



**Ring in the New Year with "Pure Flour from Europe":
Four unique, festive recipes, featuring organic soft wheat flour and organic semolina**

The *"Pure Flour from Europe"* project managed by **ITALMOPA** (the Italian Milling Industry Association) and co-funded by the European Union, aims to promote **the export** of Made in Europe and Made in Italy, certified organic soft wheat flour and **organic semolina in Canada and the USA ahead of its presence at the Specialty Food Association's Winter Fancy Food Show in Las Vegas, NV, on January 15-17, 2023.**

Celebrate the start of 2023 with a special menu of four delightful, creative dishes made with **organic soft wheat flour and organic semolina**. Perfect for winter entertaining or a quiet night at home, the product provides the highest quality of flavor and proven health benefits, as well as adhering to eco-sustainable practices through an agricultural perspective based on **the natural order of the fields throughout the seasons**; never using chemical fertilizers or other harmful products.

The menu is inspired by highly-acclaimed **Italian chef Viviana Marrocoli**, a student of the multi-Michelin-starred Igles Corelli, who currently oversees the kitchen of Taverna La Raggiola in Naples, Italy.

It follows the dictates of **"circular" cooking**, which is anti-waste and environmentally conscious, always using the freshest, seasonal ingredients. This philosophy means using all parts of the vegetables, from root to stems; as well as animals, from nose to tail so nothing is wasted.

Peel, leaves, stems, scraps of cuts: **everything is given a second chance in circular cooking, meaning that not only is the food a gift consumption, but also to the environment around us.**



THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE HIGH
QUALITY AGRICULTURAL PRODUCTS.





PURE



FLOUR



FROM EUROPE

**ORGANIC & SUSTAINABLE
FLOUR EXPERIENCE**

It's not just the fresh foods that are cherished so in this way of cooking, it is also the basics: specifically, organic wheat flour and organic semolina. The first one is soft wheat, and the second is hard wheat, perfect for all types of cooking and baking.

Salt Cod Tortello Puttanesca with olives and capers from Pantelleria

<https://pureflourfromeurope.ca/recipes/salt-cod-tortello-puttanesca-with-olives-and-capers-from-pantelleria/>



Serves four

Preparation time: 1 hour

Resting time: 1 hour

For the fresh pasta

Ingredients

3 cups Italian organic 00 soft wheat flour



THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE HIGH
QUALITY AGRICULTURAL PRODUCTS.





PURE



FLOUR



**FROM
EUROPE**

**ORGANIC & SUSTAINABLE
FLOUR EXPERIENCE**

2/3 cup organic semolina
8 egg yolks
2 whole eggs, cracked open and lightly beaten
¼ cup extra virgin olive oil
¾ teaspoon salt

Method

Combine the soft wheat flour with the semolina and place on a work surface. Make a well, put the egg yolks and lightly beaten eggs in the center, along with the olive oil. Work mixture well, until it forms a smooth dough. Cover with plastic wrap and leave in the refrigerator for an hour or so, to rest.

For the filling

Ingredients

10 ½ ounces soaked, and desalted, salt cod fillet (skin and any bones removed)
8 ounces peeled, diced, potatoes
¼ cup extra virgin olive oil (preferably a delicate one)
1 teaspoon, or to taste salt
2 shallots, peeled and chopped
¼ heavy or whipping cream
Parsley to taste
White wine, as needed

For the sauce:

Ingredients

1 clove of garlic, lightly crushed but still mostly whole
4/5 parsley stems, chopped
1 anchovy, chopped
4-6 tablespoons capers
1 lb datterini tomatoes, chopped, or 14-15 oz canned small tomatoes, plus their juices



CO-FUNDED BY THE
EUROPEAN UNION

THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE HIGH
QUALITY AGRICULTURAL PRODUCTS.

**ENJOY
IT'S FROM
EUROPE**





PURE



FLOUR



**FROM
EUROPE**

**ORGANIC & SUSTAINABLE
FLOUR EXPERIENCE**

1 cup pitted, chopped Gaeta (or other flavorful black olives such as Kalamata) olives,

Method for Filling

Poach the cod, (reserving the water, which will be used later).

In a tall saucepan, sauté the chopped shallot, then stir in the diced potatoes and steamed cod, cooking together for a minute or two.

Pour in the wine, raise the heat and cook until evaporated, then add the cream and a little of the cooking water. Simmer gently until the potato falls apart and then work everything with a whisk, until you get a full-bodied mixture. Finally, add some finely chopped parsley as you like.

Method for the sauce

Sauté the garlic in a skillet with the extra virgin olive oil, when it is golden, remove it and add the parsley stalks, the anchovy, the capers and the tomatoes then cook for about ten minutes. Add the olives and set aside.

Method for the Tortelli

Take the dough from the fridge and using a rolling pin, roll into sheets of pasta about 1/16 inch thick (or thinner).

Cut the dough into circles about 1 1/4-1 1/2 inches in diameter.

