SUSPIRANNU by Vassallo Fabio

SICILIAN CUISINE SEEN FROM THE HANDS OF MY GRANDMOTHER "TERESA"

"Suspirannu®" was born from the desire to show the true roots and cultural origins of food and wine, and from the desire to satisfy any food and wine desire, through our Sicilian Excellences with the characteristics and qualities of the most sought after and precious products of the true "Made in Sicily".
An enchantment: from olives to oil, from ears to bread; from milk to cheese. Genuine products that exuded simplicity and wisdom. A "suspiru" of Sicily to be bestowed with love.
Today, that sigh, wants to expand to bring the scents of Sicily, its traditions, the past, creativity, ingenuity and culture in all corners where there is a desire for exploration, discovery, innovation. And "Suspirannu", keeping faith with an ancient purpose, becomes a company of food and wine excellence.An extended family of which you are also a part. Why shared emotions; **They excite more!**

In Sicily

Sicily, the heart of the Mediterranean such as to have been over the centuries, the crossroads of peoples and cultures across the sea, contaminating and shaping the island it is today.

This crossroads filled an amphora full of culture, traditions and languages that were spoken in Sicily, and over time gave life to the Sicilian; the ancient dialect that behind the enlightened and wise direction of Frederick II was elevated to the language of the Court. The Sicilian vernacular was thus a written language as well as spoken. In this way the first nucleus of the Italian language was born.

Sicily, a meeting place between the cultures of unknown worlds, is often at the forefront of discoveries and innovations. Sicily had the first Parliament in 1129, with Roger II. England did not get it until 1264. There was the first "bureaucratic" state, that is to say based on officials and not on a feudal organization (**Vassallo**, Valvassori and Valvassini). There was the first "secular" state, independent of the church of Rome and above all it continued, as in the Arab period, to apply a spirit of religious and civil tolerance that in the rest of Europe will be recognized only in 1598 (ie four centuries later) with the Edict of Nantes of Henry IV of France. Sicily is the homeland of the great mathematical genius Archimedes of Syracuse.

Sicilian cuisine does not escape these cultural contaminations, which in the rich panorama of Italian cuisine represents an important chapter, made of an original and unique food heritage. It is in fact a complex and articulated regional gastronomic culture, which shows traces and contributions of all the populations and cultures that have settled in Sicily in the last two millennia. We can find signs of the eating habits of Magna Graecia, passing to Arab sweets, and offal of Jewish tradition. The Arabs brought us the scents and spices of the East, which will imbue the products of the New Continent with new flavors. The sun, a mild and temperate subtropical climate, are the elements that harmonize the first three seasons in a long spring, mitigate the winter by perpetually intoning a floral and evergreen landscape. In these climatic conditions, the island's agriculture gives up to three crops, thus making Sicilian cuisine really varied. The first known treatise on gastronomy is by the Sicilian Archéstrato da Gela and dates back to the fourth century BC.
The Sicilian cassate made in the monastery of Valverde, in Palermo, were considered the most delicate in Sicily. the passion that the nuns put into the realization of this dessert was such that in 1575, the diocesan synod of Mazara del Vallo, forbade its realization because it distracted the nuns from spiritual commitments.

In Il diletto per chi vuole andare il mondo or Libro di Ruggero published in 1154, All'Idrissi, Arab geographer of Roger II of Sicily, describes Trabia, a village 30 km from Palermo, as an area with many mills, where a thread-shaped paste called itrya (from the Arabic itryah which means "focaccia cut into strips") was made, which was shipped by ships in abundant quantities throughout the Mediterranean area, both Muslim and Christian. This is the first written testimony about pasta. In Sicilian to say a bit of pasta it is said: du' fila i pasta - recalling the original shape of pasta precisely in threads: the beloved **Spaghetti**. In the sixteenth century in Italy pasta was considered a strange dish or a luxury. It was an exception in Sicily, where it was already a

popular food.

It was the vegetable kingdom and legumes for a long time that provided the popular classes with the main food for their daily nutrition. Cereals, especially wheat and maize, represented the food base of the populations of the Po Valley. Aubergines, zucchini and peppers etc. enriched the food variety of popular Sicilian cuisine. The Sicilian women, with their creativity enriched these vegetables with imaginative modifications that helped to make the preparation a dish to be served as a single course. Most of the Sicilian pasta dishes are always enriched with other ingredients that make it a hearty single dish.

In the dishes of Sicilian cuisine is used almost exclusively extra virgin olive oil, both for cooking and seasoning. Lard is used in some recipes in pastry, it is used to soften cooking, but its use in the past was due only for reasons of domestic economy.

The main ingredients of Sicilian cuisine are vegetable and marine. Red meat recipes can be found everywhere; Sheep meat and pork are more widespread in the hinterland and in mountain areas. The salt is mainly marine, and the dishes are embellished with aromatic herbs that grow in abundance: basil, parsley, mint, bay leaf, rosemary, sage, marjoram, wild onions and wild fennel, along with jasmine, pine nuts, raisins, toasted breadcrumbs, orange peel, lemon juice, etc. Almonds, hazelnuts and pistachios are also widely used, both in the preparation of desserts and drinks and for seasoning rice and pasta.

The success of Sicilian cuisine stems from its history of 2 millennia or more; It is rich in about 4000 dishes and does not have a uniqueness, in fact, it has variants such as baroque, rustic, popular and street.

CURED MEATS AND CHEESES

Describing Sicilian cured meats and cheeses in an exhaustive way is an encyclopedic undertaking, to say the least. Here we propose those products that have a certain notoriety, or better yet celebrity.
Cured meats, cheeses take on typical connotations in Sicily both for the raw materials and for the unique way of preparing them.
The cured meats that together with the cheeses enrich the beginning of every delicious meal in Sicily are not numerous; deserves a place of honor for its delicacy Il Suino Nero dei Nebrodi or Nero delle Madonie. Sicilian native breed of ancient origins. Rustic pigs, black, almost wild, bred in the wooded areas of the island, are present in Sicily since ancient times. Fossil remains and ancient written documents testify to the presence of these animals since the Greek and Carthaginian period (VII-VI century BC). Throughout the Middle Ages wild breeding was widespread in Sicily, which suffered a contraction only during the Arab domination for the well-known religious reasons. These breeds have come down to the present day, with a spread throughout the island but with a greater presence on the Nebrodi Mountains. The meats have little fat and are very tasty because of the natural nourishing foods, such as acorns, chestnuts, hazelnuts, fruits and tubers. From this delicious animal are obtained numerous sausages – above all deserves attention the salami especially that produced in the area of Sant'Angelo di Brolo which is produced by cutting meat with a knife point and with only salt and black pepper.
The cheeses are more numerous and the element that distinguishes their typicality is always the combination of raw material and their preparation.
The seasoned Provola dei Nebrodi, also called Provola Sfoglia for its structure, has a weight ranging from 3 to 7 kg. It has a smooth and thin crust while the paste, puff pastry, is consistent. It owes its peculiarity to that slow and ancient maturing process, completely natural, which is marked by time in the charming medieval village of Montalbano, and other villages of the Nebrodi and Madonie as Basicò and Castel di Lucio.
Very similar to provola is caciocavallo. In Sicily there are two main varieties of this product: caciocavallo palermitano (or Godrano) and Ragusano PDO. These two products, although made with extremely similar techniques, find numerous differences related to the territory of origin. The first variety is mainly produced from the milk of Cinisara cows, an autochthonous breed with a black coat, belonging to the group of Italian breeds. Endowed with marked rusticity and longevity, ability to use coarse fodder and adaptation to "extreme" breeding conditions. The breeding of cinisara develops mainly in marginal areas of hills and mountains, where it finds its resources mainly in permanent pastures but also in the undergrowth, and in the limited areas of alternating fodder. The traditional production area of Palermo caciocavallo, although affecting the entire province of Palermo and some centers of the province of Trapani, is identified in the municipalities of Cinisi and Godrano.
Ragusano PDO, on the other hand, is produced in the Ragusa countryside on the Hyblaean mountains using the milk of Modica cattle. The limestone plateau of the Iblei, which occupies the south-eastern edge of Sicily, slopes southwards with green pastures and cultivated fields until it reaches the sandy dunes, rich in spontaneous vegetation, of the coastal strip. The Ragusan countryside, designed with the limestone of the characteristic dry stone walls and dotted with the typical rural architecture of the Hyblaean farms, moves between the centuries-old carob trees, olive trees, vineyards and natural pastures, but rich in forage essences where the cows of the Modica breed graze freely.

