



THE SUSTAINABLE RECIPE BOOK BRANDED F-LIFE

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APPETIZERS



SARDE A BECCAFICO (STUFFED SARDINES)

INGREDIENTS

- 500 G FRESH SARDINES
- 80 G BREADCRUMBS
- 40 G RAISINS
- 30 G PINE NUTS
- 1 BUNCH PARSLEY
- 1 GARLIC CLOVE
- GRATED ZEST OF 1 ORANGE
- BAY LEAVES
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. CLEAN THE SARDINES, OPEN THEM LIKE A BOOK AND REMOVE THE CENTRAL BONE.
2. TOAST BREADCRUMBS IN A PAN WITH A LITTLE OIL. ADD SOAKED RAISINS, PINE NUTS, CHOPPED GARLIC AND PARSLEY, ORANGE ZEST, SALT, AND PEPPER.
3. FILL EACH SARDINE WITH A TEASPOON OF STUFFING, ROLL THEM UP, AND ARRANGE IN A BAKING DISH ALTERNATING WITH BAY LEAVES.
4. SPRINKLE WITH BREADCRUMBS AND DRIZZLE WITH OIL.
5. BAKE AT 180°C (350°F) FOR ABOUT 20 MINUTES.

SEAFOOD SALAD

INGREDIENTS

- 300 G OCTOPUS
- 200 G SQUID
- 200 G SHRIMP
- 300 G MUSSELS AND CLAMS
- JUICE OF 1 LEMON
- 1 BUNCH PARSLEY
- 1 GARLIC CLOVE (OPTIONAL)
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. COOK SEPARATELY: OCTOPUS (30-40 MIN IN SALTED WATER), SQUID (10 MIN), SHRIMP (2-3 MIN), MUSSELS AND CLAMS (UNTIL THEY OPEN).
2. CUT OCTOPUS AND SQUID INTO PIECES, LEAVE SHRIMP AND SHELLFISH WHOLE OR SHELLLED.
3. DRESS WITH OLIVE OIL, LEMON JUICE, PARSLEY, SALT, PEPPER, AND GARLIC IF DESIRED.
4. CHILL FOR AT LEAST 1 HOUR BEFORE SERVING.

SWORDFISH MEATBALLS

INGREDIENTS

- 400 G FRESH SWORDFISH
- 50 G BREADCRUMBS (+ EXTRA FOR COATING)
- 30 G GRATED PARMESAN
- 1 EGG
- 1 BUNCH PARSLEY
- 1 GARLIC CLOVE
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. FINELY CHOP SWORDFISH WITH A KNIFE OR MEAT GRINDER.
2. MIX WITH BREADCRUMBS, PARMESAN, EGG, PARSLEY, GARLIC, SALT, AND PEPPER.
3. SHAPE INTO MEATBALLS AND COAT LIGHTLY IN BREADCRUMBS.
4. FRY IN HOT OIL UNTIL GOLDEN OR BAKE AT 180°C (350°F) FOR 15-20 MINUTES.

RED SHRIMP OF SCIACCA WITH CITRUS SAUCE

INGREDIENTS

- 400 G FRESH SCIACCA RED SHRIMP
- JUICE OF 1 ORANGE
- JUICE OF $\frac{1}{2}$ LEMON
- 1 TSP HONEY (OR POWDERED SUGAR)
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER
- ORANGE ZEST

PREPARATION

1. PEEL THE SHRIMP, LEAVING THE TAILS.
2. PREPARE THE SAUCE: EMULSIFY ORANGE JUICE, LEMON JUICE, HONEY, OLIVE OIL, SALT, AND PEPPER.
3. SERVE SHRIMP RAW IF VERY FRESH, OR SEAR THEM BRIEFLY IN A HOT PAN.
4. DRESS WITH CITRUS SAUCE AND GRATED ORANGE ZEST.

MARINATED ANCHOVIES

INGREDIENTS

- 400 G FRESH ANCHOVIES
- 200 ML WHITE WINE VINEGAR
- JUICE OF 2 LEMONS
- 1 BUNCH PARSLEY
- 2 GARLIC CLOVES
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. CLEAN ANCHOVIES, REMOVE HEAD AND BONE, AND OPEN FLAT.
2. PLACE IN A DISH, COVER WITH VINEGAR AND LEMON JUICE, AND REFRIGERATE FOR 2-3 HOURS.
3. DRAIN AND DRESS WITH OLIVE OIL, CHOPPED GARLIC, AND PARSLEY.
4. SERVE COLD AS AN APPETIZER.



