Culurgiones de patata
(Potato Ravioli)

SKILL: DIFFICULT
TAKES 1 HR 30 MINS
500g flour
Water
600g potatoes
200g grated Pecorino cheese (or Viscidu: a hard cheese, sour and salted)
100g fresh mint
2 garlic cloves
500g tomato sauce
150g grated Pecorino

1. Mix a little water with the flour and knead until homogeneous. Leave to rest.
2. Cook the potatoes in their skin in salted water.
3. Skin and mash the potatoes, and leave in a container.
4. Add 200g grated Pecorino, chopped mint and garlic to the potatoes.
5. Roll out the dough and obtain 2mm-thick layers. Cut discs of 8cm diameter.

6. Make little balls with the potato mixture.

7. Place the balls on the dough discs and fold them, pressing the edges together firmly.

8. Cook the culurgiones in plenty of boiling salted water.

9. Drain and mix with tomato sauce and add the remaining Pecorino.

10. Serve hot.
Malloreddus a sa sarda
(Sardinian Gnocchi)

SKILL: DIFFICULT  
TAKES 1 HR 30 MINS

500g malloreddus (striped shell pasta similar to little gnocchi)
50g lard
300g horse meat
50g tomato purée
50g dried tomatoes
150g grated Pecorino
1 onion
2 garlic cloves
1 glass Vernaccia (white wine)
1 cup broth
3 basil leaves
Saffron, black pepper, and salt

1. Dice the meat.
2. In a pan, fry the chopped onion and garlic in the lard, then add the meat.
3. Pour over the wine and leave to evaporate.
4. Add broth, tomato purée, chopped dried tomatoes, basil, and saffron.
5. As it cooks, add salt and pepper to taste.
6. Cook the malloreddus in plenty of boiling salted water.
7. Drain the pasta, mix with the meat sauce, and sprinkle with Pecorino.
8. Serve hot.
Frattau Bread

SKILL: EASY
TAKES 15 MINS
6 sheets carasau bread
6 medium eggs
400g tomato sauce
200g grated Pecorino

1. Dip the sheets of carasau bread in boiling water – break the sheets to fit your dish if necessary.
2. Poach the eggs in salted water.
3. Drain the bread and arrange the sheets on a dish, alternating with tomato sauce and grated Pecorino, to obtain 2-3 layers.
4. Place an egg on top.
5. Serve hot.
Fregula with Artichoke Hearts and Lamb Meat Sauce

SKILL: MEDIUM-DIFFICULT
TAKES 40 MINS

450g Fregula (Sardinian pasta made with coarse semolina)
300g artichokes
150g chopped tomatoes
300g ground lamb
80g Pecorino
100g Casizolu del Montiferru (Sardinian cow’s milk cheese)
400g vegetables: carrots, onions, and celery
30g garlic
Cannonau wine
Extra virgin olive oil
Salt

1. In a saucepan, dice half the carrots, onions, and celery to obtain regular cubes (1.5cm) and make a vegetable stock.
2. Finely chop the remaining vegetables and fry lightly in a pan.
3. Add the ground lamb and pour the wine: leave to evaporate.
4. Pour the chopped tomatoes and season to taste. Add the artichokes cut into halves.
5. In another pan, lightly fry the chopped garlic and add the fregula. Leave to toast for a few minutes. Sprinkle with wine and leave to evaporate.
6. Add the stock to the fregula and cook until al dente.
7. Mix the meat sauce, add a little olive oil and the grated cheese.
8. Top with flakes of Casizolu cheese and serve hot.
Simbua frita
(Fried Durum Wheat – Sardinian Polenta)

SKILL: EASY-MEDIUM
TAKES 20 MINS
350g durum wheat flour
200g bacon
100g sausage
100g mustela (dried pork loin)
1 small onion
1l water
80ml extra virgin olive oil
15g lard
Salt

1. Chop the mustela and bacon, add the sausage, and brown in a little oil.
2. Add the boiling salted water slowly.
3. Pour the flour, stir well and cook for about 2 minutes, until the mixture is thick.
4. Serve preferably hot.
MAIN MEAT AND FISH COURSES

Stewed Boar

SKILL: MEDIUM
TAKES 2 DAYS 2 HRS 15 MINS
1kg boar meat
1 large onion
2 carrots
2 celery sticks
3 bay leaves
Red wine
8 cloves
Extra virgin olive oil
Salt

