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“Who wants to be a refugee?”

A way to understand each other.....Erasmus FOOD!!!

**An Abruzzo Cookery Course Exploring
Flavoursome Heritage**

1st short term exchange students: ITALY

C1 “Defining a refugee”

21nd March 2018 Liceo Misticoni Bellisario – Pescara. Italy

Typical cakes

- **Parrozzo**



- Parrozzo is a traditional Christmas cake from the Abruzzo region of Italy. The classic dome-shaped almond cake is flavored with citrus zest and topped with a rich chocolate glaze.
- Years ago, people living in the Abruzzo countryside made a coarse bread that they called “pane rozzo” or coarse bread.
- sliced almonds, flour, baking powder, butter, sugar



- **Fiadone**



- The savoury “Fiadone” is typical rustic Easter pastry filled with cheese and eggs.
- small baked ravioli
- Easy to find in bakery or happily these traditional Abruzzo Easter gems are no longer reserved for Pasqua and you can buy them all year across Abruzzo, we even found them in a butcher's shop ...
- Cheeses, eggs, flour, baking powder, olive oil, white wine, sugar



Typical cakes

- **Apple Pie**



- A slice of my homemade apple pie will make you feel better
- eggs, flour, baking powder, olive oil, sugar, apples



- **Ciambellone**
- (classical big donut)



- eggs, flour, baking powder, olive oil, sugar



Typical cakes

- **Neole (Waffel)**



- These homemade waffles are great with any kind of topping: blueberries, strawberries, raspberries, fried apples, powdered sugar or whipped topping
- Made with a waffle iron, eggs, flour olive oil, sugar



- **Zeppole di san Giuseppe (Saint Joseph's Fritters)**



- This is a simple *recipe* for an Italian delicacy.
- Pastry cream mixed with sour cherries on the top of a fried dough made the Saint Joseph's Fri
- Eggs, sugar, butter, extra virgin olive oil, lemon zest



Typical cakes

- **The Pupa and the Horse**



- The “Pupa” and the “Horse” have a very ancient tradition in Abruzzo. Their history dates back to the 800, when they were prepared for the official engagement party before the wedding.

Considered as a sign of the permission to the union of the two future bride and groom, the horse was given to the family of the girlfriend and the pupa to that of the boyfriend.

The pupa and the horse are also found in the Christian tradition of Easter as symbols of resurrection, a tradition that refers us to the last supper when Christ broke the bread and distributed it to the apostles. Breaking the pupa and the horse on Easter, symbolizes the same gesture of love and solidarity made by Christ.

It is tradition now that grandmothers, on the evening of Holy Thursday, prepare them and give to their nephews.



- **Bocconotto**



The Castel Frentano Bocconotto is a typical confectionary product with countless variations, often linked to closely guarded receipts handed down through the family. Bocconotti is a soft pastry tart made with extra virgin olive oil filled with a dense mixture of dark chocolate, almonds and cinnamon.

eggs, flour, baking powder, olive oil, sugar, chocolate



Typical cakes


- **Rhubarb and custard trifle**



- This is the dessert loved by everyone!!!!
- Receipt: 500 g rhubarb, trimmed and cut into 2cm pieces 100 g caster sugar 2 tbsp rosé or white wine 12 Amaretti biscuits 300 ml double cream 500 g carton vanilla custard





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