

INNOVATIVE RECIPES AND DISHES OF **SICILIAN AND TUNISIAN** GASTRONOMY

(Rosa, Origanum, Capparis)





Projet co-financé par L'UNION EUROPÉENNE

PREFACE

This booklet is the consecration of a cooperation, initiated since 2019, between the Agency of Agricultural Extension and Training (AVFA), the National Institute of Research in Rural Engineering, Water and Forests (INRGREF) and the National Bank of Genoa (BNG) in the framework of the cross-border project ESPAS: Valorization of indigenous Sicilian and Tunisian plant species with a nutritional interest and good for health . The project aims at the conservation, multiplication and enhancement of indigenous plant species. The identified species are: Asparagus, Rosa, Origanum, Capparis. On the Italian side, the consortium brings together the partners Promimpresa, Geopark, and CREA.

This document presents innovative recipes and dishes of Sicilian and Tunisian gastronomy based on the above mentioned plant species. It aims to disseminate gastronomic innovations that enhance our indigenous bio-resources. Thus, the project contributes to the conservation of biodiversity and aims at the creation of new value chains able to create added value and decent jobs while fixing young people in their territories.

The members of the consortium would like to thank Mr Ahmed Djemal, Director General of the Agency for Training in Tourism Professions (AFMT) for its valuable support to the organization of the competition of the best innovative recipes at the Institute of Training in Tourism Professions in Hammamet. The AFMT learners have proven that they are full of talent. Congratulations to them and their coaches.

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*Traditional
Tunisian
Recipes*

Tajine Slata



4 pax



**Preparation
30 min**



**Baking
20 min**

Ingredients:

Sweet peppers.....	250g
Hot peppers.....	250g
Fresh tomatoes.....	200g
Onions.....	100g
Ail.....	20g
Capers.....	50g
Lemon confit with salt.....	50g
Tuna.....	100g
Eggs.....	6 pc
Gouda cheese.....	100g
Oliveoil.....	5cl
Sel.....	Pm

Step 1:

- Grill all vegetables (tomatoes, peppers, garlic and onions) on a charcoal grill.
- Remove the skin, then the peppers and tomatoes. Chop well.
- Chop the onion and garlic and put everything in a bowl.

Step 2:

- Cook two hard-boiled eggs, peel and dice.
- Mix with the grilled vegetables and add the shredded tuna, grated cheese, capers and candied lemon zest in small dice.
- Add salt if necessary.

Step 3:

- Break 4 eggs into the stuffing, mix well.
- In an ovenproof baking sheet, pour a little olive oil and heat over the heat, then pour over the tagine mixture and bake in the oven at 180°C for 20 minutes. (Eggs must be completely cooked).
- The tagine can be cooked in a baking sheet with baking paper.



*Tajine Slata
Traditional Recipe*

Brik dannouni



4 pax



Preparation
15 min



Baking
45 min

Ingredients:

Fine semolina.....	200g
Medium semolina.....	200g
Butter.....	25g
Oil.....	1l
Beef meat.....	150g
Gouda cheese.....	50g
Eggs.....	4pcs
Capers.....	25g
Lemon confit with salt.....	100g
Onion.....	50g
Sel.....	Pm
Ground pepper.....	Pm

Step 1: Prepare the dough

- In a bowl, pour the medium and fine semolina, add 8g of salt, the melted butter and 10 cl of oil, mix well.
- Add 150cl of water and mix well without kneading. Let stand.

Step 2: Prepare the stuffing

- In a pot pour a little oil, heat and sweat the chopped onion.
- Add the meat in a small cube, season with salt and pepper. Moisten with a little water and cook.
- Cook 2 hard-boiled eggs and chop.
- At the end of cooking, chop the meat, add the hard-boiled eggs, grated cheese, raw eggs, capers and lemon rind into small dice. Mix everything well.
- Check the seasoning.

Step 3: Make and cook the Brik Dannouni:

- Spread the dough with a rolling pin 0.5cm thick.
- With a cookie cutter of 8cm diameter cut circles of dough.
- Put a little stuffing in the middle of the dough circles, fold in half and close the edges tightly.
- Heat the oil in a frying pan and fry the Dannouni briks.
- Brown and place on parchment paper.



