



PRESS NOTE

The Recipe Book of the Cerda Ladies Brigade

Palermo, April 19, 2024 – Delicious and easy to prepare and replicate: these are the recipes of the Cerda Ladies Brigade, six passionate women who authentically bring traditional dishes to our tables, inherited from the stories of mothers and the memories of grandmothers. Coordinating this research and involvement of the "custodians" of Cerda's gastronomic treasure was Marilena Dionisi, interpreting the strong bond of the community to the artichoke civilization.

Clotilde Lo Verde, Pina Geraci, Ninetta Virga, Lina Parasiliti, Rosalia Bartolotta, Tiziana Cirà are among the 117 members of the Fiordaliso circle who, along with other associations, tell the story of a whole community, and periodically delight in the kitchen to create delicacies based on the Cerda spiny artichoke, the star of the Cynara Festival.

Let's start with Mrs. Clotilde Lo Verde, who proposes an *Artichoke and Pecorino Cheese Omelette*, a simple yet tantalizing dish that conquers every palate. Just a drizzle of extra virgin olive oil to sauté the artichokes in a pan along with thinly sliced white onion, seasoned with a pinch of salt and black pepper. Once cooked, add the egg and cheese mixture, some minced mint leaves, and cook the omelette on both sides. A triumph of aromas and flavors.

The president of the Fiordaliso circle, Pina Geraci, prepares *Carciofi a Viddaniedda*, a typical side dish of Palermo tradition. The flagship product of local agriculture is seasoned with minced onion, parsley, breadcrumbs, grated pecorino cheese (or Parmesan); everything is then cooked in a pot, with the addition of salt, pepper, and water that covers the artichoke halfway. The end result is a tender and delicious dish.

Ninetta Virga is ready to delight us with *Stuffed Artichokes*, so named because they are stuffed with egg and then fried in a pan to seal the filling inside. The filling consists of a mixture of parsley, minced onion, breadcrumbs, grated pecorino cheese (or Parmesan), salt, and pepper, all bound with beaten eggs and then cooked in tomato sauce. An easy-to-prepare dish where mopping up the sauce is a must.

Lina Parasiliti instead proposes *Artichoke Caponata*, a variant of the classic Sicilian caponata. The ingredients are therefore the usual ones (onion, celery, carrot, and olives), but instead of eggplants, artichokes will be used, cut into wedges, sautéed in a pan, and topped with tomato puree and white wine vinegar. A delicious specialty with a sweet and sour taste, always a guaranteed success.

Rosalia Bartolotta conquers hearts and palates with *Veal Rolls stuffed with artichokes*. A simple main course, a meeting of flavors between slices of meat rolled around a mixture made of raisins, pine nuts, diced primosale cheese, breadcrumbs, grated pecorino cheese, parsley, and a few mint leaves. Bay leaves and spring onions will be the final touch for an inviting dish from the first bite!

Finally, Tiziana Cirà presents *Pennette with Cerda Artichoke Cream*, a delicate first course with a springtime appeal. Its dressing is decidedly unique, obtained from a careful cooking of our beloved vegetable well blended with chopped garlic and spring onion, all seasoned with basil, parsley, salt, and a pinch of chili flakes. The mixture will finally be blended and gently combined with the pasta. A unique goodness not to be missed.

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