1. Chop the onion, carrots, and celery, add the bay leaves and the boar meat. Pour the wine and leave to marinate for 2 days.
2. Dice the meat.
3. Brown in a little olive oil. Add the vegetables and cloves, and season to taste.
4. Pour the wine used to marinate the meat.
5. Cook gently for 2 hours.
Figadu de porcheddu a sa nugoresa  
(Pork Liver in the Nuorese Style)

SKILL: EASY  
TAKES 1 HR  
300g pork liver  
3 tender celery sticks  
1 glass Filu ’e ferru (Sardinian aquavit)  
50g lard  
100ml extra virgin olive oil

1. Dice the liver.  
2. In a pan add oil, lard, and thinly chopped celery.  
3. Place over a high heat, add the liver and brown, stirring constantly for a few minutes.  
4. Pour the aquavit and leave to evaporate.  
5. Serve immediately.
**Impanada**
Savory Pie

**SKILL: DIFFICULT**
**TAKES 4 HRS 30 MINS**
500g pastry flour
100g lard
250g pork
250g beef
50g sausage
100g dried tomatoes
100g stoned olives
2 garlic cloves
40g parsley
150ml extra virgin olive oil
Salt and black pepper

1. In a tureen, mix the diced beef and pork; add the crumbled sausage, olives, dried tomatoes, garlic, and parsley, previously chopped, and salt and pepper to taste.
2. Pour the oil and leave to marinate for 3 hours.
3. Melt the lard in a bain marie.
4. On a work surface, pour the flour, make a well in the center, add the lard and lukewarm salted water. Mix well and knead until the dough is smooth, soft, and elastic.
5. Leave to rise for 30 minutes, then cut the dough into two pieces.
6. With a rolling pin, roll out the dough to a thickness of 2mm and cut two discs of different sizes.
7. Grease a deep, round baking dish. Place the larger pastry disc in the dish and pack the meat in the center.
8. Top with the other pastry round and press down the edges to seal.
9. Prick with a toothpick to let the steam out.
10. Bake at a moderate temperature for about 40 minutes.
Roast Leg of Mutton

SKILL: MEDIUM
TAKES 2 HRS
1 mutton leg
150g lard
80g parsley
2 garlic cloves
80g rosemary
Extra virgin olive oil
Salt

1. In a bowl, mix the lard, finely chopped garlic, rosemary, and parsley, and season to taste.
2. Make some cuts in the meat.
3. Massage the mixture into the cuts.
4. Place the mutton in a baking tin and brush with oil.
5. Bake for about 1 hour and 30 minutes, turning often.
Partridges with Potatoes

SKILL: MEDIUM-DIFFICULT
TAKES 2 HRS 15 MINS

6 partridges
6 potatoes
250ml meat stock
180ml Vernaccia wine
2 garlic cloves
70g parsley
6 fresh sage leaves
6 bay leaves
70g rosemary
200ml extra virgin olive oil
Salt

1. Pluck the feathers from the birds, remove the innards, then wash and dry them inside and out.
2. In a bowl, mix the finely chopped parsley, garlic, rosemary, sage, and bay leaves. Season to taste.
3. Fill the partridges with half of the mixture.
4. Massage the remaining mixture over them.
5. Heat the oil in a pan, then add the partridges. Pour the wine and stock.
6. Cook on a low heat for about 90 minutes.
7. Add the potatoes, previously peeled, washed, and cubed.
8. Cook for another 15 minutes, still on a low heat.
Roast Piglet on a Spit

SKILL: MEDIUM
TAKES 2 HRS
Half a suckling pig (about 3kg)
Salt

1. Place the piglet on the spit.
2. Light a fire in the fireplace and position the spit at the appropriate distance.
3. Place the embers all around and along the meat.
4. Roast slowly until the skin is crisp.
5. Serve preferably hot.
Trataliu
(Lamb Offal)

SKILL: MEDIUM/DIFFICULT
TAKES 1 HR
200g heart
200g liver
200g lungs
Intestines
Caul fat
Salt

1. Wash the lamb intestines carefully and thoroughly.
2. Cut the heart, lungs, and liver into cubes.
3. Bake the offal in a tin.
4. Half way through the baking time, add salt to taste.
   Wrap the offal in the caul fat, then wrap the intestines tightly around it. Bake for another 30 minutes.
5. Serve hot.
Stewed Eels

SKILLS: MEDIUM
TAKES 50 MINS
6 eels
2 garlic cloves
10g tomato purée
70ml extra virgin olive oil
1 small chili pepper
2 bay leaves
Salt

