamon.

Let cool.

Peel the lemon removing both the skin and the white inner layer, which is bitter.

Cut the lemon in cubes.

Put the milk, the lemon and the alcohol in an airtight jar.

Let soak for a month in a cool dry place, shaking from time to time.

Filter.

Bottle and let rest for a week.

Shake 2 parts of Mother-in-law's Milk Liqueur, 1 part of Limoncello and 2 parts of lemon juice.

Pour in a glass over crushed ice.

It's also possible to use Arancello and orange juice or Mandarinetto and tangerine juice.

Garnish with citrus zest and mint leaves.

LIQUEUR FLAVOURED MADELEINES

Ingredients:

- 1 egg
- 1 egg white
- 7 tbsp of sugar
- a pinch of salt
- 3-5 tablespoons Fresh Cream Grappa or Mother-in-Law's Milk or Amaretto Liqueur
- 1 teaspoon sweet almond extract
- 7 tbsp of flour
- 1 teaspoon baking powder
- 3 ½ tbsp butter
- icing sugar

Melt the butter

Whip the egg, the egg white, the sugar, the liqueur, the melted butter and the almond extract.

Add the flour and the baking powder and mix well.

Preheat the oven at 340 F.

Use medium size silicone Madeleine molds.

Fill the mould about three quarters full with the dough.

Bake the Madeleine for 15-20 minutes or until they are slightly golden.

Unmold and sprinkle with icing sugar.

SPICY CHOCOLATE LIQUEUR

Ingredients:

1 liter of alcohol a 95°
1 ¾ cups of unsweetened cocoa powder
6 ½ cups of brown sugar
1 vanilla bean
1 cinnamon stick
5 cardamom seeds
1 clove
1/2 liter of milk
1/2 liter of fresh cream

Crush the spices in a mortar.

Put the milk, the fresh cream, the brown sugar and the spices in a pot.

Boil and add the sifted cocoa powder a tea spoon a time, stirring.

Let cool and filter.

Put in a bottle with the alcohol.

Let rest for 1 month.

Boil a cup of almond milk with 3 crushed cardamom seeds and 2 tablespoons of sugar for 5 minutes.

*Let
cool.*

Pour over ice in a large glass 2 parts of the flavored almond milk, 2 parts of Spicy Chocolate Liqueur, 1 part of Rum, 3 parts of pear juice and stir.

Mix in a highball glass 1 sweetened hot Espresso coffee, the same quantity of Spicy Chocolate Liqueur and 2 drops of mint extract.

Garnish with mint leaves and serve hot.

CUNEESI CHOCOLATES

(Typical Piedmont chocolates)

Ingredients:

1 1/3 cups of candied chestnuts (or Marron Glacees)
5 1/2 tbsp unsweetened cocoa powder
2 tbsp icing sugar
6-8 tbsp of Chestnut Liqueur (or Rum)
1 lb dark chocolate
unsweetened cocoa powder (to decorate)

Sieve the candied chestnuts.

In a bowl mix the candied chestnuts, the cocoa, the sugar and the liqueur.

Let rest the cream in the fridge to harden a bit.

Make little balls of the size of a walnut.

Put the little balls again in the fridge for 1 hour.

Melt the dark chocolate in a bain-marie.

Let cool for a few minutes until it's creamy.

Roll the little balls in the melted chocolate and place them on baking paper.

Let cool.

Put the unsweetened cocoa powder in a plate.

Roll the Cuneesi Chocolates on it.

Store in the fridge.

STRAWBERRY CREAM LIQUEUR

Ingredients:

4 ½ cups of strawberries (or wild strawberries for a better result)

1/2 liter of alcohol 95°

1 teaspoon of vanilla extract

1/2 liter of milk

1/2 liter of fresh cream

3 ½ cups of sugar

Wash and dry the strawberries.

Remove the stem only after this operation or the water will enter into the fruits.

Cut the strawberries in little pieces.

Put them, the vanilla and the alcohol in an airtight jar.

Let soak for 10 days.

Filter and put the strawberries with the milk, the fresh cream and the sugar in a pot.

Gently boil for about 10 minutes, stirring.

Let cool and filter, squeezing well the strawberries juice into the cream.

Add the strawberries cream to the alcohol.

Bottle and let rest for 1 week.

Put 2 tablespoons of wild strawberries, 2 tablespoons of blackberries and 2 teaspoons of sugar in a dessert cup and stir.

Shake 2 parts of Strawberry Cream Liqueur, 1 part of Arancello and 1 part of Amaretto Liqueur and pour on the fruit.

Garnish with whipped cream.

Shake 2 parts of Strawberry Cream Liqueur, 1 part of red Roses Rosolio and 1 part of vodka.

Serve in a frozen Martini glass.

WHITE CHOCOLATE FONDUE WITH STRAWBERRIES

Ingredients:

- 1 cup of fresh cream
- 2 cups of chopped white chocolate
- 1 tsp of vanilla extract
- 1 pinch of cinnamon powder
- 3-5 tbsp of Strawberry Cream or White Chocolate Cream Liqueur
- strawberries

Put the fresh cream and the white chocolate in a saucepan.

Cook at bain-marie until the chocolate is melted.

Add the vanilla extract, the cinnamon powder and the liqueur, stirring.

Letting the saucepan in the bain-marie at a very low heat, dip the strawberries in the chocolate fondue.

Place the strawberries on baking paper and let cool in the fridge for a hour.

VOV LIQUEUR (ZABAIONE)

Ingredients:

1/2 liter of alcohol 95°
1/2 liter of Cognac
1 ¼ cups of milk
¼ of liter of dry Marsala wine
10 egg yolks
1 ¾ cups of icing sugar
1/2 tsp of vanilla extract

You can substitute the Marsala wine with a Moscato d'Asti wine.

Put the yolks of 10 eggs in a bowl with the sugar and the vanilla extract.

Stir with a kitchen whip until the mixture is thick and homogeneous.

Gradually add the Cognac and the Marsala, stirring with the whip, and finally add the milk.

Put in a bowl in a bain-marie.

The bain-marie water should quiver but never boil, to avoid cooking too much the eggs and ruining the Zabaione.

Cook the cream, stirring continuously, for at least 10 minute, till is well thick.

Bottle.

This cream should be kept in the fridge for a month at most.

Serve hot or cold.

The Vov (or Zabaione Liqueur) was invented around 1840 by the confectioner Gian Battista Pezziol, in Padua, a town near Venice.

‘Vov’ (plural ‘vovi’) means eggs in the local dialect.

The original recipe used the Moscato d’Asti (a Piedmont sweet wine) but nowadays it is prepared with Marsala wine.

SAVOIARDI BISQUITS (LADYFINGER BISQUITS)

(Typical Piedmont biscuits, usually served with Zabaione)

Ingredients:

4 eggs
a pinch of salt
1 ½ tbsp icing sugar (for the dough)
5 ½ tbsp sugar (for the dough)
7 tbsp flour
½ tsp of vanilla extract
icing sugar (for decoration)
sugar (for decoration)

Whip the egg whites with a pinch of salt and 1 ½ tbsp of icing sugar until they form firm peaks.

In another bowl, beat the egg yolks with 5 ½ tbsp of sugar until foamy and light.

Mix the flour and the vanilla to the mixture of egg yolks and sugar, stirring with a fork to prevent lumps.

Add the egg whites, folding carefully with a spatula.

Transfer the mixture in a fluffy pastry bag with nozzle smooth and about 1 cm (0.5 in.) wide.

On a baking tin covered by baking paper squeeze out sticks 10 cm (4 in.) long and wide apart.

Sprinkle with plenty of sugar and icing sugar.

Preheat the oven at 340 F.

Bake the biscuits for 20 minutes.

After this time, turn off the oven, open it a little and let the Savoiardi dry for 5 minutes.

Take out of the oven, carefully remove the biscuit from the baking paper and let cool.

WHITE CHOCOLATE CREAM LIQUEUR

Ingredients:

- ? 1 lb of white chocolate
- ? 1/2 liter of milk
- ? 1 liter of fresh cream
- ? 2 ½ cups of sweetened condensed milk
- ? 3 cups of alcohol at 95°

Chop the white chocolate into a saucepan, add the milk and melt at a low temperature.

Don't boil or the chocolate will acquire a bitter taste.

Add the sweetened condensed milk and the fresh cream, stirring well.