*Brik dannouni
Traditional Recipe*

Tajine Slata



4 pax



Preparation
30 min



Baking
30 min

Ingrédients:

Ground meat.....	300g
Dried mint.....	25g
Coriandre.....	1g
Sel.....	5g
Ground black pepper.....	3g
Paprika.....	5g
Oil.....	20cl
Fresh tomatoes.....	600g
Green peppers.....	2pcs
Capers.....	30g
Lemon confit with salt.....	50g
Potatoes.....	30g
Parsley mince.....	10g
Eggs.....	2pcs



Step 1:

1. Put the ground meat in a bowl and season with salt, pepper, dried mint powder, cilantro and paprika; add a tablespoon of water and mix well.
2. Take a ball of meat of 30 gr and give it the shape of Merguez.
3. Purée the fresh tomatoes.
4. Cut the peppers into 1.5cm strips
5. Desalinate the capers, remove the pulp from the lemon confit with salt and julienne the zest.
6. Cut the potatoes into 3 mm thick rounds.
7. Chop the parsley.

Step 2:

1. In a saucepan, heat the oil and fry the pepper strips first, decant. Then sauté the merguezs. Decant.
2. In the same oil pot always hot add the fresh tomato purée and cook on a low heat for 15 minutes. (Add a little water if necessary)
3. Then put the merguezs back in the tomato sauce, simmer 5mn.
4. Add the desalinated capers, julienne of

candied lemons and half of the fried pepper strips; and cook for another 5mn.

5. Add salt if necessary

Step 3:

1. Fry the potatoes and keep them warm.
2. Cook the hard-boiled eggs, peel and cut into quarters.
3. On a plate, place the tagine merguez, sprinkle with a few capers; garnish with eggs and chopped parsley. You can also put the potatoes or serve them separately.



Tajine Merguez
Traditional Recipe

Sder



4 pax



Preparation
15 min



Baking
45 min

Ingredients:

Ground meat.....	100g
Dried mint.....	25g
Coriandre.....	3g
Sel.....	3g
Ground black pepper.....	3g
Paprika.....	3g
Oil.....	20cl
Carvi.....	Pm
Concentrated tomato.....	50g
Medium semolina.....	50g
Ail.....	3pods
Harissa.....	Pm
Capers.....	50g
Lemon confit with salt.....	50g

Step 1:

- Put the ground meat in a bowl and season with salt, pepper, dried mint powder, cilantro and paprika; add a tablespoon of water and mix well.
- Make small balls of meat from 10 to 15gr

Step 2:

- In a pot, heat oil and sweat the meatballs. Decant.
- Add the concentrated tomato, sweat and add 1L of water. Season with salt, caraway, chopped garlic and some harissa (to taste). Cook for 15 minutes.
- Add the semolina, mix well and cook for another 10 minutes.
- At the end of cooking put back the meatballs, and the dried mint. Boil 2mn.
- Add the capers and candied lemon zest into small dice just before serving.





Revisited and innovative Tunisian dishes

Culinary innovation from native Sicilian plant species and Tunisians with a nutritional interest and good for health is the title of organized by the AVFA and its partners on June 1, 2023 to promote and create new recipes based on capers, oregano and rosehip

Bavarian quail with spring delights

1st
Price



5 pax



Preparation
2 h



Baking
20 min

Ingredients:

Cures.....	10p
Cream fresh.....	20cl
Blackberries black.....	250g
Butter.....	100g
Malthouth.....	400g
White almonds.....	100g
Pistachios.....	100g
Olive oil.....	100cl
Courgettes.....	200g
Carrots.....	250g
Beets.....	300g
Onion.....	100g
Margelaine.....	100cl
Honey.....	5ml
Celeri.....	100g
Salt fin.....	1cc
White pepper.....	1cc

- Dress the quail and debone them (Keep the drumsticks)
- Peel and trim vegetables (strips, cubes and hazelnuts)
- Soak malthouth in rosehip water
- Start a quail juice with the carcasses
- Cook vegetables and keep warm
- Steam the malthouth and keep in a double boiler. Prepare the stuffing: Mix the quail flesh and the fresh cream (Season with selfin, white pepper and ground marjoram)
- Prepare an insert of quail mousse and blackberries
- Mould and bake for 6 to 7 minutes (Cooking in a double boiler)
- Roast loots for 10 minutes at 150°C
- After cooking the Bavarian, coat it with a crust of ground pistachio.