1. Clean the eels, emptying them and removing the head. Wash and cut into logs.
2. Heat the oil in a nonstick pan, brown the garlic, add the eels, and leave to brown. Then stir in the tomato purée, the bay leaves, and the chili pepper. Season to taste.
3. After a few minutes, add enough water to cover the eels. Place the lid on.
4. Leave to simmer over a low heat for 20-30 minutes, depending on the size of the eels.
SIDE DISHES

Tùvara de arena cun crannatza
(Sardinian Sand Truffles with Vernaccia Wine)

SKILL: EASY
TAKES 20 MINS
600g Sardinian truffles (Terfezia leonis)
50g parsley
80g onion
160ml extra virgin olive oil
200ml Vernaccia di Oristano wine
Salt and black pepper

1. Peel and finely slice the truffles.
2. In a pan, brown the finely chopped onion and parsley.
3. Add the truffles, sprinkle with salt and pepper, and leave to simmer over low heat.
4. Pour the Vernaccia wine and leave to evaporate.
5. Serve hot.
Fae cun allu e menta areste
(Baby Broad Beans with Garlic and Mint)

SKILL: EASY
TAKES ???
1.2kg baby broad beans
3 garlic cloves
50g wild mint
70ml extra virgin olive oil
Salt and black pepper

1. Bring a large pan of salted water to the boil. Add the beans, bring back to the boil. Add the crushed garlic and some of the mint.
2. Check that the broad beans are cooked and drain.
3. Place in a bowl, sprinkle with the remaining chopped mint, and season with oil, salt, and pepper.
4. Serve straight away.
Stewed Cauliflower “alla Campidanese”

SKILL: MEDIUM  
TAKES 30 MINS  
1kg cauliflower  
40g celery  
40g carrot  
50g onion  
350g chopped tomatoes  
12 bitter olives  
40g parsley  
90ml extra virgin olive oil  

1. Remove the stem and cut the cauliflower head into florets.  
2. In a pan, lightly fry the chopped garlic and parsley and add the florets.  
3. Brown the cauliflower and add the finely sliced carrots and onion, the chopped tomatoes, and the stoned olives.  
4. Season to taste before taking the pan off the heat.  
5. Serve hot.
Aubergines “alla Sassarese”

SKILL: MEDIUM
TAKES 1 HR
3 long aubergines
2 garlic cloves
30g parsley
30g basil
80ml extra virgin olive oil
Salt

1. Peel, wash, and halve the aubergines lengthwise.
2. In a bowl, mix the finely chopped parsley and basil, and moisten with the oil. Season to taste.
3. Using a sharp knife, score a crisscross pattern over the cut sides of the aubergines.
4. Place them on a baking tray and brush with the oil, parsley, and basil.
5. Bake at medium heat for about an hour, until golden.
6. Serve hot or cold.
Amaretto Cookies

SKILL: DIFFICULT
TAKES 4 HRS
300g sugar
200g almonds
100g bitter almonds
3 egg whites
40g icing sugar
20g pastry flour

1. Blanch the almonds to remove the skin. To do this, bring a small saucepan of water to the boil, add the almonds, and boil for a few minutes.
2. Drain the almonds immediately, shell them, and grind them in a mortar.
3. Slowly add the sugar and mix until the mixture is thick.
4. Beat the egg whites until stiff, and slowly add to the mixture.
5. Transfer the mixture to a piping bag fitted with a plain tip.
6. Pipe small rounds on a baking sheet dusted with flour, leaving enough space between them.
7. Sprinkle with icing sugar and leave to rest for 2 hours before baking.
8. Bake at a very low heat for 50-60 minutes.
9. Lift the amaretti with a spatula and leave to cool.
10. Place on a tray or in a sealed biscuit tin to store.
**Galletina Cookies**

SKILL: MEDIUM  
TAKES 1 HR 15 MINS

750g sugar  
150g pastry flour  
6 eggs  
Icing sugar  
Salt

1. Beat the egg yolks with the sugar and a pinch of salt until homogeneous.
2. Slowly add the flour and mix well.
3. Whisk the egg whites to stiff peaks, and gradually fold them into the mixture.
4. Mix until well combined.
5. Place little portions of the mixture well spaced apart on a well-greased and floured baking tray.
6. Use a small sieve to dust with icing sugar mixed with a little plain sugar.
7. Heat the oven to 180°C and bake for 15 minutes.
8. Serve cold.
Caschetta Pastries

SKILL: DIFFICULT
TAKES 2 HRS
400g almonds
4 oranges
90g honey
200g pastry flour
1 medium egg
50g lard

For the filling:
1. Blanch the almonds, then shell, dry, and pound them.
2. Place the orange peel in the oven to dry out. Once dry, chop and grind.
3. In a bowl, mix the almonds, the orange peel, and the honey.
4. Cook the mixture in a non-stick pot over a low heat, mixing constantly until it is creamy.
5. Take the pan off the heat and leave to cool.

