

**PUNTATA # 5 CON STEF DI MASI, LUISA GRECO E NONNA'S CUCINA.****SALSICCE FRESCHE CON BROCCOLI DI RAPE**

For every kg coarsely minced pork add :

16-18 g salt,

1 tablespoon fennel

dried chilli to taste.

You might like to add orange zest dried for 24 hours at room temperature.

Consigli – make sure your pork contains 35-40 % fat otherwise the sausages will be too dry and heavy.

After you add all the condiments make sure you mix well, massaging the meat for at least 10 minutes.

Then take a small amount and fry it to see if the flavour is to your liking.

Order natural casings from the butcher but wash them very thoroughly inside and out. Soak the casings in lemon juice for an hour or so to eliminate any odour.

Cut the casings to approx. 30 cm.

Using a sausage machine, fill the casings slowly and make sure that they are full, without air pockets which will allow bacteria to grow.

Keep for a day or two in the fridge.

Cook in a little olive oil over a slow heat until cooked through.



**BROCCOLI DI RAPE.**

Trim the stems of rape, discarding the tough leaves and leaving only the tender leaves and the flower. Cook in boiling, salted water for 15 minutes. Drain. Heat some olive oil in a frypan and add a clove or two of garlic. When the oil is warm, discard the garlic and saute the broccoli coating well with the oil. Serve with a squeeze of lemon juice and a sprinkle of salt.

**ZEPPOLE NAPOLETANE CON PATATE – Dolce e salate**

1 kg plain flour  
1 kg mashed potato  
1 tablespoon salt  
2 tablespoon yeast

3-4 cups warm water

Sift the flour and add the salt into a large bowl. Add the mashed potato. Dissolve the yeast in one cup of warm water. Make a well in the middle of the flour and pour in the dissolved yeast. Gradually mix the mixture into the flour adding more tepid water gradually until the dough is soft and pliable. Knead the dough until it is silky. Cover and allow to double in volume.

Divide the dough in half if you intend to make both varieties.

**SAVOURY**

Break off small balls of dough and roll into a rope about 4 cm long. Push a drained anchovy fillet along the length and cover over with the dough.

Deep fry in clean vegetable oil. Drain on paper towel.

**SWEET**

Break off a small piece of dough and roll into a ball. Deep fry until the centre is cooked. Roll in a mixture of caster sugar and cinnamon. Serve.

