Let us bring Umbria to you

- 3 Comforting Classics -





Umbrian Lentils & Sausage

SERVES 4 - COOK IN 45 MINUTES, PLUS OVERNIGHT TO SOAK LENTILS



Ingredients



- 500g lentils, washed and soaked overnight
- 4 fresh sausages, whole
- 1/2 carrot, finely chopped
- 1/2 onion, finely chopped
- 1 celery stalk, finely chopped
- 1 garlic clove, finely chopped
- 80g pork cheek, finely chopped
- 500ml vegetable broth
- Salt





Preparation

1

Wash and soak lentils overnight.

2

Heat olive oil in a large saucepan over low heat, add the finely chopped vegetables (carrot, onion, celery stalk and garlic clove), pork cheek, and cook for 10 minutes. Add the drained lentils, sausages, a cup of vegetable broth and season to taste.

3

Cover the saucepan and allow to cook on low flame, adding vegetable stock as the liquid evaporates. Once the sausages are cooked, remove them from the saucepan and continue to cook the lentils. Once cooked, add the sausages, a drizzle of olive oil and serve hot. Buon Appetito!

Pot-roasted Stuffed Lamb of Leg

SERVES 6/8 - COOK IN 2 HOURS



Ingredients



STUFFING

- Boneless leg of lamb, around 1,5kg
- 200g fresh sausages, chopped
- 100g pancetta or bacon, chopped
- 100g prosciutto
- 200g breadcrumbs
- 200g whole milk
- Bunch of parsley, finely chopped
- Grated zest of 1 lemon
- 4 amaretti macaroons, crushed

- 1 egg yolk, beaten
- 1 egg, beaten
- 1/2 glass of vin santo
- 1 tablespoon of grated Parmigiano-Reggiano
- Ground nutmeg
- Salt and pepper

MARINADE

- Tablespoon of butter
- $\frac{1}{2}$ onion, sliced
- 1 carrot, sliced
- 2 glasses of broth

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Preparation



Soak the breadcrumbs with a glass of milk, discarding any excess milk. Prepare the stuffing in a large bowl, adding the following ingredients: chopped bacon, prosciutto and sausage, soaked breadcrumbs, chopped parsley, grated lemon zest, crushed amaretti, beaten egg yolk and egg, vin santo, grated Parmigiano-Reggiano, pinch of ground nutmeg, salt and pepper.

2

Mix all the ingredients together, until you obtain a coarse paste. Pack the stuffing into the pocket of the lamb, wrap the meat back and tie with string.

Melt butter in a pot, and brown the leg of lamb. Add the broth, sliced onions and carrots, and simmer gently for 1 hour. Remove the meat and vegetables from the pan, leaving the meat to rest.



Blend the vegetables before adding them once again into the pot, mixing them with the cooking juice to make a gravy. Slice the lamb and serve warm with gravy. Buon Appetito!

Crescionda di Spoleto

SERVES 6/8 - COOK IN 60 MINUTES



Ingredients



- 4 eggs, seperated
- 2 tablespoons cocoa powder, or 100g plain chocolate
- 80g amaretti macaroons, crushed into a fine crumb
- 3 tablespoons granulated sugar
- ¼ cup of rum
- 2 tablespoons all-purpose flour
- 500ml whole milk
- Grated zest of 1 lemon
- Ground cinnamon
- Powdered sugar



Preparation



Preheat the oven to 180 degrees Celsius (°C). In a bowl mix the crushed amaretti macaroons, sugar, flour, cocoa powder, cinnamon, grated lemon zest and rum. Continue to mix the ingredients, adding the egg yolks and milk.

2

In a separate bowl, whisk the egg whites until stiff peaks form and fold into the amaretti cake mixture. Place the mixture in a baking pan lined with parchment paper and bake for 20-25 minutes.

3

Dust with powdered sugar before serving – serve at room temperature or cold from the fridge. Buon Appetito!