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Baked ricotta is a typical cheese of the Sicilian tradition. To prepare baked ricotta you take a whole ricotta, which is dry salted and then baked for a period ranging from 20 to 45 minutes at 180-200 degrees. Cooking causes two phenomena in ricotta: dehydration and the consequent compaction of the dough, which becomes rather solid and compact, and the formation of a brown and crunchy surface crust, with a particular aroma. In this phase, the residual sugars in the ricotta are fundamental, coming from the whey, which contains all the milk sugars, which do not end up in the cheese. A part of these sugars end up in the ricotta and when subjected to the heat of the oven, they caramelize producing the brown crust and the typical very intense flavor of caramelized sugar.

Baked ricotta exists in many sweet, salty, and spicy variants, the most interesting from a nutritional point of view are those that do not include the addition of caloric ingredients such as sugar, which is often used in some baked ricotta flavored with lemon.

In the Belice Valley, an almost unique cheese is produced. Its name is "vastedda" (in the Sicilian dialect it is the term used to indicate a form of bread) derives from its round shape (about 20 cm in diameter) and flattened shape, with a very convex edge, and it is a cheese obtained from the whole milk of the sheep of the Valle del Belice.

The "vastedda" is a fresh cheese that is produced all year round but that gives its best only in the summer because only in this season the milk produced by these animals is at the highest levels of aromaticity and presence of the components that allow fermentation.

The peculiarity of the "vastedda" is the spun paste processing, very rare in sheep's milk cheeses, as the casein of sheep's milk does not facilitate spinning.

Extraordinary cheese for fragrance, smoothness and gustatory intensity, Vastedda should be eaten fresh: after about an hour from forming it is ready for consumption. It is delicately scented and in the mouth prevails a note of butter with a background of herbs from the Belice valley, such as grasses and valerian. The best way to enjoy it is to cut it into large slices and season it with Sicilian extra virgin olive oil, tomato and oregano. It can also be used as an ingredient in some local dishes, for example the typical pane cunzato. The shepherds accompany it with local red wines, but such a delicate and fresh cheese requires rather a white, preferably from the local grillo or inzolia vines.

Even in Sicily the inevitable pecorino is produced. Sicilian Pecorino is a cheese that comes from the classical Greek world. Already in ancient times it was recognized as one of the best cheeses. On 12 June 1996, the European Commission recognised the PDO by EC Decree no. 1107/96. Sicilian pecorino cheese It is a semi-hard white cheese, with a strong color and flavor. Cylindrical in shape, with a slightly concave face, the type shape has a variable weight of 12 kg plus or minus 15%.

Sicilian pecorino is produced only with whole raw sheep's milk to which rennet is added in a wooden vat. We then move on to incanestration and then to salting. It can be consumed at a more or less high level of seasoning. Its characteristics change according to the level of seasoning, even if in order to be branded it requires a minimum of four months of maturation.

Produced throughout Sicily, but especially in the provinces of Agrigento, Caltanissetta, Enna, Trapani and Palermo.

APPETIZERS

Sicilian appetizers do not let yourself be taken by taste and appetite and you are not limited in quantity to just tasting; continuing the meal is difficult. Among the modern appetizers of Sicilian cuisine, the ancient flavors of "street eating" that even today characterize a way of eating in Sicily made of snacks produced in rotisseries and consumed on the street.

Arancini

Arancini is a traditional class, rice-based preparations in Sicilian cuisine. They can replace the first course because they are in fact small rice timbale. In eastern Sicily, in Messina and Catania above all, it is customary to prepare them in an ovoid shape for those seasoning with cooked ham. The prominent shape is round, similar to an orange, from which it takes its name. There are also several fillings: with a touch of cheese in Catania, with onion and white wine in Enna and with cheese, without saffron, in Ragusa and Messina.

Ingredients 500 gr of nano rice, 150 gr of minced veal, 1/2 homemade or peeled tomato puree, 100 gr of shelled peas, 1 glass of red wine, 1 white onion, 25 0 gr of mozzarella dough, salt and pepper to taste, seed oil for frying, 100 gr of butter, 300 gr of flour, 300 gr of breadcrumbs, cloves, nutmeg to taste
Prepare a real Sicilian meat sauce is the secret of tasty arancini, in this way: fry the chopped onion and add the peas, add the minced meat, blend with red wine or, a little salt, a few cloves, nutmeg to taste. The homemade puree or peeled and cook over low heat, covering for about two hours (add water if it tightens too much and then let it shrink). As soon as the sauce is ready and at room temperature, pass to the preparation of the arancini. Boil the rice and drain well al dente. Mix it with the butter and let cool. Add a little meat sauce to the rice to make it slightly colored. Take some of the dough made with rice and make a conchetta, pour into it a little' filling, a diced mozzarella and cover with more rice, forming a ball. (Prepare a batter of flour and water with a pinch of salt) Pass the arancini in the batter, then pass them in breadcrumbs. Fry in plenty of oil just enough to brown the outside. Serve hot.

Potato croquettes

Original way to prepare them in Sicily.
Ingredients 1/2 kg of potatoes, parsley, flour, breadcrumbs, 1 egg, salt and pepper
Boil the potatoes and sift them, add a little chopped parsley, salt and pepper. Mix well adding the egg, divide into parts and give the oval macaroni shape. (make a batter of water and thick flour with salt) Pass them in batter and breadcrumbs. Fry in plenty of already hot seed oil.

Panelle

Ingredients: chickpea flour. olive oil, lemon.
Dissolve the chickpea flour in cold water in a pan with the necessary amount until you get a thick batter. Put the pan on the stove over low heat, stirring continuously with a wooden spoon, cook until the batter has a thick and creamy consistency. Pour this mixture on a surface and flatten it, giving it a minimum thickness of three millimeters. Let cool and cut the panels into the shape you prefer. In the pan cook plenty of oil and put the panelle; Drain when they are golden brown on both sides, on kitchen paper and serve hot sprinkles of a little salt. A variant of this Palermo specialty is to spray them with a few drops of lemon.

Sfincione

It is a particular type of bread consumed mainly during the most important Christmas eves - for the Immaculate Conception, for Christmas and for New Year's Eve - in Bagheria. It is not the traditional form of bread, but a more elaborate shape that can become almost a single dish. The dough that composes it is leavened twice. It is crushed lightly with the hands and worked so that it takes on a circular shape. Inside there are three salted sardines, slices of fresh pecorino, crumb mixed with grated pecorino cheese, sautéed onion in a pan, oregano and oil. The bread thus obtained must be baked. The peculiarities of this type of bread are the high degree of softness obtained with the greater presence of water, the lack of the particular crust that characterizes the other forms of bread and the abundant use of oil for its seasoning.

Messina pythons

500 gr. of first mill semolina flour, 1 cube brewer's yeast, 50 gr. of suet for cakes. 15 gr. salt, 50 gr. salted anchovies, 500 gr. curly escarole (endive), 200 gr. of scamorza cheese, 7 ripe tomatoes, olive oil and good quality seeds.

In a pan cool 200 g of water, stirring salt and yeast until the complete solution.
Youwill see the yeast prepared before the flour. Knead until all the liquid is absorbed, finally add the lard and continue to knead until everything is mixed. The dough must remain soft and not stick to the hands, in case to ggiustare with warm water and flour, then cover and let it rest and rise for the necessary time (from 2 to 3 hours). Cut the scamorza into cubes and cut the curly escarole into small pieces, cut the tomato into small pieces. Form 10 loaves of equal weight without kneading further. Roll out a dough with a rolling pin until it is reduced to a sheet of about 2/3 mm thick then place a medium-sized plate upside down and cut out a circle with a knife removing the remains of the dough. Place in the lower semicircle 3 4 pieces of anchovies, a sprig of curly escarole, the equivalent of 20 g. of diced scamorza cheese, a pinch of salt and the tomato cut into small pieces. Cover until the edges match and press along the circumference with your fingers to glue the flaps. The operation must be repeated for all the remaining loaves. Fry in plenty of boiling seed oil until golden brown. Suggestions For a perfect success of the recipe it is essential to scrupulously follow the choice of ingredients and the preparation phases. Do not heat the water too much as a temperature above 30/35 degrees destroys the yeast bacteria making it practically ineffective. Before flattening the dough it is necessary to sprinkle the work surface with flour so as not to let the python stick. During the preparation of the python it is necessary to arrange the ingredients without dirtying the edges with oil, flour that will be overlapped in order to allow a perfect welding for a successful python. Immerse the python in oil at least 5 minutes after preparation to allow the consolidation of the weld. The python, during frying, must float in oil; Therefore, if you do not have a fryer you can get excellent results using an aluminum saucepan with high edges in which a quantity of seed oil will be poured enough to float the pythons (about 2 l). Place the fried pythons horizontally and on absorbent paper to evenly distribute the internal dough and absorb excess oil. Serve still hot.

