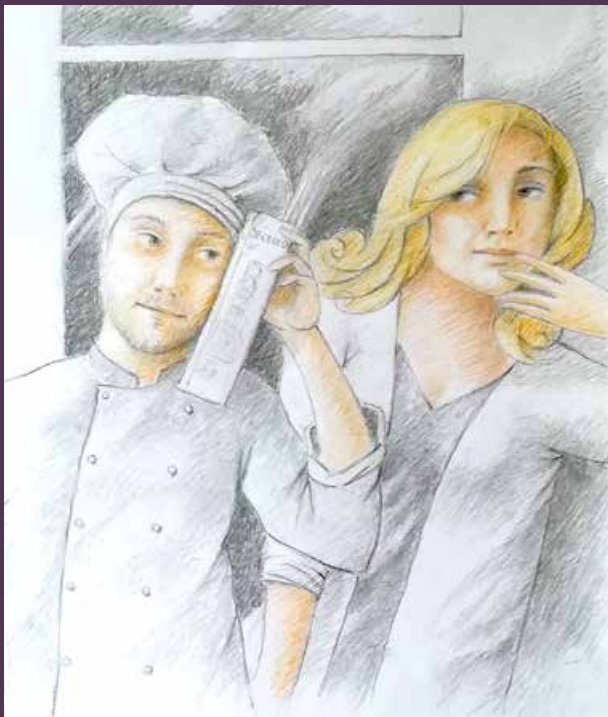




HOMELANDS

— a Family Heritage —

a Recipe Book by Glenda Furia and Daniele Alari



*Glenda and Daniele portayed by the talented painter
and friend Vincenzo Calli.*

Glenda and Daniele decided to write this recipe
book in order celebrate their family culinary
heritage and to make their guests part of it.

Glenda e Daniele

Homelands Guest House



Glenade Fine

Homelands

A Family Heritage

Introduction

Our journey brought us from Cortona to Barnard Castle, in 2017. Cortona is the place where we were born, a picturesque Etruscan town in the heart of Tuscany.

I like to describe it using the words of my school literature teacher, Prof. Nicola Caldarone: “Cortona isn’t a place you can find by chance, you have to know exactly where it is, in order to reach it, even if it sits on its hill in front of you.

Cortona is hardly evident to the eye as it dissolves itself as dust into the indefinable tonalities of earth, olive trees and the sky. Therefore Cortona can be recognized only by the one who is able to look for it and find it out among many other colours. Cortona reveals itself mostly in the night time, when it appears to everyone like a small universe of twinkling stars, a constellation fallen down to our earth and stuck upon a hill.”

Being Italian, our culinary heritage is based on respect for good, fresh and simple ingredients, straight from the local markets or Zero Km, when possible. Zero Km food is a concept which first appeared in Italy. It means that the food is produced, sold and eaten locally. Mainly it refers to non-industrial fruits, vegetables, cheese, meat, honey...which do not go through global trade chains, therefore Zero Km food does not have big price margins and loss of quality. These are the ingredients we have grown up with,

beautifully red tomatoes from grandfather’s vegetable patch or juicy cherries straight from the tree.

Italian cuisine harmonizes two inseparable principles: simplicity and quality. In these days of pre-made food, fresh ingredients and home cooked meals are a rarity. When you see beauties such as a traditional ragù or smell a still steaming chocolate cake or try the velvety taste of home made jams, you think about slow passages of time, you need to take your time when cooking, smell the flavours, enjoy yourself and relax. It is a feast of the senses.

Our guests at Homelands keep coming back in order to discover something new and traditional at the same time, they have the chance both to treat their palate and to take some of the Italian soul they find in our meals with them, a soul which carries on traditions, started with our parents and grandparents many years ago. This book is a tribute to our family and its culinary heritage, but also a treasure trove of our memories, each recipe tells of Sunday lunches all together or sunny picnics, delicious snacks, cakes baked by Nonna or Mamma.

Food always tastes better when you eat it with your family.

Summary

Antipasti 7

Polpo e Patate (*Octopus salad*) 8

Panzanella (*Panzanella*) ✓ 10

Crostini neri (*Chicken liver pat  crostini*) 12

Focaccia (*Flatbread*) ✓ 14

Primi piatti 17

Il sugo di casa (*Rag *) 18

Pasta Amedeo (*Pasta Amedeo*) 20

Pasta al fumo di Cortona (*Cortona smoked pasta*) 22

Zuppa di ceci di mamma Ida (*Ida's chickpeas soup*) ✓ 24

Spaghetti di un viaggio siciliano
(*Spaghetti from a Sicilian trip*) 26

Timballo di Piero (*Piero's rice timbale*) ✓ 28

Secondi piatti 31

Filetto di maiale in salsa di prugne e vino rosso (<i>Pork Medallions in red wine sauce</i>)	32
Calamari ripieni di casa Alari (<i>Stuffed squids Alari</i>)	34
Peperoni ripieni e polpettone (<i>Stuffed peppers and meatloaf</i>) . . .	36
Pomodori estivi della nonna Peppa (<i>Granny's summer baked tomatoes</i>)	38
Stufato della nonna (<i>Granny stew</i>)	40

