

un uomo  
un sogno  
il vino

# THE UMBRIAN KITCHEN

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## FIORI DI ZUCCA FRITTI

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### Fried Zucchini Flowers

Difficulty: ★★★

Serves 4 People

#### Ingredients:

1 Egg	30 g of Mozzarella
200 g of Carbonated Cold Water	¼ L of Sunflower Oil
100 g of Flour	Salt to Taste
350 g of Fresh Zucchini Flowers	

#### Directions:

Cut off the base of the flower and clean out the pollen, rinse the flowers, and set them to the side to dry. Prepare the batter with the egg, flour, 1 tsp of salt, and ½ cup of cold carbonated water. Mix aggressively with a fork until there are no lumps, add more carbonated water as needed.

Ready and heat the frying pan with the sunflower oil. Stuff the zucchini flowers with small clumps of mozzarella and dip them in the batter. Immediately, place the flowers in the frying pan. Use a fork to turn them, do so gently, they're very fragile. Once they are a golden brown, remove them and dry them with construction paper, paper towels, etc. and sprinkle with salt.

#### Suggested Wine

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Adarmando I.G.T.

Bocca di Rosa I.G.T.

## BRUSCHETTE CON FEGATINI

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### Bruschetta with Chicken Liver

Difficulty: ★★

Serves 6 people

#### Ingredients:

1 Small Loaf of Italian Bread

250 g of Chicken Livers

1 Small Onion

3 Anchovies

1 Tablespoon of Capers

1 Cup of White Wine

50 g of Butter

Salt & Black Pepper to Taste

#### Directions:

First, chop the onion and sauté it in butter. Then add the chicken livers, white wine, and salt - stir. Once the sauce is reduced and almost dry, remove it from the stove and add the anchovies and capers. Return to the stove, cook the sauce for a few more minutes while stirring in a knob of butter and pepper to taste. When the sauce is smooth, take it off the heat and let it cool. Smear onto slices of toasted bread.

#### Suggested Wine

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Montefalco Rosso D.O.C.

Montefalco Sagrantino D.O.C.G.

## RISOTTO AL SAGRANTINO

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### Sagrantino Risotto

Difficulty: ★★★

Serves 4 people

#### Ingredients:

300 g of Risotto	400 to 500 g of Chicken Broth
1 Cup of Montefalco Sagrantino	1 Radicchio
1 Medium Red Onion	Gorgonzola Cheese
50 g of Butter	Salt & Black Pepper to Taste

#### Directions:

Dice the onion and sauté it in butter in a saucepan on low heat for 5 to 7 minutes until soft, but not browned. Add rice and cook for one minute. Then pour half of the Passito into the pan, simmering and stirring until nearly all liquid is nearly absorbed. Add a ladle of broth, stirring frequently, but not constantly until all of the broth is absorbed. Dice the radicchio and add it to the pot, then add the remaining wine.

Continue to add ladles of broth until the liquid is absorbed. The rice should be creamy, tender, and slightly al dente. This will take 25-30 minutes. Add a couple of knobs of butter and Gorgonzola cheese. Serve still warm. Please note: we recommend not using Parmesan cheese, however Gorgonzola is recommended.

#### Suggested Wines

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Montefalco Rosso D.O.C.

Montefalco Sagrantino D.O.C.G.

## BUCATINI ALL'AMATRICIANA

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### Bucatini Amatriciana

Difficulty: ★★

Serves 4 people

#### Ingredients:

400 g of Bucatini

1 Chili Pepper

75 g of Pecorino Cheese

1 Cup of White Wine

100 g of Guanciale

350 g of Peeled Tomatoes

2 Cups of Extra Virgin Olive Oil

Salt & Black Pepper to Taste

#### Directions:

Cut the guanciale into small, thick pieces. Cook it in a frying pan with the olive oil.

Dice the chili pepper and add it to the pan, mix everything around a bit. When the meat appears nearly cooked, add the white wine and let it simmer until it has for the most part evaporated. Set aside.

