







IL MIO RICETTARIO IN CAA



SCUOLA SECONDARIA DI PRIMO GRADO
"VIRGILIO"

MELKET

<p>FARINA</p>  <p>HARINA</p>	<p>200 GRAMMI</p> <p>200</p>
<p>ZUCCHERO</p> 	<p>160 GRAMMI</p> 
<p>UOVA</p> 	<p>3</p> <p>3</p>

<p>BURRO</p> 	<p>130 GRAMMI</p> 
<p>LATTE</p> 	<p>500 ML</p> 
<p>LIEVITO</p> 	<p>POCO</p> 

SALE



UN PIZZICO



CANNELLA



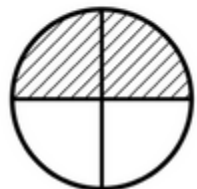
POCO



VANIGLIA



METÀ



BACCA



ZUCCHERO DI CANNA



1

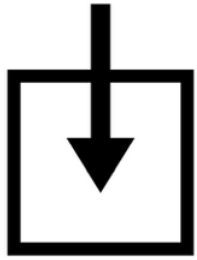
1

CUCCHIAIO

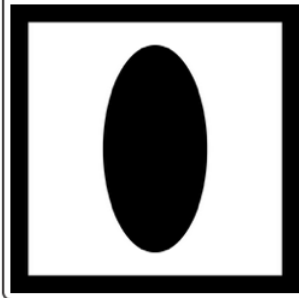


PREPARAZIONE

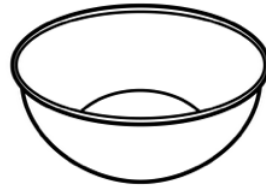
IN



UNA



CIOTOLA



MESCOLARE



80 GRAMMI



DI BURRO



CON



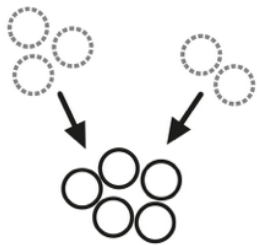
80 GRAMMI



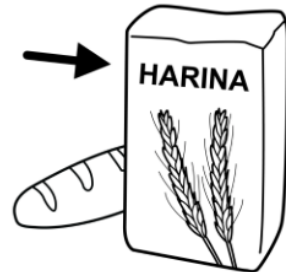
DI ZUCCHERO



UNITE



FARINA



UN PIZZICO



DI SALE



E IL LIEVITO



E MESCOLARE



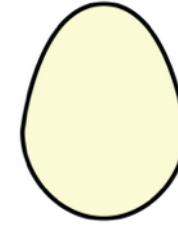
CON LE MANI



E AGGIUNGERE



UN UOVO



FARE



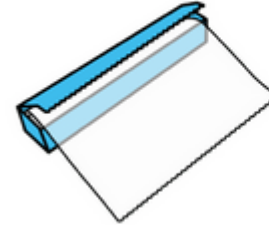
UN PANETTO



E COPRILO



CON LA PELLICOLA



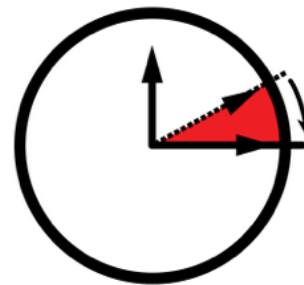
METTERLO



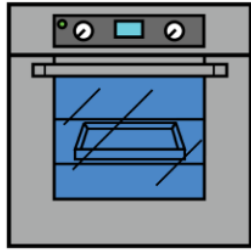
IN FRIGO



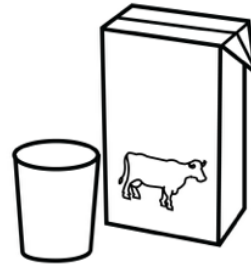
PER UN ORA



SCALDARE



IL LATTE



E I 50 GRAMMI



DI BURRO



E MONTARE



2 TUORLI



CON LO ZUCCHERO



E I SEMI



DI VANIGLIA



VERSARE