Contorni 43

Bagiana (<i>Broadbeans stew</i>)	44
Fagioli all'uccelletto (<i>A Tuscan take on baked beans</i>)	46
Finta Parmigiana (<i>Parmigiana with a twist</i>) ✓	48

Dolci..... 51

Torcolo (<i>Bundt Italian cake</i>)	52
Tiramisù alla nutella della Patrizia (<i>Patrizia's tiramisù</i>)	54
La mia Crostata (<i>My jam tart</i>)	56
Gelato alla crema (<i>Home made icecream</i>)	58
Charlotte della Valerie (<i>Valerie's Charlotte</i>)	60



Antipasti

A good way to start a meal

Antipasto announces the beginning of something special without being too big or too filling. The aim is to get you ready for the many courses to follow in a traditional Italian meal.



Panzanella

Panzanella

A Tuscan comfort and traditional countryman dish. We always love it as a tasty starter! Panzanella brings back sweet memories of al fresco dinners, where family or friends relax and enjoy the cooler evenings after hot summer days or lovely picnics in the pinewood.



Difficulty



Preparation time

20 min



Serves

4

INGREDIENTS

1 loaf stale sourdough (500 gr)

1 red onion

½ glass of vinegar

300 gr sweet ripe tomatoes (cherry or grapevine)

