

SICILIA

THE COOKING OF CASA PLANETA

Arancine di riso ripiene di formaggio
[*Rice balls with cheese stuffing*]

Caponata
[*Eggplants in sweet and sour sauce*]

Pasta con acciughe e mollica
[*Pasta with anchovies and breadcrumbs*]

Pasta con zucchine e menta
[*Pasta with zucchini and mint leaves*]

Arancine di riso ripiene
di formaggio

*Rice balls with cheese
stuffing*



Recipe

ARANCINE DI RISO RIPIENE DI FORMAGGIO [RICE BALLS WITH CHEESE STUFFING]

Preparation time: 2 hours

Difficulty: ● ● ● ● ●

Wine pairing: Cerasuolo di Vittoria - 60% Nero d'Avola, 40% Frappato.

An intriguing, light-bodied wine with flavors of wild strawberries, mulberry and pomegranate. A perfect spring and summer red!

Oil: Extra-Virgin Olive Oil IGP Sicilia (Nocellara del Belice, Biancolilla, Cerasuola).

Ingredients - Makes about 25

FOR THE RICE:

500 G / 1LB. 2 OZ. CARNAROLI RICE

1 L / 1 QT. WATER

125 G / 4 ½ OZ. BUTTER

50 G / 1 ¾ OZ. GRANAPADANO DOP

35 G / 1 ½ OZ. ONION 1 CELERY STALK

1 CARROT

0.5 G / ¼ TSP. SAFFRON POWDER

SALT TO TASTE

FOR THE FILLING:

225 G / 8 OZ. EMMENTALER SWITZERLAND

AOC

125 G / 2 ½ OZ. DUTCH CHEESE

100 G / 3 ½ OZ. FONTINA DOP

100 G / 3 ½ OZ. PEAS

50 G 1 ¾ OZ. GRANA PADANO DOP

500 ML / 17 FL. OZ. MILK

50 G / 1 ¾ OZ. PASTRY FLOUR

25 G / 1 OZ. BUTTER

SALT TO TASTE

PEPPER TO TASTE

FOR THE COATING:

PASTRY FLOUR

2 BEATEN EGGS

200 G / 7 OZ. BREAD CRUMBS

PLANETA EXTRA-VIRGIN OLIVE OIL

Preparation

In a large pot, bring the lightly salted water, onion, celery and carrot to boil. Turn down the heat and cook over low heat for at least 30 minutes. Filter the vegetable stock. Add the saffron, and when the water is dark yellow add the rice. Cook over medium to high heat until the liquid has evaporated. The rice will be al dente. Pour the rice into a large pot, add the butter and the grated Grana Padano and blend well. While the rice cools prepare the filling. Make a thick béchamel sauce. Heat the milk in a saucepan. In another saucepan, heat the butter and the flour while stirring. When the milk is lukewarm slowly add it to the butter and flour mixture.

Whisk steadily and thoroughly until the mixture is as thick as dense cream. Set aside to cool. Blanch the peas in boiling water, then drain and set aside. When the béchamel is cool, add the diced cheese and the peas, and season with salt and pepper to taste. Take a small quantity of rice and flatten it in the palm of your hand. (Your hand should be wet to stop the rice from sticking). Make a well big enough for a small amount of stuffing, then close the rice over to form a ball. The stuffing should be equal to two-thirds the weight of the arancino, the rice to one-third. Moisten the rice balls with water, dredge in the flour, dip in the beaten egg, and finally coat with breadcrumbs. Fry in a generous amount of oil until golden brown and serve hot.

Caponata

*Eggplants in sweet
and sour sauce*



Recipe

CAPONATA

[EGGPLANTS IN SWEET AND SOUR SAUCE]

Preparation time: 2 hours

Difficulty: ● ● ● ● ●

Wine pairing: La Segreta Il Rosso - 50% Nero d'Avola, 25% Merlot, 20% Syrah, 5% Cabernet Franc. Flavors of redcurrant, mulberry and spice are set against a background of soft, silky tannins. A youthful and refreshing red.

Oil: Extra-Virgin Olive Oil IGP Sicilia (Nocellara del Belice, Biancolilla, Cerasuola).