Caponata

The ways to prepare this typical summer dish are varied both in the use or not of some ingredients and in the way of cooking them. Here a light and tasty recipe; Perhaps it is not the most gargantuan, but it is tasty and

light as far as it is possible to make light a dish that still contains some frying. The caponata with its association of vegetables and the way to serve it cold is the dish that more than any other represents summer.

Ingredients: a large round eggplant, a green pepper, 2 celery leaves, 1 fresh Tropea onion, capers, pine nuts, salted (or green) olives, salt, extra virgin olive oil, a teaspoon of sugar a finger of red wine vinegar. Cut the eggplant into cubes and let it rest for an hour so that it loses the bitterness. Rinse the eggplant, squeeze it with your hands to let out the liquids drained by the salt fry in extra virgin olive oil for 3/4 of cooking; After frying, leave the eggplant cubes in a dish to drip the oil after putting a sheet of absorbent paper on the bottom. Cut the pepper, celery and onion into small pieces. Boil a pot of hot water and pour together the pepper and celery after three minutes pour the onion and cook for another two minutes, at the end of cooking drain. Prepare a pot with olive oil, pour the capers, pine nuts, olives that you have pitted and cut into small pieces. Heat everything and pour the drained vegetables and eggplant, pour the vinegar combined and mixed with the sugar, cook for 10-15 minutes. Serve cold even the next day which is better. The recipe does not purposely contain the tomato, too dominant in taste, such as to cover the taste and smell, and the delicate taste of other vegetables.

Stuffed eggplants

Ingredients: 12 small aubergines (those that the plant generates in the second or third seasonal harvest), 500 gr breadcrumbs, 100 gr Parmesan, 4 ripe tomatoes, salt, capers, and a sprig of parsley, a few basil leaves, 2 cloves of garlic, extra virgin olive oil, vinegar, and salt to taste.

Typical dish of milazzese that is suitable as an appetizer that second of vegetables; It requires a long preparation, certainly rewarded by an absolute goodness in taste and an original aesthetic appearance. The aubergines that are used for this dish are the small and mature ones that the plant grows after the first harvest and are found on the market only in Sicily.

Cut the cores of the eggplants at the base leaving an area of about 3 cm. Dig the aubergines starting from where the core was cut with a teaspoon, or better still with an empty zucchini, making sure that you do not leave much pulp in the walls near the peel that must still remain. The pulp that has been removed should be salted and left to rest for a few hours. Prepare a large pan finely chopped the two cloves of garlic, parsley and capers, brown just with oil and immediately add the tomato cut into small pieces, halfway through cooking add the pulp of the eggplant properly washed. When cooked, which occurs when the pulp of the eggplant has become creamy, turn off the heat and with everything still warm add the Parmesan cheese and breadcrumbs that must have the purpose of binding everything making it a fairly firm filling. At this point with a teaspoon fill the previously emptied eggplants, taking care to close them with the core clean from the soft part and facing downwards inside the eggplant so as to form a cap. Place everything in a pan and gently fry the stuffed aubergines on all sides,

finally blending with vinegar covering with a lid and turn off. They are excellent warm, welcome even cold.

Octopus salad

Ingredients: one or more octopuses of about 1 kilo, 1lemon, extra virgin olive oil, salt and pepper to taste, 1 bunch of parsley. Boil salted water in a large pot and cover with a lid. As soon as the water boils, throw away the octopus (or octopuses) and let it cook for about half an hour. Turn off the heat and let the octopus rest in the water for another 30 minutes. Drain the octopus and cut it (slice it if the polito exceeds 2 kilos) into small pieces. Place the pieces on a large plate. In a cup prepare a sauce with oil, salt, pepper and lemon. Pour the sauce thus prepared on the cut octopus. Sprinkle with chopped parsley and serve at the table.

Marinated anchovies

Ingredients: anchovies kg 1, juice of 2 lemons (parsley fresh chilli), extra virgin olive oil, salt. Clean the anchovies by gutting them and removing their heads, open them like a book and bone them separating the fillets then wash them drain and place them in a capable dish trying not to overlap them too much. Pour over the juice of the lemons and let them marinate for at least 6 hours in a cool place. When they turn white they are ready to be placed on the serving plate and sprinkled with plenty of oil a little salt.

Stockfish with salad

Ingredients: 300 g of stockfish already soaked, 50 g of date or dried tomato, 1 red onion, parsley, capers, salt, extra virgin olive oil, the juice of a lemon.
Fillet the stockfish with a meat knife, place in a salad bowl and season with chopped cherry tomatoes and onion, capers, lemon juice, and extra virgin olive oil salt to taste. Serve at room temperature.

FIRST COURSES

Pasta alla Norma

The name "norma" is a tribute, by the people of Catania, to Vincenzo Bellini, a great opera composer. Most likely this dish existed in times before those in which the famous musician lived.

Ingredients: 500 grams of spaghetti, 300 grams of tomato sauce, 1 kilo of black eggplant, 150 grams of salted ricotta, 100 grams of fresh ricotta, extra virgin olive oil, 8 whole leaves of basil, salt and pepper to taste
Peel the aubergines, cut them into chunks and leave in a colander for about an hour after dusting them with a little salt. Prepare hot oil in a pan, drain the aubergines and fry them. Then put them to dry on a sheet of absorbent paper to remove the superfluous oil. Meanwhile, boil water in a pot, drop the spaghetti and salt. As soon as they are ready, drain well, place them in a tureen and add the fresh ricotta, chopped basil and tomato sauce. Mix everything and divide the spaghetti into the plates, to which the fried eggplant slices will be added. Grate a little salted ricotta cheese and garnish the dishes with basil leaves.

Sicilian sauce

Ingredients: gr. 300 veal, gr. 500 tomato puree, a tablespoon of tomato preserve, 1 white onion. olive oil, a few cloves, two pieces of Parmesan, nutmeg to taste Salt. Fry the chopped onion and add the fresh peas (frozen if out of season), add the minced meat, two pieces of Parmesan, a little salt, a few cloves, nutmeg to taste. The

homemade tomato sauce (or peeled tomato) and cook over low heat, covering for about two hours. Bring everything back to the fire for a few minutes and use it to season the dry macaroni.

Maccaruni

Ingredients gr. 500 of white flour, 2 eggs, salt.
With the flour on the pastry board, make the dough by mixing the eggs together with a pinch of salt and the water necessary to have a firm and elastic dough. Knead it and roll it out with a thin sheet rolling pin and cut it into rectangles. Roll the pieces of dough on a knitting needle so as to form macaroni; As they are made, you will place them on a floured tablecloth. Before cooking, let them dry for about 1/2 day. Season with a nice Sicilian sauce.

Baked pasta

Ingredients: 300 g veal, 500 g tomato puree, a tablespoon of tomato preserve, 1 white onion. olive oil, a few cloves, two pieces of Parmesan, nutmeg to taste Salt, a large eggplant 3 hard-boiled eggs, 200g of cooked ham, 200g of puff pastry provolone, 100g of Parmesan cheese 800 grams of sedanini or pennette pasta.
Prepare a nice Sicilian sauce as above leaving it slightly less tight. Cut the eggplant into small pieces and after putting it in salt for an hour fry it. Slice the hard-boiled eggs. Blanch the dough for 3 minutes. In a large baking pan put a thin bottom of meat sauce add a layer of dough after draining and seasoning lightly with a little' of meat sauce. Put the eggs and ham. A thin layer of meat sauce. Again a layer of dough with the eggplant mixed. Another layer of sliced puff pastry seasoned with a layer of meat sauce, finally sprinkle with Parmesan. Bake at 200 degrees for 40 minutes. Serve hot after letting it rest 5/8 minutes out of the oven.