1 medium cucumber

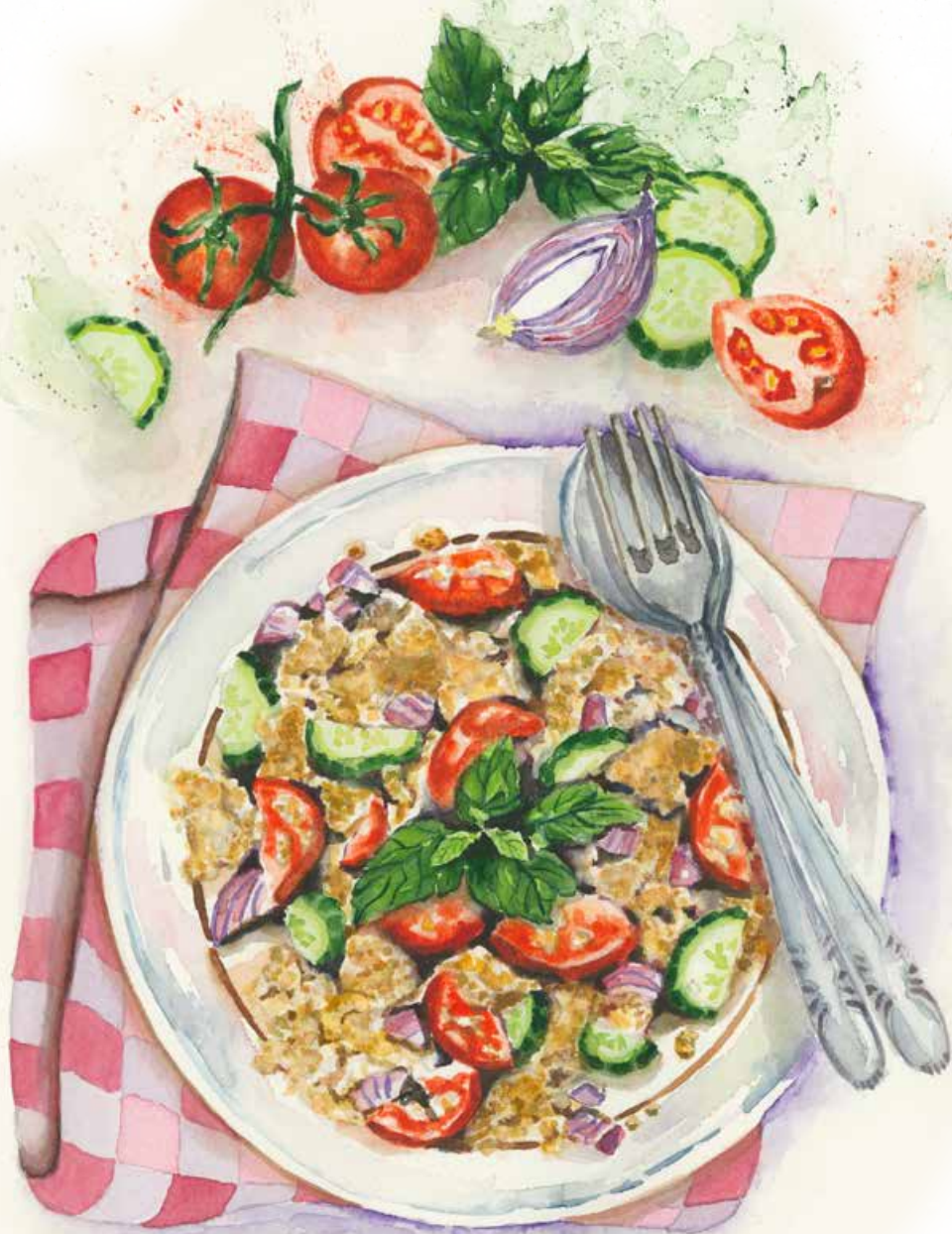
2 celery stalks

A bunch of fresh basil

8 tablespoons extra virgin olive oil

Salt and pepper to taste

Soak the stale bread in a bowl of cold water, until medium soft, meanwhile rinse and dice tomatoes, cucumber and celery, very finely slice the onion. Mix all the vegetables in another bowl, squeeze out the bread thoroughly, reducing it to breadcrumbs and small pieces. Mix it with the vegetables. Add basil leaves, extra virgin olive oil, vinegar, salt and pepper to taste, mix again and keep refrigerated. Serve cold.





Pasta al fumo di Cortona

Cortona smoked pasta

“Pasta al fumo” literally means smoked pasta. Smoked because this pasta dish (with a tomato cream sauce) gets its flavour from smoked bacon (we use Pancetta). The recipe origin is back to the 70’s and it was developed by the creative mind of Adriana Accordi, chef and owner with her husband Ivan, of the restaurant Tonino in Cortona, very famous at the time for their fine cuisine. Later on it became a classic dish in most of the local restaurants, making it one of the most distinctive memories of those years for us all.



Difficulty



Preparation time

30 min



Serves

4

INGREDIENTS

300 gr dry cured smoked bacon

130 gr double concentrated tomato paste

1 garlic clove

4 sprigs of fresh rosemary

A pinch of chili

50 ml olive oil

300 ml whipping cream

400 gr pasta penne rigate or spaghetti

Hint of Vodka

Grated Parmesan to taste

Fry in a pan the oil with garlic, the rosemary and chili. Finely chop the bacon and fry it in the pan together with the previous ingredients until slightly crispy. Simmer with a hint of plain Vodka at high heat. Pour double concentrated tomato paste and cream and cook for 10 minutes at low temperature.

The sauce will be ready once a slightly pinkish colour. Cook your pasta “al dente” and once drained mix it with the sauce directly in the pan (remove the garlic clove and the rosemary sprigs). Add Parmesan on top and serve.





Filetto di maiale in salsa di prugne e vino rosso

Pork Medallions in red wine sauce

This is a recipe i made for the first time for Daniele's birthday in the UK. The original one which is pretty popular in our hometown, requires dry cured Colonnata lard, which is not available here, so i tried a slightly different version from the original and it came out a very much appreciated dish in the family and among our guests, at Homelands. Good quality Italian red wine, plays obviously a major role!



Difficulty



Preparation time

7 hours



Serves

2 / 3

INGREDIENTS

500 gr pork loin fillet (to cut into 8 slices)

8 unsmoked streaky dry cured bacon rashers

20 pitted dried prunes

300 ml red wine

1 tablespoon caster sugar

Salt and pepper to taste

Cut the loin into 4 cm slices, in a pre heated fairly large frying pan, sauté the loin, both sides until brown (about 5 minutes). Salt and pepper and remove from the heat. Cut the prune sauce in small pieces and fry them with sugar and wine in a saucepan at low temperature on the hob, bring the wine to a boil.

Wrap each pork medallion with a rasher of bacon and transfer into a slow cooker, together with the wine and prunes sauce. Cook for about 6/7 hours at low temperature, add some water when needed, I would not recommend letting it get too dry.





Tiramisù alla nutella della Patrizia

Patrizia's tiramisù

Tiramisù is a popular dessert in Italy and it has always been my mum's favourite treat. Her classic recipe was revised in the 90's in an interesting way, with a yummy Nutella touch, from Patrizia, who was the mother of a dear friend of mine. Tiramisù means "cheer me up", coffee and Nutella definitely do the job!



