



# *Calabrian Fritters* *(Zippoli Calabrese)*

**With love from Nonna Lena Agostino**



## **Ingredients**

2 kilograms plain flour  
3 sachets dry yeast  
1 tablespoon salt  
Vegetable oil for frying  
5 cups warm water (approx.)

## **Ingredients for the filling**

Anchovies  
Cubed feta cheese  
Cracked olives  
Dry mozzarella  
Small bowl with water for keeping your hands moist

## Method

Fill up a bowl with 2 cups of warm water and dissolve 1 tablespoon of salt. In a separate bowl, prepare 2 kg plain flour.

Put 3 sachets of dry yeast into the salted warm water and stir through to dissolve. Activate the yeast for 5 minutes then create a well in the middle of the flour and gently pour into the mixture.

Keep a bowl of warm water next to you at all times as you will need to keep adding this to your zippoli dough.

Mix through the liquid using your hands to ensure there is no dry flour left and keep gradually adding water until you get a consistency that is thick and sticky.

For this zippoli recipe, each time you add water knead the dough and turn it over so it combines really well. Once you have reached the right consistency (it will take 10 minutes) cover the bowl with a folded tablecloth so no air is let in, leaving it for at least an hour to raise.

Heat vegetable oil in a large frying pan to 180 degrees.

Place a small bowl with water as you will need to keep your hands moist at all times through this process.

Prepare a large plate, bowl or tray with kitchen paper so you can place your zippoli inside to absorb any excess oil.

Remove the cover from the dough when it has doubled. Moisten your hands using the water.

Pull up a piece of dough and roughly flatten it out on the palm of your hand.

Take an anchovy or your desired filling, place it in the middle and then fold the dough over, and twist it on both ends gently to encase the filling, making sure there are no holes and that the dough is not too thin around the filling. Place it into the fry pan and add a few more without overcrowding them. Deep fry in the hot oil.

Using a long set of tongs, tap the zippoli to turn them over and once they are completely golden they are ready.

Remove them from the oil, place them onto your plate and serve.

Repeat until the dough is finished. You can make them with no savoury filling, in which case place them on the serving plate and sprinkle with sugar to serve.

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# Lasagne

With love from Nonna Giulia Altieri



## Homemade Pasta

### Ingredients

500 grams plain flour

2 eggs

½ teaspoon salt

A little water, as needed

### Method

Place flour on a clean surface and make a well in the centre.

Add beaten eggs and salt into the well. Gradually incorporate flour until a dough forms.

Knead until smooth (about 8–10 minutes). Shape into a log, wrap in plastic, and rest for 20 minutes.

Bring a large pot of water to the boil.

Cut dough into small sections and roll each out using a rolling pin, then a pasta machine (medium thickness).

Sprinkle rolled sheets lightly with flour. You should have 13–14 sheets.

Blanch each sheet in boiling water for 60 seconds, transfer to cold water, then place on a clean tea towel to dry.

## Meat Sauce

### Ingredients

750 grams combined beef and pork mince  
1 large brown onion, finely chopped  
1 carrot, finely chopped  
1 celery stalk, finely chopped  
3 tablespoons olive oil  
1L tomato sugo or passata (homemade or store-bought)  
Salt, to taste

### Method

Heat oil in a large pan. Add onion and sauté until soft.  
Add mince and cook for 5 minutes, breaking it up.  
Stir in sugo (sauce), salt, carrot, and celery.  
Simmer on low to medium heat for 1 hour, stirring occasionally.

### To Assemble

#### Additional Ingredient

Mozzarella cheese, shredded

### Assembly

Preheat oven to 190°C (375°F).  
Spread a few spoonfuls of sauce on the base of a lasagne tray.  
Add a single layer of pasta sheets (minimal overlap).  
Top with meat sauce and a handful of mozzarella.  
Repeat layers until all pasta is used, finishing with sauce and a sprinkle of mozzarella on top.  
Cover with foil and bake for 30 minutes.  
Remove foil, top with more mozzarella, and bake uncovered for 10–15 minutes until golden and bubbling.

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# Potato Gnocchi

With love from Nonna Mimma Buti



**Serves 4**

## Ingredients

600 grams desiree potatoes  
30 grams unsalted butter  
30 grams grated Parmesan cheese  
1 egg yolk  
10 grams sea salt  
60 grams '00' type flour  
Flour, to dust

## Method

Cook potatoes slowly in their skins in water. Peel and dry out in oven to remove moisture.

Puree potatoes in a mouli or ricer.