Cook for 8 minutes without boiling, gently stirring.

Let cool, add the alcohol, filter and bottle.

This cream should be kept in the fridge for 2 months at most.

Shake before serving.

Pour in a highball glass 2 parts of White Chocolate Cream Liqueur, 1 part of Pistachio Liqueur, 2 parts of White Rum and stir.

Pour in a highball glass 1 tablespoon of sweetened condensed milk, 1 part of White Chocolate Cream Liqueur, 2 parts of Chestnut Liqueur, 1 part of Cognac and stir well.

WHITE CHOCOLATE AND MASCARPONE CHEESE TRUFFLES

Ingredients (for 20 Truffles):

12 Savoiardi (Ladyfingers biscuits)

3 ½ oz of white chocolate

3 ½ tbsp of butter

5-6 tbsp White Chocolate Cream Liqueur

½ cup of Mascarpone cheese

unsweetened cocoa powder

Finely chop the Savoiardi biscuits to obtain flour.

Melt the white chocolate and the butter in bain-marie.

In a bowl mix the Savoiardi, the melted chocolate, the liqueur and the Mascarpone cheese.

Stir well with a wooden spoon.

Let rest in the fridge at least 3 hours.

Make 20 little balls with the mixture.

Put the cocoa powder in a plate.

Roll the little balls on it.

Store in the fridge.





VEGETABLES LIQUEURS



MYRTLE LIQUEUR

Ingredients:

1 liter of alcohol 95°
2 ½ cups of ripe berry myrtle
1 liter of water
2 ½ cups of sugar

Seizing the myrtle berries when they are ripe, between November and January.

They must be black and not too hard.

Put the berries of the myrtle and the alcohol in an airtight jar.

Let soak in a cool, dark place for 40 days.

Filter.

Gently squeeze the berries and add their liquid to the alcohol.

Make a syrup with the sugar and the water.

Add syrup to the alcohol and let rest for 1-2 months.

Myrtle Liqueur is the most traditional Sardinian Liqueur.

It's used both as a digestive and in cocktails.

Shake 1 part of Myrtle Liqueur, 1 part of Campari and 1 part of vodka.

Pour in a Martini glass and garnish with an orange slice.

Put 3 tablespoons of crushed ice and 2-3 mint leaves in a glass, add 1 tablespoon of mint syrup, fill the glass with Myrtle Liqueur and stir.

Pour 1 part of Myrtle Liqueur in a frozen flute and gently add 5 parts of Champagne.

BACI DI DAMA (LADY'S KISSES)

(Typical Piedmont cookies)

Ingredients (for 15 cookies):

½ cup of almonds or hazelnuts

½ cup of sugar

the grated zest of an orange (only the orange part)

½ cup of flour

1 yolk

3 ½ tbsp of butter

2 oz of dark chocolate

3-4 tbsp of Orange Cream Liqueur or Coffee Liqueur

Take out the butter from the fridge.

Blend the almonds (or the hazelnuts) with the sugar in a mixer.

Put the mixture in a bowl.

Add the orange zest, the flour, the yolk and the softened butter.

Knead the dough.

Make 30 little balls and place them on a baking tin covered by baking paper, pressing a little bit the balls.

Preheat the oven at 340 F.

Bake the cookies for about 10 minutes, or until they begin to golden.

Take out the cookies from the oven and let cool on the baking tin without touch them.

Melt the chocolate in bain-marie or in the microwave oven.

Add the liqueur and stir well.

Spread a layer of chocolate cream on the flat part of 15 cookies.

Cover with another cookie to make a sandwich.

Let cool the Baci di Dama for half an hour before serve.

ROSEMARY LIQUEUR

Ingredients:

2 tbsp of rosemary leaves
½ oz of lemon zest (yellow part only)
1 ¼ cup of alcohol 95°
1 liter of dry white wine

Put the rosemary leaves, the lemon zest and the alcohol in an airtight jar.
Let soak for 2 weeks shaking once a day.
Filter.

Add the white wine, bottle and let rest for 1 week.

*Shake 1 part of Rosemary Liqueur, 1 part of Chestnut Liqueur and 1
tablespoon of honey per serving.*

Pour over ice in a large glass and garnish with a rosemary sprig.

*Pour over ice in a highball glass 2 parts of Rosemary Liqueur, 1 part of
vodka and 1 part of lemon
juice.*

*Stir and garnish with
lemon zest.*

CASTAGNACCIO

(Typical Tuscany Chestnut Cake)

Ingredients:

1 cup of chestnut flour
3 tablespoon olive oil
1 teaspoon of salt
1 cup of milk
3 ½ tbsp of pine nuts (for the Castagnaccio)
1 handful raisins
Chestnut Liqueur
3 ½ tbsp of pine nuts (for decoration)
rosemary

Soak the raisins in the liqueur for half an hour, then wring out the liquid.

In a large bowl put the chestnut flour, 1 tablespoon of olive oil and the salt.
Slowly add the milk, stirring with a tablespoon to prevent lumps.
If the dough would be too hard to stir add some more milk.
Add 3 ½ tablespoons of pine nuts.

Preheat the oven at 390 F.

Pour the dough in a non-silicone pan.

The dough should be 1 cm (0.5 in.) thick or less.

Sprinkle with 3 ½ tablespoons of pine nuts and a lot of rosemary leaves.

Pour 2 tablespoons of olive oil on the Castagnaccio surface.

Bake for 30-40 minutes.

The Castagnaccio surface should have a lot of little cracks on it.

Serve cold.

SAGE GRAPPA

Ingredients:

1 liter of Grappa
6 tbsp of honey
3 sprigs of fresh sage

Put the sage and the half of the Grappa in an airtight jar.

Let soak for 3 weeks, shaking from time to time.

Filter.

Melt the honey with the remaining Grappa in bain-marie.

Add to the flavored Grappa, bottle and let rest for a month.

Put 1 part of Sage Grappa and 1 part of Rosehip Grappa in a shaker.

Sprinkle a lemon zest in the shaker and shake.

Pour over ice in a highball glass.

Shake 1 part of Sage Grappa, 2 parts of Honey Grappa and 4 parts of orange juice.

Pour in a large glass over crushed ice and garnish with orange zest.

SAGE BISCUITS

(Typical Basilicata recipe)

Ingredients:

1 bunch of sage
2 ¼ cups of flour
1 packet baking powder
1 teaspoon of salt
½ cup of butter
1 cup of milk

Chop the sage leaves.

Melt the butter.

In a large bowl mix the flour, the baking powder, the salt, the sage leaves and the melted butter.

Slowly add the milk, stirring.

Roll out the dough 1 cm (0.5 in.) thick.

Cut out round shapes with a cookie cutter or with a glass.

Preheat the oven at 350 F.

Place the biscuits on a baking tin covered by baking paper.

Bake the Sage Biscuits for about 12 minutes.

BASIL LIQUEUR

Ingredients:

80 basil leaves
1 liter alcohol 95°
3 ½ cups of sugar
1 liters water

Wash and dry 80 basil leaves.
Put them and the alcohol in an airtight jar
Let soak for 8 days.
Make a syrup with the sugar and the water.
Add the syrup to the alcohol.
Let rest for 15 days.
Serve chilled.

Shake 1 part of Basil Liqueur and 1 part of Limoncello.

Pour over ice in a frozen Martini glass.

For 1 serving: crush in a mortar 6 ice cubes, 6 basil leaves, a lime zest and 2 teaspoon of brown sugar.

Put the ice in a large glass and pour on it 2 parts of Basil Liqueur, 1 part of Rum and a splash of lime juice.

Stir and garnish with a basil sprig.

Mix 2 parts of vodka, 4 part of tomato juice, 1 part of Basil Liqueur and a splash of lemon juice.

Pour over ice and garnish with a basil sprig.

BASIL ICE CREAM (SWEET OR SALTY)

Sweet ice cream:

Ingredients:

- ½ cup of sugar
- 2 tbsp of basil leaves
- 2 egg yolks
- 1 ½ cup fresh cream
- 2 cups of milk
- a pinch of salt

Finely chop the basil leaves.

In a big bowl whip the yolks with the sugar and a pinch of salt.

Slowly add the milk and the fresh cream, gently stirring.

Add the chopped basil and mix well.

Put in the ice cream machine for 45 minutes (or follow your ice cream machine instructions).