IL LATTE



MESCOLANDO



E ASPETTARE



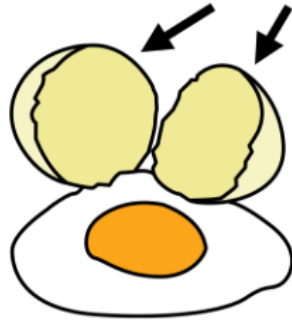
CHE SI RAFFREDDI



MONTARE A NEVE



I 2 ALBUMI RIMASTI



E UNIRLI



AL COMPOSTO



RIPRENDERE



L'IMPASTO



DAL FRIGORIFERO



E STENDERLO



A 4 CM DI ALTEZZA



CUCINARE



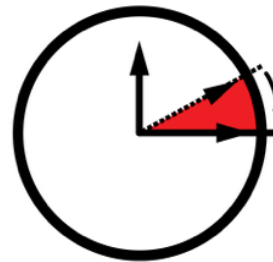
IMPASTO



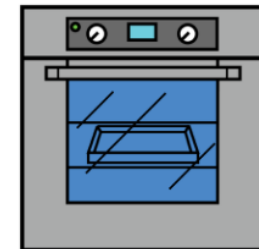
20

20

MINUTI



180°



RIEMPIRE



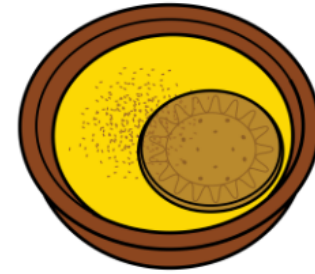
IMPASTO



CON



CREMA



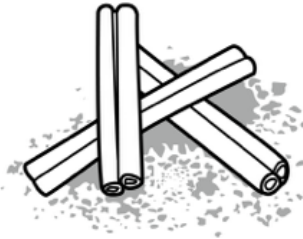
SPOLVERARE



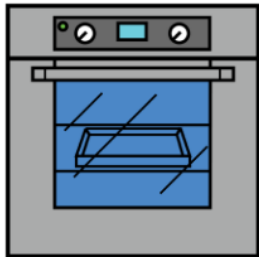
CON



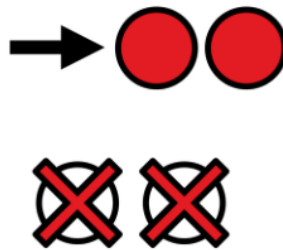
CANNELLA



INFORNARE



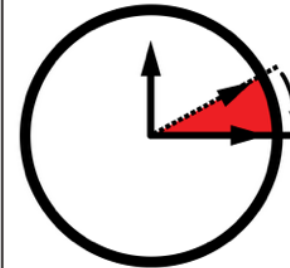
ALTRI



20

20

MINUTI





COLADA AMARELA

cocco



fresco



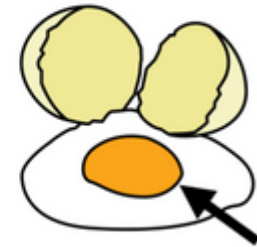
165 g



6

6

tuorli



zucchero



200 g



acqua



600 ml



cannella



poco



chiodi di garofano



2

2

PREPARAZIONE

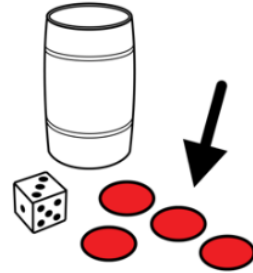
tagliare



il cocco



a pezzi



grossi



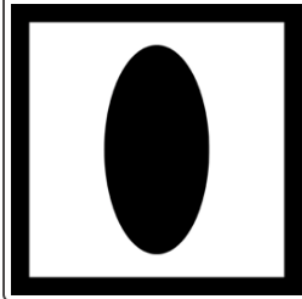
e grattugiare



mettere



in una



pentola



acqua



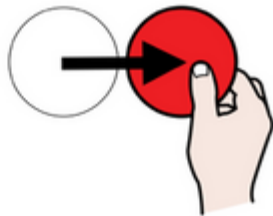
zucchero



i chiodi di garofano



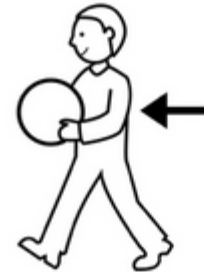
spostare



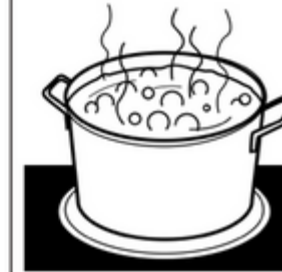
sul fuoco



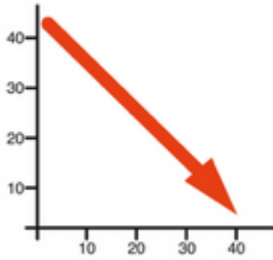