Put puree in mixer with paddle blade on slow speed and add butter, cheese, egg yolk and salt.

Add flour until the dough stops sticking to your fingers.

Pull dough out and roll on a workbench dusted with flour into 1cm thick logs, then cut at 1-inch intervals with a spatula. Roll each ball along the tines of a fork to form gnocchetti shape.

Blanch in boiling salted water until they float.

Serve with a bolognese sauce.

## Bolognese Sauce

### Ingredients

- 1 tablespoon olive oil
- 2 brown onion, finely chopped
- 3 carrot, peeled, finely chopped
- 4 celery stick, trimmed, finely chopped
- 5 garlic cloves, crushed
- 6 grams beef mince
- 1/3 cup tomato paste
- 2 x 400g cans diced tomatoes
- 1teaspoon oregano leaves
- Large pinch ground nutmeg
- 2 teaspoons sugar
- 1/2 cup water
- Fresh basil leaves, to serve
- Parmesan cheese, to serve

### Method

Heat oil in a large saucepan over medium-high heat. Cook onion, carrot, celery and garlic, stirring, for 5 minutes or until softened. Add mince. Cook, breaking up with a wooden spoon, for 6 to 8 minutes or until browned.

Add paste, tomatoes, oregano, nutmeg, sugar and water. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 20 to 30 minutes or until thick. Season with salt and pepper.

Mix sauce through gnocchi – serve with fresh basil leaves and Parmesan cheese.

**Enjoy!**

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# Crayfish or Prawn Pasta

With love from Nonna Anna Camarda



## Ingredients

500 grams crayfish or prawns

350 grams thin spaghetti or linguine (*I use Barilla no 3 pasta*)

½ cup olive oil

4 large cloves garlic

1 chilli dry, fresh or chilli flakes (optional)

1 can diced tomatoes

Dash white wine (optional)

Salt and freshly ground pepper

Handful fresh parsley



## Method

Remove crayfish meat from shell and cut into bite size pieces. If using prawns remove shell (leaving tails on) and devein.

Heat half the oil in a wok or large fry pan. Add crayfish/prawns and sauté for 2-3 minutes.

Remove crayfish/prawns from pan and set aside.

Add extra oil to pan and heat, add garlic and chilli, sauté till garlic is a golden colour.

Add tomatoes, wine and some parsley. Season to taste with salt and freshly ground pepper.

Reduce heat and simmer. Add some fish stock or water if the sauce becomes too dry.

Cook pasta in a pot of salted boiling water (*until al dente*).

When pasta is cooked, drain, reserve a cup of the water to add to the sauce.

Return the crayfish/prawns to the sauce, toss pasta and add the reserved pasta water to the sauce if required.

Serve garnished with parsley.

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# *Carciofi Ripieni* *(Stuffed Artichokes)*

With love from Nonna Rosa Conti



## **Ingredients**

### **Cooking**

4 artichokes

Extra virgin olive oil

Water

### **Stuffing**

1 egg

1 tablespoon crushed garlic

Handful of chopped Italian parsley

2 tablespoons chopped speck/bacon

4 tablespoons Pecorino Romano cheese grated

½ cup homemade toasted breadcrumbs using stale Italian loaf  
(fry off breadcrumbs in olive oil in a pan, until golden)

¼ teaspoon salt

## Method

Put all the filling ingredients in a medium bowl and mix them well. Keep aside.

Clean the artichokes by removing the tough outer leaves and cutting the tops of the leaves (to remove the tough brown bits only).

Cut about 1/3 of the top off (you may need to do this with a bread knife). Use a spoon to scoop out the fibrous centre.

Put the artichoke hearts in a bowl of water with a little lemon juice and throw half of the lemon in there too; this will prevent the artichokes from turning brown.

Rinse the hearts off and gently open the leaves. Give the leaves one last dunk in the lemon water so it gets between each leaf. Place them upside down to drain off the water.

When ready to stuff, chop the stems off so the artichokes have a flat base. *Keep the stems; these can be cooked too.* Ensure you cut off the tough outer layer of the stems, revealing just the white centre; chop and add to cooking.

Using a teaspoon, pull back each leaf and add some stuffing until the whole artichoke is done; fill the central cavity of the artichoke too.

Put the artichokes, upright, in a large saucepan – *it must be snug.* Drizzle the top of each artichoke with extra virgin olive oil.

Squeeze lemon juice around the artichokes (not on them) then add a half lemon to the pot.