Put the Basil Ice Cream in 4 dessert cups, sprinkle with Basil Liqueur and decorate with basil leaves and whipped cream.

Salty ice cream:

Ingredients:

- 1 ¼ cup of whole milk
- 3 ½ tbsp of basil leaves
- 5 ½ tbsp grated Parmesan cheese
- a pinch of salt
- 1 cup of fresh cream

2 tbsp of olive oil

3 tbsp pine nuts

Boil the milk, remove from the heat and add the Parmesan cheese, about 1/3 of the basil leaves and a pinch of salt. Stir for 1-2 minutes and let cool.

Filter the milk.

In a mixer blend the cold milk, the remained basil, the fresh cream and the oil.

Put the basil cream and the pine nuts in the ice cream machine for 45 minutes (or follow your ice cream machine instructions).

Put the Basil Ice Cream in 4 dessert cups, sprinkle with Basil Liqueur and decorate with basil leaves and Parmesan cheese chips.

CARROT LIQUEUR

Ingredients:

12 carrots
1 vanilla bean
7 tbsp of carrot seeds
2 ½ cups of sugar
1 liter of alcohol 95°
¾ liter of water

Peel and wash the carrots.

Put the carrots and the alcohol in an airtight jar.

Let soak for 3 weeks.

Add the vanilla bean and seeds. Let soak for another week.

Filter.

Make a syrup with the sugar and the water.

Add syrup to the alcohol and let rest for 1-2 weeks.

Put a slice of Carrot and Pear cake in a plate and generously sprinkle with the Carrot Liqueur or with Amaretto Liqueur.

Shake 1 part of Carrot Liqueur and 2 parts of Amaretto Liqueur.

Serve in a highball glass with no ice.

Shake 1 part of Carrot Liqueur, 1 part of Apricot Ratafià (or 3 parts of apricot juice) and 1 part of vodka.

Po

ur over ice in a large glass.

Mix in a highball glass 1 part of Carrot Liqueur, 1 part of Rum and 4 parts of apple juice.

CARROT AND PEAR CAKE

Ingredients:

3 ½ oz of pear
Carrot Liqueur or Pear Grappa
2 oz of carrots
3 eggs
7 tbsp of sugar
2 tbsp of flour
5 ½ tbsp of almond flour
2 tbsp of cornstarch
a pinch of salt
a pinch of nutmeg powder
a pinch of ground cloves

Peel the pears and cut them into julienne strips.

Put the pear strips on a plate and sprinkle with the liqueur.

Let rest for 15 minutes.

Peel the carrots, wash, dry and grate them.

In a large bowl whip the eggs with the sugar.

Add the flour, the almond flour, the cornstarch, a pinch of salt, the spices, the grated carrots and the pears.

Preheat the oven at 350 F.

Pour the dough in a round silicone baking pan (diameter: 26 cm or 10 in.).

Bake the cake for 30 minutes.

MUSHROOMS LIQUEURS

Ingredients:

1 cup of fresh porcini mushrooms caps
1/2 liter of alcohol 95°
1 cup of sugar
1 glass of water
2 cups dry white wine

Clean the mushrooms very well with a damp cloth.

Cut them in pieces.

Put the porcini mushrooms and the alcohol in an airtight jar.

Let soak for 40 days shaking every day.

Filter.

Make a syrup with the water and the sugar.

Add the syrup and the white wine to the alcohol.

Bottle and let rest for 2 weeks.

Shake 1 part of Porcini Mushrooms Liqueur, 3 parts of Vermouth and 1 part of dry gin.

Serve in a frozen Martini glass.

Shake 1 part of Porcini Mushrooms Liqueur, 1 part of Lettuce Liqueur and 2 parts of Cognac.

Pour in a large glass and garnish with lemon zest.

Alba is a little town in Piedmont, and it's famous for its white truffles, the most tasty and expensive mushrooms in the

world.

In Alba they prepare this elegant White Truffle Grappa.

WHITE TRUFFLE GRAPPA

Ingredients:

1 liter dry white
Grappa

2-3 small Alba white truffles (they should be smaller than the neck of the bottle)

- v Use the best Grappa you can find, possibly Barolo or Barbaresco Grappa.
- v Put the white truffles in the grappa bottle, let rest for a month in a dark place, shaking from time to time.
- v Do not filter.

ARANCINI WITH PORCINI MUSHROOMS

(Rice balls with Porcini Mushrooms. Sicily recipe)

Ingredients:

2 tbsp of butter
2 garlic cloves
4 ½ cups of porcini mushrooms
2-3 tablespoons of dry white wine
salt and pepper
parsley
2 ½ cups of rice
4 eggs
8 tbsp of grated Parmesan cheese
1 sachet of saffron
2 tsp of warm water
fine bread crumbs
frying oil

Clean the porcini mushrooms and coarsely chop them.

In a saucepan fry the sliced garlic in the butter.

Add the porcini mushrooms and fry them for a couple of minutes.

Add salt and pepper at taste.

Add the white wine and cook at medium heat until the mushrooms are soft and there is few liquid in the saucepan (about 20 minutes).

Add the chopped parsley to the mushrooms, stir and let cool.

Boil the rice in salty water.

Drain the rice in a colander and immediately cool it with cold water.

Melt the saffron in 2 teaspoons of warm water.

In a bowl mix very well the rice, 2 eggs, the grated Parmesan cheese, the saffron and the mushrooms.

Beat the other 2 eggs and put the fine breadcrumbs on a plate.

With the rice make balls of the size of a tangerine.

Roll the balls in the breadcrumbs, then in the beaten eggs, then in the breadcrumbs again.

Fry the Arancini in hot oil and drop them onto paper towels to drain.

Serve immediately.

CELERY GRAPPA

Ingredients:

- 1 liter of Grappa
- 1 celery (stalks and some leaves)
- 1 lemon zest (yellow part only)

Chop the heart of the celery with some leaves (green and tender).

Put the celery, the lemon zest and the Grappa in an airtight jar.

Let soak for 2 weeks in a warm and dark place, shaking from time to time.

Filter.

Let rest for 3 months.

Serve chilled.

Shake 1 part of Celery Grappa, 1 part of Limoncello and 1 part of dry gin.

Pour over ice in a Martini glass.

Shake 1 part of Celery Grappa, 2 parts of apple juice, 1 part of lemon juice and pour over ice in a highball glass.

Shake 1 part of Celery Grappa, 1 part of Citronella Liqueur and 2 parts of grapefruit juice.

Pour over ice in a highball glass.

STUFFED CELERY

Ingredients:

6-8 celery stalks
4 ½ tbsp of Mascarpone cheese
3-4 tsp of Celery Grappa
3 tbsp acacia honey
2 Amaretto cookies
pepper

Wash and dry the celery stalks.

Coarsely crumble the Amaretto cookies.

Blend the mascarpone cheese, the honey and the Celery Grappa in a mixer.

Put the cream in a bowl, add the crumbled cookies and mix well.

Spread the mascarpone cream on the celery stalks and grind pepper on them.

LETTUCE LIQUEUR

Ingredients:

1 liter of alcohol 95°
4 ½ cups of lettuce
½ cup of chicory
4 ½ cups of sugar
1 liter water

Clean and wash the lettuce and the chicory.

Put all the salad leaves and the alcohol in an airtight jar.

Let soak for 1 month, shaking from time to time.

Filter.

Make a syrup with the sugar and the water.

Add the syrup to the alcohol.

Bottle and let rest for a week.

Shake 1 part of Lettuce Liqueur, 1 part of Mandarinetto Liqueur (or 3 parts of tangerine juice) and 1 part of vodka.

Pour over ice in a large glass.

Shake 1 part of Lettuce Liqueur, 2 parts of Campari and a splash of orange juice.

Pour in a Martini glass and garnish with an orange zest.

Put 1 teaspoon of pomegranate arils in a Martini glass.

Shake 2 parts of Lettuce Liqueur and 1 part of Pomegranate Ratafià and pour in the glass.

FRIED ARTICHOKE ITALIAN STYLE

Ingredients:

6 tender artichokes (better the spined variety)

2 lemons

2 eggs

flour

1 liter of olive oil

Cut the artichokes tips.

Remove the harder leaves: take away about half of the artichoke and leave only the softer leaves.

Cut the stems.

Cut in half and remove the hairy choke.

