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the PAN'INO

photographs by maurizio maurizi



Guido Tommasi Editore

TUSCAN CURED HAM

FRESH PECORINO CHEESE BABY PLUM TOMATOES AND TAPENADE



THE USUAL



- 50 g/2 oz Tuscan cured ham from Casentino (matured 24 months)
- 1 slice (approx. 0.5cm/0.2") fresh sweet Seggiano pecorino cheese
- 1 heaped dessertspoon tapenade
- 2 baby plum, or small authentic San Marzano, tomatoes
- A drizzle of extra-virgin olive oil

Cut the bread in half, warm it up then spread the tapenade on one half. Top with the sliced cured ham and the slice of pecorino cheese. Finish by adding the baby plum tomatoes and a drizzle of extra-virgin olive oil, then close.

This is an absolute winner, the first panino to be invented and realised starting from and reinterpreting the most classic of all classics: ham and cheese. 4 ingredients have been chosen (5 if we include the extra-virgin olive oil) so as to create a more complex harmony than usual: the full flavour of Tuscan cured ham, the sweetness of the pecorino, the bitter taste of the olives compensated by the fish and capers together with the slightly acidic freshness of the tomato. Nothing more, nothing less.



MORTADELLA

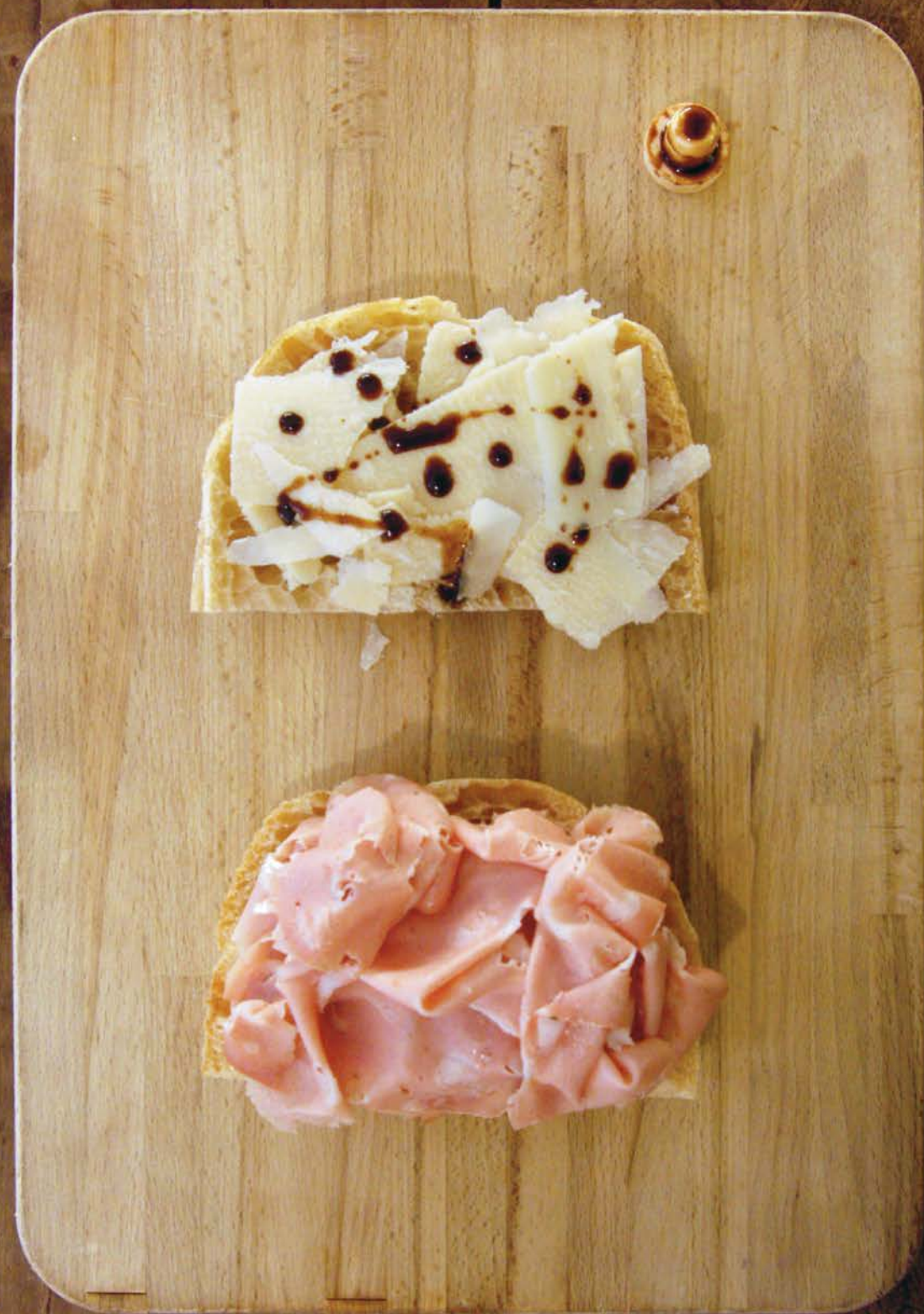
RED COW PARMESAN AND BALSAMIC VINEGAR



- 50 g/2 oz finely sliced traditional Bologna mortadella
- 50 g/2 oz Red Cow Parmesan cheese (matured 24 months)
- 1 dessertspoon Modena or high quality Reggio Emilia balsamic vinegar