Pour some water in the saucepan up until it reaches ¼ of the height of the artichokes, taking care not to wet the top of the artichokes or the filling will go all soggy.

Bring to boil then cook on a low flame, covered, for about 45 minutes, depending on the artichoke's size.

Serve warm or at room temperature.

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# *Aeolian biscuits* (*Spicchitedda Eoliana*)

**With love from Nonna Anne Ferrari**



## **Ingredients**

1 kilogram plain flour

2 teaspoons pimento (allspice)

1 cup white sugar

A pinch of salt

A pinch of ground black pepper

Vino cotto (as required) – *this is home made boiled grape must typically from Malvasia grapes – can substitute balsamic glaze*

1 cup olive oil

1 teaspoon freshly ground cinnamon

¼ teaspoon of bicarbonate soda

The rind of two oranges that have been dried and ground

Blanched almonds to decorate



## Method

Heat oven to 200 degrees celsius.

Put dry ingredients into the bowl of a dough mixer and slowly add oil in a fine stream. Add vino cotto very slowly or the mixture will not bind. *Aeolians say that the dough gets the “cosa” (won’t bind).* Add vino cotto to form a firm dough that is not sticky.

Roll into logs that are finger width. Cut into 10cm pieces. Cut 2cm of each end in half and curl and decorate with an almond.

Line baking tray with baking paper and oil tray lightly. Place biscuits on tray.

Reduce oven temperature to 180 degrees.

Bake for 20 minutes or until golden.

*Do not overbake or the biscuits will become too hard.*

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# *Crostoli*

**With love from Nonna Adele Forlani**



## **Ingredients**

2 cups plain flour (plus extra for rolling)

2 eggs

2 tablespoons sugar

2 tablespoons white wine

Zest of 1 lemon (finely grated)

Oil for deep frying (vegetable or sunflower)

Icing sugar, for dusting



## Method

In a large bowl, combine flour, sugar, eggs, wine, and lemon zest. Mix until a dough forms.

Knead the dough on a lightly floured surface for 5–7 minutes until smooth and elastic.

Cover with a clean tea towel and let the dough rest for 30 minutes.

Divide dough into small portions and roll out thinly. *The thinner, the crispier!*

Cut into strips or diamond shapes with a pastry wheel. *You can make a small slit in the centre of each piece and gently pull one end through for the classic crostoli twist.*

Heat oil in a deep pan until hot (around 170–180°C). Fry crostoli in small batches until golden and crisp, turning once.

Remove with a slotted spoon and drain on paper towels.

While still warm, dust generously with icing sugar.

**Best enjoyed fresh with coffee, tea, or a little glass of sweet wine.**

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# *Sicilian Savoiard Biscuits (Giammelle con lo zucchero a velo)*

**With love from Nonna Vincenza Mancuso**



## **Ingredients**

- 1 kilogram self-raising flour
- 6 eggs
- 2 ½ cups sugar
- Grated lemon rind (or other citrus fruit)
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- ¼ cup milk
- 2 tablespoons custard powder (optional)
- 1 cup oil



## Method

Beat eggs and sugar well, then add oil until combined well.

Add flour, vanilla, rind, cinnamon, custard powder and milk and mix in well. Mixture shouldn't be too hard or too soft and sticky.

Place some extra oil in a bowl and rub some oil in the palm of your hand and roll a small piece of dough into a ball and then roll it into a small sausage-like shape (as long as your middle finger). Don't press down.

Place on a greased and floured tray or place baking paper on a tray.

Bake approximately 10–15 minutes or until light golden brown at 180 degrees Celsius.

Remove from tray and place onto a cold tray.

When cold, sprinkle with icing sugar and place into a container.

Makes approximately 60 biscuits.

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# Tiramisu

With love from Nonna Doris Marocchi



## Ingredients

4 large eggs

½ kilogram *mascarpone* (Italian cream cheese)

200 grams white sugar

1 large packet Italian Savoiardi biscuits

Vanilla sugar

400ml thickened cream

2 tablespoons brandy – *or as many as you like!*

Strong black coffee – *instant is okay.*



## Method

Separate egg yolks and egg whites.

In a large bowl beat egg yolks with 100gm of sugar, add mascarpone.

In a small bowl beat cream with 100gm of sugar – add to mascarpone mixture.

Sprinkle in some vanilla sugar.

Beat egg whites until stiff – add to mascarpone mixture.

Mix together well.

Combine cold strong black coffee with brandy and sugar as desired.

