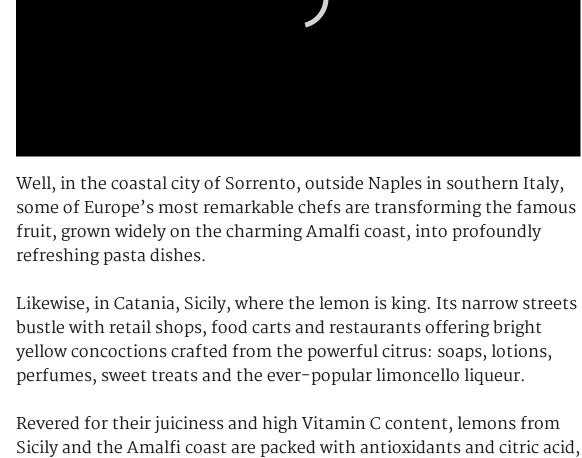
Sign In

A zest for life: Savouring Italy's lemons and the Mediterranean lifestyle **Kevin Hann** Published Apr 27, 2025 • Last updated 10 hours ago • 5 minute read

Join the conversation

Narrow streets in Sorrento, Sicily, are lined with shops and cart vendors selling items crafted with lemons. PHOTO BY KEVIN HANN /Toronto Sun When life gives you lemons, you make lemonade, right?



extending health benefits such as aiding in digestion and boosting the body's immune system. Not to mention, heralded for taste complementing and enhancing a broad spectrum of dishes. Sarah Bua, public relations manager for O.P. La Deliziosa, an organization representing producers based in Sicily, said the region

Bua, whose uncle Giovanni is the umbrella agency's president, says volcanic ash from the active volcano is spread across fields below it and acts as a fertilizer. Bua's family harvests prickly pears in the shadow of Etna.

benefits from an ominous landmark — Mount Etna.

"It's rich, fertile soil thanks to Etna," she says.

seasonal European horticultural products, including organic and quality-labelled produce. The campaign, also promoted by producer organizations Agritalia, A.O.A., Meridia and Terra Orti. It's cofinanced by the European Commission, targets markets in Canada.

Your noon-hour look at what's happening in Toronto and beyond.

Sign Up

La Deliziosa is a member of the "I Love Fruit & Veg from Europe" program, aimed at encouraging the purchase and consumption of

youremail@email.com By signing up you consent to receive the above newsletter from Postmedia Network Inc.

Interested in more newsletters? Browse here.

and a symbol of the Mediterranean culture."

Catania, Sicily, in March 2025.

Well-travelled, Italian-born chef Dario Tomaselli, an instructor at

George Brown College in Toronto, says "lemons are freshness, purity

Italian-born chef Dario Tomaselli, an instructor at George Brown

College in Toronto, checks out lemons at the outdoor market in

Lemons find their way into a dish Tomaselli and Heidema seek out at L'Antica Trattoria each time they visit Sorrento.

"It's fresh pasta cooked in a citrus sauce with lump fish and prawns, served inside a large lemon from the Amalfi coast," says Tomaselli.

"It's absolutely delicious —fresh, creamy and quite different from the

ends up here. Chefs come early to pick the best of the best."

classical pasta with fresh San Marzano tomatoes and basil."

The tart and refreshing lemon sorbet is a palate pleaser, and profiteroles topped with lemon curd and lemon zest make a perfect one-bite dessert.

"For myself, there's nothing better than a fresh piece of fish, lightly grilled and dressed with some good quality olive oil or a squeeze of lemon," he says.

Chef Dario Tomaselli's lemon risotto with mortadella and pistachio

• 1 small white onion, minced • 550g carnaroli riso • 150ml dry white wine

• 8og unsalted butter

• 110ml heavy cream

• Grated nutmeg

For the spuma (foam/mousse), in a food processor, add the cubed mortadella and pulse it gently until finely ground. Add the ricotta, Parmigiano Reggiano and cream and process until smooth.

Ladle the hot chicken stock (normally, for the first pour of liquid is double the volume of liquid to the rice) and continue stirring. As soon as the liquid has evaporated, keep adding un cup of hot stock

Courtesy "I Love Fruit & Veg From Europe" Prep time: about 30 minutes Cook time: about 20 minutes

• 120g wild rocket, or other fresh rocket leaves • About 3 tablespoons extra virgin olive oil Instructions

Soak the pita or bread in water (or a combination of water and milk) to

soften a few minutes, then squeeze dry and crumble into small bits.

Mix with the turkey mince, the Parmigiana, egg, lemon zest, 1 spring

When the bottoms are browned, gently turn each meatball over onto

one side, then a few minutes to another, cooking on three sides.

If you turn them too often in an effort to cook too many sides they

Cook for about 20 minutes, until meatballs are cooked through and

• 1 lemon separated out into its zest, and its juice

lightly browned. Remove from heat and drizzle with about half the lemon juice. Set aside a moment while you prepare the rocket spring onion salad. Combine the remaining spring onion with the rocket leaves, toss with

remaining olive oil and lemon juice.

Season to taste.

COMMENTS

Heidema starts each day with lemon-infused water as a body cleanser. Tomaselli recalls a time when lemons were used to straighten hair.

Today, lemons are an important staple in his kitchen and culinary

repertoire.