EGGPLANT AND SWORDFISH ROLLS

INGREDIENTS

- 2 LONG EGGPLANTS
- 300 G THINLY SLICED SWORDFISH
- 80 G BREADCRUMBS
- 30 G GRATED PECORINO OR PARMESAN
- 1 BUNCH PARSLEY
- 1 GARLIC CLOVE
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. SLICE EGGPLANTS LENGTHWISE AND GRILL LIGHTLY.
2. PREPARE FILLING: TOAST BREADCRUMBS WITH OIL, GARLIC, PARSLEY, AND CHEESE.
3. PLACE A SLICE OF SWORDFISH ON EACH EGGPLANT SLICE, ADD STUFFING, AND ROLL UP.
4. ARRANGE IN A BAKING DISH, DRIZZLE WITH OIL, AND BAKE AT 180°C (350°F) FOR 20 MINUTES.

PANELLE WITH SHRIMP

INGREDIENTS

- 250 G CHICKPEA FLOUR
- 750 ML WATER
- 1 BUNCH PARSLEY, CHOPPED
- SALT, PEPPER
- SEED OIL FOR FRYING
- 200 G PEELED SHRIMP

PREPARATION

1. IN A POT, POUR WATER AND WHISK IN CHICKPEA FLOUR. ADD SALT, PEPPER, AND PARSLEY.
2. COOK, STIRRING, UNTIL THICKENED.
3. SPREAD ON AN OILED SURFACE, LET COOL, AND CUT INTO THIN RECTANGLES.
4. FRY PANELLE IN HOT OIL UNTIL GOLDEN.
5. SAUTÉ SHRIMP BRIEFLY IN A PAN WITH OLIVE OIL.
6. SERVE HOT PANELLE TOPPED WITH SHRIMP.



OCTOPUS AND POTATO SALAD

INGREDIENTS

- 500 G OCTOPUS
- 300 G POTATOES
- JUICE OF 1 LEMON
- 1 BUNCH PARSLEY
- 1 GARLIC CLOVE (OPTIONAL)
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. COOK OCTOPUS IN SALTED WATER FOR ABOUT 40 MINUTES; COOL IN ITS LIQUID.
2. BOIL POTATOES WITH SKIN, PEEL, AND CUT INTO CUBES.
3. CUT OCTOPUS INTO PIECES AND MIX WITH POTATOES.
4. DRESS WITH OIL, LEMON, PARSLEY, SALT, PEPPER, AND GARLIC IF DESIRED.
5. SERVE WARM OR CHILLED.

TUNA TARTARE

INGREDIENTS

- 400 G VERY FRESH (SUSHI-GRADE) TUNA
- JUICE AND ZEST OF 1 LEMON
- 1 TBSP CAPERS, RINSED
- EXTRA VIRGIN OLIVE OIL
- SALT, PEPPER
- CHIVES OR FRESH PARSLEY

PREPARATION

1. FINELY DICE TUNA WITH A SHARP KNIFE.
2. DRESS WITH OLIVE OIL, LEMON JUICE AND ZEST, CHOPPED CAPERS, HERBS, SALT, AND PEPPER.
3. CHILL FOR 10 MINUTES.
4. SERVE SHAPED INTO SMALL TOWERS USING A RING MOLD.

ANCHOVY MEATBALLS

INGREDIENTS

- 500 G FRESH ANCHOVIES
- 80 G BREADCRUMBS
- 30 G GRATED PECORINO
- 1 EGG
- 1 GARLIC CLOVE
- FRESH PARSLEY
- SEED OIL FOR FRYING, SALT, PEPPER

PREPARATION

1. CLEAN ANCHOVIES AND CHOP THEM COARSELY.
2. MIX WITH BREADCRUMBS, CHEESE, EGG, GARLIC, PARSLEY, SALT, AND PEPPER.
3. FORM INTO SMALL BALLS AND FRY IN HOT OIL UNTIL GOLDEN.