Cut each half into 3 or 4 slices.

Immediately put in water and lemon.

Drain and dry well.

Beat the eggs. Do not salt.

Pass the artichoke slices first in flour, then in the beaten eggs.

Fry in hot olive oil.

Drop the fried artichoke onto paper towels to drain.

Season with salt and pepper (optional) and serve immediately with a wedge of lemon.

OLIVE GRAPPA

Ingredients:

2 ½ cups of fresh untreated black olives
2 cups of sugar
1 liter of Grappa
1 orange zest (only the orange part)
4 juniper berries
3 cloves

Crush the juniper berries and 1/2 of the olives in a mortar.

Dissolve the sugar in the Grappa.

Put all the ingredients in an airtight jar.

Let soak for 40 days in a dark place, shaking every day.

Filter, bottle and let rest for 2 months.

Serve with an orange or lemon zest.

Mix 1 part of Olive Grappa and 3 parts of orange juice in a highball glass with crushed ice.

Garnish with orange zest.

Shake 1 part of Olive Grappa, 1 part of Lettuce Liqueur and 4 parts of dry white wine.

Serve in a frozen glass.

Shake 1 part of Olive Grappa, 2 parts of Tequila and 3 drops of Tabasco Sauce per serving.

Serve in a Martini glass and garnish with black olives.

WALNUTS, OLIVES AND BACON LITTLE BREADS

Ingredients:

3 ½ oz of diced bacon
2 oz of shelled walnuts
10 pitted olives
2 ½ lb of bread dough
1 cup of milk

Brown the bacon (not too much) and let cool.

Coarsely crush the walnuts.

Cut the olives in 3-4 parts (if they are big) or in 2 parts (if they are little).

Divide the bread dough in 3 parts.

Knead 1 part with the walnuts, 1 part with the olives and 1 part with the bacon.

Make 25-30 round little breads.

Place the breads on a baking tin covered by baking paper.

Let rest for half a hour in a warm place.

Brush the breads with the milk.

Preheat the oven at 450 F.

Bake the little breads for 20-25 minutes or until they are golden.

Serve warm or cold.





DIGESTIVE LIQUEURS



Italy has a long tradition of bitter, digestive and herbs liqueurs.

They are usually drank at the end of meals, and they are offered with candies, chocolates or coffee.

Italians use to flavor their after dinner Espresso coffees with a teaspoon of Grappa or digestive liqueurs.

After business lunches or wedding dinners you are offered a coffee and the waiter put on the table several bottles to choose from.

You will begin with a splash of Grappa in the coffee and will finish with a full coffee cup of herbs liqueur.

This is not considered alcohol drinking, it's coffee drinking!

Since this kind of liqueurs strong flavor don't allow you to eat anything with, I simple give you the liqueurs recipe and some hints about how to serve them or some cocktails you can use them for.

Anyway, I give you some candies recipes you can serve with after meals liqueurs.

ABSINTHE LIQUEUR (GREEN FAIRY)

Ingredients:

1/2 liter of alcohol at
95°

4 tbsp of absinth wormwood

4 tbsp of anise
seeds

1 tsp fennel
seeds

1 tbsp of star anise

2 tsp
hyssop

1 ½ tsp lemon
balm

2 abundant tsp Artemisia
pontica

¼ liter of water

Put 4 tablespoons of absinth wormwood and the alcohol in an airtight jar.

Let soak for 1 week.

Shake for 5 minutes, then filter.

Crush all the other spices and put them in an airtight jar with the flavored alcohol.

Let soak for another week.

Filter and add ¼ liter of water, to obtain a liqueur at about 68°.

Let rest for 1 month.

Absinthe, also called 'La Fée Verte' (the Green Fairy) was born in Switzerland, but it became famous in all Europe at the end of XIX century as the bohemians liqueur.

Charles Baudelaire, Vincent Van Gogh, Amedeo Modigliani and Oscar Wilde were known as heavy Absinthe drinkers.

Around 1915 Absinthe production was prohibited, because it one of its ingredients, absinth wormwood, was considered a harmful psychoactive drug.

Around year 2000 Europe decided the quantity of absinth wormwood was so little that no intoxication was possible and nowadays Absinthe is legally produced and sold.

Absinthe is very alcoholic, so it is mainly used in cocktail or served with chilled water or chilled syrup aside, just like the Greek Ouzo or the French Pastis.

Shake 1 part of sugar syrup, 3 parts of Absinthe Liqueur, 7 parts of milk.

Serve in a Martini glass.

In Rome they call this cocktail Milk+, after the popular drink in Stanley Kubrick's film 'Orange Clockwork'.

Pour 2 parts of Absinthe Liqueur and 1 part of Liquorice Liqueur in a highball glass.

Don't stir, to have a double color effect.

Shake 1 part of Absinthe Liqueur and 1 part of Mother-in-law's Milk Liqueur.

Pour over ice in a large

glass.

Italians call this cocktail Kill your Mother-in-law and they serve it at bachelor parties.

ALPS LIQUEUR

Ingredients:

1 ½ liter alcohol 95°

3 star anise

1 tbsp curly mint

1 ½ tsp absinth

wormwood

1 tsp chopped cinnamon

2 tbsp chamomile flowers

½ tsp grated nutmeg

4 ½ cups of sugar

1 liter of water.

Crush all the spices in a mortar.

Put all the spices and the alcohol in an airtight jar.

Let soak for 1 month, shaking from time to time.

Filter.

Make a syrup with the sugar and the water.

Add the syrup to the alcohol.

Bottle and let rest in a dark, dry place for 3 months.

This is the best known Italian cordial, and sometimes it's simply called Cordiale.

During WWI Italian Alpine troops drank big quantities of Grappa before the battles and even bigger quantities of Alps Liqueur after the battles, to recover from the shock.

It's a very sweet liqueur, with a vaguely medicinal

taste.

It is still part of the Italian Alpine troops Meal-Ready-to-Eat rations.

ANGELICA LIQUEUR

Ingredients:

1 liter of alcohol at 95°
2 oz of fresh angelica root
2 ½ oz of dried angelica root
3 almond kernels (those contained in the seeds of apricots or peaches)
1 cup of sugar
1/2 liter of water.

Crush the fresh and dried angelica roots and the almond kernels in a mortar.

Put all the crushed roots, the kernels and the alcohol in an airtight jar.

Let soak for 3 weeks, shaking from time to time.

Filter.

Make a syrup with the sugar and the water.

Add the syrup to the alcohol.

Bottle and let rest in a dark, dry place for 3 months.

This liqueur has a pleasant bitter-spicy-hot taste.

Serve with ripened cheeses or splash it in apricot or plum or orange or strawberries juice.

Shake 1 part of Angelica Liqueur, 1 part of Amaretto Liqueur, 4 parts of apricot juice.

Serve in a highball glass.

ANISE ROSOLIO

Ingredients:

3 ½ tbsp anise seed
5 ¼ cups of sugar
1 liter of water
1 liter of alcohol at 95°

Crush the seeds in a mortar and put them in an airtight jar with the alcohol.

Let soak for 21 days.

Filter.

Make a syrup with the sugar and the water.

Stir well and let soak two more days.

Bottle and let rest at least 2 months.

Anise Rosolio is heavily used in Italian cuisine, it's a fundamental ingredient in fritters, chestnut flower cakes, filled chocolates...

It's also used in many cocktails and in laced Espresso coffee.

Pour over ice in a highball glass 7 parts of Anise Rosolio, 3 parts of Red Vermouth (or Ippocrasso) and stir well.

Shake 3 parts of Aperol, 1 part of Anise Rosolio, 1 part of lemon juice, 4 parts of orange juice.

Pour over ice in a large glass and garnish with orange zest.

CENTERBE LIQUEUR (100 HERBS LIQUEUR)

Ingredients:

1 liter of alcohol 95°

6 basil leaves

6 fresh sage leaves

6 bay leaves

1 tsp of rosemary leaves

6 leaves of peppermint

1 tsp of tea leaves

6 lemon leaves

2 tsp of lemon verbena
leaves

2 tsp of chamomile
flowers

4 cloves

4 juniper
berries

a pinch of
saffron

a pinch of nutmeg
powder

2 ¼ cups of sugar

1/2 liter of water

Crush all the spices and the leaves in a mortar.

Put everything with the alcohol in an airtight jar.

