

# Croissant – the true story of this famous delicacies –

The **Croissant** is a French word which means Crescent (Moon), is an adaptation to the Austrian Kipferl (Half Moon in English). The **kipferl** is a classic Austrian Viennoiserie (confectionery prepared with puff pastry).

The Legends says that the typical form is related to the **Vienna's battle in 1683**: after a long siege of the city by the Ottoman army, great visor Mustafa Pasha attempted the last action to penetrate through the city walls. The army was ordered to dig the tunnels beneath the walls. Only the workers in Viennese furnaces awake cause cooking bread during the night, they heard the noise of the excavations and they gave the alarm. Thus, when the Christian Coalition defeated the Turks, John III of Poland, according to the legend, would have asked the bakers to invent a cake that celebrated the victory. Said-done: Peter Wendler, a Viennese baker, was inspired by the Turkish flag (with the crescent Moon) and created the kipferl, as if to exorcise the enemy: eat the crescent, the kipferl, meant to "eat" the defeated opponent.

The truth is that in 1839, an Australian artillery officer founded a Viennese pastry in Paris. [August Zang](#), this is the name of the owner of the **Boulangerie Viennoise**, inspired many colleagues who gave birth to the French croissant as we know it.

Zang was also the founder of the news paper called "**Die Presse**".

The modern recipe includes flour, butter, eggs, water and sugar, sometimes with the addition of egg yolk spread over the surface. Empty or stuffed (based on jam, cream, chocolate, hazelnut or honey cream. In some versions it is even salty), the **croissant** is one of the most famous delicacies in the

world.

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## Bocconotto – A great tasty dessert from Abruzzo (Italy)

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The Bocconotto of Castel Frentano is a typical cake of Abruzzo.

Very tasty.

To prepare 20 bocconotti ( no more, because you will eat all immediately!!!!)

need:

For the dough:

4 egg yolks;

2 egg whites;

100gr of sugar;

flour as needed.

50 ml of extra virgin olive oil ( I use Collemaggio oil from Abruzzo)

lemon zest;

For the filling:

300ml of water;

100gr of chopped almonds;

100gr of chocolate, better a chocolate with at least 60%

100gr of sugar;

2 egg yolks

how to prepare the filling:

Fill Water in a pan and add sugar.

when the syrup is ready, add chocolate, in small quantity (not all in a time), and later chopped almonds.

Stir until the appearance is like a cream turn off the heater and let it cool.

How to prepare the dough:

Beat the egg yolks with sugar, then add lemon zest and oil.

Mix all together, and add the eggwhites previously beaten.

Once mixed, add the flour a little at a time. When the dough starts to get hard, start to work with hands in a proper work surface (still or wood) until dough is smooth, and soft.

Wrap it and let it rest for a while in the fridge for 20 minutes.

The dough is ready.

Now you need to add the egg yolks to the filling and mix well.

Roll the dough till 3 millimeters and cut in circulars shape to put in papers cup .

Pour the filling inside and cover with a circular disk of dough on top, closing the filling inside sticking the 2 dough part.

Put in the oven at 170°C for about 20/25 minutes( it depend the oven you have).

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# 23 Superfoods To Add To Your Diet For A Healthy Life

from cooking detective



<https://www.cookingdetective.com/superfood/>

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**Delizie in Villa – A place where to discover nice food, art, architecture, music and more...**

[https://www.youtube.com/watch?v=\\_4n7s-KEZiQ](https://www.youtube.com/watch?v=_4n7s-KEZiQ)

The sixth edition of DELIZIE IN VILLA ( delight in villa) , was taken the 1th and 2nd October 2016 in the fantastic Villa Arconati. A wonderful place where different food producers from any part of Italy, show to the public their production.

Organised from The Circolone from Legnano, the event presents poems read from the compagnia 'LETTURE INCROCIATE', Music, books, and further more.

For further info go to

<http://www.villaarconati-far.it/eng/>

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## **how to make home made tagliaticci (pasta) in Penne, Italy.**

Just semolina flour, a pinch of salt and eggs.

<https://youtu.be/LvEpNWOIXGs>

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## **Panzanella. A easy and tasty italian salad**



The most important players in this dish are the bread and the tomatoes. The bread needs to be the hearty artisan kind with a crunchy crust – any others will become soggy and disappointing in the salad.

See the recipe here in [thekitchn.com](http://www.thekitchn.com):

<http://www.thekitchn.com/how-to-make-panzanella-italian-bread-salad-recipe-206824>

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## [Tiramisu', a simple and super tasting dessert.](#)

This is one of our absolute favorite desserts. Tiramisu is even simple to make, you just need a little time.

see the recipe here:

<http://www.food.com/recipe/tiramisu-84612>

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# Spaghetti Carbonara – How to cook



Spaghetti Carbonara the authentic classic recipe known worldwide due to its strong flavours, richness and simplicity.

<http://www.delish.com/cooking/recipe-ideas/recipes/a45771/easy-carbonara-recipe/>

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# How to make Paella.



Paella is a typical Spanish recipe and is traditionally cooked

in a “paellera” – a round flat pan with two handles – which is then put on the table. It is normally made using shellfish but can also be made with chicken.

This is the easier paella recipe you can find anywhere:

<http://www.spain-recipes.com/paellarecipes.html#sthash.xEFbAYmj.dpuf>

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## **SIMPLE CAST IRON SKILLET RATATOUILLE**



Simplicity. This dish is the embodiment of it. The four components – sliced vegetables, blended sauce, a cast iron skillet, and the oven – create a finished meal that looks like a professional made it.

from thefitchen.com

you can read the recipe here:

<http://thefitchen.com/2014/04/22/simple-cast-iron-skillet-ratatouille/>