Meanwhile, boil the bucatini. Cut the peeled tomatoes into small pieces and cook them in a deep frying pan. Let it cook until the tomatoes have become a sauce and add the bucatini. Once the pasta is al dente, add the guanciale sauce from earlier. Mix and serve.

#### Suggested Wine

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Montefalco Rosso D.O.C.

Il Padrone delle Vigne I.G.T.

## CARRÉ DI MAIALE AL SAGRANTINO

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### Sagrantino Pork Loin

Difficulty: ★★

Serves 6 people

#### Ingredients:

1 Pork Loin (500 g)	2 Cups of Montefalco Sagrantino
1 Celery	200 g of Individual Black Grapes
1 Carrot	Seed Oil to Taste
1/2 Onion	Salt & Black Pepper to Taste

#### Directions:

First, dice the celery, carrot, and onion and set aside. Then, in an earthenware dish combine the celery, carrot, onion, seed oil, pork loin, and grapes. Put the dish in the oven and bake for 25 minutes at 180 °C. After 25 minutes, pour the wine over the pork and continue to cook for another 25 minutes. When it's done, cut the pork into thin slices and serve.

#### Suggested Wines

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Montefalco Rosso D.O.C.

Montefalco Sagrantino D.O.C.G.

## COSCIOTTO D'AGNELLO ALLA NORCINA

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### Norcina Leg of Lamb

Difficulty: ★★★

Serves 6 people

#### Ingredients:

1 Leg of Lamb (1 kg)

50 g of Prosciutto

1 Cup of Dry White Wine

1 Clove of Garlic

Parsley to Taste

Marjoram to Taste

Salt & Black Pepper to Taste

Extra Virgin Olive Oil

#### Directions:

Cut the prosciutto into thin strips. Finely chop the garlic, parsley, and marjoram then put the prosciutto in a bowl with the chopped herbs, salt, and pepper. Gently rub the marinade into the prosciutto. Using the tip of the knife, make incisions in the leg of lamb and tuck the prosciutto into these spaces.

Place the lamb in a deep pot and season it with salt and pepper and moisten it with the wine and olive oil. Sauté on both sides on low heat, so that it's browned on both sides. Continue to add the wine and flip the leg every 10 minutes. Cook until ready, this should take about an hour. Let stand for a few minutes before serving.

#### Suggested Wines

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Montefalco Rosso D.O.C.

Montefalco Sagrantino D.O.C.G.

## CRESCIONDA

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### Chocolate Amoretti Torte

Difficulty: ★★★

Serves 12 People

#### Ingredients:

200 g Amoretti (reduced almost to dust)	100 g of Grated Dark Chocolate
4 Tablespoons of Flour	1/2 L of Whole Milk
4 Tablespoons of Sugar	3/4 Cup of Anisette
4 Eggs	1 Lemon

#### Directions:

Skin a lemon; do not use the white grind, only the yellow part of the grind. Dice the skin and put it to the side. Grind the amoretti, almost to dust - put aside. Then, beat the eggs and sugar together and add the flour, milk, amoretti, lemon zest, chocolate, and anisette, stirring constantly. Pour the batter into a greased cake tin and bake at 180°C for about half an hour. Serve at room temperature.

This is a typical dessert of Spoleto. The oldest recipe lists the original ingredients, including chicken broth, is of medieval origin.

#### Suggested Wine

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Montefalco Sagrantino Passito D.O.C.G.

## ATTORTA

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### Pinwheel Cake

Difficulty: ★★

Serves 12 People

#### Ingredients:

##### For the Filling:

2 kg of Apples  
200 g of Raisins  
200 g Pine Nuts

##### For the Dough:

300 g Flour  
3 Eggs  
2 Tablespoons Sugar  
2 Tablespoons Alchermes Liquor

#### Directions:

Slice the apples and mix them with raisins, pine nuts, cocoa, sugar, and Alchermes.

Make the dough with the flour, eggs, sugar, and Alchermes: it will take some time, when it has the right consistency, form it into a strip. Spread the filling in the middle of the dough and roll it as quickly and securely as possible. Bake for twenty minutes at 180°C.

#### Suggested Wine

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Montefalco Sagrantino Passito D.O.C.G.