

# 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.

## **San Michele Salentino Almond-Stuffed Figs (Italy)**

The idea of enriching dried figs with almond was born in this part of Salento area, to make a very simple and poor cake more complex and richer. Only Dottati white figs are used. They are opened in half, flattened and dried in the sun on cane mats. After having inserted a whole toasted and unpeeled almond into the fig, a lemon peel and some wild fennel seeds are added. So it must be closed and cooked.

## **Gargano goat with almond-stuffed figs and lampascioni (tassel hyacinth bulb) with honey and grappa**

a recipe by Alessandro Giuliani

Leg of Gargano goat  
Peeled Toritto almonds  
San Michele Salentino almond-stuffed fig  
Coriander honey  
Murgia lampascioni  
Barriquet grappa  
Polignano carrots  
Asparagus  
Coratina extra virgin olive oil  
Oil aromatized with garlic  
Butter  
Yellow onion  
Celery  
Carrots  
Rosemary  
Sage  
Salt  
Black pepper

Bone leg of goat and eliminate any excess cartilage and fat. Reserve. Fillet meat and pound with a meat tenderizer. Rub powdered sage and rosemary on both sides and leave to rest in the fridge for 24 hours. Stuff aromatized meat with figs and season with salt and pepper to taste. Roll up meat and tie with kitchen thread. Anoint meat with garlic oil and transfer to an airtight sous-vide pouch.

Cook in water at 65°C for 15 hours.

For demi-glace, take reserved goat bones, cartilage and fat, and roast in the oven at 185°C with a mixture of coarsely chopped celery, carrot, onion, bay leaves and rosemary sprigs until bronze in color. Transfer mixture to a large pan, add vegetable stock and cook for at least 12 hours.



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When the time has elapsed, filter liquid through a fine colander and leave to thicken over the heat, reducing by at least two thirds to a sauce.

For Toritto almond milk, soak 1 kg of peeled almonds in about 2 liters of water for 2 hours. Add another 2 liters of water and emulsify in a mixer to a smooth cream. Filter cream through a fine colander. Continue to stir to separate the liquid part from the solid.

For almond milk demi-glace, blend almond milk with the goat demi-glace over a low heat to reduce the volume by one third. Season with salt and pepper to taste.

For lampascioni with honey and grappa, clean lampascioni, wash and transfer to airtight sous-vide pouch. Cook in water at 75°C for about 12 minutes. Toss in butter. Add the coriander honey and barricated grappa and allow the alcohol to evaporate.

For the side-dish of buttered carrots and asparagus, scrape carrots with a small sharp knife, wash and transfer to an airtight sous-vide pouch. Cook in water at 77°C for about 20 minutes. Eliminate the tough parts from asparagus, wash and transfer to an airtight sous-vide pouch. Cook in water at 75°C for about 8 minutes.

Before serving, toss vegetables in melted butter, season with salt and pepper to taste, and add a pinch of powdered sage and rosemary.



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