Dressage and finishing:

- On a plate, fresser the Bavarrois topped with pestons dipped in honey, white and black sesame
- Prepare the malthouth, decorate with vegetables and blackberries
- The quail juice with honey and Marjoram is served separately.



GHILEN Aymen

BTS in cooking - I.F.M.T.K Sousse Promotion 2022-2024

Supervised by Mr Nouredine Miladi

Écllosion Gustative

1st
Price pastry



5 pax



Preparation
2 h



Baking
20 min



MANAI Aya
BTS in pastry -I.F.M.T Sousse Kantaoui- Promotion 2022-2024
Supervised by Chef Bessem Mediouni

Dacquoise Pistachio Ingredients:

Egg whites.....90g
Caster sugar.....40g
Powdered pistachios.....60g
Powdered white almond.....20g
Sifted icing sugar.....63g
Sifted flour.....15g
Crushed pistachios.....20g
Icing sugar.....Q.S

Rose Water Custard Ingredients:

Cream.....100g
Rosehip water.....100g
Egg yolks.....32g
Caster sugar.....40g

White Chocolate Mousse with Rosehip Water Ingredients:

Rose Water Custard.....150g
Melted white chocolate blanket...150g
Powdered gelatin.....06g
Water.....30g
Cream300g

Creamy Pistachio and White Chocolate Ingredients:

Cream liquid.....100g
Eggyolk.....20g
Sugarsemoule.....40g
White Chocolate Cover
inpieces.....185g
Pistachio past.....50g

Fried Marjoram Apricots Ingredients:

Honey.....50g
Semolina sugar.....50g
Butter in pieces.....40g
Pitted apricots.....300g
Dried marjoram leaves.....QS

Tile dough (Decoration) Ingredients:

Melted butter.....30g
Sifted flour.....30g
Caster sugar.....30g
Egg whites.....30g
water-soluble dye.....QS

Apricot coulis and rose water Ingredients:

Apricot puree.....200g
Rosehip water.....200g
Caster sugar.....80g
Lemon juice.....10g

Pistachio dacquoise (01 crust 25cm/25cm):

- Beat the egg whites and semolina sugar to make a French Meringue
- Mix pistachio powder, powdered white almond, sifted icing sugar and sifted flour thoroughly
- Gently stir in both mixtures
- Sprinkle crushed pistachios and icing sugar over crust
- Cook at 180°C for 12 minutes

Rose Water Custard

- Bring liquid cream and rose water to a boil
- Blanch egg yolks and semolina sugar
- Pour the mixture into a saucepan and put on the heat to finish cooking with the tablecloth (84°C). Finally, change to Chinese

White Chocolate Mousse with Rosehip Water:

- Mix custard with rosehip water and melted white chocolate cover
- Insert gelatin mass and water
- Cool to room temperature
- Gently mix the whipped cream (Slobber)

Creamy Pistachio and White Chocolate (Insert 01):

- Bring the liquid cream to a boil
- Blanch egg yolks and semolina sugar
- Combine and heat to finish cooking with the tablecloth (84°C)
- Add and mix the white chocolate cover in pieces and the pistachio paste

Fried Marjoram Apricots (Insert 2):

1. Melt the honey and sugar, then the butter into pieces.
2. Finish by adding the apricots and dried marjoram to fry.

Tile Paste (Decoration):

- Whip everything
- Cook at 180°C for 08 minutes

Apricot coulis and rose water:

- Bring to a boil and boil for a few minutes.
(Cool before use)

Finish:

- Capucine leaves

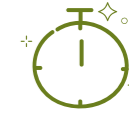
Hout ilel tazaetart Adrar



5 pax



Preparation
1 h



Baking
20 min

Ingrédients:

Sea bream fish.....	1,5kg
EGGS (WHITE).....	2P
Salt.....	pm
Ground black pepper.....	pm
Hrous.....	pm
Thym.....	pm
Butter.....	300g
Nut.....	100g
Sprockets.....	100g
Fresh cream.....	1Pot
Brocolis.....	300g
Carrots.....	300g
Cherry tomatoes.....	200g
Asparagus.....	200g
Potatoes.....	1kg
Zucchini.....	300g

- Thread fish/skin off
- Mortar the egg flesh and white, season with salt, hrous, thyme and ground black pepper
- Shape in the shape of a pudding and put back the skin, blanch in a bain marie
- Egoutter/ finish cooking with the dried thyme stems
- Nesri Pine Nut Butter
- Sauce: violet sauce with thyme flower garnish
- Vegetable Planter Nut Butter Sweet Potato
- Broccoli/ asparagus/ zucchini/ cherry tomatoes carrots eat everything with thyme honey.



BELGHITH Malek
BTP in cooking -I.F.M.T.K Soussse Promotion 2022-2024
Supervised by Mr BAAZIZ M'HAMED



Zriga revisited

Paste Ingredients:

- Flour (preferably a flour for kâak warka).....250g
- Butter.....100g
- Warm water.....80g
- White dye: Optional

Pistachio paste Ingredients:

- Pistachio powder.....250g
- Powdered sugar.....80g
- Rosehip water.....60g

Almond cream Ingredients:

- Almond paste.....250g
- Nestlé condensed milk.....180g
- Sugar.....50g
- Milk.....350g
- Water.....250g
- Rosehip water.....100g
- Flour.....50g

KHELIFI Arij
BTS in pastry -I.F.M.T. Nabeul
Promotion 2022-2024

Paste

1. Mix the sifted flour and butter and sand the dough (as if to make a shortbread).
2. Gradually add the water by mixing until the mixture assembles into a soft ball but not liquid. The quantity indicated is the one that allowed me to have the right result with the flour used.
3. On a work surface knead for 15 minutes without pulling too much on the dough or tearing it. You get a very soft and smooth dough.

Pistachio paste

1. Mix the pistachio powder, sifted icing sugar.
2. Little by little, rosehip water is added to assemble the dough by mixing fingertips without kneading:
3. Sausages are formed and wrapped in cling film so as not to dry out the dough and let rest.

Shaping

1. Part of the dough is spread very finely
2. Cut a rectangle 7.5 cm wide.
3. Place a pudding of pistachio paste at the bottom of the rectangle keeping
4. the excess dough (0.5 cm on one side only). The dough is slightly lifted with a knife. We glue a little the end on the collar and roll the dough on the stuffing to make two and a half turns tightening a little.
5. We cut the dough at the end of a turn and a half and roll the sausage slightly with the palm of the hand on the work surface: it will lengthen the sausage to about 9cm and refine the thickness of the dough.

Almond cream

- Mix almond paste with water, milk, rose hips water and flour
- Put on the fire until boiling
- Add Nestlé condensed milk and sugar

Turkey roll with Gruyère caper sauce



5 pax



Preparation
1 h



Baking
20 min

Ingredients:

Sliced Turkey Cutlet.....	5p
Gruyère.....	125g
Fresh cream.....	25cl
Butter.....	37.5g
Carrots.....	50g
Onions	
Fresh ginger	
Salt	
Pepper	
Fresh oregano	

Stuffed mushrooms mozzarella tomato Ingredients:

Champignons de paris.....	5p
Mozzarella.....	1p
Petites tomates cerise.....	12p
Sel poivre	
Persil haché	
Huile d'olive.....	2Cs
ail haché	
Origan frais	

Caper sauce Ingredients:

Oliveoil.....	100g
Capers.....	2Cs
Vinegar of vin.....	1Cs
Salt and pepper	
Lemon juice	

- Cut the piece of Gruyère cheese into thin strips.
- Spread the turkey cutlets on a work surface.
- Place on top of each turkey cutlet a slice of gruyere and onion, carrot, ginger sautéed in butter and cream
- Roll the turkey cutlets on themselves to form rolls. Tie them with kitchen twine.
- Melt the butter in a saucepan. When the butter is melted, place the turkey rolls in the pan and cook for 10 minutes, stirring often, until they are lightly coloured on all sides.
- Lightly lemon the mushrooms. Then turn them over and brush them with olive oil and chopped garlic.