Ingredients - Serves 4

2 KG / 4 LB. 4 OZ. EGGPLANT
200 G / 7 OZ. ONION, CHOPPED COARSELY
150 G / 5 ½ OZ. TOMATO PASTE
200 G / 7 OZ. CELERY, CHOPPED
100 G / 3 ½ OZ. CAPERS, RINSED AND DRAINED
200 G / 7 OZ. PITTED GREEN OLIVES
50 ML / 1 ¾ FL. OZ. RED WINE VINEGAR
50 G / 1 ¾ OZ. TOASTED ALMONDS
50 G / 1 ¾ OZ. GRANULATED SUGAR
MINT LEAVES
10 ML / ¼ FL. OZ. PLANETA EXTRA VIRGIN OLIVE OIL
OLIVE OIL FOR FRYING
SEA SALT
SALT TO TASTE
PEPPER TO TASTE

Preparation

Wash the eggplants, cut them into 1-½-cm (¾-inch) cubes, sprinkle with sea salt, then place in a colander for about 30 minutes. Rinse and dry the eggplants, then fry them in a generous amount of olive oil. Wash the celery, remove any tough strings and chop. Bring a pot of unsalted water to boil and blanch the celery for 2 minutes; then add half the olives and the capers. After 4-5 minutes, pour the vegetables into a colander and drain. Heat some oil in a pan. Let the onion soften over low heat, but don't let it brown. Add the chopped celery, the capers, the blanched olives, a pinch of pepper and cook for 2 minutes. Add the tomato paste and stir. Increase the heat. In the middle of the pan, make a well and pour in the sugar. Let the sugar dissolve, then add the vinegar and cook for 2 to 3 minutes. Pour the condiment over the eggplant. Do not stir the mixture until cool. Sprinkle with crushed toasted almonds and mint leaves.



Pasta con acciughe
e mollica

*Pasta with anchovies
and breadcrumbs*



Recipe

PASTA CON ACCIUGHE E MOLLICA [PASTA WITH ANCHOVIES AND BREADCRUMBS]

Preparation time: 20 minutes

Difficulty: ● ● ● ● ●

Wine pairing: La Segreta Il Bianco - 50% Grecanico, 30% Chardonnay, 10% Viognier, 10% Fiano. Citrus and floral notes, balanced by lively Mediterranean hints of peach, papaya and chamomile. Fresh and refined on the palate, thanks to a perfect acidity.

Ingredients - Serves 4

400 G / 14 OZ. SPAGHETTI
6 ANCHOVY FILLETS
200 G / 7 OZ. BREADCRUMBS
20 G / $\frac{3}{4}$ OZ. CAPERS, RINSED AND DRAINED
1 RED PEPPER, MINCED
1 GLASS DRY WHITE WINE
3 TBSP. PLANETA EXTRA-VIRGIN OLIVE OIL

Preparation

Bring a large pot of lightly salted water to boil and cook the pasta. Toast the breadcrumbs in a pan with some oil until they darken. Mince the red pepper and crush the capers. Heat some oil in another pan and cook 4 of the anchovy fillets, the red pepper and the capers. Add the wine and let it bubble up to evaporate the alcohol; continue to cook for 5 minutes. Drain the pasta when al dente, add it to the pan with the anchovy sauce, and toss. Sprinkle generously with the toasted breadcrumbs, then serve.



Pasta con zucchine
e menta

*Pasta with zucchini
and mint leaves*



Recipe

PASTA ZUCCHINE & MENTA [PASTA WITH ZUCCHINI AND MINT LEAVES]

Preparation time: 40 minutes

Difficulty: ● ● ● ● ●

Wine Pairing: Etna Bianco - 100% Carricante. Notes of white acacia flowers, fresh almonds and mountain peaches lead into a palate that is juicy and with hints of yellow plums and prickly pear.

Ingredients - Serves 4

400 G / 14 OZ. LONG PASTA

400 G / 14 OZ. WHITE ZUCCHINI

1 SPRIG OF MINT LEAVES

1 GLASS PLANETA EXTRA-VIRGIN OLIVE OIL

Preparation

Use a mandoline or a sharp knife to slice the zucchini as thin as possible, making sure they're all the same thickness. Heat some oil in a pan (no more than a third full), lower the zucchini into the oil and fry until dark golden. Dry the zucchini carefully and set aside; if possible, filter the zucchini oil through a strainer. Bring a large pot of lightly salted water to boil and cook the pasta, which should be long-bavette (thin ribbon-like pasta) would be ideal. Drain when al dente. Toss the pasta with the fried zucchini, two tablespoons of the zucchini cooking oil and fresh mint leaves. For a variation, add capers from Salina, or toasted, coarsely ground pistachios, or grated zest of lemon. You can also sprinkle the pasta with Parmigiano Reggiano. At our home, however, this pasta is traditionally served as simple as possible, without too many ingredients.