For the pastry:
1. Mix the flour, egg, lard, and a pinch of salt together. Knead the dough, shape into a ball, and leave to rest.
2. Form the filling into cigar shapes, approximately 3cm thick by 10cm long.
3. Cut the dough into pieces. Flatten and roll them out to very thin strips, about 2 x 12cm.
4. Place the cigar-shaped filling in the center of these strips.
5. Form the caschettas into semicircles, spirals, figure-of-eight knots, and horseshoe shapes. Place on a greased baking tray.
6. Bake in a moderate oven for about 30 minutes, until golden.
Pàrdulas – Formaggelle  
(Sweet Ricotta-Filled Pastries)

SKILL: MEDIUM/DIFFICULT  
TAKES 90 MINS  
500g pastry flour  
250g sugar  
1kg ricotta cheese  
300g lard  
3 oranges  
2 sachets of vanilla powder  
2 medium eggs  
Salt

1. In a bowl, combine the ricotta cheese, sugar, egg yolks, orange zest, a pinch of salt, vanilla powder, and 150g flour. Mix well and leave to rest.  
2. In another bowl combine the remaining flour, a spoonful of lard, and a pinch of salt. Roll out the dough into thin sheets.  
3. With the help of a glass or a cookie cutter, cut out discs of dough. Put two spoonfuls of the ricotta filling on each disc.  
4. Pinch the edge at intervals to get a raised border.  
5. Bake in the oven at a temperature of 250°C for about 20 minutes.  
**Pabassinos**  
(Raisin Cookies)

SKILL: MEDIUM/DIFFICULT  
TAKES 1 DAY 1 HR 45 MINS  
500g almonds  
200g walnuts  
500g raisins  
1 orange  
0.5l *sapa* (grape syrup)  
150g sugar sprinkles

1. Blanch the almonds for 5 minutes, drain, and remove the skin.  
2. Grind the almonds and walnuts.  
3. In a bowl, add the walnuts, almonds, raisins, grated orange zest, and sapa. Mix well until homogeneous.  
4. Cook over low heat for 30 minutes, stirring constantly.  
5. Leave to cool, then stretch out the mixture into sheets (1.5cm thick). Cut into diamond shapes with a cookie cutter.  
6. Leave to dry for 24 hours, then decorate with the sugar sprinkles.
Sebadas/Seadas
(Deep-Fried Dumplings)

SKILL: DIFFICULT
TAKES 1 HR 45 MINS
400g fresh or soured cheese (from sheep’s or cows’ milk)
350g bread flour
10g durum wheat flour (semolina)
80g lard
1 lemon
120g honey
100ml water
Salt

1. Slice the cheese and add to a pan. Cover with water, add the grated lemon zest, and cook over a gentle heat to combine.
2. Add 50g flour and mix well.
3. Pour the melted cheese onto a damp cutting board and divide into small portions.
4. Flatten the cheese and leave to rest.
5. Make a dough with the flour, lard, and salt.
6. Roll out the dough to about 2mm thick; place the portions of cheese filling on one side of the dough.
7. Fold the dough over and cut out discs around the filling.
8. Deep fry the sebadas in hot oil until golden.
9. Serve drizzled with honey or dusted with sugar.
**Pirichito Pastries**

**SKILL: MEDIUM/DIFFICULT**  
**TAKES 2 HRS 45 MINS**

600g pastry flour  
400g sugar  
12 eggs  
3 lemons  
100ml water  
80ml extra virgin olive oil

1. Beat the eggs until frothy, adding the oil slowly.  
2. Arrange the flour on the table, make a well in the center and pour the eggs. Mix until homogeneous.  
3. Leave to rest for 1 hour.  
4. Shape the dough into small balls, place on a floured baking tray leaving space in between the pirichitos.  
5. Bake at 200°C for about 45 minutes.  
6. In a pan, melt the sugar with the water and add the grated lemon zest.  
7. Pour the melted sugar onto the pastries and leave to dry.
Carasau Flatbread

