

Recipes - Side Dishes

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TRUFFLES IN Lacen fried



Ingredients:

90 grams of truffle pecorino fonnaggio Laceno -150 g -1 knob of butter.

Preparation:

Truffles ricavatene many slices the thickness of 0.5 cm. Crumble 150 grams of fonnaggio cheese cake into pieces as big as cherries. Arrange everything in a baking dish, seasoned with a knob of butter and put into the oven at medium heat until the fonnaggio begins to melt. Serve hot with croutons.

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Eggplant and Zucchini Scapece (E Cucuzzielle to Scapece)



Ingredients:

500 gr courgette-500 gr eggplant -2 / 3 tablespoons of vinegar -3-4 cloves of garlic a nice sprig of mint oil-salt.

Preparation:

Cut the eggplant and courgette slices in circles, place them on trays and leave them at the sun for a half day so that they dry out the excess water.

Cooking them in hot oil making them fry until browns, remove from pan and arrange on a platter and sprinkle with minced garlic mint leaf, vinegar and salt.

To make them better flavor is better to eat after at least half a day.



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Potatoes ASH

Ingredients:

20 Potatoes

Preparation:

Take the cellar twenty pretty small potatoes, place the base of the fireplace and cover first with ash and then grilled.

After about a 'now remove from heat, mash leggenente get a bit' of salt and a little 'pepper and serve hot.

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TOMATOES AND GOAT CHEESE ARUGULA

Ingredients:

5 bunches of wild rocket -5 tomato-goat cheese-oil-salt.

Preparation:

In a tray rather wide arrange tomatoes cut into circular slices, sprinkle with finely chopped arugula and chunks of goat cheese fonnaggio. Season with salt, add the oil and serve.

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ALL CROSTINI 'AVELLINO

Ingredients:

sandwich loaf -100 grams of lard-2 mozzarella Laceno -4 salted anchovies -3 ripe tomatoes-salt-pepper-oregano.

Preparation:

Washed and boned anchovies, split in half and cut the fillets into two parts. You will now have 16 small strips of anchovy.

On each piece of bread anointed with suet have a slice of mozzarella cheese of the same size of bread, some tomato fillet, a piece of anchovy, a pinch of salt and pepper Ongania.

Now take a baking tray greased with pork fat, arrange the croutons and handing in a hot oven at 180 degrees. Leave in oven for no more than ten minutes and serve hot.

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SALAD VEGETABLES

Ingredients:

700 grams of beans large -300 to -300 grams of lentils chickpeas-oil-salt-pepper - onion-wine vinegar.

Preparation:

In a large pot with plenty of water to cook the beans the night before you put to soak. In two other cook the chickpeas and lentils.

When the vegetables are cooked, mix together and dress with finely chopped onion, oil, salt, pepper and wine vinegar.

Allow at least half a day to make them taste.

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