Dip Savoiardi biscuits into coffee liquid – front and back. *Be quick otherwise they get too soggy.*

To assemble, start with a very thin layer of cream mixture, then layer biscuits into dish – cover with cream mixture.

Repeat layer of dipped biscuits then cover with cream mixture.

Finish with cream mixture, dust with chocolate cocoa, refrigerate until set.

**Buon appetito – Enjoy!!!**

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# Potato Gnocchi

With love from Nonna Vittoria Melia



**Servings: 4**

**Prep time: 10 min**

**Cook time: 10 min**

## Ingredients

1 kilogram potatoes – red or blue

50 grams butter

1 egg

250 grams plain flour – sifted

2 tablespoons of salt

Extra flour for board

## Method

Peel potatoes and place in pan, cover with water, add salt and bring to the boil covered.

When cooked, test with a sharp knife, drain and allow all moisture to evaporate.

Place in a large mixing bowl and allow to cool.

When still warm to touch, mash potatoes by running them through a potato ricer, vegetable mouli or with hand masher.

Add butter and mix until incorporated and melted.

Add egg and mix well.

Slowly add in sifted flour, a handful at a time until dough is smooth and not sticky – see note below.

Place dough onto a floured work surface and knead gently until soft consistency. Cut into 4 sections.

Roll each section into a long roll approximately 20-30 mm diameter.

Cut into gnocchi shapes approximately 40mm long.

With a timber butter pat or flat side of grater, roll each shape down the surface from top to bottom using middle and index finger to obtain dimples in the gnocchi.

Place on a floured (or tea towel covered) tray until all finished.

Bring a large pot of water to rolling boil. Salt water and add gnocchi. When gnocchi rise to the surface, allow to cook for approximately 7 minutes. Drain and add to preferred sauce.

## Notes

**Flour:** Quantity of flour will vary depending on the absorbency of the potatoes and weather. Never add all the flour at once. Dough should feel soft and smooth, not sticky on the outside, but still soft inside.

**Freezing:** Once gnocchi are made - place tray in freezer until they are frozen. Then turn into zip lock bags and store in freezer until needed. To cook frozen gnocchi, remove from freezer when you put water on to boil. When boiling, add to pot whilst still frozen. Stir gently once. They will take a little longer to rise to top, but once risen, cook for recommended time.

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# *Stuffed Sardines with Tomato Sauce*

**With love from Nonna Rosa Mendolia**



## **Ingredients**

~~24~~ 24 fresh butterflied sardines  
600ml Italian tomato sauce  
Black pepper

## **Stuffing**

6 fresh filleted sardines  
½ small onion, chopped finely  
3 cloves garlic, crushed  
60 grams grated fresh Parmesan  
2 eggs, lightly beaten  
2 cups fresh breadcrumbs  
1 tablespoon chopped fresh parsley  
2 tablespoons extra virgin olive oil



## Method

To make the stuffing, finely chop the 6 filleted sardines; set aside.

Heat a little oil in a frying pan and cook the onions and garlic until soft.

Add the chopped sardines and cook for about 3 minutes.

Remove from heat and combine in a bowl with the remaining ingredients.

Lay the sardines out so that the tail ends are away from you and the thickest part of the sardine is closest.

Divide the stuffing mixture evenly at the thickest part of each sardine so that it covers about 2cm of the flesh.

Roll the sardine up so that you finish with the tail end on the outside.

Pin the sardine with a toothpick to keep the shape.

Pour some of the tomato sauce into a saucepan; place the sardines onto the sauce, then cover with remaining sauce.

Bring the sauce to the boil, then simmer, covered, for about 20 minutes or until the fish is cooked through.

Season with salt and pepper. Remove toothpicks just before serving.

Serve with slices of crusty Italian bread.

(Serves 6-8)

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# *Nonna's Biscotti* *(Like Aunty Concetta's)*

With love from Nonna Frances Minervini



## **Ingredients**

25 grams butter (melted)  
2 eggs  
8 tablespoons sugar  
8 tablespoons cornflour  
1 tablespoon vanilla essence  
Handful of crushed almonds  
2 ½ cups self-raising flour

## **Method**

Beat sugar, eggs and melted butter.  
Once beaten, mix in all the other ingredients.  
Shape via biscuit press.  
Bake in moderate oven until golden.



