



Italian Dishes

Cavatelli



Cavatelli are a typical pasta in Gravina and in Apulia, they're one of the easiest homemade pasta, they're a short pasta that looks a little bit like a shell.

Each piece of pasta has a hollow which perfectly captures the sauce for optimum flavor.

Cavatelli can be made in not much more than an hour, plus you won't need any special equipment. That means no pasta machine, just simple kitchen supplies and YOUR hands!

Ingredients

Durum wheat flour/semolina
Warm water

Directions

1. To make cavatelli you have to Make a well in the flour, gradually mix in warm water
2. Knead until the dough become smooth and supple
3. Create a pastry sheet
4. Cut into short lengths
5. Using your fingers, press and roll each piece of dough.

The beauty of this pasta is that it isn't all perfect and uniform like the commercially produced variety, so it's a healthy food.

They're often served with tomato sauce, with mushrooms and also they're wonderful with broccoli or broccoli rabe.

Cialledde



Ingredients

650 g of potatoes	Red onion
3 cucumbers	6 cherry tomatoes
Oregano, salt, olive oil	Bread

Directions

1. Put the potatoes in water and boil
2. Put the onion and put it in a cup with water and milk
3. Cut the cucumbers, tomatoes and boiled potatoes, and put everything in a cup
4. Add salt, oregano and oil
5. Mix everything and eat with bread

Focaccia



Ingredients for 4 people

100 g of potatoes (about one potato)
100 g of re-milled durum wheat semolina
12 g of fresh brewer's yeast/4 g of dehydrated brewer's yeast **15 ml of olive oil**
150 g of flour 00 **50 ml of olive oil**
175 ml of water **5g of fine salt**
Topping:
200g of yellow/red cherry, tomatoes, oregano, salt. Olive oil to taste (can be used to grease pan)

Directions

1. Boil a potato in boiling water. At the end of cooking, peel it and mash it with a potato masher.
2. Pour the flour and semolina into a planetary mixer or onto a work surface.
3. Add the mashed potato, salt and baking powder to the powdered ingredients. Gradually add the water and knead with your hands or start the planetary mixer at low speed. Finally, add the 15 ml of oil.
4. After 5 minutes, knead more vigorously or increase the speed of the mixer and continue kneading for another 15 minutes. The dough will be ready when it comes off the bowl, or immediately if you knead by hand.
5. Now oil the work surface and form a ball. Place the dough on a tray, oil it with a brush and let it rise at room temperature for at least 2 hours. (The leavening will be completed if a light crust has formed on the surface).
6. Once ready, roll it out in a 32 cm diameter pan sprinkled with oil.
7. Place the ball of dough in the center, turning it upside down to oil it on both sides. Mash it with your fingers covered in oil to spread it out to cover the entire pan. Once spread, break the tomatoes with your hands to drain the juice and seeds.
8. Arrange them facing down, until they fill the entire surface of the focaccia. (Tomatoes should not be cut with a knife but squashed on top).

9. Sprinkle it with more oil, a pinch of salt and oregano and put it in the oven immediately.
10. Cook it at 230 °C for 20-25 minutes until it turns golden.
11. After taking it out of the oven, put it on a plate, cut it into pieces and serve. Enjoy your meal!

U Rùcchele



“U Rùcchele” (the ruccolo) is also called the “focaccia di San Giuseppe” (the flatbread of San Giuseppe), and it’s like a salty donut.

The focaccia di San Giuseppe, o “U Rùcchele” (in the dialect of Gravina), is a flatbread that is part of our culture. This name derives from the period when it is mainly produced, and coincide with the feast of the Saint, on March 19 of each year.

In the days preceding the feast, we prepare the dough, and we left it to leaven all the night; and at the sunrise will be ready and we could fill it.

Ingredients for the dough

- 500g of re-milled semolina
- 10g of brewer’s yeast
- 300 mL of warm water
- ½ teaspoon of salt
- 20 mL of extra virgin olive oil

Ingredients for the filling

- 2 kg of long Sponsali onions
- Sultanas 500 g
- Salted anchovies 250 g
- Black olives 300 g
- Salt and Pepper as needed

Directions

1. First clean and wash the onions well, then in a pan, sauté them with a little oil, a little bit of salt and a little bit of sugar. Cook gently and while they cook let’s dedicate ourselves to the dough.
2. We put the flour on a worktable, and we make a hole in the center, and put the sugar, oil, and yeast that we have dissolved in a glass of warm water. Knead, then add the salt and gradually add more warm water until the dough becomes compact. Let’s put it in a bowl and let it rise for three hours.
3. In a bowl with cold water pour the raisins to soften it.
4. Take the dough again and roll it with a rolling pin into a thin sheet, then fill it with the stuffed prepared before.
5. Roll the dough on itself obtaining a cylinder that we roll in a spiral.
6. Put the focaccia in a pan and gently crush it.
7. Put oil on the whole focaccia and let it rise for 2 hours.
8. Bake in the oven previously heated to 200 degrees before on the bottom of the oven for 20/25
9. Bake in a previously heated oven, then pass it in the center bringing the temperature for 1 hour.
10. “U Rùcchele” can be enjoyed at most a lukewarm, but never warm. It can be kept for several days.