Dumplings

In Ragusa they are called "gnucchitti" and are seasoned with tomato or meat sauce, and pecorino, constituting a local specialty, in Trapani "gnucchitieddi"; in other areas they also call them "cavati", "cavatieddi", "cavatuna" ("cavato" from "hollowed" for the flattened shape): Often they are packaged not only in the shape of conghigliette, but crushed with the thumb on a grater, or on a "comb", so that the imprint with the relative groove remains imprinted on the surface on the outside. The "gnocculi busiati" of Marsala and Erice are only the "maccaruna of the house".

Cavatieddi

Ingredients: gr. 300 of white flour - gr.50 grated pecorino cheese - meat sauce or tomato sauce - olive oil - salt. Knead the flour with salt and a tablespoon of oil, together with the warm water necessary to obtain a fairly solid dough. Separate it into pieces and make small sticks that you will cut into pieces about a centimeter long, which you will crush with your thumb finger to give it the shape of a small shell. Spread them on a floured tablecloth and let them rest for about an hour and a half. Pour them into plenty of boiling water that you have already salted, and serve seasoned with meat sauce, or with tomato sauce.

Lasagna cacate

The ingredients used are: 500 grams of white flour, 4 whole eggs, 300 grams of meat sauce (tomato paste, sausage and pork rind), 250 g of sifted fresh ricotta, 50 g of grated pecorino cheese, salt and pepper.
The flour should be kneaded with whole eggs and a pinch of salt dissolved in warm water; The dough thus obtained should be spread on a pastry board and cut into strips three to four centimeters wide to be boiled in moderately salted water. Meanwhile, prepare the sauce using a kilo and two hundred grams of pork or veal, 300 grams of tomato extract, 1 onion, 100 grams of lard, red wine and salt. The meat should be tied with string and browned in lard until it reaches a perfect browning. The meat should be set aside and the chopped onion should be fried in the fat obtained during its cooking. To the sauté thus obtained, the extract dissolved in a little water must be added and everything is left to mix a little. Then add about a liter of water and add the meat.
Everything should be cooked for about two and a half hours over low heat, adding, halfway through cooking, a glass of red wine and salt. At the end of cooking, the piece of meat must be separated from the sauce thus obtained. In many cases, such a recipe calls for the meat to be cut into slices, seasoned with such sauce and served. In this case, the sauce is used to season the lasagna. In fact, once the lasagna has been boiled, it is necessary to immerse them in the sauce pan and seasoned with cheese, sprinkled with ricotta and flavored with freshly ground black pepper.

Sicilian pesto

Ingredients: 100g of shelled walnuts, 150g of salted ricotta or to taste a mix of Parmesan and pecorino cheese, 200 grams of Pachino tomatoes, a handful of pine nuts, four anchovy fillets, basil, parsley, extra virgin olive oil just enough to make everything fluid.
Chop together the shelled walnuts and pine nuts, add the salted ricotta cheese and blend together with the basil and parsley without reaching the homogenization, then put the anchovy fillets and oil, blend again until the mixture is fluid. At this point put the cherry tomatoes and blend the mixture for 2-3 minutes and you're done!
Ready in a very short time, Sicilian pesto is an excellent sauce for both "express" pasta and cold pasta, it is accompanied by a red wine.

Paste ca' muddica

Ingredients: 400 gr. spaghetti or linguine, 400 gr. ripe tomatoes, 2 cloves of garlic, 4 desalted anchovies, 80 gr. of grated stale bread crumbs, 1 tablespoon of chopped parsley, 1 or half hot pepper, 6 tablespoons of extra virgin olive oil, salt
Wash and dry the tomatoes, dip them in boiling water for 2 minutes, peel them and cut them into small pieces. Chop the anchovies. Peel the garlic cloves and brown them with 1 tablespoon of oil. Add the tomatoes, anchovies, chilli and parsley. Cook over moderate heat for 15 minutes. Adjust the salt. Meanwhile, boil the pasta in salted water. Pour the remaining oil into a pan and brown the bread crumbs. Drain the pasta al dente. Transfer to a tureen, season with the sauce, stir and sprinkle with oil and toasted crumb (muddica).

Pasta with cauliflower

Ingredients: gr. 400 of spaghetti. 1 cauliflower of about 600 gr., gr. 50 grated pecorino cheese, 1 onion, olive oil, raisins, salt, pepper.
Clean, wash and boil the broccoli in plenty of water. Drain it when it is still al dente and cut it into small pieces. Cut the onion into thin slices, brown it in a pan with plenty of oil, then add the cabbage and a little' of its cooking water, salt, pepper, stir gently and let flavor. Meanwhile, you have cooked the spaghetti in salted water. Drain and serve seasoned with pan-cooked broccoli and grated pecorino cheese.

Pasta with sardines

Ingredients: 500 gr. of bucatini, 700 gr. of boned sardines deprived of the head and entrails, 3 bunches of fennel, a tablespoon of tomato extract, an onion, 4 salted anchovies cleaned and boned, a tablespoon of pine nuts, a tablespoon of raisins, pure saffron in threads, extra virgin olive oil, salt pepper to taste, 1/2 glass of white wine.
Peel the wild fennel and boil it in salted water for about half an hour. Drain it and set aside the boiling water, then chop it coarsely and fry it with a little oil. Separately, brown the finely chopped onion over low heat. Add the anchovies and tomato extract, dissolved with 1/2 glass of water and 1/2 of white wine. Knead the mixture with a wooden spatula so that it turns into a cream. Add half of the boned sardines, fennel, raisins with pine nuts and saffron and cook over low heat for about half an hour. Stretch the mixture, from time to time, with the fennel cooking water. Separately fry the other half of the boned sardines, and after browning them, deposit them on absorbent paper to remove unnecessary oil. Boil the bucatini in the remaining fennel water. Drain the bucatini al dente, mix with the sauce and put them in a serving dish, adding the fried sardines. Serve sprinkled to taste with toasted breadcrumbs.

Pasta with zucchini

Ingredients gr. 400 spaghetti - 3 white zucchini, olive oil, salt, basil, fresh chilli.
Clean, wash and dry the zucchini, then cut them into slices and fry them with hot oil, removing them when they are golden; Let them drain on kitchen paper, sprinkle with salt and keep warm. Boil plenty of salted water and boil the spaghetti. Drain and, on a hot serving dish, mix the fried zucchini, add a little basil oil and chilli.

Paste with maccu

Ingredients: 400 g of shelled dried broad beans, 300 g of tagliatelle (or spaghetti), 1 onion, olive oil, pepper and salt.
Soak the beans in warm water the night before preparing the recipe. Drain and cook in a liter of boiling water. When they are cooked, add the tagliatelle (or spaghetti), chopped and cook al dente. Sauté the chopped onion in olive oil and pour the sauté into the pasta. Pepper, salt and let stand for 5 minutes before serving. It can also be served cold.
Or: soften the dried beans by placing them in a pan with water and let them rest for about 12 hours. Or peel some fresh and coarse broad beans and cover them with water. Put the pan on the fire and cook for about an hour. Drain the beans and crush them with a fork until they become a puree. In the meantime, clean the turns and boil them separately. While cooking, put the puree back in the pan, add oil, salt and pepper and mix everything. Place the broad bean puree in a tureen and add the boiled turns and cut into small pieces. Season with raw oil. Serve on a large plate. The maccu is also excellent with fresh pasta.

Spaghetti with cuttlefish ink

Ingredients: 400gr. Spaghetti, 350gr. cuttlefish, 2 cloves of garlic, 1/2 glass of white wine, 1/2 glass olive oil, two tablespoons of tomato paste, salt, basil. Clean the cuttlefish, taking care to keep the bag with black and chop them. In a pan fry the garlic cloves cut in two with oil, add the cuttlefish and let it take a nice color; Pour the wine and let it evaporate. Add the tomato paste, add salt and cook over moderate heat for 20 minutes. When almost cooked, finish the seasoning with the squid ink contained in the bag. Boil the spaghetti, drain them al dente and handle them in the pan with cuttlefish. Serve on a serving plate, decorating with another a sprig of basil.