FIRST COURSES



PASTA WITH SARDINES

INGREDIENTS

- 400 G BUCATINI PASTA
- 400 G FRESH SARDINES
- 1 ONION
- 40 G RAISINS
- 30 G PINE NUTS
- 1 BUNCH WILD FENNEL
- 4 SALTED ANCHOVY FILLETS
- 50 G BREADCRUMBS
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. BOIL THE FENNEL, CHOP IT, AND SAVE THE COOKING WATER FOR THE PASTA.
2. IN A PAN, SAUTÉ ONION AND ANCHOVIES IN OIL. ADD SARDINES, FENNEL, RAISINS, AND PINE NUTS.
3. COOK BUCATINI IN THE FENNEL WATER, DRAIN, AND MIX WITH THE SAUCE.
4. TOP WITH TOASTED BREADCRUMBS.



SPAGHETTI WITH SQUID INK

INGREDIENTS

- 400 G SPAGHETTI
- 2 SQUIDS WITH INK SACS
- 1 ONION
- 2 GARLIC CLOVES
- 250 G PEELED TOMATOES
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. CLEAN THE SQUIDS, CUT THEM INTO PIECES, AND KEEP THE INK SACS ASIDE.
2. IN A PAN, SAUTÉ ONION AND GARLIC, THEN ADD SQUID AND TOMATOES.
3. STIR IN THE SQUID INK DILUTED WITH A LITTLE WATER.
4. COOK SPAGHETTI AND TOSS WITH THE SAUCE.

BUSIATE WITH TRAPANESE PESTO

INGREDIENTS

- 400 G BUSIATE PASTA
- 200 G RIPE TOMATOES
- 100 G PEELED ALMONDS
- 1 GARLIC CLOVE
- 1 BUNCH BASIL
- 80 G GRATED PECORINO
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. BLEND TOMATOES, ALMONDS, BASIL, GARLIC, AND PECORINO WITH OLIVE OIL TO MAKE A COARSE PESTO.
2. COOK PASTA, DRAIN, AND MIX WITH THE PESTO.
3. GARNISH WITH CHOPPED ALMONDS.

PASTA ALLA NORMA WITH SHRIMP

INGREDIENTS

- 400 G SHORT PASTA (PENNE OR RIGATONI)
- 2 EGGPLANTS
- 300 G PEELED SHRIMP
- 400 G PEELED TOMATOES
- 1 GARLIC CLOVE
- SALTED RICOTTA CHEESE (GRATED)
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. DICE THE EGGPLANTS, FRY THEM, AND SET ASIDE.
2. PREPARE A TOMATO SAUCE WITH GARLIC, PEELED TOMATOES, AND OIL.
3. ADD SHRIMP AT THE END OF COOKING.
4. COMBINE PASTA WITH THE SAUCE, ADD EGGPLANTS, AND FINISH WITH GRATED RICOTTA.

SEAFOOD RISOTTO

INGREDIENTS

- 350 G CARNAROLI RICE
- 500 G MUSSELS AND CLAMS
- 200 G SHRIMP
- 200 G SQUID
- 1 ONION
- 1 GLASS WHITE WINE
- FISH STOCK
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. CLEAN SHELLFISH AND OPEN THEM IN A PAN.
FILTER THE LIQUID.
2. IN A POT, SAUTÉ ONION, ADD RICE, AND DEGLAZE
WITH WINE.
3. COOK GRADUALLY WITH FISH STOCK AND
SHELLFISH LIQUID.
4. ADD SQUID HALFWAY THROUGH, THEN SHRIMP
AND SHELLFISH AT THE END.

LINGUINE WITH SWORDFISH

INGREDIENTS

- 400 G LINGUINE
- 300 G SWORDFISH (DICED)
- 200 G CHERRY TOMATOES
- 1 GARLIC CLOVE
- 1 BUNCH PARSLEY
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. SAUTÉ GARLIC AND CHERRY TOMATOES IN A PAN.
2. ADD SWORDFISH CUBES AND COOK FOR 5 MINUTES.
3. DRAIN PASTA AL DENTE AND TOSS WITH THE SAUCE.
4. SPRINKLE WITH FRESH PARSLEY.

PASTA WITH SHRIMP AND PISTACHIOS

INGREDIENTS

- 400 G SHORT PASTA
- 300 G PEELED SHRIMP
- 80 G SHELLLED PISTACHIOS
- 1 GARLIC CLOVE
- 1 TBSP CREAM (OPTIONAL)
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. BLEND PISTACHIOS WITH OLIVE OIL INTO A COARSE CREAM.
2. IN A PAN, SAUTÉ SHRIMP WITH GARLIC AND OIL.
3. COOK PASTA, DRAIN, AND TOSS WITH PISTACHIO CREAM AND SHRIMP.
4. ADD A SPOON OF CREAM IF DESIRED FOR EXTRA SMOOTHNESS.

