

ESSENCE OF THE MEDITERRANEAN

10 recipes by Michelin-starred chef Iside
De Cesare, between nature, flavours and
European EVO Oil



King Oyster Mushrooms with Fennel, Hazelnuts and EVO Oil



INGREDIENTS

King oyster mushrooms – 500 g

Garlic – 2 cloves

EVO Oil – as needed

Crushed fennel seeds – to taste

Wild fennel fronds – to taste

Hazelnuts – 50 g

Vegetable stock – as needed

White wine – as needed

Salt – to taste

Chilli – to taste

PREPARATION

- 1 Clean the mushrooms well, removing any soil with a damp cloth or a small knife. Cut them in half or into pieces, depending on their size.
- 2 In a large pan, heat a drizzle of Extra Virgin Olive Oil, lightly brown the garlic cloves and add the chilli pepper. Add the mushrooms and sauté over medium-high heat for about 5 minutes. Deglaze with white wine, stirring occasionally, and let it evaporate.
- 3 Remove a portion of the mushrooms and blend them with a ladle of vegetable stock, emulsifying with Extra Virgin Olive Oil until a smooth cream is obtained. Season with fennel flowers and a pinch of salt.
- 4 Serve the mushrooms hot, spreading the cream on the base of the plate, and garnish with fresh fennel fronds and toasted hazelnuts.





Beef Carpaccio, Burrata, Capers, Crispy Onions and EVO Oil



INGREDIENTS

Beef carpaccio (rump or topside) –

300 g

Burrata – 200 g

Salt-packed Pantelleria capers – 20 g

Sweet white onion – 1 large

Rice flour – 50 g

Sparkling mineral water – as needed

EVO Oil – as needed

Oregano – to taste

Fleur de sel – to taste

Freshly ground black pepper – to taste

PREPARATION

- 1 Cut the onion into petals or thin rings, then dry them well. In a bowl, mix the rice flour with the sparkling water until you obtain a smooth batter. Dip the onions into the batter and fry them in plenty of hot Extra Virgin Olive Oil. Drain on absorbent paper and lightly salt.
- 2 Desalt the capers in cold water for about 30 minutes, then dry them carefully.
- 3 Lightly beat the beef carpaccio between two sheets of baking paper with a meat tenderiser. Arrange the slices on a well-chilled plate, creating soft folds to give volume and leaving a central space for the burrata.
- 4 Place the burrata in the centre and season with Extra Virgin Olive Oil, fleur de sel, pepper, capers and oregano. Complete with the crispy onions.
- 5 Serve immediately, as an appetiser or light main course.

Tagliatelle with Guinea Fowl Ragù, Truffle and Extra Virgin Olive Oil



INGREDIENTS

For the tagliatelle

Type 00 flour – 400 g

Eggs – 4

For the guinea fowl ragù

Guinea fowl – 1

EVO Oil – as needed

Celery – 3 stalks

Carrot – 2

Onion – 1

Peeled tomatoes – as needed

Red wine – as needed

Rosemary – to taste

Sage – to taste

Bay leaf – to taste

Salt – to taste

Pepper – to taste

Truffle – to taste

PREPARATION

- 1 Place the guinea fowl in a baking dish with celery, carrot, onion and red wine. Cook in a static oven at 130°C for 1 hour and 15 minutes, then raise the temperature to 200°C for 10 minutes to brown. Once warm, remove the meat from the bones and chop finely. Strain and keep the cooking juices aside.
- 2 Finely chop celery, carrot and onion. Sauté them in a pan with a drizzle of Extra Virgin Olive Oil, add the chopped guinea fowl and deglaze with the cooking juices. Add a ladle of water, bay leaf, rosemary and sage, and cook gently until the ragù is well blended. Adjust the salt and pepper.
- 3 Mix the flour with the eggs to obtain a smooth and homogeneous dough. Let it rest, roll it out and cut the tagliatelle. Cook in salted water, drain al dente and toss with the guinea fowl ragù.
- 4 Serve hot and finish with fresh truffle to taste.