Let soak for 2 weeks in a dark place, shaking from time to time.

Filter.

Make a syrup with the sugar and the water.

Add the syrup to the alcohol.

Let rest for 3 months.

This is a masterpiece of Italian monasteries.

It's a quite strong digestive liqueur, dating at the Renaissance.

It's often used in candies (for example is wonderful in Mou candies).

Serve at room temperature.

RED CHILLI PEPPER LIQUEUR

Ingredients:

1 liter of alcohol 95°
1 liter of water
4 ½ cups of sugar
3 ½ oz of fresh red chillies

Put the red chillis and the alcohol in an airtight jar.

Let soak for 1 month in a dark place, shaking from time to time.

Filter, saving the chillies.

Make a syrup with the sugar and the water.

Add the syrup to the alcohol and bottle.

Clean the chillies removing the stems and the kernels.

Place the chillies in the bottle.

Let rest for 1 month.

Serve chilled.

Crush about 3 cm of fresh ginger and shake it with 2 parts of Red Chilli Pepper Liqueur, 2 parts of vodka, 2 parts of lemon juice, 1 part of orange juice.

Pour over crushed ice in a Cognac glass.

Place a lemon leave and 3 crushed pink peppercorns in a Martini glass.

Shake 2 parts of Dry Martini Vermouth, 1 part of vodka, 1 part of Red Chilli Pepper Liqueur and pour in the glass.

Crush 4 ice cubes with a lime zest and put them in a large glass.

Pour 2 parts of tequila, 1 part of Red Chilli Pepper Liqueur and 1 part of lime juice in the glass and stir well.

CANDIED CITRUS ZEST

Cut the zests of oranges, grapefruit, lemons and limes in 1 cm (0.5 in.) wide strips.

You can let or take away the white part.

Put the zests in a pot and cover them with cold water.

Boil for 2 minutes (5 if you let the white part of the peel on the zest), then drain the zests, rinse the pot and repeat the process two more times.

Drain the zests very well and weight them.

Weight the same weight of sugar and water and prepare a syrup.

Put the zests in the boiling syrup and let boil, gently, until there is no more syrup.

The syrup should not caramelize, it should only thicken.

Put the zests to dry on a marble pastry board and sprinkle them immediately with sugar.

If you like, wait until the zests are perfectly dry and then dip them in melted chocolate.

LIQUEUR JELLIES

Soak for 10 minutes in cold water enough gelatin powder (or sheets) for a liter of liquid.

Drain the gelatin and melt at low heat in a pot with 2-3 spoons of water.

Add 900 ml of Liqueur and a few drops of food coloring, stir well, filter and pour in candies (or little chocolates) silicon molds.

Let cool in the fridge for 4 hours.

Unmold the liqueur jellies and roll them in sugar.

LIQUEUR MOU CANDIES

Put in a pot 3 cup of fresh cream, 3 cup of icing sugar, 14 tablespoons of honey, 5 tablespoons of butter, 1 pinch of salt and 1 cup of liqueur.

Stir well to amalgamate everything.

Gently boil at low heat, stirring all the time, until the mixture is a quite hard cream.

You will need from 15 to 30 minutes of boiling.

Put a drop of the mixture in a glass of cold water.

If the drop becomes hard quickly, turn off the heat.

If not, boil for a little bit more.

Turn off the heat and gently amalgamate $\frac{1}{2}$ or 1 cup of liqueur, a spoon at a time.

Pour the mixture in rectangular silicone baking pan.

The thickness should be about 2 cm (1 in.).

Wait 10 minutes then cut the surface with a knife, dividing it in squares of 3 cm (1 $\frac{1}{2}$ in.) side.

Let cold for 3 hours, then unmold and cut the candies along the incisions you have made.

This kind of candies are traditionally prepared with herbs liqueurs (Centerbe, Anise, Liquorice, Rhubarb...) but you can also experiment with cream or spices liqueurs or even with Citrus liqueurs.

LIQUEUR GLAZED LEAVES

Put in the mixer bowl $\frac{3}{4}$ cup of icing sugar and add 3 tablespoons of liqueur, one at time, stirring.

Whisk the sugar for at least 5 minutes.

Use a spatula to spread the glaze on lemon or orange leaves, then let solidify in the fridge for a hour.

THE NEXT TWELVE LIQUEURS COME
FROM ITALIAN ALPS AND ARE DRANK
AT ROOM TEMPERATURE OR USED TO
PREPARE LACED ESPRESSO COFFEE.

BIRCH AND HONEY GRAPPA

Ingredients:

1 liter of Grappa
a handful of fresh leaves of birch
4 tablespoons honey

Put to soak in a bottle $\frac{3}{4}$ of the Grappa and the birch leaves for 3 weeks.

Filter the Grappa.

Take the honey and melt with the remaining Grappa in bain-marie.

Add to the birch flavored Grappa and let rest for a month.

Serve chilled.

EUCALYPTUS GRAPPA

Ingredients:

1 liter of Grappa

3 tbsp honey

½ oz of eucalyptus leaves

Put the eucalyptus leaves and half of the Grappa in an airtight jar.

Let soak for 1 month, shaking from time to time.

Filter.

Melt the honey with the remaining Grappa in bain-marie.

Add to the flavored Grappa, bottle and let rest for 3 months.

GENEPY (MUGWORT LIQUEUR)

Ingredients:

1 liter of alcohol at 95°
20 fresh plants (stem and flowers) of Genepi (*Artemisia glacialis*)
½ oz of hyssop
½ oz anise seeds
½ oz Peppermint
½ oz fennel seeds
½ oz absinth wormwood
1 little pinch of grated nutmeg
½ oz dried chamomile flowers
5 cups of sugar
5 cups of water

Put the Genepi plants and all the spices and the alcohol in an airtight jar.

Let soak for 1 month, shaking from time to time.

Filter.

Make a syrup with the sugar and the water.

Add the syrup to the alcohol.

Bottle and let rest in a dark, dry place for 3 months.

You can pick fresh Genepi plants in July-August on the Alps and the Pyrenees mountains in Europe or on the Appalachian mountains in US.

If you cannot find the fresh plants use 1 ½ oz of dried ones.

GENTIAN GRAPPA

Ingredients:

- 1 liter of Grappa
- 1 oz of dried root of gentian
- 2 tbsp of honey

Crush the gentian root in a mortar.

Put the gentian root and three quarters of the Grappa in an airtight jar.

Let soak for 3 weeks, shaking from time to time.

Filter.

Melt the honey with the remaining Grappa in bain-marie.

Add to the flavored Grappa and let rest for 3 months.

GRAPPA WITH CONES OF RED SPRUCE

Ingredients:

2 liters of Grappa
10 cones of red spruce
4 tbsp sugar

Put the cones in an airtight jar and cover with the sugar.

Soak the cones for 2 days.

Add 1 liter of Grappa and let soak for 2 weeks in a warm and dark place.

Filter and add another liter of Grappa.

Let rest for 3 months.

SPRUCE TEARS GRAPPA

Ingredients:

1 liter of Grappa

1 ½ lb of young buds of white spruce

5 tbsp of honey

Pick the spruce buds in late spring or at the beginning of summer.

Put the spruce buds and 3/4 of the Grappa in an airtight jar.

Let soak for a month.

Filter.

Melt the honey with the remaining Grappa in bain-marie.

Add to the flavored Grappa, bottle and let rest for 3 months.

LIQUORICE LIQUEUR

Ingredients:

7 oz pure black liquorice (in pieces or powder)
1 liter of alcohol
1 liter of water
2 cups of sugar.

Make a fine powder with the liquorice pieces. Use the kitchen robot.

Make a syrup with the sugar and the water.

When the syrup is boiling add the powder of liquorice a tea spoon a time, stirring.

When all the liquorice is dissolved, let cool stirring from time to time.

Put the syrup and the alcohol in an airtight jar.

Let rest for 3 months, shaking often.

*Pour over ice in a large glass 1 part of Liquorice Liqueur and 5 parts of Spicy Chocolate Liqueur.
Stir well.*

*Put 2 tablespoon of crushed ice and a tablespoon of fresh cream in a large glass.
Shake 1 part of Liquorice Liqueur, 2 part of Rum, 2 part of Coffee Liqueur and pour in the glass.*

NETTLE GRAPPA

Ingredients:

1 liter of Grappa

3 tbsp of honey

1 ½ cup of fresh nettle leaves and flowers

Use gloves when you touch the nettle leaves.