Cut the bread roll and warm it for a minute or two without drying it out. First, place a layer of medium sized parmesan shavings on one half, then add the balsamic vinegar and top with the finely machine-sliced mortadella.

This panino is a sort of tribute to the region of Emilia Romagna, a kind of souvenir of travels marked by the discovery of the traditional and virtuous combination of Red Cow parmesan with balsamic vinegar. The mortadella rounds off the experience beautifully.





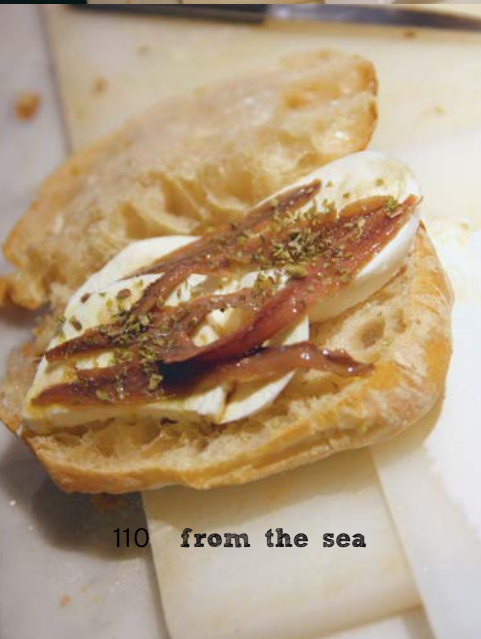
ANCHOVIES

MOZZARELLA CHEESE AND ANCHOVY OIL

- 5-6 fillets Cetara anchovies
- 2-3 slices of Paestum buffalo mozzarella cheese
- A few drops of Cetara anchovy soaking oil
- A pinch of dried Pantelleria oregano

Cut the bread roll and warm the two halves in the oven. Remove from the oven and place the mozzarella on one half, drizzle a few drops of anchovy oil on the top and add the anchovy fillets with a pinch of oregano. Close the panino and press down lightly.

This is one of the most extraordinary combinations that nature has to offer; instant excitement that leaves you speechless. Just close your eyes and bite into it!





TUSCAN CURED HAM

In Tuscany, cured ham has various degrees of quality and there are many different ways of producing it, but its most important characteristic is saltiness, which can sometimes be excessive. For this reason, it's important to use ham that doesn't have too much salt, otherwise it can be invasive. It's much better to buy ham that has been matured for about 24 months. It is important to machine-slice it very thinly.