FUSILLI WITH TUNA AND CHERRY TOMATOES

INGREDIENTS

- 400 G FUSILLI
- 250 G FRESH TUNA (CUBED) OR GOOD-QUALITY CANNED TUNA
- 200 G CHERRY TOMATOES
- 1 SMALL ONION
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. SAUTÉ ONION AND CHERRY TOMATOES IN A PAN.
2. ADD TUNA CUBES (OR DRAINED CANNED TUNA).
3. DRAIN PASTA AND MIX WITH THE SAUCE.



PASTA WITH SQUID AND ZUCCHINI

INGREDIENTS

- 400 G SHORT PASTA
- 300 G SQUID
- 2 ZUCCHINI
- 1 GARLIC CLOVE
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. SLICE ZUCCHINI AND SAUTÉ IN A PAN.
2. ADD SQUID RINGS AND COOK BRIEFLY.
3. COMBINE WITH DRAINED PASTA AND DRIZZLE WITH RAW OLIVE OIL.

TRAPANESE FISH COUSCOUS

INGREDIENTS

- 300 G PRECOOKED COUSCOUS
- 600 G MIXED FISH (RED MULLET, SCORPIONFISH, GURNARD, GROPER)
- 300 G MUSSELS AND CLAMS
- 2 RIPE TOMATOES
- 1 ONION
- 1 GARLIC CLOVE
- FISH STOCK
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER, SAFFRON

PREPARATION

1. PREPARE FISH STOCK WITH HEADS, BONES, ONION, TOMATO, AND GARLIC.
2. COOK FISH AND SHELLFISH IN THE FILTERED STOCK.
3. REHYDRATE COUSCOUS WITH HOT SAFFRON-FLAVORED BROTH.
4. SERVE COUSCOUS TOPPED WITH FISH AND SHELLFISH.

MAIN COURSES



SARDE A CHIAPPA (STUFFED SARDINE SANDWICHES)

INGREDIENTS

- 600 G FRESH SARDINES
- 150 G BREADCRUMBS
- 2 GARLIC CLOVES
- 1 BUNCH PARSLEY
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER
- LEMON WEDGES

PREPARATION

1. CLEAN SARDINES, OPEN THEM FLAT, AND REMOVE THE CENTRAL BONE.
2. MIX BREADCRUMBS WITH CHOPPED GARLIC, PARSLEY, SALT, AND PEPPER.
3. PLACE FILLING ON ONE SARDINE AND COVER WITH ANOTHER (LIKE A "SANDWICH").
4. PAN-FRY IN OLIVE OIL UNTIL GOLDEN.
5. SERVE WITH LEMON WEDGES.



SWORDFISH "ALLA GHIOTTA" (MESSINA STYLE)

INGREDIENTS

- 4 SWORDFISH STEAKS
- 1 ONION
- 200 G CHERRY TOMATOES
- 30 G SALTED CAPERS
- 50 G BLACK OLIVES
- 1 CELERY STALK
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. SAUTÉ CHOPPED ONION AND CELERY IN OLIVE OIL.
2. ADD CHERRY TOMATOES, OLIVES, AND CAPERS; COOK FOR 10 MINUTES.
3. PLACE SWORDFISH STEAKS IN THE SAUCE AND COOK FOR 5-7 MINUTES PER SIDE.
4. SPRINKLE WITH FRESH PARSLEY BEFORE SERVING.

STUFFED SQUID

INGREDIENTS

- 4 LARGE SQUID
- 100 G BREADCRUMBS
- 50 G GRATED PECORINO
- 1 EGG
- 1 GARLIC CLOVE
- 1 BUNCH PARSLEY
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. CLEAN SQUID AND CHOP THE TENTACLES.
2. MIX BREADCRUMBS, PECORINO, EGG, TENTACLES, GARLIC, AND PARSLEY.
3. STUFF SQUID, CLOSE WITH A TOOTHPICK.
4. COOK IN A PAN WITH OLIVE OIL AND WHITE WINE, OR BAKE AT 180°C (350°F) FOR 25 MINUTES.

