SIMMONS: Nylander ti

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

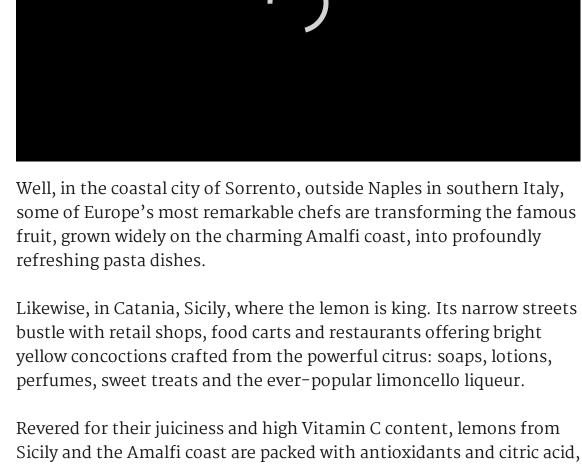
TRENDING **6** 

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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

benefits from an ominous landmark — Mount Etna. 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.

program, aimed at encouraging the purchase and consumption of 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.

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La Deliziosa is a member of the "I Love Fruit & Veg from Europe"

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

youremail@email.com

Catania, Sicily, in March 2025.

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Well-travelled, Italian-born chef Dario Tomaselli, an instructor at George Brown College in Toronto, says "lemons are freshness, purity and a symbol of the Mediterranean culture."

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

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

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served inside a large lemon from the Amalfi coast," says Tomaselli. "It's absolutely delicious —fresh, creamy and quite different from the classical pasta with fresh San Marzano tomatoes and basil."

"It's fresh pasta cooked in a citrus sauce with lump fish and prawns,

Italian-born chef Dario Tomaselli, an instructor at George Brown College in Toronto, checks out lemons at the outdoor market in Catania, Sicily, in March 2025. PHOTO BY KEVIN HANN /Toronto

Tomaselli and his partner Anita Heidema, hosts of the YouTube

Love Fruit & Veg from Europe" program.

fresh fish on offer.

repertoire.

program O'Live Your Life, focusing on Mediterranean living, recently travelled to Italy and Sicily to savour produce promoted through the "I

Strolling through a mile-long outdoor market in Catania, Tomaselli marvels at the array of vibrant fruits, vegetables, cured meats and

"It just blows my mind," he says. "Whatever is picked in the morning

Lemons find their way into a dish Tomaselli and Heidema seek out at

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

L'Antica Trattoria each time they visit Sorrento.

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

Manulife Centre, 55 Bloor St. W., Toronto. For more information and recipes, visit ilovefruitandvegfromeurope.com/ca

Total Time: 27 minutes Equipment

• 8og unsalted butter • 1 small white onion, minced • 550g carnaroli riso

• 1 large egg yolk, lightly beaten

• 100g honey-preserved chestnut

• 100g toasted and crushed pistachios

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.

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

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

Allow the rice to cook for approximately 17 minutes, always allowing

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

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.

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

butter and some olive oil until butter melting.

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

Prep time: about 30 minutes Cook time: about 20 minutes Total time: about 50 minutes

Roll into small meatballs. Heat a heavy saute/frying pan (non stick preferable) and add a tablespoon (or more as needed) of the olive oil.

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profiteroles topped with lemon curd and lemon zest make a perfect one-bite dessert.

The tart and refreshing lemon sorbet is a palate pleaser, and

lemon," he says. 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

"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

Cook Time: 17 minutes

**Chef Dario Tomaselli's lemon risotto with** 

mortadella and pistachio

Prep Time: 10 minutes

Ingredients

• Grated nutmeg • 1 litre of light chicken stock

• 200g grated Parmigiano Reggiano

Food processor, wide sauce pot, wooden spoon

• 330g mortadella cut into cubes

• 120g fresh ricotta

• 110ml heavy cream

• 150ml dry white wine

• 1 lemon (zest and juice)

• Extra virgin olive oil • Salt and pepper to taste. Instructions

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 alcohol has evaporated.

and stirring constantly.

the rice to have sufficient liquid.

**Lemon turkey meatballs** 

Ingredients

Instructions

onion; season to taste.

lightly browned.

Season to taste.

**COMMENTS** 

• 2 pita breads

• 500g turkey thigh mince

• 2 spring onions, finely chopped

• 120g wild rocket, or other fresh rocket leaves

• About 3 tablespoons extra virgin olive oil

Courtesy "I Love Fruit & Veg From Europe"

the spuma at least one hour prior).

consistency. At this point remove the pot from the stove. Add the remaining butter, the egg yolk, lemon zest and half of the lemon juice, adjust the seasoning.

• 85g finely grated Parmigiana • 1 egg • 1 lemon separated out into its zest, and its juice

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

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

Add the turkey meatballs gently to the hot pan, keeping the heat around medium, enough to brown the meatballs gently, and to cook them through.

could fall apart (though are still delicious).

remaining olive oil and lemon juice.

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

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