Stuffed mushrooms tomato mozzarella

- On the heads of salted and peppered mushrooms, put pieces of cherry tomatoes and small pieces of mozzarella. Salt and pepper again and a drizzle of olive oil.
- Place in a 200° hot oven for 20 minutes (depending on the oven).

Caper sauce

- Pour olive oil and lemon juice into a saucepan
- Chop the capers, and place them in the pan with and vinegar.
- Mix until you get a sauce

KAHAOUACH Sofiane
BTP in cooking - I.F.M.T Nabeul
Supervised by Mr BAAZIZ M'HAMED



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Traditional Sicilian recipes



5 pax



Preparation

1 h



Baking

20 min

Quenelle ricotta and oregano



- Choose a ricotta with sheep's milk that was made at least a day before.
- Let it drain on a colander for a few hours so that it loses all its whey.
- In a bowl, put the ricotta, some chopped lemon zest, a little thyme, half a teaspoon of oregano, salt and pepper.
- Gently mix the ingredients with a fork and let stand for an hour in the refrigerator, covering the container with plastic wrap.
- Form small balls, place them in a container and leave them for another hour in the refrigerator.
- Serve with fresh or candied cherry tomatoes.

Ingredients:

250g of ricotta cheese
Pierilisa Rizzo
Thyme to taste
Half a teaspoon
oregano
Lemon peel
1 pinch salt and peppera

Cod with asparagus and onion mousse



10 pax



Preparation
1h30



Baking
50 min



For salted cod Ingredients:

1 kg fillet of soaked cod
thyme
Wild fennel
Orange
Olive oil

for asparagus Ingredients:

30 Kg Asparagus
Oil
Salt/1 clove of garlic

For the onion mousse Ingredients:

Onion Gr. 500
1 potato
Lt. 1 milk
Cream Gr. 250
Salt
Pepper
Evo oil

- Cut the cod fillet into 10 portions, season with thyme, fennel, orange zest and evo oil.
- Place in a vacuum bag and cook at low temperature in 68° immersion for 6 minutes.

for asparagus

- Peel 20 asparagus, place them in a vacuum bag, add plenty of oil and garlic clove, close the bag and let them soak at 72° for 20 minutes.
- Drain the asparagus, cut into small slices and season with salt.
- Cut the remaining 10 asparagus very finely using the peeler, marinate for 10 minutes in water and salt, drain and season with evo oil.

For the onion mousse

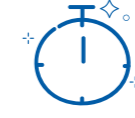
- Cut the onion into small pieces, peel the potatoes and cut into cubes.
- Fry the onion and potatoes in a saucepan with Evo oil, add the milk and cook over low heat for 50 minutes.
- Drain excess liquid, add cream, salt, pepper and whisk.
- Pour into the closed siphon and charge with 2 refills.



10 pax



Preparation
1 h



Baking
20 min

Fettuccine lemon and capers



- Cook the fettuccine in a large amount of salted water and cream with the Ragusano DOP and the lemon zest.

For capers

- Dry half the capers in an 80° oven for 6 hours. Stir to obtain a caper powder.
- With the rest of the capers, make a pesto and add the almonds, mix everything with the evo oil.

Arrange the dish

- Place a fettuccine nest on the plate and top with the caper pesto and powder.

Ingredients:

Gr. 800 fettuccine
gr. 200 grated Ragusano Dop
cheese
3 lemons

For capers Ingredients:

Gr. 150 capers
Olive oil
Gr. 50 peeled almonds

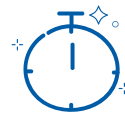
Ricotta foam with rosehip berries



10 pax



**Preparation
1 h**



**Baking
20 min**



Ingredients:

250 gr of ricotta of sheep's milk
30 gr of icing sugar
100 gr of whipped cream
10 gr of rosehip berries

- Choose a well dried ricotta and pass it, with icing sugar, in a food processor
- keep at low speed until creamy and without lumps.
- Transfer the mixture to a bowl and add the cream, which you have whipped.
- Stir gently from bottom to top. Let stand for at least an hour in the refrigerator.
- Serve in a crystal bowl with the rosehips.