Spaghetti with sea urchin eggs

Ingredients: 500 gr. of spaghetti, 30 sea urchins, 1 clove of garlic, pepper and salt to taste, a bunch of parsley, extra virgin olive oil.
Cut the curls in half, clean them well and take the eggs that you will place in a bowl.
Put a pan with oil on the heat and fry the crushed garlic over low heat. Put a pot on the heat with water and bring to a boil. Add salt, drop the spaghetti and boil them. Drain them well al dente and season with oil, after removing the garlic. Then add the eggs of the sea urchins without stirring and sprinkle with plenty of chopped parsley and pepper. Serve hot on a serving plate.

MAIN COURSES

Swordfish rolls

Ingredients: 16 slices of swordfish from the belly of 20 gr. each thinly cut, 20 gr. pine nuts, 50 gr. Parmesan cheese, a few grated lemon zest, 50 gr. of extra virgin olive oil, breadcrumbs, parsley, salt and pepper to taste
For the filling, place in a plate the breadcrumbs, oil, a little' water, pine nuts, salt and pepper and chopped garlic and lemon zest kneaded mixing. Prepare the rolls by flattening the pieces of swordfish and arranging, wetting them in olive oil, on each put a handful of filling; roll them up and stick them in skewers. Grill for about 5 minutes.

Salmoriglio

The name "salmoriglio" comes from "Brine". It is a typical Sicilian sauce with which all roasted meats and fish are seasoned; in Sicily "roasting" means only grilling. The sauce is spread on foods before, during and after cooking.
The salmoriglio for the fish is prepared by combining 4 tablespoons of extra virgin olive oil with a pinch of salt, the juice of half a lemon, a sprig of parsley a clove of crushed garlic, everything is mixed with a spoon as if to beat the eggs. For the salmoriglio for grilled meat same preparation without lemon and parsley with the addition of oregano.

Mussel soup

Ingredients: 2 kg of mussels, 1 clove of garlic, 2 tomatoes, parsley, 4 cherry tomatoes, salt and pepper to taste
Wash the mussels well and put them in a saucepan with the oil and the clove of garlic. Add the tomatoes by cutting them into pieces, leave to flavor and shake the saucepan several times until the mussels are all well opened. Sprinkle with a pinch of salt and pepper, plenty of chopped parsley.

Fish soup

Ingredients: 800 g of mixed fish type: hake (cod), snapper, mussels, octopus, cuttlefish, scorpionfish, 200 grams of ripe tomatoes, 1 onion, 1 celery steak, parsley, garlic, 1/2 glass of white wine, oil, slices of bread, salt and pepper salt and pepper to taste
Wash the fish and remove the meat cut it into pieces carefully diliscandola. Put all the waste parts in a saucepan with 1 liter of water, a pinch of salt, parsley, 1 piece of onion and a bay leaf, cover and boil for 30 minutes. In a baking dish put chopped onion, celery, parsley, whole garlic cloves, and chopped tomatoes. Add the pieces of fish, two tablespoons of oil, a pinch of salt and pepper, white wine and all the filtered broth. Bake for 30

minutes in the oven. Also bake the slices of bread and toast place them on the plates where the soup will be poured

Palermitan cutlet

Ingredients. 600 g of veal slices, breadcrumbs, olive oil, salt and pepper.
Flatten the veal slices with a meat tenderizer, sprinkle with salt and pepper, grease them with oil and dip them in breadcrumbs. Press the slices in your hands so that the breadcrumbs adhere well. Cook on the grill, turning them only once, and serve hot.

Stuffed squid or squid

Ingredients: .4 squid (or squid of Lipari) of 250 g each, 250 g of breadcrumbs, 2 teaspoons of Sicilian capers, 2 tablespoons of pine nuts, 1 clove of garlic finely chopped, Sicilian extra virgin olive oil, salt and pepper to taste. Well-cleaned squid: away the stomach and head; Cut the tentacles, chop them and fry in a little oil. Add breadcrumbs with capers, pine nuts together with chopped parsley, garlic and salt. Mix everything with oil and water. With the mixture obtained, fill the squid and close them with a toothpick. Then place them in a baking dish greased with oil, salt them and sprinkle with oil if you pass them in the oven for about 30 minutes. Or, without oil, grill grilled au gratin for about 10 minutes.

Stuffed squid sauce

Same ingredients as above with the addition of 500 g of tomato puree 4 tablespoons of tomato should be added to the breadcrumbs having fried first the tentacles cut into small pieces and proceed as above also adding some caper cucumber. Once the squid is filled, fry lightly in a pan. Prepare separately with the rest of tomato a tomato sauce with a clove of garlic and some branches of squid that you have previously set aside. Halfway through cooking, place the squid in the sauce and complete cooking. You have thus obtained an excellent sauce to season a delicious plate of spaghetti and cutting the squid into slices a second of appetizing fish.

Kid with potatoes

Ingredients: 1 kg of kid, gr. 800 potatoes - 1 onion - garlic, parsley, laurel leaves, olive oil, salt and pepper.
Take the kid meat, wash it, dry it well and cut it into pieces. In a deep saucepan with half a glass of oil, fry the sliced onion and a whole clove of garlic. Remove the garlic when it is cooked and lay the pieces of kid, two laurel leaves and a tablespoon of chopped parsley. Brown the meat on each side then add salt, pepper and add the potatoes cleaned and sliced. Put a ladle of hot water, cover and cook adding a little hot water as it evaporates. Before serving, check the salting.

Seafood Salad

Ingredients: 400 g. of octopus, 500 g. of squid, 1kg of shrimps, 1 kg of mussels, 500 g of clams, 2 lemons, extra virgin olive oil, salt and pepper to taste, a bunch of parsley, vinegar.
Boil the octopus and squid separately in salted water. For the cooking of the octopus, adjust following the

cooking times of the octopus salad recipe. Separately, boil the shrimp with the addition of a little vinegar so that, once drained, they do not turn black. Put a pan on high heat and place the mussels and clams and wait until the valves have all opened. Get off the heat keeping the liquid they have emitted and put them aside after removing the valves. As soon as the octopus and squid are cooked, drain and cut the octopus into chunks and the squid into rings. Take a serving dish, mix octopus, squid, mussels, clams, prawns and season with oil, lemon juice, salt to taste, ground pepper and add a couple of tablespoons of cooking liquid of mussels and clams passed in a colander. Sprinkle with plenty of finely chopped parsley. Add a clove of chopped garlic to your liking and serve after cooling.

Sardines in beccafico

Ingredients 800 g of fresh sardines - 50 g. pecorino cheese, garlic, parsley, 2 eggs, wine vinegar, breadcrumbs, lemon, olive oil, salt and pepper.
Take the boned sardines, wash them, dry them carefully with a cloth and place them in a bowl where you will pour a glass of vinegar. Let them marinate for 2 hours, then drain. Open them on a plate and sprinkle with the cheese mixed with 2 cloves of garlic and a tablespoon of chopped parsley, salt and pepper. Close them by pressing them between the palms of your hands and pass them in salted and peppery beaten egg, then turn them in breadcrumbs and fry them in plenty of hot oil, making them brown on both sides. Drain golden brown and serve with lemon wedges, hot and crunchy, or cold.

SIDE DISHES

Fried artichokes

Ingredients: 4 artichokes, lemon, olive oil, salt.
Clean the artichokes, removing the hard leaves and thorny tips. Then cut them into wedges and soak them for 1/2 hour in lemon acidulated water. Fry them in plenty of hot oil, for about 3/4 minutes until they are golden brown. Add salt and serve hot.

Fried thistles

Ingredients 1.5 Kg. of thistles, 300 g of flour, 3 eggs, 2 lemons, olive oil, salt.
Clean the thistles, wash them and keep them in water for about 1/2 hour together with the lemons cut in half. Drain and boil for about an hour. Beat the eggs and mix them together with the flour, a pinch of salt in a fairly large container, adding water from time to time until you have obtained a batter not too thick. Drain the cardoons and cut them into pieces and dip them in the batter. Fry them a few at a time, in plenty of hot oil. drain the cardoons on Scottex paper and serve them in a serving dish after giving them a sprinkle of salt.

Golden zucchini flowers

Ingredients: 20 zucchini flowers, 2 eggs, flour, olive oil, a stick of brewer's yeast, salt.
Clean the zucchini flowers, wash and dry them. Fry them in plenty of hot oil, after passing them in the beaten egg with salt and brewer's yeast. When they are nice crispy, drain them on kitchen paper, and serve hot.