Place the filling in a piping bag. Wet the edges of each circle then pipe in a tablespoon or more of the filling into the center of each. Top with a second dough circle, also with its edges wet. Press the edges together with your fingers and using a fork press to seal the filling inside.

Bring a large pot of water to the boil. Add salt, then add the tortelli and cook for about three minutes.

Drain gently, then place the tortelli in the skillet with the sauce. Over a medium heat, toss them gently to heat through together, for 1 or so minutes.

Plate the tortelli and finish with a sprinkling of parsley.

Insalata di Rinforzo 3-Ways



CO-FUNDED BY THE
EUROPEAN UNION

THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE HIGH
QUALITY AGRICULTURAL PRODUCTS.

**ENJOY
IT'S FROM
EUROPE**



Creiamo qualità



PURE



FLOUR



FROM EUROPE

**ORGANIC & SUSTAINABLE
FLOUR EXPERIENCE**

A modern interpretation of the classic Neapolitan Christmas dish of marinated cauliflower and pickled vegetables

<https://pureflourfromeurope.ca/recipes/insalata-di-rinforzo-in-three-ways/>



Serves four

Preparation time: 1 hour

Ingredients

1 medium-sized white cauliflower, cleaned and divided into florets (I like to dice the stem as well)

1 medium-sized purple cauliflower, cleaned and divided into florets, including dicing the stem if you are using



CO-FUNDED BY THE
EUROPEAN UNION

THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE HIGH
QUALITY AGRICULTURAL PRODUCTS.

**ENJOY
IT'S FROM
EUROPE**





PURE



FLOUR



FROM
EUROPE

ORGANIC & SUSTAINABLE
FLOUR EXPERIENCE

1 medium-sized yellow cauliflower, cleaned and divided into florets, including dicing the stem if you are using

Large pinch of coarse salt, for the cauliflower cooking water, and as needed to season the rest of the dish

Rice vinegar, as needed

2 tablespoons of extra virgin olive oil

¾ -1 cup small gherkins in vinegar

2 tablespoons pitted, halved or quartered Gaeta (or another flavorful Mediterranean olive) olives

10 Cetara anchovies (or choose another flavorful anchovy if Cetara is not available)

About 4 cups Sunflower oil

3/4-7/8 cups Italian organic 00 soft wheat flour

1/3- ½ up sparkling water

Method

Working separately with each color of cauliflower, bring a large pot of water to a boil, add a pinch of coarse salt and blanch the cauliflower for eight minutes. Cool them in water mixed with ice and set aside, until you have three separate blanched and cooled cauliflower; drain each.

Puree the white cauliflower florets in a blender until you get a puree, seasoning with salt and a little rice vinegar to taste; Leave the purple cauliflower in florets and dress with oil, salt, and vinegar. For the yellow cauliflower, prepare a light batter with flour and sparkling water, then dip the florets in it to coat.

Meanwhile, heat the sunflower oil in a saucepan and once it reaches a temperature of 350F degrees, then fry the battered florets until they are golden-crispy. Drain and place on absorbent paper sheets and set aside.

Now, plate the dish: Arrange the white cauliflower puree in a shallow bowl, top with an appealing arrangement of the other florets, the gherkins, the olives, and the anchovies, working in a circular shape.

Semolina Crisps with Broccoli Salsa Verde, Anchovies from Cetara, and Gaeta Olives.



CO-FUNDED BY THE
EUROPEAN UNION

THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE HIGH
QUALITY AGRICULTURAL PRODUCTS.





PURE



FLOUR



FROM EUROPE

**ORGANIC & SUSTAINABLE
FLOUR EXPERIENCE**

<https://pureflourfromeurope.ca/recipes/semolina-crisps-with-broccoli-salsa-verde-anchovies-from-cetara-and-gaeta-olives/>



Serves four

Preparation time: 40 minutes

Resting time: 20 minutes

Crisps

Ingredients

1 ¼ cup fine organic semolina + extra, for rolling

1 large pinch salt

¾ cup warm water, plus a tablespoon or two extras, if needed



CO-FUNDED BY THE
EUROPEAN UNION

THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE HIGH
QUALITY AGRICULTURAL PRODUCTS.

**ENJOY
IT'S FROM
EUROPE**





Sunflower or peanut oil, for shallow frying—you want to toast the dough, not deep fry it

Method

Combine the semolina and salt in a bowl, then add the water little by little. At first, the mixture will be crumbly, so add more water until you obtain a smooth and homogeneous mixture. Cover the mixture with plastic wrap and leave it to rest at room temperature for 20 minutes.

Dust the work surface with the extra semolina for rolling, then, place the dough on the board, cover it with a sheet of parchment paper, and, using a rolling pin, roll the dough out. The dough must be very thin, between 1/16 and 1/8 inch.

Cut the dough into circles of about 6 inches in diameter, then cut each circle into 4 wedges. Put a small amount of oil—say, 3 – 4 tablespoons—in a 10–12-inch skillet.