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# *Nonna Mela's Slow-Cooked Rabbit (Coniglio)*

**With love from Nonna Carmela Paratore**



## **Ingredients**

- 1 rabbit, cut into pieces
  - 2 ml red wine
  - 3 ml water (plus extra as needed)
  - 4 ml white wine (for rinsing)
- Olive oil  
Fresh parsley
- 1 onion, finely chopped
  - 2–3 cloves garlic, chopped
  - 200 grams mushrooms, sliced
  - Salt and freshly ground black pepper



## Method

**Prepare the rabbit:** Rinse the rabbit pieces thoroughly in water, then again in white wine. Pat dry with paper towel. Using a small knife, create slits in the meat and insert sprigs of fresh parsley.

**Brown the rabbit:** In a large casserole dish or heavy-based pot, heat a generous amount of olive oil. Add the rabbit pieces and additional chopped parsley. Season well with salt and pepper. Sear the meat over medium heat until evenly golden on all sides.

**Deglaze and simmer:** Increase the heat to high. Pour in 50ml red wine and 50ml water. Cover with a lid and cook for 5-10 minutes. Repeat this process a total of four times (approximately 20-40 minutes of covered simmering), adding the same amount of red wine and water each round.

**Prepare the vegetables:** Meanwhile, in a separate pan, heat olive oil and gently sauté the chopped onion, garlic, and mushrooms until softened and lightly golden.

**Combine and cook low and slow:** Transfer the sautéed vegetables into the casserole dish with the rabbit. Reduce heat to low. Add a little more water if needed to prevent sticking, and continue to cook gently for approximately 1 hour, or until the rabbit is tender and the sauce is rich and flavourful.

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# Stuffed Squid and Spaghetti

With love from Nonna Louisa Perroni



## Ingredients

4 small squid or calamari, approximately 800 grams  
4 tablespoons extra-virgin olive oil  
Optional: 350 grams spaghetti

## For the sauce

250 grams fresh ripe tomatoes or a small can of stewed plum tomatoes  
A pinch of sugar  
10 basil leaves  
Sea salt

## For the stuffing

4 tablespoons grated Pecorino (aged sheep's milk cheese)  
4 tablespoons plain breadcrumbs  
2 eggs, lightly beaten  
2 cloves garlic, minced  
2 tablespoons chopped flat-leaf parsley  
Freshly ground black pepper



## Method

Clean the squid by pulling the tentacles and the head out of the body sac. Pull the skin off the sac and clean out the innards. Remove the transparent chitinous support and rinse well in seawater. Be careful not to damage the sac, which will hold the stuffing. Take out the beak in the middle of the tentacles and remove the eyes. Cut the tentacles and head into little pieces. Rinse well and dry on paper towel. Sauté in a casserole in 3 tablespoons of extra-virgin olive oil until tender. Remove with a slotted spoon and put aside.

Pour the tomato purée into the same oil, add the sugar, the basil leaves, the pepper and salt. Simmer for 10 minutes, stirring occasionally.

Meanwhile prepare the stuffing in a bowl. Mix the slightly beaten eggs, the breadcrumbs, grated sheep's milk cheese, garlic, parsley and cooked tentacles. Do not add salt. *"You want a runny consistency", said Maria Biviano, "so that you can spoon it into the squid".* Fill each squid only half full. Otherwise the breadcrumbs will burst the sac. *The sisters used to sew up the ends of the squid but nowadays they use toothpicks.*

Brown the stuffed squid in the remaining spoonful of oil until the liquid they give off evaporates. When both sides are browned transfer the squid to the casserole with the tomato purée and simmer, covered for 30 minutes.

Eat them in their sauce or separately.  
Spoon the sauce over 350g of spaghetti and serve.

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# *Sicilian Arancini*

**With love from Nonna Betty Pisconeri**



## **Ingredients for rice**

2 cups Arborio rice  
4 cups chicken or vegetable broth  
½ cup dry white wine  
1 cup grated Parmigiano (Parmesan) cheese  
Salt to taste

## **Ingredients for the filling**

1 cup ragù sauce (meat sauce), drained of extra liquid  
1 cup mozzarella cheese, diced into small cubes  
½ cup frozen peas, thawed (optional)  
Olive oil for frying

## **Ingredients for the breading of arancini**

1 cup all-purpose flour  
2 large eggs, beaten  
3 cups plain Italian-style bread crumbs  
Salt and pepper to taste

## **For sauce accompaniment and garnish**

Basil leaves for garnish  
Marinara sauce for serving



## Method

**Prepare the rice:** In a large pot, bring the chicken or vegetable broth and white wine to a simmer. Add the Arborio rice and cook, stirring frequently, until the liquid is absorbed and the rice is creamy. Remove from heat, stir in the grated Parmesan cheese, and season with salt and pepper. Spread the rice onto a greased baking sheet and let it cool completely.