TUNA WITH ALMOND MILK

INGREDIENTS

- 4 FRESH TUNA STEAKS
- 200 ML UNSWEETENED ALMOND MILK
- 1 ONION
- 1 TBSP FLOUR
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. LIGHTLY FLOUR TUNA STEAKS.
2. IN A PAN, SAUTÉ CHOPPED ONION WITH OLIVE OIL.
3. ADD TUNA, SEAR BRIEFLY, THEN POUR IN ALMOND MILK.
4. COOK GENTLY FOR 10 MINUTES AND SERVE WITH ITS CREAMY SAUCE.

SWORDFISH ROLLS

INGREDIENTS

- 8 THIN SWORDFISH SLICES
- 80 G BREADCRUMBS
- 30 G GRATED PECORINO
- 1 BUNCH PARSLEY
- 1 GARLIC CLOVE
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER
- BAY LEAVES

PREPARATION

1. MIX TOASTED BREADCRUMBS WITH PECORINO, PARSLEY, GARLIC, SALT, AND PEPPER.
2. SPREAD FILLING ON EACH SWORDFISH SLICE, ROLL THEM UP, AND SKEWER WITH BAY LEAVES.
3. BAKE AT 180°C (350°F) FOR 15 MINUTES OR GRILL UNTIL GOLDEN.

ANCHOVY MEATBALLS

INGREDIENTS

- 500 G FRESH ANCHOVIES
- 80 G BREADCRUMBS
- 30 G GRATED PECORINO
- 1 EGG
- 1 GARLIC CLOVE
- FRESH PARSLEY
- SEED OIL FOR FRYING, SALT, PEPPER

PREPARATION

1. CLEAN AND COARSELY CHOP ANCHOVIES.
2. MIX WITH BREADCRUMBS, PECORINO, EGG, GARLIC, PARSLEY, SALT, AND PEPPER.
3. SHAPE INTO SMALL BALLS AND FRY UNTIL GOLDEN.

SWORDFISH CAPONATA

INGREDIENTS

- 400 G SWORDFISH (DICED)
- 2 EGGPLANTS
- 1 ONION
- 50 G GREEN OLIVES
- 30 G SALTED CAPERS
- 200 G PEELED TOMATOES
- 2 TBSP VINEGAR + 1 TSP SUGAR
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. DICE EGGPLANTS, FRY, AND SET ASIDE.
2. IN A PAN, SAUTÉ ONION, ADD TOMATOES, OLIVES, AND CAPERS.
3. STIR IN VINEGAR AND SUGAR FOR THE SWEET-AND-SOUR TASTE.
4. ADD SWORDFISH CUBES AND FRIED EGGPLANTS, MIX, AND COOK FOR 5 MINUTES.

SICILIAN-STYLE KING PRAWNS

INGREDIENTS

- 12 KING PRAWNS
- 200 G CHERRY TOMATOES
- 2 GARLIC CLOVES
- 1 GLASS WHITE WINE
- FRESH PARSLEY
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. IN A PAN, SAUTÉ GARLIC AND HALVED CHERRY TOMATOES.
2. ADD PRAWNS, DEGLAZE WITH WINE, AND COOK FOR 5 MINUTES.
3. FINISH WITH CHOPPED PARSLEY.

MESSINA-STYLE SALTED COD (BACCALÀ)

INGREDIENTS

- 800 G SOAKED SALT COD (BACCALÀ)
- 400 G PEELED TOMATOES
- 1 ONION
- 50 G BLACK OLIVES
- 30 G SALTED CAPERS
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. IN A PAN, SAUTÉ ONION WITH OLIVE OIL.
2. ADD TOMATOES, OLIVES, AND CAPERS;
COOK FOR 10 MINUTES.
3. ADD COD PIECES AND SIMMER FOR ABOUT
20 MINUTES.
4. SERVE WITH A DRIZZLE OF RAW OLIVE
OIL.

GROUPER "ACQUA PAZZA" STYLE

INGREDIENTS

- 4 GROUPER FILLETS
- 200 G CHERRY TOMATOES
- 2 GARLIC CLOVES
- FRESH PARSLEY
- $\frac{1}{2}$ GLASS WHITE WINE
- EXTRA VIRGIN OLIVE OIL, SALT, PEPPER

PREPARATION

1. IN A PAN, HEAT OLIVE OIL WITH GARLIC, THEN ADD GROUPER FILLETS.
2. DEGLAZE WITH WHITE WINE, ADD CHERRY TOMATOES AND PARSLEY.
3. COVER AND COOK FOR 10-12 MINUTES ON LOW HEAT.
4. SERVE WITH THE COOKING SAUCE.

ENJOY YOUR MEAL !



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