e portare



a bollire



Abbassare



la fiamma



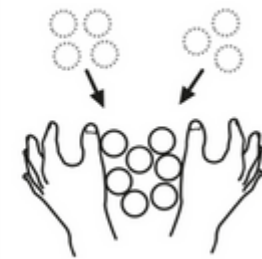
eliminare



i chiodi di garofano



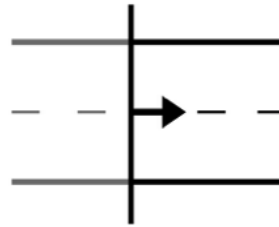
e unire



il cocco



Continuare



la cottura



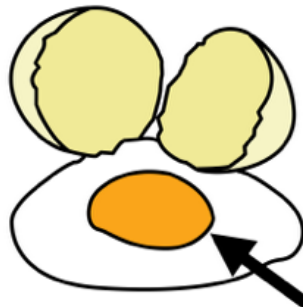
e mescolare



sbattere



i tuorli



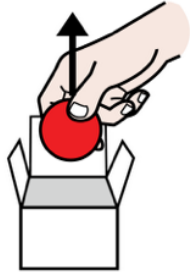
con



una forchetta



Togliere



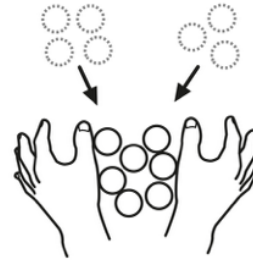
la pentola



dal fuoco



unire



i tuorli sbattuti



Mettere



sul fuoco



e cucinare



a fiamma



bassa



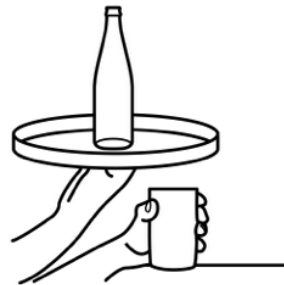
per 10 minuti



raffreddare



e servire



con



una spolverata









di cannella





BISCOTTI DELLA FORTUNA

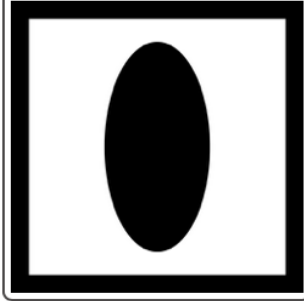
1 1	albume 	semi 	di 	vaniglia 							
5 5	0 0	grammi <table border="1" data-bbox="1142 662 1433 821"><tr><td>dg</td><td>dag</td><td>g</td><td>dg</td></tr><tr><td>10</td><td>100</td><td>1.000</td><td>10.000</td></tr></table>	dg	dag	g	dg	10	100	1.000	10.000	zucchero 
dg	dag	g	dg								
10	100	1.000	10.000								
4 4	0 0	grammi <table border="1" data-bbox="1142 1093 1433 1252"><tr><td>dg</td><td>dag</td><td>g</td><td>dg</td></tr><tr><td>10</td><td>100</td><td>1.000</td><td>10.000</td></tr></table>	dg	dag	g	dg	10	100	1.000	10.000	burro 
dg	dag	g	dg								
10	100	1.000	10.000								