**Prepare the filling:** Mix the cooled ragù sauce, diced mozzarella, and thawed peas in a bowl.

**Assemble the arancini:** Take a large handful of cooled rice and flatten it in your hand - you can wet your hands with water or lightly grease them if needed. Place a spoonful of the filling in the centre and shape the rice around it, forming a large ball. Ensure the rice completely encloses the filling.

Roll each rice ball in the flour, then dip the rice ball in the beaten eggs, and coat it evenly with breadcrumbs seasoned with salt and pepper. Set the rice balls on a parchment-lined baking sheet. Repeat with remaining ingredients.

**Frying:** Heat olive oil in a deep fryer or a heavy-bottomed pan to 350°F (175°C). Fry the arancini in batches until golden brown, about 3-4 minutes per batch.

Remove with a slotted spoon and place on a paper towel-lined plate to drain the excess oil.

Allow the arancini to cool for a few minutes before serving. Serve them hot with warm marinara sauce.

## Enjoy!

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# Capretto (Slow-cooked goat)

With love from Nonna Maria Pizzale



**Servings: 6**

**Prepping Time: 20 min**

**Cooking Time: 90-120 min**

## Ingredients

2 kilograms capretto (goat) – cut into 5-7cm pieces

*(get your butcher to cut it for you)*

1 onion – cut into small dice

2 sticks celery – cut into small dice

1 cup dry white wine

1 cup crushed peeled tomatoes

1 tablespoon tomato paste

Stock (beef or chicken) – enough to cover meat  
(around 1 litre but possibly more)

½ cup pitted black olives

Salt and pepper to taste

## Method

Choose a pot with a close-fitting lid that fits all the capretto comfortably, in as few layers as possible so all the meat gets covered by liquid later.

To remove the 'gamey' smell, heat a dry pan (no oil or water). Add the capretto pieces and lightly brown until they release all the liquid from the skin. Remove the meat and set aside. Wash the pan.

Gently heat 2 tablespoons of olive oil in the pan. Add diced onion, carrot and celery. Cook until lightly golden. *This is your soffritto.*

Return the capretto to the pan and lightly season with salt and pepper (stock will be added later, so don't over-salt).

Add white wine and simmer, stirring often, until almost fully evaporated.

Once the wine has almost evaporated stir in crushed tomatoes and tomato paste. Cook a few minutes to combine the flavours.

Pour in enough stock to just cover the meat. Cover and simmer gently for 30 minutes.

*If the meat is in layers, rotate pieces so they all get covered in the saucy goodness.*

Add pitted olives. Cover and cook for another hour, stirring often. Add more stock if needed to keep the mixture saucy, but not watery.

After about an hour, check that the meat is tender – it should fall off the bone. Adjust seasoning before serving.

*If you are a good Friulana you would serve this dish with polenta, of course. However, mashed potato works just as well to mop up all of the delicious sauce and juices.*

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# *Calabrian Fritters (Zippoli Calabrese)*

**With love from Nonna Paola Pulitano**



## **Ingredients**

1 kilogram plain flour

1 tablespoon salt

1 1/2 tablespoons yeast

800ml warm water

Anchovies



## Method

Knead dough and let rise like you would when making bread.

Heat vegetable oil in a fryer/saucepan.

Moisten your hands with oil then pull a piece of dough and roughly flatten in the palm of your hand, take an anchovy place it in the middle and then fold the dough over and twist to encase the anchovy. Place into heated oil and add a few more without overcrowding.

Then using a long tong tap the zippoli to turn over and once they are golden brown they are ready.

Remove place on a tray and enjoy.

To make the sweet zippoli leave plain and once removed from oil roll in sugar and serve.

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# *Maria's Frittata*

With love from Nonna Maria Ricciardello



## **Ingredients**

- 2 brown onions
- 2 cloves garlic
- 2 tins of crushed tomatoes
- 2 zucchinis
- 2 eggplants
- 6 potatoes
- 1 red capsicum
- 1 green capsicum
- Salt and pepper



## Method

Dice onions, and garlic - set aside.

Prepare each of the vegetables into small cubes or strips as you desire.

Fry each of the vegetables separately, cooking slowly over a medium heat in some olive oil. As each vegetable is complete set aside onto a plate – *remember to always salt and pepper each vegetable.*

Once the vegetables are complete slowly cook the onion and garlic until tender and then add crushed tomatoes. Add salt and pepper to your desired taste.

