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CHICKPEA MEATBALLS WITH LOLLO VERDE LETTUCE

DIFFICULTY: EASY

COST: LOW

PREPARATION TIME: 1 HOUR AND 15 MINUTES

SERVES: 6

INGREDIENTS

200 G CANNED CHICKPEAS

1 CLOVE GARLIC, LIGHTLY CRUSHED

1 EGG (2 IF SMALL)

40 G FRESH SPRING ONION

50 G GRATED PECORINO CHEESE

A FEW GRATINGS OF LEMON RIND, TO TASTE

60/70 G BREADCRUMBS

BLACK PEPPER, TO TASTE

OLIVE OIL FOR FRYING

200 G LOLLO VERDE LETTUCE

70 G LAMB'S LETTUCE (CORN SALAD)

100 G SCAMORZA (SMOKED PROVOLA CHEESE), GRATED

50 G CRUSHED PISTACHIO NUTS

FOR THE DRESSING SAUCE FOR THE LOLLO VERDE: 1 TEASPOON OF MUSTARD, 30 ML EXTRA VIRGIN OLIVE OIL, THE JUICE OF HALF A LEMON AND A PINCH OF SALT.

METHOD

Drain the chickpeas. Heat the garlic in 1 tablespoon of olive oil in a saucepan, until it turns lightly golden, then add the chopped spring onion and the chickpeas and cook them slightly so they take on the flavour. Season with salt and pepper. Drain the chickpeas and reserve the oil they were cooked in. Place the chickpeas in a bowl, add the egg, grated pecorino cheese, grated lemon rind and the grated scamorza/provola and mix well with a fork. If the mixture is too soft, you can add some breadcrumbs. Leave it to rest in the refrigerator for 30 minutes. Then make about 30 chickpea meatballs. For the dressing sauce for the lollo verde lettuce: take the oil you left aside earlier and add the juice of half a lemon and the teaspoon of mustard. Set aside.

Fry the chickpea meatballs in a frying pan in olive oil. Drain and dry on oil-absorbing paper. In the meantime, place the lollo verde salad on a serving dish, dress with the prepared sauce, then arrange the chickpea meatballs on top and garnish with the pistachio nuts. Enjoy!



JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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OYSTERS WITH SPARKLING WINE, LEEK CREAM AND EGG

DIFFICULTY: MODERATE

COST: HIGH

PREPARATION TIME: 30 MINUTES + 30 MINUTES COOKING TIME

SERVES: 2

INGREDIENTS

100 G LEEKS

100 ML BRUT SPARKLING WINE

WHITE PEPPER, TO TASTE

6 LIVE OYSTERS

2 ORGANIC EGGS

EXTRA VIRGIN OLIVE OIL, AS NECESSARY

2 TABLESPOONS OF PARMESAN, GRATED

FOR THE CRISPY BREADCRUMBS: 10 G BREADCRUMBS AND OLIVE OIL, TO TASTE

METHOD

Clean the leeks. Cut the root off and cut just where the light green part – which is tougher – and white tender part meet (keeping the light green part to one side). Cut the white part in half and remove the outer layer, and rinse under running water. Chop the leek very finely with a knife and put it in a bowl. In a small saucepan, heat 1 or 2 tablespoons of extra virgin olive oil, add the chopped leek, let it soften very gently for about 10 minutes, stirring every so often. Once softened, add the sparkling wine and cook for another 5 minutes. Then put the mixture into a blender and pulse, add two egg yolks and one egg white, the grated parmesan, pepper and pulse again to a smooth cream. Set aside.

Now make the crispy breadcrumbs: heat a little olive oil in a frying pan and add the breadcrumbs. Toast them for a few minutes over high heat, stirring every so often to stop them burning, and put to one side when crispy. Now, it is time to clean the oysters. Scrub each shell with a scrub brush to remove any dirt or debris under running water. Then insert the tip of an oyster knife blade into the hinge of the oyster shell and loosen the oyster carefully not to break the oyster or hurt yourself. Put the oysters on a tray and prepare the filling. Fill the concave part of the oyster, first removing the liquid, with a tablespoon of the leek cream, sprinkle with the crispy breadcrumbs and season with a little freshly-ground white pepper and a few drops of the leek cream. Enjoy!



FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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PAESTUM ARTICHOKE PGI SAUTÉED IN LEMON

DIFFICULTY: EASY

COST: LOW

PREPARATION TIME: 15 MINUTES

SERVES: 6

INGREDIENTS

4 PAESTUM ARTICHOKE PGI (IF YOU CANNOT FIND THEM YOU CAN USE OTHER ARTICHOKE)

4 RED SPRING ONIONS

100 G ITALIAN PANCETTA OR UNSMOKED STREAKY BACON

50 G GRANA PADANO CHEESE

1 ORGANIC LEMON

OLIVE OIL, AS NECESSARY

SALT, TO TASTE

PEPPER, TO TASTE

1 SPRIG OF MINT

METHOD

Wash the artichokes, remove the external, harder leaves and the choke and cut them thinly; put them in a container covered with water and a little lemon juice to stop discolouring.

Sauté the finely chopped spring onion gently in 4 tablespoons of extra virgin olive oil in a large frying pan. When slightly softened, add the diced pancetta, sauté well until crispy and then add the artichokes, sauté gently and add the juice of half a lemon. Cover and leave to cook gently for 10 minutes.

Then add the rest of the lemon, in slices and continue cooking for at least another 10 minutes. Check the artichokes and season with salt and pepper. Once they are tender, turn off the heat and leave to rest for a few minutes. You can serve this dish as a main course with some toasted country bread or as a side dish with white meat. Enjoy!



MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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ASPARAGUS, PRAWN AND CRISPY LEEK RISOTTO

DIFFICULTY: MODERATE

COST: MODERATE

PREPARATION TIME: 25 MINUTES

SERVES: 4

INGREDIENTS

300 G ASPARAGUS

320 G CARNAROLI RICE

VEGETABLE STOCK

FISH FUMET

450 G PRAWNS

½ GLASS DRY WHITE WINE

1 CLOVE OF GARLIC

EXTRA VIRGIN OLIVE OIL, AS NECESSARY

1 LEEK

SALT, TO TASTE

PEPPER, TO TASTE

METHOD

Wash and clean the asparagus and cut them into round slices, leaving the tips whole. Shell the prawns and prepare the fish fumet that will be used with the vegetable stock (prepared in advance) to make the risotto.

Sauté the garlic and asparagus in extra virgin olive oil in a large frying pan, then add the prawns and cook a few moments. Add the rice, stirring until toasted and slightly golden. Add the white wine and let it evaporate. Cook the rice slowly adding the fish fumet and vegetable stock as needed.

Clean the leek. Cut it into strips and fry until crispy, letting them drain well on oil-absorbent paper.

Once the rice is cooked, serve in individual portions garnished with the crispy leek. Enjoy



APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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PASTA WITH ROCKET AND DENTEX

DIFFICULTY: **EASY**

COST: **LOW**

PREPARATION TIME: **15 MINUTES**

SERVES: **4**

INGREDIENTS

1 LARGE CLOVE OF GARLIC OR 2 SMALL ONES

HOT RED CHILI PEPPER (FRESH OR DRY), TO TASTE

EXTRA VIRGIN OLIVE OIL, AS NECESSARY

500 G DENTEX

½ GLASS OF DRY WHITE WINE

350 G SPAGHETTI

50 G ROCKET

FRESH BREADCRUMBS (CRUSTLESS), TO TASTE

1 ANCHOVY FILLET, COARSELY CHOPPED

METHOD

Sauté the garlic and chili pepper in extra virgin olive oil in a large frying pan. When the garlic is just golden, add the dentex, filleted and cut into cubes, add the white wine and let it evaporate, and cook gently. In the meantime, put the water to boil for the pasta, salt it when boiling and cook the pasta until it is al dente. Drain the pasta and add it to the fish in the frying pan with some of the rocket, roughly chopped. Put the fresh breadcrumbs into another frying pan in some extra virgin olive oil and the chopped anchovy fillet and toast them, taking care that the breadcrumbs do not burn. Put the rest of the rocket on each plate as a base. Serve the pasta garnished with the golden breadcrumbs. Enjoy!



MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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CARBONARA TAGLIOLINI WITH COURGETTE FLOWERS

DIFFICULTY: LOW

COST: MODERATE

PREPARATION TIME: 20 MINUTES

SERVES: 4

INGREDIENTS

6 COURGETTES WITH THEIR FLOWERS

1 SPRING ONION

EXTRA VIRGIN OLIVE OIL, AS NECESSARY

1 CLOVE OF GARLIC

350 G OF TAGLIOLINI PASTA, OR SPAGHETTI, FETTUCINE, LINGUINE, TAGLIATELLE

3 EGG YOLKS AND 1 EGG WHITE, BEATEN

PEPPER, TO TASTE

SALT, TO TASTE

100 G GRATED CHEESE (A MIX OF 3/4 PECORINO AND 1/4 PARMESAN)

METHOD

Remove the flowers from the courgettes; clean and trim them off the stem, then reaching inside to remove their stamen. Cut each flower into strips or several pieces, depending on their size, then set aside. Slice the courgettes into thin rounds, peel the spring onion and also slice it into rounds. Cook them gently in a large frying pan with a drizzle of extra virgin olive oil and a clove of garlic for about 5 minutes.

In the meantime, cook the tagliolini in plenty of boiling salted water. Drain the pasta al dente (keeping a little of the pasta water aside) and add to the courgettes. Add some of the grated cheese and a little of the pasta water. When the pasta has absorbed all the liquid, add the beaten eggs and the rest of the cheese. Mix well and season with pepper. Serve piping hot – the pepper will release its aroma together with the cheese. A delight for the palate! Enjoy!



JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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CATALANA LOBSTER SALAD WITH PIENNOLO DEL VESUVIO PDO AND YELLOW DATTERINI TOMATOES, RED ONION AND LIGHTLY CRUSHED POTATOES

DIFFICULTY: MODERATE

COST: HIGH

PREPARATION TIME: 30 MINUTES

SERVES: 4

INGREDIENTS

2 WHOLE LOBSTERS WEIGHING ABOUT 500 G EACH

300 G (MIXED) OF FRESH PIENNOLO DEL VESUVIO PDO AND YELLOW DATTERINI TOMATOES

1 RED ONION, PEELED AND SLICED

2 BOILED POTATOES

1 HANDFUL OF CAPERS

1 TEASPOON OF MUSTARD

1 TEASPOON OF WHITE WINE VINEGAR

SALT, TO TASTE

EXTRA VIRGIN OLIVE OIL, AS NECESSARY

FRESH BASIL LEAVES, TO TASTE

METHOD

Boil the 2 lobsters. When they are cooked, cut them and remove the meat.

Slice the boiled potatoes, dress them with the white wine vinegar and extra virgin olive oil and lightly crush them with a fork.

Take the Piennolo del Vesuvio and the yellow datterini tomatoes, wash them and cut them in half; arrange them on a plate. Dress with a teaspoon of mustard, extra virgin olive oil and the capers.

Add the lobster meat, garnish with the basil leaves and serve. Enjoy!



JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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11	12	13	14	15	16	17
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GRILLED WATERMELON AND FETA SANDWICH

DIFFICULTY: EASY

COST: LOW

PREPARATION TIME: 15 MINUTES

SERVES: 4

INGREDIENTS

1 RED SPRING ONION

RED WINE VINEGAR, TO TASTE

4 SLICES OF GRILLED WATERMELON

200 G FETA

1 LETTUCE HEART

1 BEEFSTEAK TOMATO

½ CLOVE OF GARLIC

WHITE WINE VINEGAR, TO TASTE

SALT, TO TASTE

PINCH OF CHILI PEPPER, TO TASTE

EXTRA VIRGIN OLIVE OIL, AS NECESSARY

FRESH BASIL LEAVES

LETTUCE LEAVES, TO GARNISH

8 TAGGIASCA BLACK OLIVES, TO GARNISH

CAPERS, TO GARNISH

METHOD

Slice the spring onion and dress it with salt and a few drops of red wine vinegar. Halve the watermelon slices and trim them to make eight squares the size of a small sandwich. Grill the watermelon on both sides. Cut each watermelon square into 2 triangles; on 8 of the triangles put a slice of feta and a slice of red onion. Top each sandwich with the 8 remaining triangles and put 2 triangles on individual serving plates for each portion. Place a lettuce leaf on each plate and lay the sandwiches on top.

Chop the tomato finely, dress it with the crushed garlic, a pinch of salt, a few drops of white wine vinegar, 2 tablespoons of oil and the chili pepper. Drizzle the tomato dressing on the sandwiches and garnish with basil leaves. Decorate each plate with a few lettuce leaves, 2 pitted olives and the capers. Enjoy!



AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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15	16	17	18	19 •	20	21
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29	30	31				



SICILIAN ETNA PRICKLY PEARS PDO RISOTTO

DIFFICULTY: MODERATE

COST: LOW

PREPARATION TIME: 30 MINUTES

SERVES: 2

INGREDIENTS

800 ML VEGETABLE STOCK

1 ONION

200 G DI CARNAROLI RICE

100 ML DRY WHITE WINE

700 G OF ETNA PRICKLY PEARS PDO

2 PRICKLY PEARS TO GARNISH

30 G PARMESAN

EXTRA VIRGIN OLIVE OIL, AS NECESSARY

SALT, TO TASTE

PEPPER, TO TASTE

A FEW FRESH MINT LEAVES, TO GARNISH

METHOD

Put the vegetable stock in a saucepan and bring it to a gentle boil. In the meantime, slice an onion and sauté in a large frying pan in extra virgin olive oil for a few minutes. Stir in the rice to toast until it becomes translucent, and then add the white wine and let it evaporate. Once the alcohol has evaporated, start adding the just boiling vegetable stock slowly.

To prepare the prickly pear juice, wash the 700 g of prickly pears and cut both ends off, then make a vertical slice down the body of the skin, and gently peel back the skin from the flesh. Liquidise the flesh in a blender and then sieve or pass through a vegetable mill to eliminate the seeds. When the rice is half cooked, add the prickly pear juice. Salt to taste, and when the risotto is cooked, turn off the heat and stir in the grated parmesan cheese for a creamy risotto.

Serve, with a few grinds of pepper and garnish with the diced flesh of the remaining 2 prickly pears, prepared while the risotto is cooking and, if you like, a few leaves of mint. Enjoy!



SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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12	13	14	15	16	17 •	18
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CEVICHE OF PRAWNS AND LEONFORTE PEACHES PGI

DIFFICULTY: EASY

COST: MODERATE

PREPARATION TIME: 15 MINUTES

SERVES: 4

INGREDIENTS

2 YELLOW LEONFORTE PEACHES PGI

(IF YOU CANNOT FIND THEM, USE ANY YELLOW-FLESH PEACH)

12 PRAWNS

EXTRA VIRGIN OLIVE OIL, AS NECESSARY

SALT, TO TASTE

2 LIMES, JUICED

1 TABLESPOON OF GINGER JUICE

1 SPRIG OF FRESH CORIANDER

METHOD

Clean and devein the prawns and chop them finely with a knife, add half of the lime juice and coriander and leave in the refrigerator.

Peel and dice the peaches. Dress the diced peach with extra virgin olive oil and season with salt. Add the juice of the remaining lime and the ginger juice. Place in the refrigerator. To serve, alternate layers of the peaches and prawns and garnish the dish with a drizzle of oil and some fresh chopped coriander leaves. Enjoy!



OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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LENTIL, TOMATO AND FRESH SPRING ONION PDO SALAD

