

FOOD IS CULTURE

The Food is Culture project aims at making European citizens aware that food heritage is a way to express their belonging to Europe and to better understand the richness and uniqueness of its cultural diversity.

Chiana Giant Garlic (Italy)

The Chiana garlic is a giant garlic that can weigh up to 800 grams. Spherical but slightly crushed at the poles, ivory in colour, it has a delicate aroma because it is almost free of allicin. Its origins date back to the Etruscans. It is produced in Val di Chiana and on the island of Giglio, where it was brought by people from the Val di Chiana centuries ago. Today it is produced only for self-consumption.

Semifreddo di pappa al pomodoro canestrino, crudità di gambero killer marinato alla lippia e olio minuta di Chiusi su crema di aglione della Chiana

a recipe by Gianmarco Annulli

Serves 4

For the pappa

1 giant garlic clove

4 ripe canestrino tomatoes

1 bunch basil

3 slices day-old Tuscan bread

Chiusi Minuta extra virgin olive oil

salt and pepper

For the killer prawn crudité

10 killer prawns

1 bunch lemon verbena

juice ½ lemon verbena

Chiusi Minuta extra virgin olive oil

Salt

For the Chiana giant garlic cream

3 giant garlic cloves

600 ml milk

salt and pepper

Finely chop giant garlic and brown in oil in an earthenware pot. Cut and chop tomatoes and add to pot. Cook on a low heat. When tomato breaks up, add diced bread and whole basil leaves, dilute with a little warm water and season to taste with salt and pepper. Cook to a thick mush. Spoon into molds and blast chill at -18°C for a few minutes. Turn out pappa when it is almost frozen on the outside and creamy on the inside.

Blast chill prawns for 24 hours at -20°C, shell and gut, and arrange in a bowl, alternating layers of prawns with layers of lemon verbena leaves dressed in a citronette (made with lemon juice, Minuta oil, and salt).

Leave to marinate for a few hours in a cool, dry place.

For Chiana giant garlic cream, pour a third of the cold milk into a saucepan and add garlic. Bring to the boil, then repeat with another 200 ml of milk. Repeat again with the remaining 200 ml of milk (each “cycle” should take about 10 minutes). Season with salt and liquidize.

To plate, spread a veil of garlic cream on the base of a dinner plate and cover with alternating layers of pappa semifreddo and prawn drained of the marinade liquid. Anoint with a splash of Minuta oil and decorate with lemon verbena leaves.