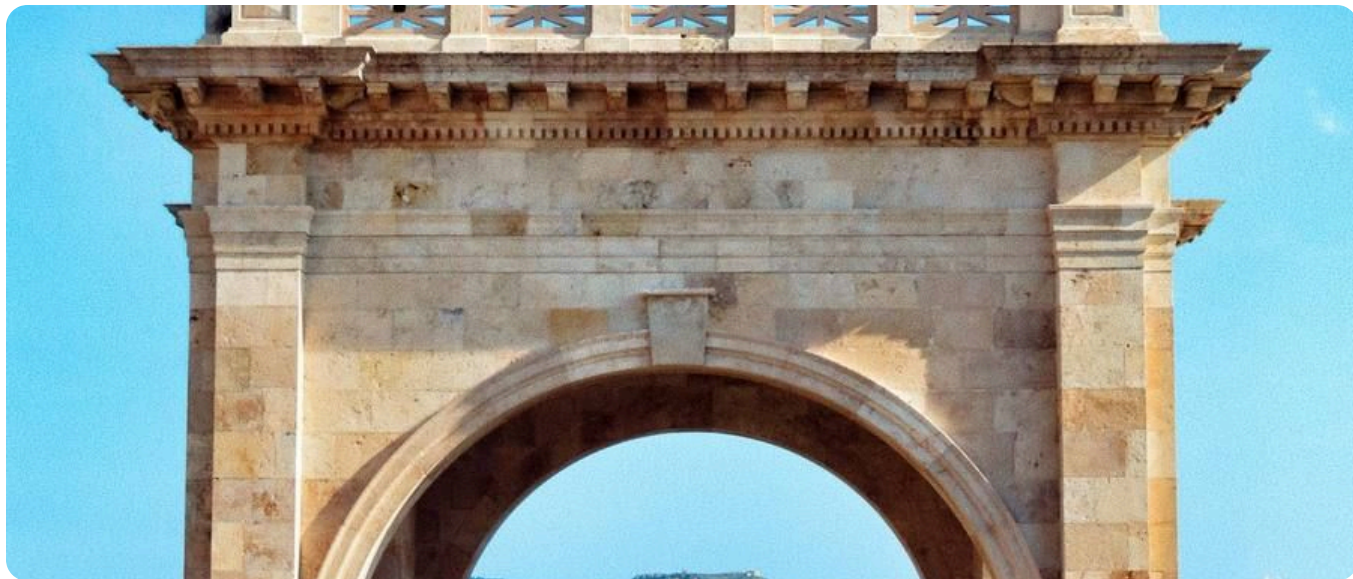


BRING ITALY HOME

A Sardinian dinner at home



Four courses from Sardinia, the island of shepherds, cheese and Cannonau. Serves 4. Measurements are given in US cups and ounces, with metric in parentheses.

THE MENU

- **Antipasto:** Pane carasau and pecorino sardo, crisp flatbread and sheep's milk cheese
- **Primo:** Culurgiones, potato and mint dumplings
- **Secondo:** Porceddu, slow-roasted pork with crackling
- **Dolce:** Seadas, fried cheese pastries with honey

ANTIPASTO

Pane carasau and pecorino sardo

Crisp flatbread and sheep's milk cheese · 10 minutes

YOU'LL NEED

- 2 sprigs rosemary
- 1 package pane carasau or thin crispbread
- 7 oz pecorino sardo or another sheep's milk cheese (200 g)
- olive oil

HOW TO MAKE IT

1. Warm the bread in the oven for a few minutes.
2. Drizzle with oil and sprinkle with rosemary and salt.
3. Serve with pieces of cheese.

WINE

Vermentino di Gallura, a white

PRIMO

Culurgiones

Potato and mint dumplings · 1½ hours

YOU'LL NEED

- 1 lb 2 oz starchy potatoes (500 g)
- 1 bunch fresh mint
- 3½ oz pecorino (100 g)
- 1⅔ cups all-purpose flour (200 g)
- ⅔ cup semolina (100 g)
- 1 can crushed tomatoes, 14 oz (400 g)

HOW TO MAKE IT

1. Mix the flour, semolina and about ⅔ cup (150 ml) water into a dough. Let it rest for 30 minutes.
2. Boil and mash the potatoes, then mix in the grated pecorino and mint.
3. Roll the dough thin, cut circles and fill. Pinch closed in a braid, or simply press the edges.
4. Boil for a few minutes and serve with tomato sauce.

WINE

Cannonau, a red

SECONDO

Porceddu

Slow-roasted pork with crackling · 3 hours

YOU'LL NEED

- 3¼ lb pork belly with skin (1.5 kg)
- 4 sprigs rosemary or myrtle
- flaky sea salt

HOW TO MAKE IT

1. Score the skin and rub generously with salt.
2. Lay the rosemary in a roasting pan and put the meat on top, skin side up.
3. Roast at 325°F (160°C) for about 2½ hours.
4. Turn the heat up to 450°F (230°C) at the end until the skin is crisp.

WINE

Cannonau di Sardegna Riserva, a red

DOLCE

Seadas

Fried cheese pastries with honey · 1 hour

YOU'LL NEED

- 1 lemon
- 9 oz fresh pecorino or halloumi (250 g)
- 3½ tbsp butter (50 g)
- 2 cups all-purpose flour (250 g)
- scant ½ cup honey (100 ml)
- 4 cups oil for frying (1 liter)

HOW TO MAKE IT

1. Rub the flour and butter together and add water to make a dough.
2. Grate the cheese and mix in the lemon zest.
3. Roll out the dough, put spoonfuls of cheese on it and cover with a second sheet. Cut into circles.
4. Deep-fry until golden and drizzle with warm honey.

WINE

Moscato di Sardegna, sweet

Shopping list

PRODUCE

- ☐ 2 sprigs rosemary
- ☐ 1 lb 2 oz starchy potatoes (500 g)
- ☐ 1 bunch fresh mint
- ☐ 4 sprigs rosemary or myrtle
- ☐ 1 lemon

MEAT AND DELI

- ☐ 3¼ lb pork belly with skin (1.5 kg)

CHEESE AND DAIRY

- ☐ 7 oz pecorino sardo or another sheep's milk cheese (200 g)
- ☐ 3½ oz pecorino (100 g)
- ☐ 9 oz fresh pecorino or halloumi (250 g)
- ☐ 3½ tbsp butter (50 g)

BAKERY

- ☐ 1 package pane carasau or thin crispbread

PANTRY

- ☐ olive oil
- ☐ 1⅔ cups all-purpose flour (200 g)
- ☐ ⅔ cup semolina (100 g)
- ☐ 1 can crushed tomatoes, 14 oz (400 g)
- ☐ flaky sea salt
- ☐ 2 cups all-purpose flour (250 g)
- ☐ scant ½ cup honey (100 ml)
- ☐ 4 cups oil for frying (1 liter)

WINE

- ☐ Vermentino di Gallura (antipasto)
- ☐ Cannonau (primo)
- ☐ Cannonau di Sardegna Riserva (secondo)
- ☐ Moscato di Sardegna (dolce)

Vermentino and Cannonau are fairly easy to find. Cannonau is the same grape as Grenache.