Prep Time: 10 minutes

Cook Time: 17 minutes

Total Time: 27 minutes

ilovefruitandvegfromeurope.com/ca

Equipment

• 1 large egg yolk, lightly beaten

• Extra virgin olive oil

Instructions

• Salt and pepper to taste.

and stirring constantly.

lemon juice, adjust the seasoning.

Lemon turkey meatballs

Ingredients

• 1 egg

• 2 pita breads

onion; season to taste.

Roll into small meatballs.

• 500g turkey thigh mince

• 85g finely grated Parmigiana

• 2 spring onions, finely chopped

alcohol has evaporated.

Heat a heavy saute/frying pan (non stick preferable) and add a tablespoon (or more as needed) of the olive oil. Add the turkey meatballs gently to the hot pan, keeping the heat around medium, enough to brown the meatballs gently, and to cook

Arrange the hot turkey meatballs on top of the salad, and pour any pan juices over the salad and meatballs as well.

Create an Account Sign in **JOIN THE CONVERSATION READ NEXT**

You must be logged in to join the discussion or read more comments.



Italian-born chef Dario Tomaselli, an instructor at George Brown College in Toronto, checks out

Tomaselli will be guest chef at the I Love Fruit and Veg From Europe Culinary workshop, on April 28 from 3:30-5 p.m., at Eataly in the Manulife Centre, 55 Bloor St. W., Toronto. For more information and recipes, visit

Food processor, wide sauce pot, wooden spoon Ingredients • 330g mortadella cut into cubes • 120g fresh ricotta

• 1 lemon (zest and juice) • 100g honey-preserved chestnut

• 100g toasted and crushed pistachios

• 200g grated Parmigiano Reggiano

• 1 litre of light chicken stock

Transfer into a clean bowl and fold in half of the toasted pistachio and the nutmeg, season and set aside in the refrigerator. (Best to prepare the spuma at least one hour prior).

butter and some olive oil until butter melting.

Add the onion and cook until translucent (no colour).

Heat a large heavy wide pot over a medium heat, add 30 grams of

Add the rice and gently toast until the fat has slowly coated the rice and it turns opaque. Add the wine and continue stirring until all the

After 17 minutes taste a few grains of rice, you should have an al dente

Add the remaining butter, the egg yolk, lemon zest and half of the

Add the Parmigiano Reggiano grated, some of the honey from the chestnut and plate on a warm, flat plate. Pipe the mortadella spuma and garnish with slivered chestnut and remaining crushed pistachio.

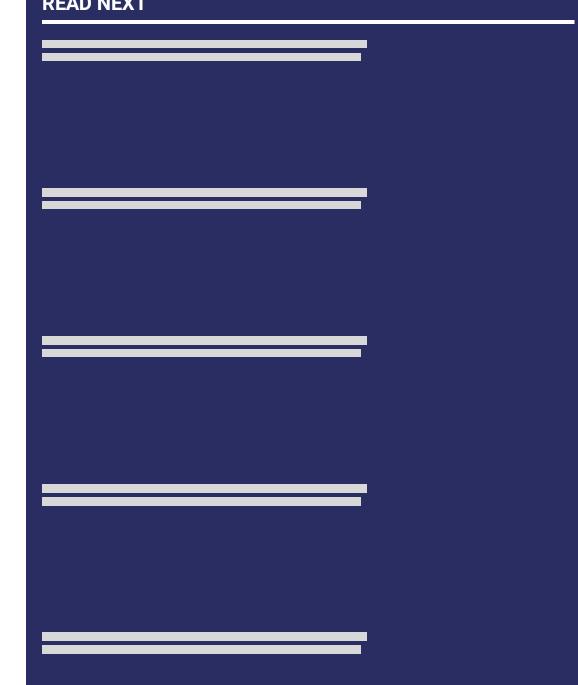
consistency. At this point remove the pot from the stove.

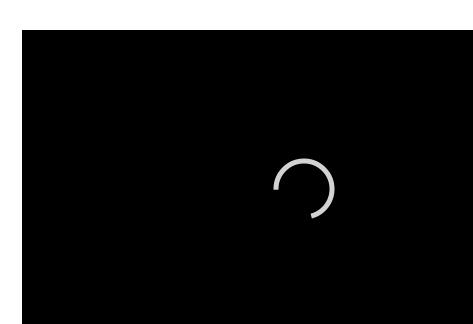
Allow the rice to cook for approximately 17 minutes, always allowing the rice to have sufficient liquid.

Total time: about 50 minutes

them through.

could fall apart (though are still delicious).

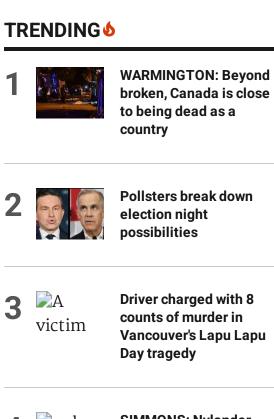




TRENDING **6**

SIMMONS: Nylander ti

one Leaf you can't tay your eyes off of in Ba



nylan SIMMONS: Nylander the one Leaf you can't take your eyes off of in **Battle of Ontario SUNDAY RECAP:** Mark **Conservative infighting** Carney, continues to flare up as campaign winds down