

"You can cut all the flowers but you cannot keep spring from coming" Pablo Neruda

Fairs and events



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At the beginning of May Marina attended the international "Tutto Food" show in Milan, in spite of the position given to us by the organization, some fruitful discussions were held with current and potential customers. From one end of Italy to another: just a few days later there were meetings in the beautiful setting of Matera with a delegation of Chinese importers.

The last of the month's events will be Slow Fish in Genova 27-30 May – a specialized fair within

the Slow Food movement, it will promote the world of fisheries with space for complimentary gastronomic delights like...extra virgin olive oil! Although readers of this newsletter will already know that Granverde is the best choice for marinating or dressing white fish, while shrimps, prawns or other seafood cry out for a drop of Mandarino. Arancio and Bergamia are also very special on shell fish and RosaOliva infused oil can add a surprising flavour to salt cod...the possibilities are endless.

Around the farm

This is the season of flowers and preparation for the summer harvests. The buds on the trees in the olive groves are bursting open and it is so important not to disturb the trees for the next two critical weeks until the baby olives have been formed.



The warm sun mixed with spring rainstorms are together ripening the wheat in the fields together with a poppy or two.

Recipes of the month

The most enthusiastic artist on recipes turns out to be a friend: Alessandra Della Porta, a culinary artist who written sophisticated recipe books, the second of which is "Cakes and Flowers" and here is one of her recipes:



Carrot and almond cake with Granverde

Ingredients

- 200 g almond flour
- 250 g finely grated carrots
- 200 g sugar
- 80 g flour
- 3 teaspoons raising agent for cakes
- 4 yolks, 4 egg whites
- The rind of one lemon, finely grated
- The juice of one lemon
- A pinch of salt
- 60 g Granverde

Prepare a round cake tin with ovenproof paper, butter and flour. Cream the egg yolks and sugar in a bowl until the mixture becomes white. Add the grated carrot that has been dried in kitchen paper, then the almond flour, Granverde, lemon rind and 3 tablespoons of lemon juice. Mix the flour with the raising agent and add gently to the cake mixture with a pinch of salt. Whisk the egg whites until stiff and stir slowly into the rest of the ingredients. Bake in a preheated oven at 170°C for 40 minutes. Leave to cool in the tin then turn out and serve with a sprinkling of icing sugar.

Over recent months we have been collaborating with numerous Italian food blogs, some provide ideas for quick meals for busy families while others create advanced recipes that could be served in the best restaurants. From the first

contact with a hopeful blogger asking for samples we have snowballed to a "team" of over 40 enthusiastic amateur cooks who provide us with new recipes and Facebook updates in return for a few samples – great publicity both sides. Here are a couple of examples that are suitable for the warm weather we are enjoying here:

Cous Cous with herbs and Bergamia

Ingredients:

- 300 g cous cous
- Bergamia oil
- Lemon grass
- Coriander

Prepare the cous cous as described on the packet. Once it is ready put it into a large serving dish and separate the grains with a fork. Add some Bergamia oil and the herbs/spices. Leave to rest. Stir gently before serving

Recipe by Mirtilla Cast - <http://www.angolocottura.com>

Grilled prawns marinated with ginger and pink pepper

Ingredients:

- Fresh prawns
- Fresh or powdered ginger
- Pink peppercorns
- Salt and pepper
- Ginger oil

Peel the prawns and remove the heads, wash them under running water and dry with kitchen paper. Put the prawns in a bowl and marinate with the ginger, crushed peppercorns, a pinch of salt and pepper and the Ginger oil. Mix well, cover and put in the fridge for about 90 minutes. Put the prawns on kebab sticks and grill them for 7/8 minutes each side. Sprinkle with pepper and serve.

Recipe by Simona Milani

<http://pensiarepasticcieri.blogspot.com/>