Once the sauce is cooked add the vegetables and stir to combine, let them cook together slowly to become tasty.

Enjoy with some fresh crunchy bread.

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# *Italian Stuffed Artichokes (Carciofi Ripieni)*

**With love from Nonna Marianna Re**



## **Ingredients**

2 medium artichokes

4 cups water

½ lemon

1 tablespoon extra virgin olive oil

4 cloves garlic (crushed)

¾ cup seasoned breadcrumbs

1 cup grated Pecorino Romano or a good Parmesan cheese

1 egg white (whisked)

1 cup chicken stock (vegetable stock can be used instead)

¼ cup white wine

Olive oil spray



## Method

Cut the stems and the tops off the artichokes.

Cut off the tips of the leaves and squeeze lemon all over to prevent browning.

Fill a large pot with 4 cups water and place artichokes cut side down in the pot.

Boil 12-14 minutes, until the meaty parts of the artichoke become tender.

When artichokes have cooked, remove the centre leaves and scoop out the choke with a teaspoon. Remove from heat.

In a bowl, add breadcrumbs, grated cheese, olive oil, garlic and egg white and mix well.

Place artichokes in a baking dish and stuff the centres and leaves all around with the stuffing. Spray lightly with olive oil.

Fill the bottom of the baking dish with stock and wine and cover tightly with aluminium foil.

Bake for 40 minutes at 180C. Remove the foil for the last 10 minutes of baking until the crumbs become golden. Garnish with parsley and more Parmesan cheese.

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# *Pignolata*

With love from Nonna Giuseppina Ricciardo



## **Ingredients**

4 cups self raising flour  
1 cup plain flour  
1 cup canola oil  
3 eggs  
1/4cup sugar  
Pinch cinnamon  
Dash of vanilla  
Honey for coating



## Method

Prepare the dough by making a well in the centre of the flour.

Add the eggs, oil, sugar, cinnamon and vanilla.

Using a fork beat eggs and slowly mix the flour into well.

Transfer to bench and knead until smooth.

Cover the dough and let rest for 30mins.

Divide dough into pieces and roll into long ropes.

Cut into desired lengths (2-4cm).

Heat canola oil in a deep pan for frying the pignolata.

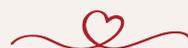
Fry pignolata in batches do not overlap 1-2mins until golden brown.

Transfer with a slotted spoon onto absorbent paper.

Coat pignolata with honey by placing into a bowl, add honey and toss to coat.

**Now serve and enjoy!**

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# Bucatini all'Amatriciana

With love from Nonna Franca Roberti



**Serves 4**

## **Ingredients**

180g guanciale – *Cured pork cheek, the key ingredient that gives the dish its rich, savoury flavour.*

200g Pecorino Romano – *The traditional cheese, sharp and salty, balancing the richness of the guanciale.*

400g tin tomatoes (polpa or chopped) – *A more modern addition that gives the dish its name and a luscious sauce base.*

Pinch chilli pepper – *Adds a gentle heat. Alternatively, freshly ground black pepper may be used.*

400g bucatini – *The classic Roman pasta with a hollow centre to catch the sauce. Rigatoni may also be used.*



## Method

### Prepare the guanciale

Cut the guanciale into small strips and fry gently in a pan until golden and crisp. Remove half and set aside.

### Make the sauce

Add the tomatoes to the pan with the remaining guanciale and rendered fat.

Simmer gently to combine flavours. Add a pinch of chilli flakes (or black pepper) to taste.

### Cook the pasta

In the meantime, bring a large pot of salted water to the boil. Add the bucatini and cook until al dente.

### Bring it together

Drain the pasta and add it directly to the pan with the sauce. Mix well, coating every strand.

Stir in the reserved guanciale and plenty of grated Pecorino.

### Make the sauce

Plate generously, topping with more Pecorino and a final twist of pepper if desired.