DIFFICULTY: EASY

COST: LOW

PREPARATION TIME: 20 MINUTES + 20 MINUTES COOKING TIME

SERVES: 4

INGREDIENTS

250 G DRIED LENTILS

1 FRESH SPRING ONION PDO

2 TABLESPOONS OF CHOPPED CHIVES

1 SWEET GREEN ITALIAN CHILI PEPPER

10 BLACK CHERRY TOMATOES

1 BEETROOT

JUICE OF ½ LEMON

6 TABLESPOONS OF EXTRA VIRGIN OLIVE OIL

BLACK PEPPER, TO TASTE

SALT, TO TASTE

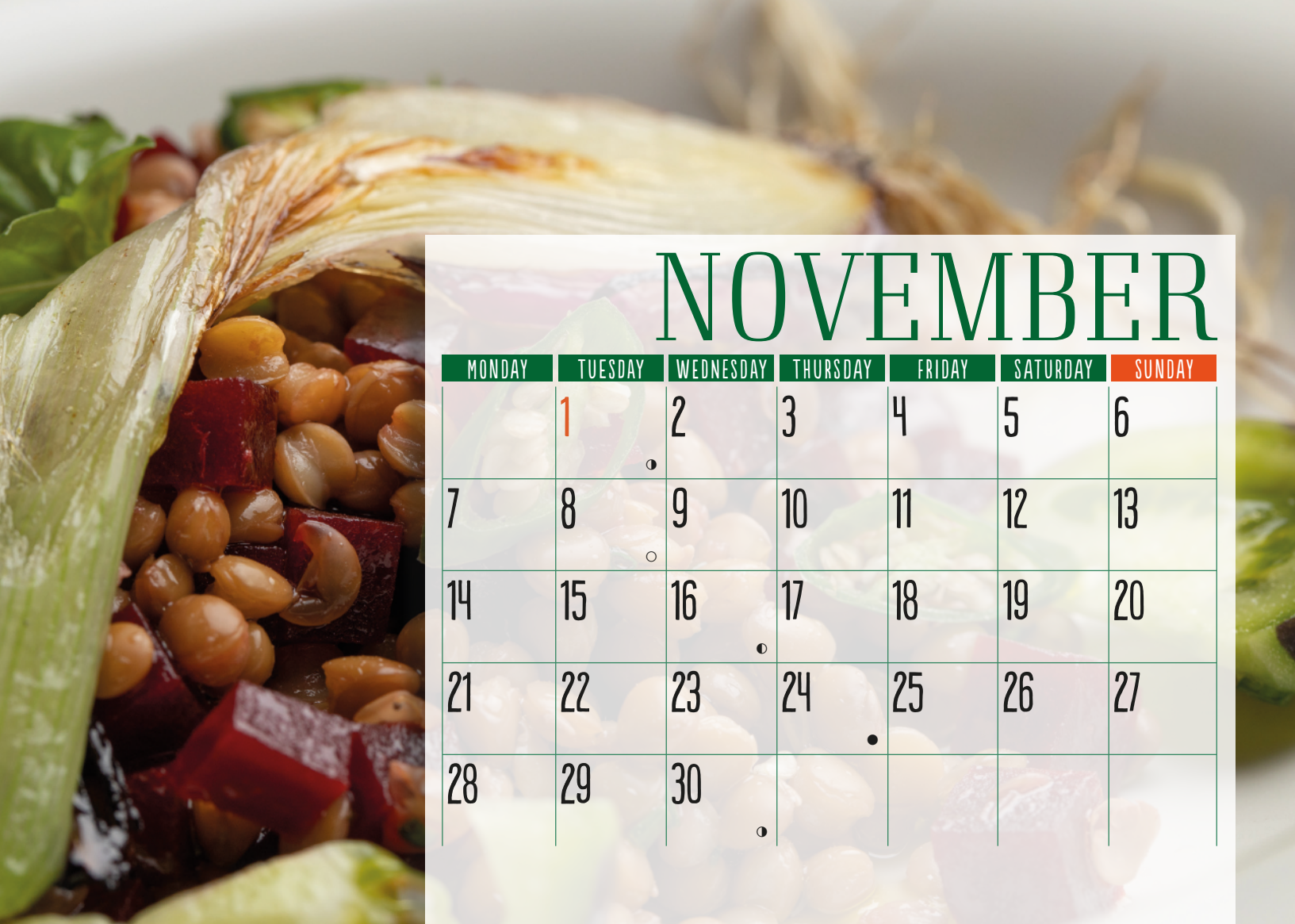
12 BASIL LEAVES

METHOD

Boil the lentils in abundant salted water for about 20 minutes and turn off the heat when they are still crunchy; if you want to soak the lentils the night before, the cooking time will be reduced by a few minutes. Drain the cooked lentils, and let them cool.

In the meantime, peel and halve the fresh spring onion PDO, put one half aside and finely chop the other half, chop the chives, cut the sweet chili pepper into small rounds and the cherry tomatoes into quarters, or into even smaller pieces. Grill the remaining half of the spring onion and set aside for the garnish.

Blanch the beetroot, cut it into cubes and season with the lemon juice. In a small bowl, make a dressing with the extra virgin olive oil, ground pepper, and salt. Place the cold lentils in a large bowl: add the previously prepared ingredients and basil leaves, roughly torn (keep a few whole to garnish the lentil salad). Season with the dressing and mix well, adding salt if necessary. Serve the lentil salad garnished with a few fresh basil leaves and the grilled spring onion. Enjoy!



NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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CABBAGE ROULADES WITH ORANGE

DIFFICULTY: EASY

COST: EASY

PREPARATION TIME: 10 MINUTES + 10 MINUTES COOKING TIME

SERVES: 4

INGREDIENTS

8 CABBAGE LEAVES

1 GRILLED PEPPER

CAPERS, TO TASTE

PINE NUTS, TO TASTE

RAISINS, TO TASTE

250 G MOZZARELLA

EXTRA VIRGIN OLIVE OIL, AS NECESSARY

½ GLASS OF WINE

SALT, TO TASTE

2 ORANGES

METHOD

Wash, trim and blanch the cabbage leaves for about 2 minutes in boiling salted water, making sure you have cut off the thickest parts. Drain them and put them on ice so that they keep a bright green colour.

Make the filling for the rolls mixing together the capers, pine nuts, raisins, sliced mozzarella and pepper. Stuff the cabbage leaves and roll them, then sauté them in a frying pan, bathing with a little wine and letting it evaporate. Prepare the oranges separately, divide them into segments and remove all the pith which can be bitter, sauté the segments lightly and then place the orange segments on the serving dish, then add the cabbage roulades. The heat will release all the aroma of the oranges, intoxicating the senses. Enjoy!



DECEMBER

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MEZZI TUBETTONI PASTA WITH BROCCOLI AND RED SPRING ONION

DIFFICULTY: MODERATE

COST: MODERATE

PREPARATION TIME: 1 HOUR AND 10 MINUTES

SERVES: 4

INGREDIENTS

400 G BROCCOLI

EXTRA VIRGIN OLIVE OIL, AS NECESSARY

1 CLOVE OF GARLIC

CHILI PEPPER, TO TASTE

2 CANTABRICO ANCHOVY FILLETS (1 FOR GARNISH)

320 G MEZZI TUBETTONI PASTA (OR MEZZI PACCHERI)

1 RED SPRING ONION

A FEW LEAVES OF FRESH BASIL, TO GARNISH

METHOD

Blanch the broccoli, drain and sauté in the olive oil with the garlic, chili pepper and 1 anchovy fillet.

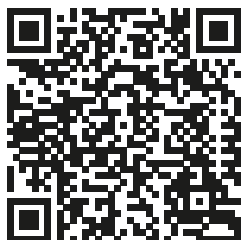
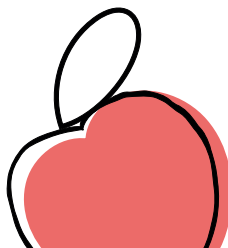
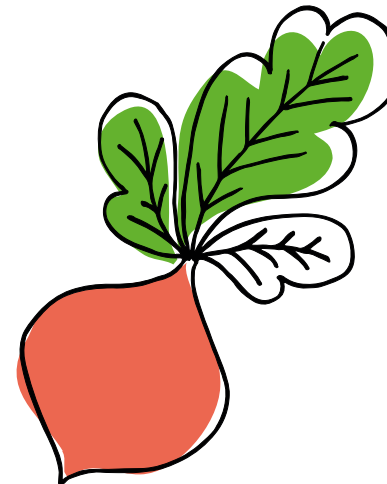
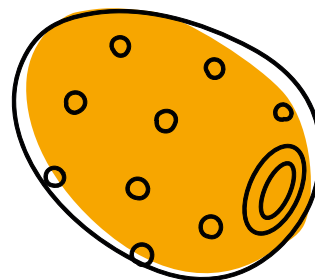
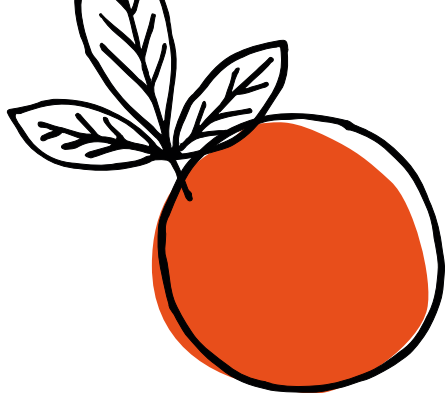
Cook the pasta al dente separately.

Soften the chopped spring onion in a separate frying pan, add the pasta and sautéed broccoli. Toss together and serve garnished with a few leaves of fresh basil and the remaining anchovy fillet. Enjoy!



2023 JANUARY

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