

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.

Cilento Cracked Salella Olive (Italy)

Linguine with Bonito, Peppers, and Cilento Cracked Salella Olives

For 4 people

800 grams of bonito
400 grams of linguine
500 grams of sweet red peppers
16 pachino tomatoes
8 basil leaves
dill
2 cloves of garlic
extra virgin olive oil
fresh chili pepper
Cilento Cracked Salella Olives (about 4 tablespoons)
salt
pepper

Preparation and cooking time: 30-40 minutes

Cut the bonito into very small cubes. Wash the peppers, removing the seeds, and cut them into cubes, along with the tomatoes. Heat some olive oil and in a pan with the garlic cloves, un-peeled, and some chopped fresh chili (to taste). As soon as the oil is hot, add the peppers and tomatoes and let them soften over high heat for about 3 minutes. Lower the flame and add salt and pepper to taste.

Cook the linguine in plenty of salted water. When the pasta has reached $\frac{3}{4}$ of its cooking time (designated on the package), drain it, reserving some of the cooking water. Add the drained pasta, the reserved cooking water, and the basil leaves to the pan with the tomatoes and peppers and allow the pasta to finish cooking. When the pasta water has evaporated, add the bonito, the cracked olives, and a generous sprinkle of dill, and sauté for about a minute before serving.



TRANSPOND



Nova Iskra