Carrot Velouté with Pastina and Extra Virgin Olive Oil



INGREDIENTS

Flour (for the pastina) – 200 g

Eggs – 2

Carrots – 300 g

Potatoes – 100 g

Yellow onion – 1

EVO Oil – as needed

Vegetable stock – 600 g

*Parmigiano Reggiano PDO, grated –
about 30 g*

Salt – to taste

White pepper – to taste

PREPARATION

- 1 Prepare the pastina by mixing the flour with the eggs until you obtain a compact and smooth dough. Roll out a thin sheet, let it dry for a few minutes, then cut into very small squares. Arrange them on a floured tray and let them dry for about 30 minutes.
- 2 Peel carrots, potatoes and onion and cut them into small and regular pieces. In a saucepan, sauté the onion gently in a drizzle of Extra Virgin Olive Oil, then add carrots and potatoes. Cover with hot vegetable stock and cook until tender.
- 3 Blend everything with a hand blender, pouring in Extra Virgin Olive Oil to obtain a smooth and velvety cream. Adjust the salt and pepper.
- 4 Cook the pastina in salted boiling water, drain al dente and toss with a drizzle of Extra Virgin Olive Oil.
- 5 Serve the velouté hot, placing the pastina in the centre, and complete with grated Parmigiano Reggiano PDO and, if desired, a crispy garnish.

Caponata with Anchovies, Carpione Onion and Extra Virgin Olive Oil



INGREDIENTS

For the batter

- Flour – 60 g
- Potato starch – 60 g
- Rice flour – 60 g
- Sparkling water – as needed
- EVO Oil – as needed

For the seasoning

- Aubergines – 200 g
- Cherry tomatoes – 100 g
- Red onions – 2
- Celery – 2 stalks
- Pitted black olives – 40 g
- Pine nuts – 20 g
- Raisins – 20 g
- Salted anchovies – 3
- Sugar or honey – 10 g
- White wine vinegar – 30 g
- EVO Oil – 50 g
- Lemon balm leaves – to taste
- Salt – to taste

PREPARATION

- 1 Wash and cut the aubergines into cubes, salt them lightly and let them drain. Meanwhile, sauté the celery and onion cut into thin slices in a drizzle of Extra Virgin Olive Oil, then add the halved cherry tomatoes, olives, toasted pine nuts and previously soaked raisins.
- 2 Rinse and dry the aubergines, add them to the sauce and deglaze with vinegar and sugar to create the sweet-and-sour flavour. Adjust the salt and cook gently until the flavours are blended.
- 3 Cut the onions into wedges, flour them and fry in plenty of Extra Virgin Olive Oil until golden. Drain and pour over them a reduction made with vinegar, sugar and a pinch of salt.
- 4 Fry the lemon balm leaves in Extra Virgin Olive Oil until they are crispy.
- 5 Place the caponata in the centre of the plate, arrange the anchovies on top and garnish with the caramelised onions, lemon balm leaves and a drizzle of raw Extra Virgin Olive Oil.





Montanare with Ricotta, Capers, Tomato, Lemon and Extra Virgin Olive Oil



INGREDIENTS

For the pizza dough

Type 00 flour (medium strength) – 300 g

Water – 180 g

Fresh yeast – 5 g

Salt – 6 g

EVO Oil – 10 g

For the topping

Sheep's ricotta – 150 g

Cherry tomatoes – 100 g

Desalted capers – 10 g

Unwaxed lemon (zest only) – 1

Fresh mint – to taste

EVO Oil – as needed

Salt – to taste

Sugar – to taste

Black pepper – to taste

PREPARATION

- 1 Knead the ingredients for the basic dough and leave to rise until doubled. Once ready, roll out the dough on a lightly floured surface and cut into regular squares.
- 2 Cut the cherry tomatoes into cubes and season them with Extra Virgin Olive Oil, salt and pepper. Sieve the ricotta and work it with a spatula or whisk until you obtain a smooth and creamy texture; adjust salt and pepper.
- 3 Grate or cut the lemon zest into a very thin julienne. Cook briefly in water with sugar and a pinch of salt, then drain, rinse under cold water and season with a drizzle of Extra Virgin Olive Oil.
- 4 Fry the dough squares in plenty of hot Extra Virgin Olive Oil until golden, then drain them on absorbent paper.
- 5 Assemble each montanara by spreading a spoonful of ricotta on the fried base, adding the seasoned cherry tomatoes, a few capers and some strips of lemon zest. Garnish with fried mint leaves and complete with a drizzle of raw Extra Virgin Olive Oil. Serve immediately, preferably warm.