**Buon appetito da Franca Roberti**

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# *Meatballs in Tomato Sauce*

With love from Nonna Giuseppina Saffioti



## **Ingredients**

### **For the meatballs**

250 grams minced veal  
250 grams minced pork  
500 grams minced beef  
1 cup fresh white breadcrumbs  
(4 slices, crusts removed)  
1 cup dry breadcrumbs  
4 tablespoons chopped fresh  
flat-leaf parsley  
1 cup freshly grated Parmesan  
1 teaspoon salt  
1 teaspoon freshly ground  
black pepper  
1 extra-large egg, beaten  
Olive oil

### **For the sauce**

1 tablespoon good olive oil  
1 cup chopped yellow onion  
1 1/2 teaspoons minced garlic  
1 cup good red wine, ie Chianti  
400 grams can crushed tomatoes,  
or plum tomatoes in puree, chopped  
1 tablespoon chopped fresh  
flat-leaf parsley  
1 1/2 teaspoons salt  
1/2 teaspoon freshly ground  
black pepper



## Method

Place all the minced meats, both fresh and dried bread crumbs, parsley, Parmesan, salt, pepper, egg, and 3/4 cup warm water in a bowl. Combine very lightly with a fork. Using your hands, lightly form the mixture into golf ball size meatballs.

Pour olive oil into a large pan to a depth of 1/4-inch. Heat the oil. Very carefully, in batches, place the meatballs in the oil, browning them well on each side over medium heat. Turn them carefully with a spatula or a fork. Remove the meatballs and place them on a plate.

For the sauce, heat the olive oil in the same pan. Add the onion and saute over medium heat until translucent, 5 to 10 minutes. Add the garlic and cook for 1 more minute. Add the wine and cook on high heat, scraping up all the brown bits in the pan, until almost all the liquid evaporates, about 3 minutes. Stir in the tomatoes, parsley, salt, and pepper.

Return the meatballs to the sauce, cover, and simmer on very low heat for 25 to 30 minutes or until meatballs are cooked through.

Serve with crusty bread or with pasta of choice.

## Enjoy!

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# *Stuffed Eggplant (Melanzane Ripieni)*

**With love from Nonna Rosie Ventrice**



## **Ingredients**

- 6 eggplants, cut into halves
- 2 eggs
- 1 cup of breadcrumbs
- 1 cup of mashed potato
- 1 teaspoon salt
- 1 clove garlic, chopped
- Bunch of parsley and basil, chopped



## Method

Blanch the eggplant halves for 10 minutes.

Then drain and let them cool.

Scoop out the flesh of the eggplants into a bowl.

Leave eggplant skins aside to stuff with mixture.

Add all other ingredients until combined.

Stuff the eggplant with mixture and shallow fry in oil on both sides.

Drain on paper towels, ready to serve.

*This recipe will work with zucchini as well.*

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# *Biscotti al Latte*

With love from Nonna Carolina Vinciullo



## **Ingredients**

10 eggs

3 cups sugar

1 cup milk

1 cup oil

250 grams butter (melted)

Vanilla extract

Grated lemon rind

Some ground cinnamon

2 kilograms sifted self-raising flour – *or as much as it takes.*



## Method

Whisk eggs in mixer bowl until at top of bowl.

Gradually add sugar and continue to whisk.

Add some ground cinnamon and continue to whisk.

Add oil.

Add melted butter.

Add milk last.

Add lemon rind.

Finally whisk a little more.

Remove bowl from mixer.

Gradually add enough sifted flour to bring it together.

Tip out onto floured surface and continue to add flour until the correct consistency.

Prepare biscuit machine, or roll out by hand as preferred.

Cut up small pieces of mixture and put on a floured plate.

Pass through machine, place on lined oven sheets.

Bake at 170 degrees two trays at a time until golden.

Cool and store in airtight containers.

*This recipe can be halved.*

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# Calabrian Chilli Pepper Pasta

With love from Nonna Maria Papalia



**Serves 4**

## Ingredients

450 grams spaghetti, or pasta of choice

1 cup extra-virgin olive oil

4 large garlic cloves, finely chopped

2 anchovies in oil

3 tablespoons Calabrian hot crushed chilli peppers

1 cup finely chopped canned tomatoes

1/4 cup finely chopped parsley

1/2 cup chopped, pitted, Kalamata olives

Salt & pepper to taste

To Serve:

1 cup freshly grated Pecorino Romano cheese



## Method

Bring a large pot of lightly salted water to a boil.

While the water is heating, heat the olive oil in a pan over medium heat.

Add the garlic and anchovies, and stir vigorously to break the anchovies up into a paste.

Add the chilli pepper paste, tomatoes and parsley, and bring to a boil.

Reduce the heat to a simmer, and cook for 5 minutes.

Add the olives and stir to mix.

Taste the sauce and season with salt and pepper as needed.

Cook the pasta until it is 'al dente' then drain and return to the pot.

Add a scoop of sauce to the pasta and toss to coat the pasta well.

Serve the pasta in individual bowls, with a spoonful of sauce on top.

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