SKILL: EASY
TAKES 1 HR
1kg durum wheat flour (semolina)
15g yeast
Water
Salt

1. Mix the ingredients until homogeneous. Shape the dough into a ball and roll out to a very thin sheet.
2. Bake until it rises.
3. Carefully remove from the oven and cut the risen bread in half.
4. Place the two halves back in the oven to toast.
Gutiau Flatbread

SKILL: EASY
TAKES 15 MINS
Carasau flatbread
Extra virgin olive oil
Salt and black pepper

1. Drizzle the oil over the flatbread and season to taste.
2. Bake for a few minutes
Sapa Bread

SKILL: DIFFICULT
TAKES 20 HRS

For the sapa:
5kg white grapes
2 quinces
2 oranges

For the bread:
1kg bread flour
500ml sapa
400g almonds
100g pine nuts
100g walnuts
400g raisins
30g yeast
Sugar sprinkles
Cinnamon
Salt

To prepare the sapa:
1. Deseed the grapes and squeeze the juice into a pot.
2. Slice the quinces, then add to the juice.
3. Add the orange peel, cut into strips, and cook over low heat for 12 hours.
4. Remove the quinces and the orange peel.
5. Sift the juice and pour into bottles.
To make the bread:

1. Bleach the almonds for 5 minutes, remove the skin, and grind.
2. Dissolve the yeast in a little sapa and 100ml lukewarm water. Add the yeast and the remaining sapa to the flour and mix well.
3. Knead and add a pinch of salt and one of cinnamon, the almonds and pine nuts, the walnuts previously ground, and the raisins.
4. Continue to knead, adding more sapa if needed.
5. Place the dough in a bowl, cover with a blanket, and leave to rise for about 2 hours.
6. Cut the dough into large pieces and place into floured baking tins.
7. Bake at 200°C for an hour.
8. Brush the bread with sapa and decorate with sugar sprinkles.
Choosing the right kind of flour is important to obtain a good quality pasta. The dough is made with durum wheat, semolina, and water. It is kneaded by hand, with the gradual addition of water and salt, until it is smooth and elastic, so that it can be stretched into long filaments. The dough is then cut into 100-gram pieces. On a floured wooden surface, each piece is rolled into a cylinder, then pulled and stretched by hand into long filaments. The numerous stages of hand-pulling and stretching are critical to produce threads of the desired thickness. Another important ingredient for the success of this preparation is the round frame used for drying the pasta: traditionally, it is made of dried asphodel leaves, plaited and arranged in concentric circles. The resulting surface is uneven, and it favors the drying process, further helped by the fiber of the asphodel leaves, which keeps moisture away. *Filindèu* pasta is prepared with a special sheep broth: broken into small pieces (roughly 5cm in diameter), it is added to the simmering broth with sour *Pecorino*, fresh sheep’s cheese. Et voilà! The soup is ready. In May every year, it is prepared in a little town in the province of Nuoro, on the feast day of St Francis of Lula. In her *Elias Portolu*, Deledda introduced this special dish on exactly the same occasion. The tradition is still alive, but very few women are capable of making *Filindèu* pasta and mastering the art of its spectacular preparation.
Casizulu Cheese

Casizulu is a traditional cheese from the Montiferru area with a characteristic rounded “pear” shape (peretta) topped by a little head. White to pale yellow, the paste is compact and elastic, or hard, depending on its maturing time; the rind is thin and presents a yellowish straw color. Mild versions have a sweet finish, but mature Casizulu tends to be spicier in flavor; sizes and weights also vary, from 500g to 3kg.

It is prepared with cows’ milk coagulated at 34-38°C, to which liquid calf rennet is added. The curd is then broken into small nuggets with a tool called a “spino,” and the paste thus obtained is placed in special containers until it reaches a specific stage of lactic fermentation. Once the curd is stretchy, it is sliced, immersed in hot water (90-93°C), kneaded, and stretched. Cut into various portion sizes, the paste is given its “pear” shape, and the peretta is placed in cold water to help the rind set; then, it is salted in saturated brine.

In Colombi e sparvieri, Grazia Deledda describes a “bunch of small cheeses” (formaggelle), Casizulu pear-shaped cheeses, tied with a string and hanging from the ceiling. N.B. Formaggella is also used to refer to the cheese-filled Pardulas pastries.