PREPARAZIONE

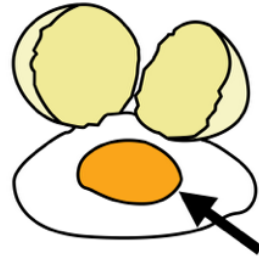
sbattere



un



albume



con



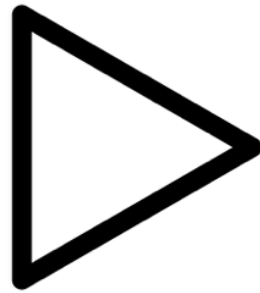
zucchero



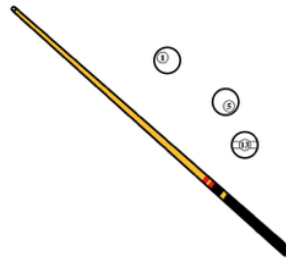
tagliare



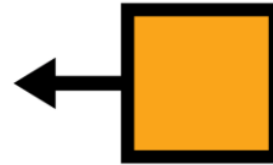
la



stecca



di



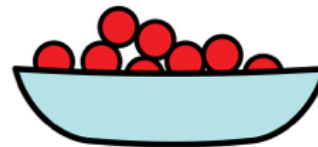
vaniglia



togliere



pochi



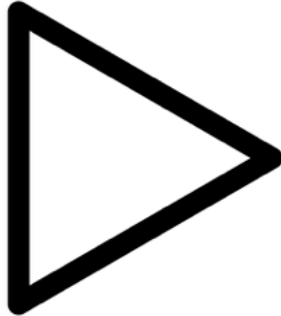
semi



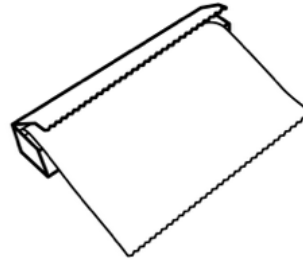
mettere



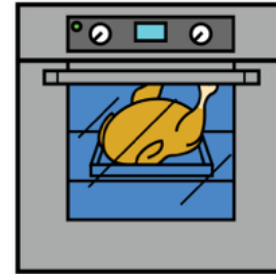
la



carta



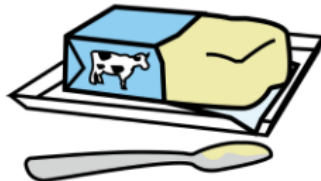
forno



mettere



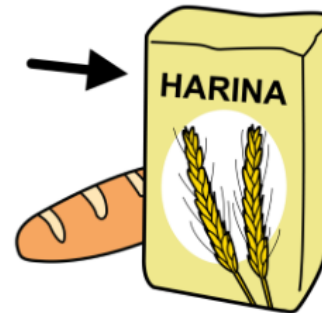
burro



e



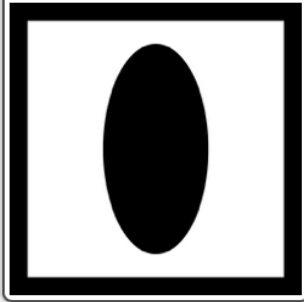
farina



mettere



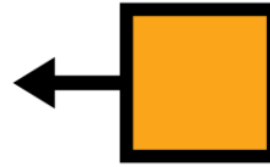
un



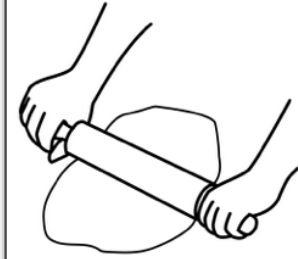
cucchiaino



di



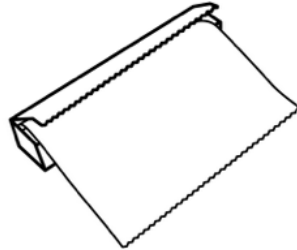
impasto



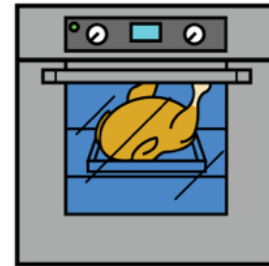
sulla



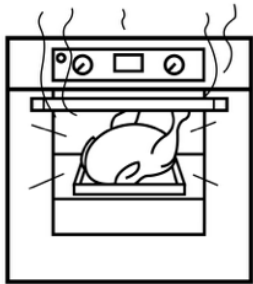
carta



forno



infornare



1

1

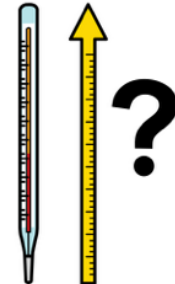
8

8

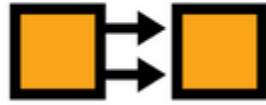
0

0

gradi



per



8



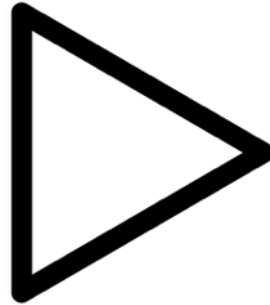
minuti



mettere



il



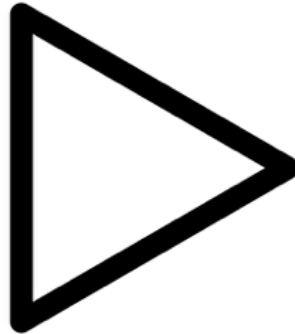
biglietto



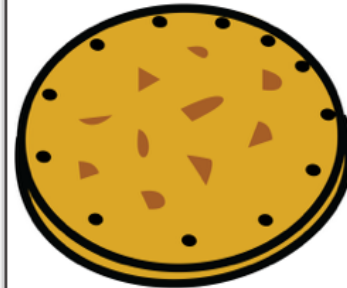
modellare



il



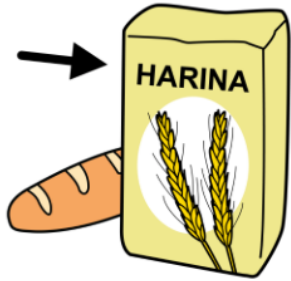