Orange salad

Ingredients: 4 oranges, 100 g, walnuts, 2 shallot onions, olive oil, salt.
Peel the oranges and cut them into small pieces. Cut the onions into strips. Coarsely chop the walnut kernels. Put oranges, onions in a salad bowl, season with plenty of olive oil, salt and sprinkle with walnuts. A variation of this dish involves the addition of fennel. Note**:** Sicilian blood oranges have an unparalleled taste and give health especially in the quality of Tarocco, Sanguinello and Moro. 70% of Italian orange production is grown in Sicily, a region that in established areas, for the qualities mentioned, obtained the PGI recognition in 1997.

Aubergines parmigiana

Ingredients: 1 kg of eggplant, 200 grams of onion, 150 grams of tomato sauce, 150-200 grams of grated Parmesan, fresh basil leaves, 50 grams of mozzarella, 2 boiled eggs, olive oil, salt.
Cut the aubergines in the direction of the length into slices of about 2 m each. Add salt and let them rest for about 2 hours. Fry them in a pan with plenty of oil and fry the sliced onion. Put in a baking dish, greased with oil, half of the eggplant, which will be covered with half of the Parmesan, onion, tomato sauce, basil leaves. Cover with the other half of the eggplant, Parmesan cheese and a little' tomato sauce. Halfway through cooking in the oven decorate with slices of boiled eggs and mozzarella.

Pepper

Ingredients: 4 peppers, 300 g of tomatoes, 50 g of green olives, 3 onions, vinegar, salt.

Cut the peppers into strips, depriving them of the seeds and brown them in a pan with a little oil. Sprinkle a little vinegar and salt. Cook for 10 minutes and add the pitted olives and cut into small pieces. Stir and cook for a little longer. Serve hot or cold.

Fried zucchini

Ingredients: 6 medium-sized zucchini, 2 eggs, white flour, parsley, extra virgin olive oil, salt.
Clean the zucchini and cut them into slices in their length. Pass them in beaten egg, then in flour, and fry them in a pan with hot oil. Color that they are on both sides, salt them and sow the shredded parsley on top, just enough. Let them hop for a few minutes, and serve steaming.

DESSERTS

Sicilian cannoli

Ingredients: 150 grams of flour, 15 grams of cocoa powder, 20 grams of butter, 1 egg, 270 grams of sugar, 1 tablespoon of Marsala, 1 sachet of vanillin, 500 grams of fresh ricotta, pistachios, lemon zest, candied fruits icing sugar, extra virgin olive oil.
Prepare the dough for the "zest" by kneading the flour, cocoa, 20 grams of butter, egg, sugar and add the tablespoon of Marsala. Make a homogeneous dough that you will let rest for an hour. After that, flatten it and make squares of 12 cm on each side that you will wrap diagonally around tin tubes. Wet the ends and press them to adhere. Fry in plenty of oil. As soon as the peels are golden, let them dry and cool, before removing them from the tubes with great care. Make a dough with the ricotta passed through a sieve and combined with vanillin, a dash of rum, grated lemon zest, sugar, pistachio pieces, all mixed and left to rest half an hour in the fridge. Fill the skins and decorate every single cannoli with candied fruits and sprinkle with icing sugar.

Ricotta tart

Ingredients: 400 g. of flour for cakes, 200 g of butter, 500 g of ricotta, 300 g. of sugar, 100 g candied citron, 100 g. of dark chocolate, 3 eggs, 1 lemon, salt.
Knead the flour with 2 egg yolks, 100 gr. of sugar, a pinch of salt and the grated rind of a lemon and the softened butter. Work everything until a homogeneous paste is obtained. With about 3/4 of prepared dough line a cake tin, previously greased with butter and floured. Preparation of the filling Pass the ricotta with the vegetable mill to make it become cream and let it fall into a bowl, work it with the wooden spoon adding sugar, shredded cedar and chocolate, and the egg whites of the 2 eggs whipped until stiff. Conclusion Pour the dough into the pan, and cover everything with 1/4 of the remaining dough. Brush the surface of the tart obtained with an egg yolk to obtain a nice browning. Put in a preheated oven at 180 degrees for about 30 minutes. Serve cold.

Melon ice cream

Ingredients: 500 gr. ripe watermelon, 40 gr. of starch for cakes, 100 gr. sugar, jasmine flowers, 2 cm. cinnamon stick, dark chocolate, unsalted pistachios

Obtained by filtering the watermelon pulp with a sieve, dissolve (cold) the starch, taking great care not to form lumps. Put on very low heat and cook over. As soon as it begins to mumble, add the cinnamon and after about 5 minutes turn off the heat. Now wet the cups with water where the jasmine was left to rest the night before and pour the mixture. Garnish with dark chocolate chips and put to cool in the refrigerator. A freshly harvested jasmine in the center of each cup will complete the work.

Coffee granita

Ingredients: 180 gr. of sugar, 3 tablespoons of freeze-dried coffee (or 1/2 liter of strong coffee), 4 glasses of water, 2 glasses of lemon juice, cream

Bring 1/2 liter of water to a boil, dissolve 3 tablespoons of freeze-dried coffee (or prepare 1/2 liter of strong coffee) add 5 tablespoons of sugar and boil for two minutes. Wait for it to cool and then put in the freezer in a large metal container and turn the mixture over while it freezes every 20/30 minutes. The granita will be ready after about 3/4 hours. To make the grain of the mixture more homogeneous and finer, before serving, you can pass for a few seconds to the blender. Pour liquid cream on the bottom of the glasses, cover with plenty of coffee granita and decorate with a little whipped cream without sugar.

Lemon granita

Ingredients: 180 gr. of sugar, 4 glasses of water, 2 glasses of lemon juice, Bring the sugar to a boil with water and cook for 5 minutes. Wait for the syrup to cool and add the lemon juice. Put in the freezer in a large metal

container and turn the mixture over while it freezes every 20/30 minutes. The granita will be ready after about 3/4 hours. To make the grain of the mixture more homogeneous and finer, before serving, you can pass for a few seconds to the blender.

Nougat

A variant of this recipe involves the use of a kilo of almonds and a kilo of honey, or 700 grams of honey and 300 grams of sugar. It is necessary to peel and toast the almonds in the oven and then put them on the fire in a saucepan together with the honey possibly together with the sugar. The ingredients mix continuously until they congeal well. Then the mixture is poured into a well-moistened surface and cut according to the desired shape.

Black and White

Ingredients: 500 grams of flour, 150 grams of butter, 4 eggs, salt to taste, 1 liter of cream for cakes, 300 grams of bitter cocoa, 450 grams of sugar, 70 grams of chocolate, 1 sachet of vanilla.
To prepare the cream puffs paste, put a generous amount of water in a large pot and boil; add the flour and start stirring strongly so as not to find lumps in the mixture; Then put the butter and continue stirring for another 10 minutes to make the mixture creamy.
Remove the pot from the heat and let cool; Then add the egg whites that you have whipped until stiff in a basin, the egg yolks and a pinch of salt. Always continue to mix until you get a consistent cream and then let it rest for about 2 hours.
Form balls of dough, place them on a greased baking sheet and place them in the oven; Cook at a moderate temperature until they swell. Whip the cream with the sugar and place it in the same amount in 2 different containers.
In one of the 2 containers add the cocoa; Then fill the cream puffs with the help of a syringe and put them in the container with the cream and cocoa. Place everything in a mountain dish, sprinkle the vanilla and chocolate

chips and refrigerate for 2 hours before offering your dessert.

LET'S FIND OUT THE REST WITH **SUSPIRANNU**

SUSPIRANNU by Vassallo Fabio and Wine

THE FASCINATING NECTAR OF THE GODS

"Suspirannu®" takes you to the story dedicated to the world of wine, or so called from Greek Mythology "The Nectar of the Gods".

The Nectar of the Gods

Present in the mythological tales of every culture, from the East to northern Europe to the Mediterranean If I asked you to think of a good drink, indeed very good, and the oldest drink, but that in addition to pleasing men and women to death, was the favorite of the Gods.