TUSCAN SALAMI

As far as salami in Tuscany and other regions is concerned, every province and area has its own recipe; every butcher also has a recipe of his own. The type of grain varies, as well as the quality of fat used and the maturing time. The use of spices is paramount; every formula is unique and, naturally, top secret. A salami that is not too spicy and allows for combinations with other ingredients is recommended. The degree of softness is also important: if a salami is too hard, the bite is unpleasant. For this same reason, the salami should be cut by hand into slices that are not too thick.



FINOCCHIONA

Perhaps the most famous among Tuscan salamis, the finocchiona is a sausage made with pork meat and seasoned with garlic and, above all, fennel seeds that give the salami its name. Fennel seeds had been used in the past for their aromatic properties, as they were ideal for disguising the smell and taste of lower quality meat. It is a highly popular salami in Tuscany. You can find it in two different sizes: the first is wide; the second much narrower in diameter (this is used for 'ino's paninos) that makes it similar to the shape of salami, even if slightly bigger. Compared to other salamis, finocchiona is softer, fresher and tends to crumble when cut. It should be cut with a knife. Being such a flavoursome salami, it goes very well with various types of pecorino cheese as well as pepper mustard.

BRESAOLA MORTADELLA 'NDUJA SALAMI

BRESAOLA

This is a rare example of a salami without pork meat: the Valtellina bresaola is made using beef (mainly topside or round). A process of salting, drying and maturing is followed which can take between 2 and 24 months. Bresaola has been produced for centuries in the two valleys of the province of Sondrio, Valtellina and Valchiavenna, using recipes handed down through generations initially for home consumption and then to be sold. It is a lean, guilt-free ingredient that allows even the most health-conscious to savour the soft texture and delicious taste of salami in their panini. It should be machine-cut very thinly.



TRADITIONAL BOLOGNA MORTADELLA

The most famous and loved mortadella for its aroma, texture and flavour, Bologna Mortadella is a cooked salami with a noble and ancient history. It is made using selected cuts of pork meat that are chopped in various ways until a very fine mixture is achieved. Small cubes of fat are added, which are exclusively taken from the adipose tissue of the pig's throat. The mortadella is then cooked in special dry wood burning ovens following strict timing and procedures. It should be neatly and very thinly machine-cut; it will happily accompany many different flavours, from parmesan to gorgonzola, from mustard to peppers with truffles.



'NDUJA SALAMI

This is a traditional salami from Calabria with a soft, almost spreadable texture, traditionally produced in the area of Vibo Valentia, around Monte Poro and Spilinga. The abundance of chilli peppers mixed with the pork meats and fats gives it a bright red colour. It is stuffed into its own natural casing, lightly smoked then matured. It has a strong spicy taste that demands the accompaniment of sweeter elements. Being spreadable, it literally manages to melt, almost like a sauce.



TUSCAN CURED HAM TUSCAN SALAMI FINOCCHIONA



Among the different types of bread made daily, little specialities are created using different processes. Pan di ramerino is one of Florence's glorious examples.

In order to prepare it, Stefano uses the same method as for bread making: type "0" flour, water and starter dough, but to this he adds raisins, sugar, rosemary and extra-virgin olive oil. Lard was used in the original recipe but this has been replaced by plenty of healthier olive oil. The whole dough is left to rise for about twenty minutes, before being taken apart and shaped into panino rolls by hand.

They are left to rise again for the same amount of time. Then they are brushed with egg yolk and scored. The rolls are left to rest for another 40 minutes and when they have risen enough they are placed in a very hot oven (300°C/570°F) for five to six minutes. Once removed from the oven, they are given a final brushing with a sugar syrup as a tantalising glaze.

PAN DI RAMERINO



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