biscotto





DORAYAKI

farina



200 gr



uova



2

2

zucchero



100 gr



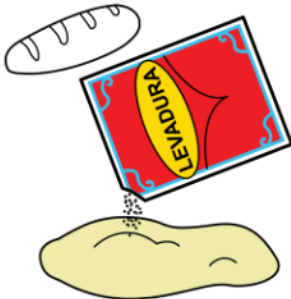
acqua



130 ml



lievito



sale



olio



anko

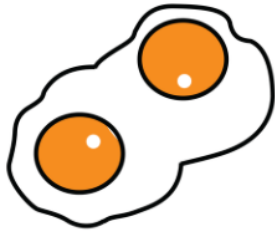


PREPARAZIONE

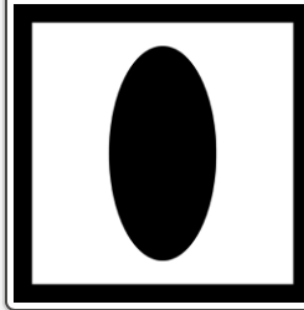
versare



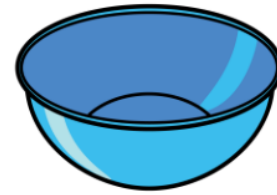
uova



in una



ciotola



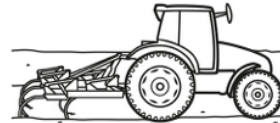
aggiungere



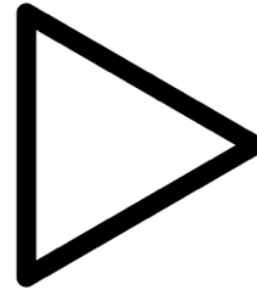
zucchero



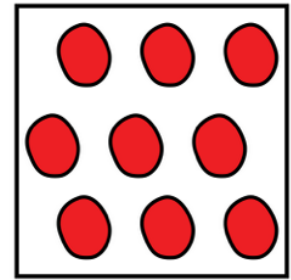
e lavorare



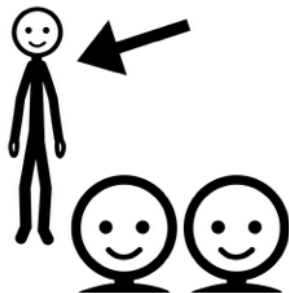
il



tutto



con



frusta



2

2

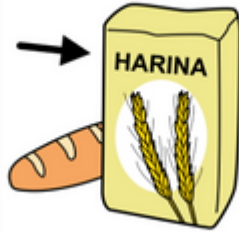
minuti



aggiungere



farina



acqua



pizzico



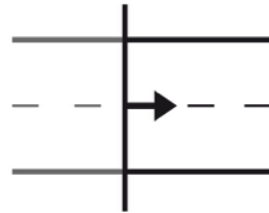
di sale



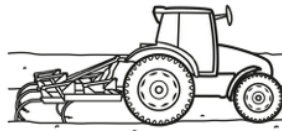
lievito



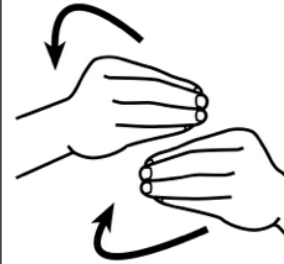
e continuate



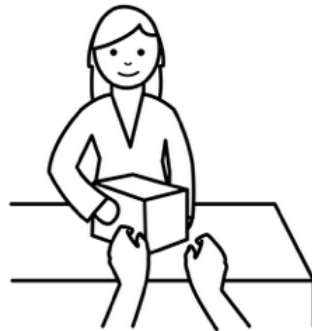
a lavorare



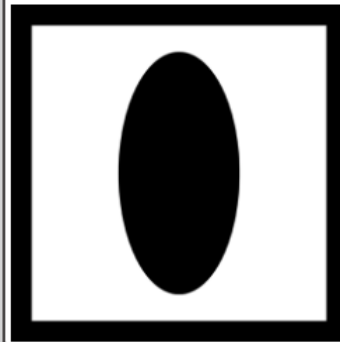
preparato



prendere



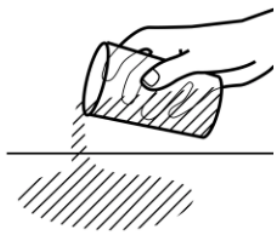
una



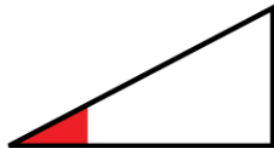
padella



versare



poco



olio



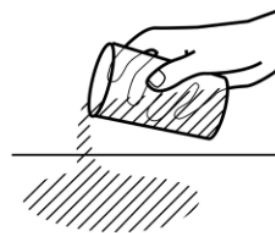
nella



padella



versare



un mestolo



del composto



e



cucinare



girare



dorayaki



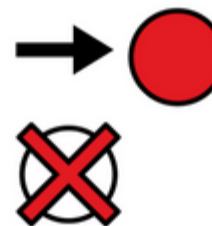
e