Difficulty



Preparation time

30 min + 1 night



Serves

6 / 8

INGREDIENTS

5 fresh eggs

110 gr caster sugar

500 gr Mascarpone

200 gr of Nutella

400 gr sponge biscuits

8 coffee cups

Separate the yolks from the whites, add sugar to the yolks and mix until creamy, whip the whites until stiff, mix mascarpone with Nutella and add it to the yolks mixture and the whipped whites, incorporating very gently to keep it light and frothy.

Pour a tablespoon from the mixture onto the bottom of a dessert cup or a glass, gently soak the sponge biscuits into a cup of coffee and add them to create layers. Repeat the same thing to have at least three layers. Sprinkle on top with chocolate flakes. Keep refrigerated overnight.



Glenda Furia

Class 1975. Born in Cortona, a beautiful Etruscan hilltop town in Tuscany (Italy), graduated in Philosophy in 2001 at Perugia University. She studied in the UK since 1992, when in Edinburgh (Scotland) and as Erasmus student, in Swansea (Wales) 1998. During these years she had the chance to explore the British literary heritage, appreciating peace and tranquillity of a unique atmosphere. In 2017 she decided to move to England, together with her husband Daniele and their pets, looking for a relaxed lifestyle, after they fell in love with “Homelands”, a Victorian Guest House in Barnard Castle they decided to buy.

It is here, immersed in a beautiful nature to rediscover sensations and emotions often forgotten because of modern life, that she likes to share her family heritage with local people, a way to introduce a different world to them, the world of the Italian cuisine, based on family traditions, where food has a real soul. After all we are what we eat. As fate would have it she ended up living just in the same magic places described in the much loved Story Tellers of her childhood...where you can always admire “the last slice of rainbow”...

Daniele Alari

Class 1976. Born in Cortona (Tuscany, Italy), married to Glenda since 2008 but together since 1995. Daniele is an accountant with a real passion for cooking and food in general. In 2017 this passion became reality, when the couple decided to move to the UK, and buy a Victorian Guest House. This has been the perfect chance to express himself through the magic of culinary art, carrying on the traditions of a family, who was so deeply tied to the culture of his homeland and to finally spend quality time with his wife and pets. The beautiful secret garden became a comfort zone where he can disconnect, unplug and recharge while taking care of their plants, enjoying a cup of tea, watching the Yorkshire Dales in the background.

Aknowledgements

Our gratitude goes to our families for passing on the fine art of cooking, being a continuous source of inspiration. Sincere thanks to **Emily Rose Brown** for the helpful suggestions. Deepest thanks to **Ann Whitfield** for inspiring us through the poetic world of watercolours. Our thanks and appreciation to **Vincenzo Calli** for portraying us. Sincere thanks to **Luca Tiezzi** for being a friend and a patient and talented work-mate. Special thanks to **The Factory Dardano 44**, team of wonderful artists for being so full of passion and to **Svetlana Balach** and **Arianna Osservanti** for their amazing illustrations for this book. We also would like to express our gratitude to the **SME** team for supporting our project.

Food and Friends



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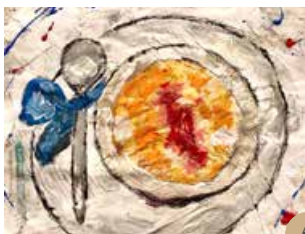
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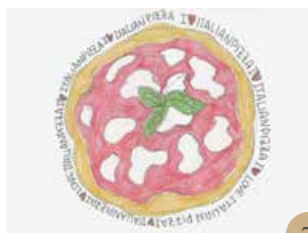
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8



9



10



11



12

- 1 Cantucci by *Valeria Minucci Alari*
- 2 Polpo e patate by *Cristina Casucci*
- 3 Crostata by *Lucia Giamboni*
- 4 Tiramisù by *Desireé Calussi*
- 5 Zuppa di ceci by *Lorenzo Corazza*
- 6 Crostata by *Silla Magnolfi*

- 7 Pizza by *Emma Bennati*
- 8 Torta della nonna by *Aldo Calussi*
- 9 Ciaramicola by *Francesco Pesaresi*
- 10 Gelato by *Ann Whitfield*
- 11 Pasta al fumo by *Ann Whitfield*
- 12 Caprese by *Emma Bennati*

Note

Some ingredients may not be available outside of Italy, so we suggested an alternative when needed.

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This book is dedicated to our homelands,
Tuscany and Umbria, and to our family
members who are no longer with us but whose
memory remains more vivid than ever.

Oscar, Giuseppina, Severo, Francesco,
Amedeo, Angiolina, Marcella and all our pets,
who certainly enjoyed the food they had the
chance to steal from our tables.

“The most indispensable ingredient of all good home cooking:
love for those you are cooking for”

Sophia Loren