The Gods drank and ate like us, many believe that they did so in ancient tales, fairy tales and sagas, mythological narratives and fictional things. But there are those who swear, as indeed happens today, **that the Gods existed and drank and ate delicious things**. Here: for the Gods of many parts of the world, the **best and**

most coveted drink was one and only one: **it was called Wine**.
Usually called "**nectar of the Gods** ", praised and painted in odes, works and poems by artists of all ages, it is the drink par excellence, intoxicating, engaging, the one that stimulates minds, senses, moods and feelings.
Man has often considered this drink as a real **gift of the gods**: from the Roman **Bacchus** to the Greek **Dionysus**, up to the Egyptian god **Osiris**, there are countless divinities to which the origin of wine is associated.
Also for this reason the stories and myths related to it are varied and numerous, bewitching and incredibly seductive legends.
And the history of wine is certainly no less fascinating than myth: it is a story that speaks to us of land, art, nature, of great passion and ancient cultures, of hard work and immense love for the territory.
Through a thousand-year path, we will "taste" together the myths, history and legends related to the birth of the most famous drink in the world as "The nectar of the Gods".

The Origin of the Vine

It is said that the **vine** first appeared over **200 million years ago** in various areas of the planet. The oldest fossils of the genus "Ampelidae" have in fact been found in the Caucasus and have a date compatible with this theory. In any case, various fossils testify to the presence of the vine in the European areas where it has currently been cultivated for at least a million years.
About **5,000 years ago**, in the era known as Neolithic, man became sedentary and began to work the **soil** and select the various species suitable for cultivation, including Vitis **Vinifera** Silvestris.
Traces of vine cultivation and **amphorae** containing beverages supposedly derived from grape juices and dating back to various periods between **5000 and 1000 BC** have recently been discovered in various sites, especially in regions of **Asia Minor** (**Caucasus**, **Mesopotamia**), where **winemaking** seems to have been born, dating back to **4100 BC.** The Vitis Vinifera Sativa, that is the domesticated form of the Silvestris is however present in this era in all the territories bordering the **Mediterranean**.
It was the **Phoenicians** who brought the vine and wine https://www.quattrocalici.it/conoscere-il-vino/introduzione-al-vino/ to **Greece**. Subsequently, the **ancient Greeks** colonized southern **Italy** (**Magna Graecia**), bringing the cultivation of vines to the Peninsula. Viticulture was then resumed first by the **Etruscans**, then by the ancient **Romans**.

The Origin of Wine

The **origin** of **wine** as a drink certainly derives from the spontaneous fermentation of grape juices, later processed and codified in procedures that have been refined from generation to generation, with the contribution of all the peoples who have inhabited the areas suitable for the cultivation of the vine, including Greeks, Etruscans and Romans. Recall that both in Greek and Roman mythology there are gods protectors of vines and wine (Dionysius in the case of the Greeks, Bacchus for the Romans) and the intoxicating properties of this drink have led to a cult that included celebrations (Bacchanalia) that sometimes degenerated into real orgies.

It is trueto the **Romans** that we owe the spread of the vine in almost all the territories of the Empire, that is where the Legions arrived, and to them we must trace the origin of wine in vast areas of **France** and **Germany**. Moreover, thanks to the vast documentary sources that have come down to us, we can trace the origins of modern **Oenology**, that is, the science that studies the production of wine, back to the Romans. **Lucio Giunio Moderato Columella** in his "**De Re Rustica",** already mentioned about the origins of Ampelography, handed down to us a vast treatment on the subject, starting from **viticulture** to get to **conceptually valid cellar practices** even today. What interests us most in this area is the fact that at the time the basic elements for the choice of areas suitable for the cultivation of vines and the qualities of vines more or less suitable for cultivation in certain areas were already codified.

The **decadence of Roman civilization**, culminating **in 500 A.D.** with the fall of the Western Roman Empire takes us into the **Middle Ages**. In these dark years there have not been or at least we have not received substantial evidence of technical progress from the agronomic and oenological point of view, but the cultivation of the vine and the production of wine has been handed down above all thanks to the fact that this together with **bread**, represented and not only symbolically, one of the main foods for the populations of the time. Its use in Christian rites and the work of rewriting the ancient treatises by the monks have meant that the principles of oenology and vine cultivation were handed down until the **Renaissance**.

Over the years, natural selection and the hand of man leads to the definition of the most suitable territories for viticulture and to the combination of areas and **vines** that is the subject of this treaty.

And 'of the **'500** the letter that **Sante Lancerio**, historian and geographer and bottler of Pope Paul III writes to Cardinal Guido Ascanio Sforza and that can be defined as the first text of Italian wine literature. 53 fine **wines** are identified that are also described from the organoleptic point of view and food pairings, using a surprisingly current approach and jargon. The letter mentions in the letter, among others, the "Rosso di Terracina", the "Greco d'Ischia", the "**Vernaccia** di San Gemignano" and the "Nobile di **Montepulciano**".

The decree of **Cosimo III de' Medici** dates back to **1710**, defining and establishing the boundaries of the production areas of **Chianti**, **Carmignano**, **Pomino** and Valdarno di Sopra, denominations that we find equal in contemporary oenography.

Phylloxera

1800 marks the birth of industrialized agriculture and brings considerable progress also in the oenological field. **Camillo Benso di Cavour** enters among the protagonists of **Barolo**, **Bettino Ricasoli** creates the "recipe" of Chianti establishing the right proportions of the blend using locally grown vines, **John Woodhouse** creates **Marsala**, **Benedetto Carpano Vermouth** flavoring the wine with sugar and aromatic plants.

At the end of the **century**, **phylloxera** appeared, an insect imported from the Americas together with local **cuttings** in order to search for a remedy against powdery mildew, a fungal parasite also imported from America. In fact, it was noted that some native species of Vitis Lambrusca (wild or American vine) from overseas had been particularly resistant to the parasite, as sulfur-based treatments were not yet widespread there. Together with the cuttings, this insect was also imported which, feeding on the roots and having no natural antagonists in Europe, soon became an almost uncontainable scourge that led to the destruction of more than a quarter of the European viticultural heritage. The solution was the use of radical immunity developed by some American

species, grafting the European variety on a "foot" resistant to the insect.

Sicilian Wines

From Sicilian grapes are born fine wines, the result of the **combination of tradition and innovation** typical of this island. Precious wines that blend perfectly with the Sicilian culinary tradition.

A **colorful culinary tradition**. In fact, the footprints left by various peoples in Sicily are known. From the Greeks to the Arabs, we are therefore witnessing a contamination of techniques and flavors. Tasting the native Sicilian wines you will feel the **sea** and the **sun in the glass!** These wines are known all over the world. Their fame is due to the Sicilian vines and the specific characteristics of this land.

The Sicilian vines offer these typical wines thanks to the **peculiar relationship** that is established between **climate, vine and soil**. The grapes thus acquire very specific characteristics, a strong point of the oenological culture of Sicily.

The island has areas with different **climate** conditions:

- **Mediterranean**, in hilly areas and along the coast. It is characterized by mild and little rainy winters and hot and muggy summers.
- **Continental**, it concerns inland and mountain areas. It is characterized by harsh winters with strong daily and seasonal temperature ranges.

This **climatic diversity** brings benefits to the grape varieties. Depending on where they are grown, they will express different characters, thus enriching the Sicilian wine heritage.

The other factor of uniqueness of the native Sicilian vines is the **soil** in which they sink their roots and with which a precious exchange takes place.

The **different types of soil** that contribute to the birth and growth of Sicilian vines are:

- **Lava** – due to the presence of the volcano Etna. They are suitable for the cultivation of Sicilian grapes Carricante, Nerello Mascalese and Nerello Cappuccio.
- **Calcarei** – they are suitable for the cultivation of the most famous and appreciated Sicilian grape in the world, Nero D'Avola.
- **Clayey** – for wines with an important chromatic intensity.
- **Tufaceous** – ensure a remarkable sugar charge and a refined fragrance. They are thus suitable for the cultivation of Sicilian vines used for the production of Malvasia di Lipari, Passito di Pantelleria and

Moscati di Noto and Syracuse.

This land gives great emotions thanks to the care and attention given to the native Sicilian vines.