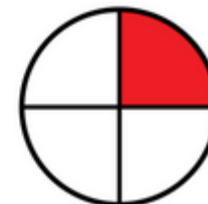
cucinare



l'altra



parte



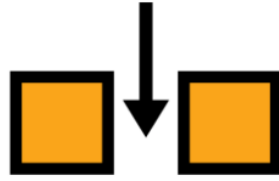
spalmare



anko



tra



2

2

dorayaki



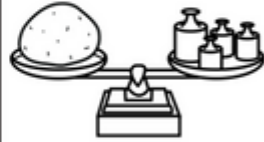


APPLE PIE

mela



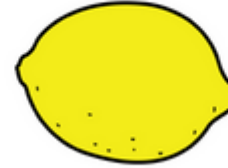
700 gr



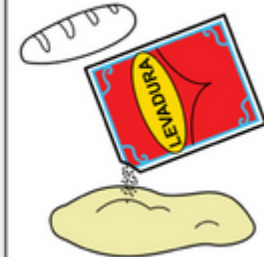
latte



limone



lievito



3

3

uovo



burro



70 gr



farina



300 gr



zucchero



250 gr



PREPARAZIONE

sbucciare



tagliare



la mela



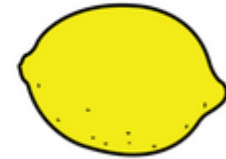
versarci



il succo



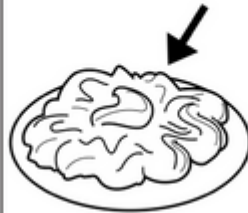
di limone



mescolare



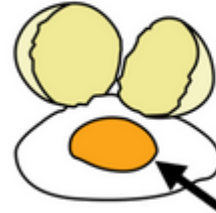
albumi a neve



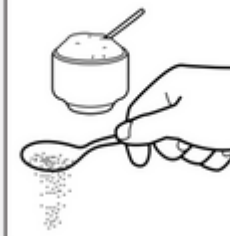
aggiungere



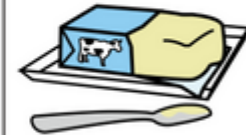
tuorlo



zucchero



burro



versare



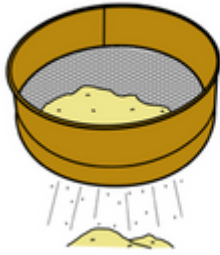
un bicchiere



di latte



setacciare



farina



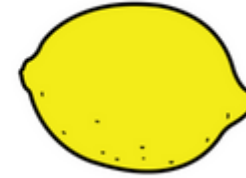
lievito



grattugiare



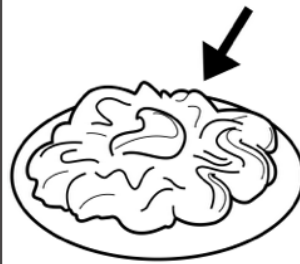
limone



aggiungere



albumi a neve



aggiungere



mela



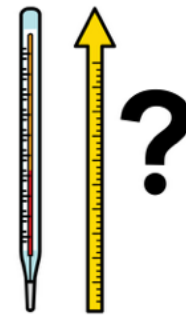
infernare



40 minuti



180°





*L'arte del cibo
è un'avventura della mente*
A. Borghese

Laboratorio di cucina
Anno Scolastico 2022-2023
Scuola Secondaria di Primo Grado
"Virgilio"



questionario di gradimento