Heat to medium-high and add the dough wedges; slightly lower the heat and cook over medium heat. They must not be burnt but toasted.

It should take just a few seconds on each side. Finally, place them on absorbent paper or a wire cooling/draining rack.

Broccoli Salsa Verde

<https://pureflourfromeurope.ca/recipes/struffoli/>

Ingredients

- 1 large broccoli head, blanched and chopped
- 2 round vine tomatoes, peeled, seeded, and cut into small cubes.
- Juice of 1 lime
- 1 Tropea or other very tasty red onion, peeled and chopped finely
- Pinch chili pepper flakes, to taste
- Extra virgin olive oil, to taste
- Salt, to taste
- 4 anchovies, preferably Cetara anchovies, cut into halves
- 4 large, fleshy, flavorful green olives, preferably Gaeta, pitted



THE EUROPEAN UNION SUPPORTS CAMPAIGNS THAT PROMOTE HIGH QUALITY AGRICULTURAL PRODUCTS.





Method

Combine the broccoli with the lime juice, a drizzle of extra virgin olive oil, and a pinch of salt; whizz it in a blender until pureed or cream-like. Place in bowl and season to taste.

Add the diced tomatoes and onions and top the mixture with the olives and anchovies; serve in a bowl, alongside the crisp little toasted semolina wedges.

Struffoli

The classic Neapolitan Christmas treat: honey balls! Balls of crisp fried dough tossed with a honey-caramel sauce and scattered with brightly colored tiny candies.

<https://pureflourfromeurope.ca/recipes/struffoli/>



THE EUROPEAN UNION SUPPORTS CAMPAIGNS THAT PROMOTE HIGH QUALITY AGRICULTURAL PRODUCTS.





PURE



FLOUR



FROM
EUROPE

ORGANIC & SUSTAINABLE
FLOUR EXPERIENCE



Serves four

Preparation time: 2 hours

Resting time: 30 minutes

Ingredients

1 ¼ cups Italian organic 00 soft wheat flour, measured then sifted

½ teaspoon baking powder

Pinch of salt

Grated peel of 1 orange

Grated peel of 1 lemon

1/3 cup butter, softened



CO-FUNDED BY THE
EUROPEAN UNION

THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE HIGH
QUALITY AGRICULTURAL PRODUCTS.

ENJOY
IT'S FROM
EUROPE





PURE



FLOUR



**FROM
EUROPE**

**ORGANIC & SUSTAINABLE
FLOUR EXPERIENCE**

½ cup sugar
2 tablespoons anise liqueur or rum
4 large eggs
2- 2 ½ cups sunflower oil, for frying

To decorate:

1 cup honey
2 tablespoons of powdered (confectioners) sugar
1/4-1/2 teaspoon vanilla extract
3 tablespoons of multi-colored confetti balls or sprinkles
A few white bean-shaped confetti-sized cinnamon-flavor candies (optional)
1 teaspoon of silver sugar pearls
1/3 cup candied fruit, of your choice (cherries, orange peel, citron)

Method

In a large bowl, mix together the organic flour, baking powder, salt, and grated citrus peel, then add the sugar, butter, and liqueur. Mix with a wooden spoon until it resembles fine sand. Make a well in the center, add the eggs and once incorporated into a dough, knead with your hands until the mixture is smooth and homogeneous. Let the dough rest for about 30 minutes wrapped in plastic wrap.

After the rest time, cut or break the dough into pieces 1/2-3/4 cup each.

Roll out each piece with your hands on the work surface to make a long sausage shape, about 1/4-1/2 inch thick. A tip: make sure they are no wider, otherwise the struffoli will be too large—they will get bigger during frying, due to the baking powder. Slice the sausage using a small knife into many small pieces each about 1/2-1/3 inches in size.

Heat the oil until hot enough for frying, about 350F degrees. As soon as they are golden, remove from the pan with a slotted spoon, drain, and place them on sheets of absorbent paper.

How to finish and decorate the struffoli



CO-FUNDED BY THE
EUROPEAN UNION



THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE HIGH
QUALITY AGRICULTURAL PRODUCTS.

**ENJOY
IT'S FROM
EUROPE**





**ORGANIC & SUSTAINABLE
FLOUR EXPERIENCE**

In a large pot, Dutch oven, or saucepan combine the honey and powdered sugar then over very low heat, stirring with a wooden spoon, melt together. Remove from the heat, stir in vanilla extract, and add the struffoli as well as most of the confetti balls and pearls, leaving only a few aside to decorate the final dish. Mix well, so that the honey syrup can coat each dough ball, arrange the dessert in a large serving dish, and add the candied fruit and the rest of the confetti to decorate.

Find out more on www.pureflourfromeurope.ca

Follow us on:

POS Canada: [Instagram](#) - [Facebook](#) - [Youtube](#)

What else to say.... Enjoy. It's from Europe!



THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE HIGH
QUALITY AGRICULTURAL PRODUCTS.