Wash and dry the leaves.

Put the nettle leaves and half of the Grappa in an airtight jar.

Let soak for 1 month, shaking from time to time.

Filter.

Melt the honey with the remaining Grappa in bain-marie.

Add to the flavored Grappa, bottle and let rest for 2 months.

Pour 3 parts of Nettle Grappa, 1 part of Honey Grappa, a teaspoon of peppermint extract in a highball glass and stir.

Shake 2 parts of Nettle Grappa, 1 part of Red Chilli Pepper Liqueur, 5 parts of peaches juice and pour over ice in a highball glass.

RHUBARB LIQUEUR

Ingredients:

1 liter of alcohol 95°
½ oz dried rhubarb rhizome
a pinch of cinnamon powder
half a teaspoon of brown or dark yellow food coloring
1 ¼ liters of water
6 cups of sugar

Peel the rhubarb rhizome and crush it in a mortar.

Put the rhubarb, the cinnamon, the food coloring and the alcohol in an airtight jar.

Let soak for 10 days.

Make a syrup with the sugar and the water.

Add the syrup to the alcohol.

Let rest for 2 days.

Filter, bottle and let rest for 2 months.

You can substitute the cinnamon with a teaspoon of vanilla extract; in this case you will obtain a more gentle taste liqueur.

Italians prefer to drink the cinnamon version on the rocks and to use the vanilla version in cocktails.

Shake 1 part of Campari bitter, 2 parts of Dry Gin and 1 part of Rhubarb Liqueur.

Pour in a Martini glass and garnish with half orange slice.

Pour over ice in a highball glass 1 part of Rhubarb Liqueur (use the vanilla flavored one) 1 part of Vanilla Rosolio and 4 parts of Cola.

SPINACH LIQUEUR

Ingredients:

2 ½ cups of fresh spinaches leaves
2 tsp of angelica leaves
1 tsp of anise seeds
5 pine sprout
5 mint leaves
5 leaves of lemon balm
4 ½ cups sugar
1 ½ liter of alcohol at 95°
1 liter of water

Boil the spinaches, let cool and squeeze well.

Put the cooking liquid in an airtight jar with the lemon balm, anise, mint, pine buds, and the alcohol.

Let soak for 20 days, shaking occasionally.

Make a syrup with the sugar and the water.

Filter the alcohol and add the syrup.

Bottle and let rest for 3 months.

Pour 3 parts of milk, 1 part of vodka and 1 part of Spinach Liqueur in a shaker.

Sprinkle a lemon zest in the shaker and shake.

Serve in a large glass and garnish with lemon zest.

Pour in a highball glass 1 part of Spinach Liqueur, 1 part of Spicy Chocolate Liqueur, 2 parts of Cognac and stir well.

RUE GRAPPA

Ingredients:

1 liter of dry Grappa
a big, fresh sprig of rue

It is important to use a very dry Grappa.

A sweet Grappa will contrast with the rue, reducing the flavor.

Simply put the sprig of rue in a bottle with the Grappa.

Let soak for at least 40 days.

Do not filter: it's traditional to leave in the bottle the rue sprig, called Ramello in Italian, to decorate the liqueur.

Rue Grappa has a strong, bitter taste.

It's the most traditional (and working!) Italian digestive liqueur.

It isn't used in cocktail or other recipes, but you can try to gentle its taste with cola or with a teaspoon of Vanilla Rosolio and soda water.

ARTICHOKE LIQUEUR

Ingredients:

1 liter of alcohol at 95°
30 tender leaves of artichoke
1 lemon
5 artichoke stems
1 flowering tops of yarrow
2 cloves
1/2 liter of water
1 cups of sugar
1/2 liter of dry white wine

Wash the artichoke leaves in water and lemon.

Peel the stems and cut them in little cubes.

Put the spices, the artichoke stems and leaves and the alcohol in an airtight jar.

Let soak for 3 weeks.

Filter.

Make a syrup with the sugar and the water.

If you prefer a very bitter taste use only ¼ cup of sugar.

Add the syrup and the wine to the alcohol.

Bottle and let rest for 4 months.

*This is a traditional bitter
liqueur.*

Drink on the rocks with an orange zest or use it in cocktails.

Shake 1 part of Artichoke Liqueur, 1 part of Curacao, 1 part of Cherry Ratafià, 3 parts of orange juice.

Pour in a frozen flute and add 2 parts of dry white wine.

A typical Venetian aperitif: shake 1 part of Artichoke Liqueur, 1 part of Aperol (or Red Vermouth), 1 part of Dry Gin.

Pour over ice in a highball glass.

GARLIC AND ONION LIQUEURS ARE
MOSTLY USED AS AN INGREDIENT IN
SALTY
RECIPES.

USE TO ADD TASTE TO TOMATO
SAUCES FOR SPAGHETTI, ROAST MEAT,
GRILLED FISH...

THEY ARE ALSO
USED TO FIGHT COLDS AND COUGH.

GARLIC LIQUEUR

Ingredients:

1 cup of peeled cloves of garlic

1 liter of dry white wine

$\frac{3}{4}$ cup of alcohol at 95°

Mince the garlic in a mortar.

Put the garlic and the alcohol in an airtight jar.

Let soak in the alcohol for 20 days.

Add one liter of dry white wine, let rest 1 day, then filter and bottle.

ONION LIQUEUR

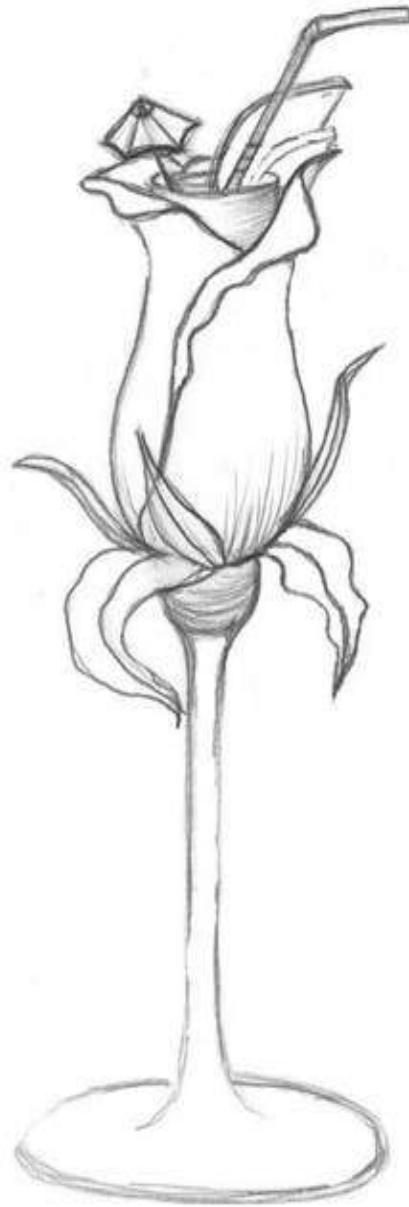
Ingredients:

- ¼ cup of alcohol at 95°
- 1 liter of dry white wine
- 5 oz onion (use white or red onions)
- 2 oz of spear grass
- 2 oz artichoke leaves
- ½ oz of lemon zest (the yellow part only)

Soak all the ingredients in a large airtight jar for 10 days, stirring frequently with a wooden spoon.

Filter and bottle.

Let rest for a month.





FLAVORED WINES



ANGELS WINE

Ingredients:

1 liter of dry white wine
75 leaves of peach (collected in July)
20 sugar cubes
a little glass of Cognac
5 grains of black pepper

Crush the black pepper grains in a mortar.

Wash and dry the leaves of peach.

Put the pepper grains, the peach leaves and the white wine in an airtight jar.

Let soak for 2 weeks.

Add the sugar and the Cognac to the wine in the jar.

Let soak for another week, shaking every day.

Filter and bottle.

Shake 3 parts of Angel's wine, 1 part of Cognac and 4 parts of peach juice.

Pour over ice in a highball glass.

MBRIACHELLI (WINE DONUTS)

(Typical Puglia recipe)

Ingredients:

2 ¼ cups of flour
1 cup of sugar
1 cup olive oil
1 pinch of salt
1 cup Angels Wine
sugar (for decoration)

Knead the flour with the sugar, the olive oil, a pinch of salt and the Angels Wine.