The **main forms of farming** are as follows:

- Sapling
- Guyot
- Spurred cordon

Now let's see in detail **the most famous Sicilian vines**

Nero d'Avola
It is the **Sicilian grape par excellence**. It is cultivated for about 12,000 hectares on the island. It expresses a certain territoriality. In fact, depending on where it is grown, it will manifest different characteristics. Enter the ampelographic composition of the only Sicilian **DOCG** or **Cerasuolo di Vittoria.**

Frappato
It represents one of the most important Sicilian black grapes. It is cultivated mainly in the provinces of Syracuse and Ragusa. It is a robust vine that does not give important yields but rather constant. Together with Nero D'Avola, it is vinified for the production **of Cerasuolo di Vittoria DOCG.**

Nerello Mascalese
This vine originates on Etna and is still cultivated mainly on the volcano. It is also called Negrello for the chromatic intensity of its bunches. This Sicilian grape enters the production of **Etna** DOC and **Faro DOC.**

Nerello Hood
Nerello Cappuccio is also one of the Sicilian vines linked to Etna. In fact, it grows and originates on the slopes of the aforementioned volcano. This vine also becomes part of the **Faro DOC.**

Perricone
This Sicilian grape is also called Pignatello. It is native to Western Sicily, where it is still cultivated today. This grape variety is mainly used for the production of **Marsala Ruby.**

Raisin
It is an aromatic grape variety belonging to the Muscat family. It is also known as **Moscato d'Alessandria**. The name comes from the Arabic term dried grapes and is in fact used in the production of **Passito di Pantelleria DOC.**

Catarratto

This is an ancient Sicilian grape present in two forms: common white Catarratto and glossy white Catarrasto. It is cultivated throughout Sicily, particularly in the Western area. It is one of the main Sicilian native vines because it is used as an ampelographic base to produce **Marsala DOC.**

Inzolia
It is an **ancient vine** present on this land, in which we also find the homonymous Sicilian black grape. It is mainly used in the production of fortified wines such as **Marsala.**

Grillo
It is a native vine widespread in **Western Sicily**, which in recent years has had a rapid spread. Together with the Sicilian vines Cataratto and Inzolia, it participates in the ampelographic composition for the production of **Marsala DOC.**

Grecanico
This Sicilian grape is more precisely called **Grecanico Dorato** and was probably introduced to Sicily by the Greeks. There are two clones, one cultivated mainly in Trapani and the other in almost the whole island.

Carricante
It belongs to the Sicilian vines children of the volcano. It is in fact native to Etna and is part of the composition of **Etna DOC.**

Malvasia of Lipari
It is a Sicilian grape originally brought by the Greeks. Today it is cultivated mainly in the three islands Lipari, Salina and Vulcano. From it is obtained the **Malvasia Delle Lipari Passito DOC.**

International vines grown in Sicily are:

Chardonnay, Viogner, Pinot Gris, **Cabernet Sauvignon**, **Merlot**, **Müller-Thurgau** , **Pinot Noir** and **Syrah**.

Wine technical sheet DOC SICILIA NERO D'AVOLA 2020

Type: Wine DOC SICILIA NERO D'AVOLA

Production year: harvest 2020

Grapes: Nero D'Avola 100%

Average yields: 80/100 Qli / hectare

Thypo of soil: medium mixture tends to clayey

Trainingsystem: guyot

Harvest period: September

Raccepted: manual and mechanical

V: Fermentation on the skins (9 days) at temperature controlled (T° max 22° C); Malolactic fermentation and aging in concrete tanks coated with epoxy resin;

Cleaning: in cement tanks

Alcohol content: 13,7 % vol.

Acidità volatile: 0,40 g/l

Ph: 3,35

TotalCidity: 5,80

Totaloliphenol p: 2100 g/l

Organoleptic characteristics: Intense red with violet reflections, the nose is intense and fruity with particular notes of red fruit, cherry and blackberry, accompanied by hints of cocoa and vanilla.
In the mouth it is persistent and elegant, with pleasant velvety tannins.

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Sede Legale
Via Fabio, 74, Acireale, 95025
www.suspirannu.it

Wine technical sheet IGT TERRE SICILIANE SYRAH 2021

Type: Wine IGT TERRE SICILIANE SYRAH

Production year: harvest 2021

Uve: SYRAH 100%

Average yields: 80/100 Qli / hectare

Thypo of soil: medium mixture tends to clayey

Trainingsystem: guyot

Harvest period: end of August-September

Raccepted: manual and mechanical

V: Fermentation on the skins (8 days) at temperature controlled (T° max 22° C); Malolactic fermentation and aging in concrete tanks coated with epoxy resin;

Cleaning: in cement tanks

Alcohol content: 13,5 % vol.

Acidità volatile: 0,45 g/l

Ph: 3,45

Totalcidity: 5,50

Totaloliphenol p: 2200 g/l

Organoleptic characteristics: Intense red with violet reflections, the nose is intense and fruity with particular notes of red fruit such as plums, currants and black cherry, accompanied by spicy and balsamic hints. In the mouth it is dense, you can perceive its bulkiness, but the tannins are fine-grained, enveloping.

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Technical sheet wine DOC SICILIA NERO D'AVOLA – SYRAH 2017

Type: Wine DOC SICILIA NERO D'AVOLA - SYRAH

Production year: harvest 2017

Grapes: Nero D'Avola 100%

Average yields: 80/100 Qli / hectare

Thypo of soil: medium mixture tends to clayey

Trainingsystem: guyot

Harvest period: September

Raccepted: manual and mechanical

V: Fermentation on the skins (9 days) at temperature controlled (T° max 22° C); Malolactic fermentation and aging in concrete tanks coated with epoxy resin;

Cleaning: in cement tanks

Alcohol: 13,9 % vol.

Avolatile: 0,40 g/l

Ph: 3,35

TotalCidity: 5,80

Totaloliphenol p: 2100 g/l

Organoleptic characteristics: Black cherry red with dense persistence, the nose is intense and fruity with particular notes of carob and plums, cherry and blackberry, accompanied by hints of cocoa and walnuts. In the mouth it is persistent and elegant, with pleasant velvety tannins and long pleasant autumn sensations.

Technical sheet IGP TERRE SICILIANE INZOLIA/CHARDONNAY 2021

Type: Wine IGP TERRE SICILIANE INZOLIA/CHARDONNAY

Production year: harvest 2021

Uve: 100% CHARDONNAY

Thypo of soil: medium calcareous mixture but tends to clayey

Trainingsystem: guyot

Harvest period: second ten days of August/September**,**

Raccepted: manual and mechanical

Vinification: Cold temperature film maceration controlled (T° max 10° C); Cold fermentation temp. Average 16°c in concrete tanks coated with epoxy resin;

Cleaning: in cement tanks

Alcohol content: 13,0 % vol**.**

Acidità volatile 0,35 g/l

ph : 3,40

Totalcidity: 5,50 g/lt

Organoleptic characteristics: Straw yellow wine with pleasant green reflections, very fruity aroma, with notes reminiscent of ripe fruit apple, banana, in the mouth it is particularly savory and mineral, persistent with a pleasant floral aftertaste.

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Technical sheet DOC SICILIA GRILLO 2021

Type: Wine DOC SICILIA GRILLO

Production year: harvest 2021

Grapes: 100% GRILLO

Thypo of soil: medium mixture tends to clayey

Trainingsystem: guyot

Harvest period: second ten days of August/September**,**

Raccepted: manual and mechanical

Vinification: Cold temperature film maceration controlled (T° max 10° C); Cold fermentation temp. Average 16°c in concrete tanks coated with epoxy resin;

Cleaning: in cement tanks

Alcohol content: 12,5 % vol**.**

Acidità volatile 0,25 g/l

Ph: 3,25

Atcidity total: 5,30 g/lt

Organoleptic characteristics: Straw yellow wine with pleasant green reflections, intense floral aroma and fruity, with notes reminiscent of peach, citrus, in the mouth it is particularly savory and persistent with a pleasant jasmine and rose aftertaste.

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Scheda tecnica SPUMANTE EXTRA DRY

Type: White wine IGP Sicily

Production year: harvest 2021

Grapes: Catarratto and Grillo

Average yields: 80 q.li/ hectare

Type of soil: medium texture tends to clay

Training system: guyot

Harvest period: End of August

Harvest: manual

vinification: fermentation at controlled temperature of max 15 °C

Sparkling wine: Charmat method second fermentation time 20 days

Alcohol content: 11.50

Volatile acidity: 0.12 g/l

Ph: 3.10

Total Acidity: 7,00 g/l

From typical Sicilian vineyards "Catarratto" and "Grillo", an elegant and fine perlage, straw yellow color with golden reflections, the sparkling wine has fruity, citrus notes and fresh floral nuances, well balanced and fresh, perfect for the whole meal.