Rice and Spelt Salad with Prosciutto, Mushrooms and Extra Virgin Olive Oil



INGREDIENTS

Carnaroli rice – 150 g

Pearled spelt – 150 g

Prosciutto crudo – 150 g

Mixed mushrooms – 200 g

Extra Virgin Olive Oil – 40 ml

Garlic – 1 clove

Thyme – as needed

Salt – as needed

Black pepper – as needed

PREPARATION

- 1 Cook the rice and the spelt separately in plenty of salted water. Drain and let them cool completely.
- 2 Clean the mushrooms and cut them into small and regular cubes. In a pan, heat a drizzle of Extra Virgin Olive Oil and lightly brown the garlic clove. Add the mushrooms and sauté over high heat for about 10 minutes. Season with salt, pepper and a few thyme leaves, then remove from the heat.
- 3 Cut the prosciutto into thin strips and brown it in a pan until crispy.
- 4 In a large bowl, mix together the rice, the spelt, the mushrooms and the prosciutto. Dress with a drizzle of Extra Virgin Olive Oil and mix well to combine all the flavours.
- 5 Serve warm or at room temperature.





Wagon-Wheel Pasta Salad with Vegetables, Olives and Extra Virgin Olive Oil



INGREDIENTS

Wagon-wheel pasta – 300 g
Mixed cherry tomatoes (red and yellow) – 200 g
Courgette, diced – 1
Yellow and red peppers – 2
Pitted black olives – 50 g
Capers – 20 g
Fresh fennel fronds or dill – as needed
Extra Virgin Olive Oil – as needed
Salt – as needed
Freshly ground black pepper – as needed

PREPARATION

- 1 Cook the pasta in plenty of salted water and drain it al dente. Cool quickly under cold running water to stop the cooking, then toss with a drizzle of Extra Virgin Olive Oil to prevent sticking.
- 2 Meanwhile, sauté the diced courgette and peppers with a drizzle of Extra Virgin Olive Oil for about 5 minutes, keeping them crisp.
- 3 Cut the cherry tomatoes in half and slice the olives.
- 4 Combine the pasta with the cooked vegetables, tomatoes and olives. Season with salt, pepper, a drizzle of Extra Virgin Olive Oil and chopped fresh fennel fronds or dill.
- 5 Mix well and serve cold or at room temperature, topping with fresh herbs if desired.

Mini Lasagne with Courgette Pesto, Red Prawns, Potatoes and Extra Virgin Olive Oil



INGREDIENTS

Flour – 300 g

Eggs – 2

Egg yolks – 4

Courgettes – 150 g

Potatoes – 100 g

Red prawns – 120 g

Sheep's ricotta – 100 g

Extra Virgin Olive Oil – 40 g

Parmigiano Reggiano PDO, grated – 30 g

Fresh basil – 10 g

Garlic – 5 g

Salt – as needed

Black pepper – as needed

PREPARATION

- 1 Mix the flour with the eggs until you obtain a smooth and homogeneous dough. Roll out a thin sheet and cut it into regular rectangles. Blanch in salted water for a few seconds, then cool immediately in cold water.
- 2 Boil the peeled and diced potatoes in salted water, then blend them with part of the ricotta to obtain a smooth and velvety cream.
- 3 In a blender, process the blanched courgettes with Extra Virgin Olive Oil, fresh basil, garlic, Parmigiano Reggiano PDO and the remaining ricotta to obtain a creamy green pesto.
- 4 Clean the red prawns, removing the shells and the intestinal vein. Season lightly with Extra Virgin Olive Oil, salt and pepper.
- 5 On the plate, alternate the pasta sheets with the courgette pesto and the potato cream, using a piping bag for a neater presentation. Arrange the seasoned prawns on top and complete with a drizzle of Extra Virgin Olive Oil and a grind of black pepper.





Fusilli with Ricotta, Aubergines, Courgettes, Mint and Extra Virgin Olive Oil



INGREDIENTS

Durum wheat semolina – 200 g
Lukewarm water – about 100 g
Aubergines – 150 g
Courgettes – 100 g
Cherry tomatoes – 80 g
Salted ricotta – 60 g
Extra Virgin Olive Oil – 50 g
Fresh mint – 5 g
Garlic – 5 g
Salt – as needed
Pepper – as needed
Extra Virgin Olive Oil (for frying) – as needed

PREPARATION

- 1 Mix the semolina with the water until you obtain a smooth and compact dough. Form small cylinders and shape the fusilli using a metal skewer, then let them dry.
- 2 Cut the aubergines into cubes and fry them in plenty of hot Extra Virgin Olive Oil, then drain on absorbent paper. Cut the courgettes into very small cubes.
- 3 In a pan, lightly brown the garlic in Extra Virgin Olive Oil, add the cherry tomatoes cut in half and let them soften slightly. Add the courgettes and cook for a few minutes, then add the fried aubergines and let the flavours combine.
- 4 Cook the fusilli in plenty of salted water, drain and toss with the prepared sauce. Add the grated salted ricotta and mix well.
- 5 Serve the fusilli garnished with fried courgettes, some flakes of salted ricotta and fresh mint leaves.



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