Make little rolls with the dough 15 cm (6 in.) long and as thick as a finger.

Close the little rolls to make a donut.

Plenty sprinkle the donuts with sugar.

Preheat the oven at 350 F.

Place the Mbriachelli donuts on a baking tin covered by baking paper.

Bake for 15 minutes.

BAROLO CHINATO

Ingredients:

- 2 oz tbsp China Calisaya bark
- 1 vanilla bean
- 1 stripe of orange zest (orange part only)
- 1 stripe of bitter orange zest (fresh or dried)
- ½ cinnamon stick
- 2 crushed cardamom seeds
- ½ chopped carob pod
- 1 clove
- 1 bay leave
- 3 anise seeds
- 3 liter of Barolo wine (at least 3 years old)
- 1 ½ cups of sugar

If you cannot find Barolo use an old, strong red wine.

Let soak all the spices in the wine for 2 weeks.

Filter and add the sugar.

Bottle and let rest for 1 month.

Store in a dark place.

The Barolo Chinato is the king of flavored wine.

While the Vermouth is made of a cheap wine and herbs, the Barolo Chinato born from one of the best Italian wines.

This flavored wine was invented at the end of XIX century by the pharmacist Giuseppe Cappellano, in Asti, a Piedmont little town, the center of Barolo production.

Use the best and oldest Barolo you can find.

Taste this flavored wine hot or

cold.

Eat some chocolate with while drinking the Barolo Chinato: they match wonderfully.

Shake 1 part of dry gin, 3 parts of Barolo Chinato and 1 part of orange juice.

Serve in a Martini glass.

WILD STRAWBERRY WITH BAROLO CHINATO ZABAIONE

Ingredients (for 4 servings):

4 yolks

½ cup of sugar

½ cup of Barolo Chinato

wild strawberry

Whip the yolks with the sugar until fluffy.

Add the Barolo Chinato and cook in bain-marie, whipping constantly for about 10 minutes until the mixture is creamy.

Cut the wild strawberries in two (or in 3-4 parts if they are big strawberries) and put in 4 dessert cups.

Pour the warm Barolo Chinato Zabaione on the strawberries and serve immediately with 2 Savoiardi (Ladyfingers) biscuits.

HAWTHORN WINE

Ingredients:

3 ½ tbsp of hawthorn blooms

¼ cup of alcohol 95°

1 liter of sweet white wine

Put the hawthorn blooms and the alcohol in an airtight jar.

Let soak for 2 weeks.

Filter, add the sweet white wine and bottle.

Pour in a highball glass 4 parts of frozen Hawthorn Wine and add 1 part of Honey Grappa.

Garnish with sprig of hawthorn flowers.

Shake 3 parts of Hawthorn Wine and 1 part of Cherry Ratafià.

Put a candied cherry in a Martini glass and pour the cocktail on it.

PERFUMED FRUIT SALAD

Ingredients (for 4 servings):

1/2 cup blueberries
1/2 cup raspberry
1/2 cup wild strawberries
4 vanilla ice cream balls
4 tablespoons acacia honey
1 ½ cup of Hawthorn Wine
Hawthorn blooms

Wash and dry the berries.

Mix them.

In a saucepan melt the honey with 1/2 cup of Hawthorn Wine.

Let cool and add another cup of wine, stirring.

Prepare the cups: put a vanilla ice cream ball in the middle, place the berries all around and pour the Hawthorn Wine on the ice cream.

Decorate with Hawthorn blooms.

MILK MARSALA

Ingredients:

1 liter dry Marsala wine
¾ cup of sweetened condensed milk
10 tbsp of sugar

Put all the ingredients in an airtight jar.
Shake very well.
Let rest for 2 weeks, shaking every day.
Bottle and store in a dark place or in the fridge.

Shake 3 parts of Milk Marsala, 2 parts of Raspberry Ratafià and 1 part of Rum.

Pour over ice in a highball glass.

Shake 3 parts of Milk Marsala, 1 part of Spicy Chocolate Liqueur and 1 part of Pear Grappa.

Pour over ice in a highball glass.

ETRUSCAN COOKIES

(Typical Tuscany cookies)

Ingredients:

2 tbsp coarsely chopped dried sweet black olives
3 ½ tbsp of raisins
1 ½ cup of spelt flour
a pinch of salt
5 tbsp of olive oil
½ cup of honey
about a glass of milk

Soak the raisins in warm water for 15 minutes, then wring out the liquid.
Knead the spelt flour with a pinch of salt, the olive oil and the honey.
Add enough milk to obtain a homogeneous and soft but consistent dough.
Incorporate the raisins and the olives.

Make little balls the size of a walnut with the dough.

Preheat the oven at 350 F.

Place the little balls well spaced on a baking tin covered by baking paper.

Press a little bit the dough little balls.

Bake for 15 minutes, then turn off the oven and let the cookies to bake 5 minutes more.

Don't open the oven during all the baking time.

Serve cold.

SAPA (COOKED WINE)

Ingredients:

10 liters grape must
2-3 apples or quinces
1 cinnamon stick
2 cloves

Cut the apples (or quinces) in 3-4 pieces.
Don't peel them.

Put all the ingredients in a pot (better a copper pot).
Boil at low heat for hours, stirring often, until the liquid will be a fifth.
Let cool and filter.
Bottle and store in a dark place.

Sapa is the Sardinian traditional cooked wine.

It's mostly used as an ingredient in cakes or sweet breads, but you could also drink it hot or cold.

If you like to drink it hot, I suggest to heat it and then to add some Cognac.

There are 2 kinds of Sapa: one is made with grape must and the other one with prickly pears.

To prepare the prickly pears one, you have to peel a big quantity of fruit (at least 45 lb), then smash them and boil them for 30 minutes.

After this time, filter and use the juice as in the Sapa recipe above.

PAPASSINU (SAPA BREAD)

(Typical Sardinia recipe)

Ingredients:

2 ¼ cups of raisins
1 oz of fresh active yeast
4 ½ cups of flour
½ liter of Sapa
10 tbsp of butter
a pinch of salt
a pinch of cinnamon powder
½ cup of coarsely chopped shelled walnuts
1 cup of sliced almonds
½ cup of pine nuts
silver sprinkles for garnish

Soak the raisins in warm water for half an hour, then wring out the liquid.

Dissolve the yeast in half a glass of warm water.

In a large bowl put the flour, the dissolved yeast, the Sapa, the softened butter, a pinch of salt, the cinnamon, the raisins, the walnuts, the sliced almonds and the pine nuts.

Cover the bowl with a woolen cloth and let rise in a warm place for 3 hours.

Make little breads the size of an apple and put them on a baking tin covered by baking paper.

Let rise for another hour.

Preheat the oven at 390 F.

Bake The Sapa Breads for an hour.

Take out from the oven.

Brush the warm Sapa Breads with Sapa and garnish with silver sprinkles.

IPPOCRASSO (MEDIEVAL SPICY WINE)

Ingredients:

- 2 cinnamon sticks
- 1 tsp ginger powder
- 5 cardamom seeds
- 3 cloves
- 1 pinch of nutmeg powder
- 2 liter young red wine or rosè wine
- 7 tbsp of honey

Crush all the spices in a mortar.

Melt the honey and ½ liter of wine in bain-marie.

Let cool.

Put the spices, the melted honey and 1.5 liter of wine in a airtight jar.

Let soak for 2 weeks in a dark place, shaking every day.

Filter and bottle.

A legend tells the Greek physician Hippocrates (V century B.C.) invented the Vermouth wine.

During Middle Ages all the wines of this kind were named after him.

This is one of the most ancient Vermouth recipes arrived to our times.

Substitute the Vermouth in your cocktail with the Ippocrasso for a new taste.

LAVENDER BISCUITS

(Typical Alto Adige recipe)

Ingredients:

9 tbsp of butter
7 tbsp of sugar
10 tbsp of flour
1 egg
1 tbsp dried lavender flowers
1 tsp baking powder
1 pinch of salt
icing sugar

Take out the butter from the fridge.

Cut the softened butter in little cubes.

Knead the butter with the sugar, the egg, the flour, the dried lavender flowers, the baking powder and a pinch of salt.

Roll out the dough about 1 cm (0.5 in.) wide.

Cut the biscuits with a cookie cutter.

Preheat the oven at 350 F.

Place the biscuits on a baking tin covered by baking paper.

Bake for 20 minutes.

Let cool and sprinkle the biscuits with icing sugar.



GLOSSARY

LIQUOR

Liquor is a distilled alcoholic beverage with the addition of water to adjust the alcohol content.

Liquors contain less than 2.5% of sugar.

Vodka , whisky or brandy are liquors. They can be used as a base for liqueurs.

LIQUEUR

Liqueur infuses flavoring agents (fruit, spices...) to liquors or to ethyl alcohol.

In liqueur sugar syrup is used to adjust the alcohol content.

They contain more than 2.5% of sugar.

CREAM LIQUEURS

Liqueurs containing fresh cream or milk or eggs.

This kind of liqueurs should be stored in the fridge, usually no more than 3 months.

ROSOLIO

Rosolio literally means 'Oil of Rose'.

Today Italians use this name to indicate all the Flowers liqueurs and some Spices liqueurs.

Rosolio is usually a sweet and not very alcoholic liqueur, served in the afternoons with pastries or candies.

A lot of cookies are flavored with Red Roses or Violet Rosolio.

You can find examples in Almond Paste Pastries or Gueffus or Lumicedda recipes.

RATAFIÀ

The old Romans used the Latin sentence 'Rata fiat' (it's done) to close a deal.

Old Romans likely used to drink a lot before pronounce 'Rata fiat', because nowadays Ratafià is the Italian name for the Fruit Liquors.

Ratafià is a sweet liquor, made with every kind of fruit you can image.

Its alcohol content ranges from mild to very strong.

Ratafià is used to prepare cookies and ice creams, you can find example in Dried Figs and Liquor Truffles or Puff Pastry Girelle or Liquor Flavored Panna Cotta recipes.

GRAPPA

It's the most famous Italian liquor, made by distilling grape pomace (the leftover of wine making).

The taste of the best Grappa is smooth and soft, but to drink a bad one could be like drinking broken razor blades.

Ever use a good white dry Grappa to make your flavored liqueurs.

It will cost you a little bit more, but it worths.

A FEW WORDS ABOUT INGREDIENTS

FRUIT

Ever use seasonal fruit and vegetable.

Use only ripe, not bruised fruit.

If possible buy the fruit the same day you use it.

Take fruit and vegetables out from the fridge at least a hour before the use.

FLOWERS

Pick the flowers in the morning or late afternoon of a sunny day and use them immediately.

The petals must be fragrant and perfectly dry when you pick them or your liqueurs will have no taste.

Carefully wash and dry the petals: they could contain a lot of bugs.

Don't buy the flowers at the florist: they could contain harmful preservatives and chemicals.

SPICES

You can find the strangest herbs and spices at the local herbalist's shop.

Use the exact amount of herbs and spice required.

Your herbalist will weight small amount of spices, if needed.

ITALIAN CHEESES

I strongly suggest using the ingredients listed in the recipes.

However, it could be difficult to find some Italian cheese.

Try these substitutes:

Ricotta -> Cottage cheese

Pecorino Sardo -> Asiago or the Spanish Manchego cheese

Pecorino Romano -> Parmigiano Reggiano cheese

Parmigiano Reggiano -> Grana Padano (it's cheaper)

Mascarpone cheese -> I'm sorry, no real substitute exists

BITTER ALMONDS

Bitter almonds are the kernels of the apricots and peaches seeds.

They contain a little amount of hydrogen cyanide, that is a poison.

Anyway, you should eat 30-40 bitter almonds to have a mild intoxication and more than 100 to dead. Bitter almonds are commonly used in pastries with no problems.

You can extract them from apricots or peaches or try to find them in a well-stocked fruit shop.

If you don't want to use bitter almonds, substitute them with the same amount of the usual almonds and add 3-4 drops of bitter almond extract every 100 grams.

ALCOHOL

Use ethyl alcohol or pure grain alcohol.

You can find ethyl alcohol in groceries, supermarkets and pharmacies.

Its alcohol content could vary from 90° to 96°, depending from the producer.

Our liqueur recipes indicate 95 ° alcohol, but use the one you find, the alcohol content difference is so small it doesn't matter.

GRAPPA

Ever use the best quality Grappa you can find.

Flavoring ingredients exalts good Grappa qualities, but they don't cover the horrible taste of a bad Grappa.

Use only dry white Grappa.

MARSALA WINE

Marsala is a typical Sicilian wine.

It's a semi-sweet wine (even the driest) and it has an alcohol content between 15° and 20°.

Ever use dry Marsala, aged at least 2 years.

You can substitute Marsala with the driest Porto wine you can find.

PROCEDURES

HOW TO MAKE A SYRUP

The water for the syrup must be very pure, so better use distilled water.

Put the water and the sugar in a pot; boil at medium heat stirring occasionally until the water is transparent.

It will need about 5 minutes.

Let cool at room temperature before pour in alcohol.

Warm syrup makes the liqueurs look turbid.

BAIN-MARIE

The easiest way is to use a bain-marie pot.

If you don't have one, use this procedure:

Put 3 fingers of water in a pan.

Put a metal bowl in the pan water.

Place something like a pie ring or a little dish upside down on the bottom of the pan to avoid the bowl to touch the pan bottom.

The water should boil very gently.

The content of the bowl must never boil.

Ever use a bain-marie to melt alcohol and honey or to prepare Zabaione cream.

HOW TO MELT CHOCOLATE IN THE MICROWAVE OVEN

Bain-marie is the better choice to melt chocolate, but you can also use a microwave oven.

Put the chopped chocolate (with milk or butter, if required) in an appropriate container.

Use 50% of the microwave oven power.

Cook the chocolate for 10 seconds; then open the oven and stir.

Repeat 4-5 times until the chocolate is melted.

REST TIME

Liqueur infusion has two phases: soak time and rest time.

Soak time extract the flavor from the ingredients (fruit, spices, flower...) while rest time fully merges the flavors and the alcohol. You must respect the two phases.

Try your liqueur after the soak time and compare it with the finished product: they are completely different!

FILTERING

Gently squeeze the paper you use as a filter at the end of the operation to recover all the flavors.

When you are using fruit, flower petals or spices powder it's a good idea to filter the liqueur two times, one after the soak time and again just before bottle, to avoid particles floating in your liqueur.

LIQUEUR STORAGE

Liqueurs should be stored in a fresh, dark and ventilated place.

Do not leave exposed to sunlight, even for a few hours.

If you carry a liqueur let it rest at least two days before serving.

Remember to label your liqueurs with the name and the production date.

Store in the fridge liqueurs containing eggs or dairy products.

EQUIPMENT

LIQUEURS:

AIRTIGHT JARS

Use glass jars. Glass is a non-reactive material and it's easy to clean.

Use large jars. Remember that usually you have to put alcohol and flavoring in them, wait some weeks and then add syrup.

BOTTLES

Use airtight bottles. There is no point to make a wonderful liqueur and let the alcohol evaporate during storing.

You can use old liquor bottles. Wash and dry them accurately to avoid mixing flavors.

In the past they use to seal the bottle with wax during the rest period.

It's a complicated and dangerous procedure.

If your bottles are really airtight there is no reason to wax seal them.

MEASUREMENTS

You will need a scale, measuring cups and spoons.

If you wish to check the alcohol content of your homemade liqueurs you can use a liquor hydrometer.

FILTER

The best way to filter your liqueurs is to put a paper coffee filter in a funnel.

COOKIES

SILICONE BAKING PANS AND MOLDS

Until a few years ago you should butter and flour your molds and baking pans.

Often removing your cake from the pan ended in a tragedy.

Modernity has equipped us with baking paper and silicone molds. Use them!

ROLLING PIN

Use a silicone one.

Maybe it's a little difficult to find one, but you will roll out the dough perfectly at the first try.

ZESTERS OR PEELERS

A lot of recipes of our cookies (and also some liqueur recipe) use orange and lemon zest.

Ever use a zester or a potato peeler to remove the zest.

This will prevent you to use the white bitter part of the zest.

ICE CREAM MACHINE

I have given you a tentative time to make ice creams.

Please check your ice cream machine instructions.

MIXER

Ever use a mixer to whip fresh cream and egg white.

A rapid processing is safer for ingredients.

MORTAR

Use a marble or wooden one.

Never use a metal mortar.