

SICILY | VOLUME 1

ANNA

MAKE EVERYDAY SPECIAL

*"To have seen Italy without having seen Sicily
is not to have seen Italy at all,
for Sicily is the clue to everything."*

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A beautiful experience of wine and food, with crispy fried sardines... and lovely pizza with Sicilian flavours.



Opera house and art gallery located in a small coastal town, Taormina, on the island of Sicily. This beautiful, quaint city on the Mediterranean coast, has been a very popular tourist destination since the 19th century. Beautiful beaches and coastline views, fine boutiques and restaurants, art and culture.

From Sicily with Love.

I was raised to believe that God created everything. I always wondered about that. How could God have created everything? I spent a lifetime trying to understand it. My first few hours in Sicily, on a guided bus tour of all things, it began to make sense.

“God has blessed Sicily,” explained our tour guide Maria. “With fertile soil, with a shoreline filled with seafood.”

“I cannot tell you...It is unimaginable,” she said, reaching after words that could somehow capture her meaning. Like a priest delivering a mass, her eyes scanned the bus, catching and holding each of ours. Her pronunciation was poetic. Her dress was perfectly pressed.

“Sicily is the most interesting island of the Mediterranean, with a temperate climate, matched only to that of southern California,” Maria told us. “Getting here means getting lost in its vast landscape and fascinating cities, in the sea shining in a thousand shades of blue and the coastal houses reflecting the golden light of the sun. All of it inviting you in, to a world rich in history, art and beauty.”

How was it, exactly, that I came to taste my way through this extraordinary Sicilian landscape? This is the question I’m still asking myself. It came at a time when I was looking for an answer. One minute I was asking God to send me a miracle, the next I was in a crowded, noisy back-lane café, crammed full of Sicilians, sinking my teeth into fresh buffalo mozzarella, tangy tomato, plump capers and anchovies, strongly flavoured and fresh from the sea.

Ahhh... pizza, as it should be. Crisp, chewy, tart and salty all at the same time. Washed down with a strong, fine waiter-recommended Nerello. I found heaven.

Continued page 5...



Pizza Topped with Anchovies, Black Olives and Basil.

Continued from page 3

Little did I know that in the weeks ahead, this would become my daily ritual. From Catania to Palermo, Marsala to Pantelleria, street food to elegant dinners, villagers to counts, time-honoured traditions to world-class wines. Brilliant people and beautiful people. An experience of wine and food that would change my life completely.

There is something about Italians, the way they strive to make everything they produce the best in the world. They have a way of making you fall in love with everything, including yourself. They welcome you, feed you, encourage you, embrace you. Words can hardly describe my experiences in Sicily, but I choose two: Generosity and Love.

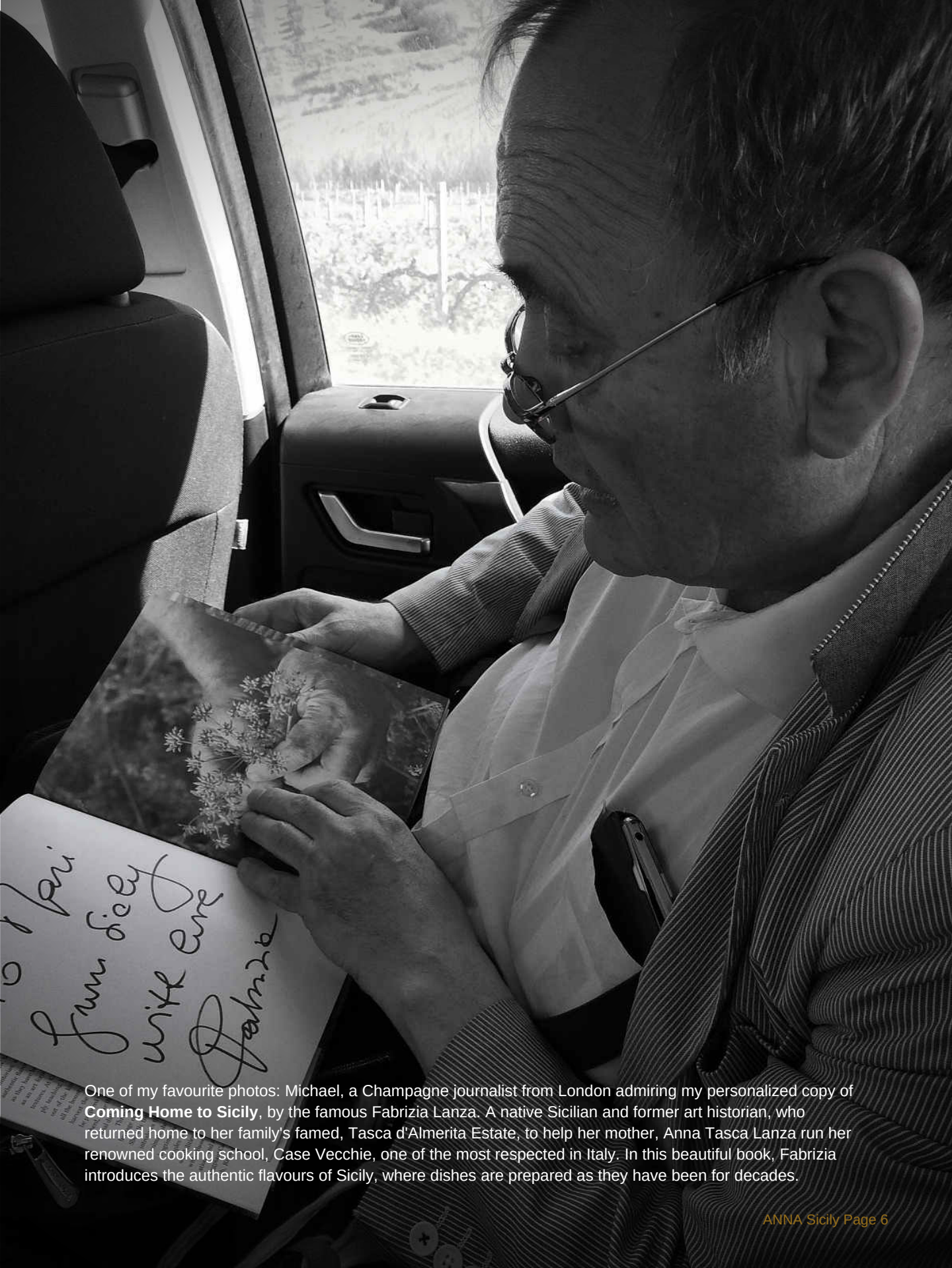
Although, pizza is not the flagship product of Sicily, it was my first experience. And it brought together the flavours and some of the finest ingredients of the island: flour, tomatoes, olives, olive oil, anchovies, capers and beautifully fragranced herbs.

In this issue, beautiful Sicilian inspired recipes, along with my own gorgeous photography, and the help of my editor, Tania Mauri, a world-class Italian food and wine writer living in Rome, I hope we can do justice to this beautiful place.

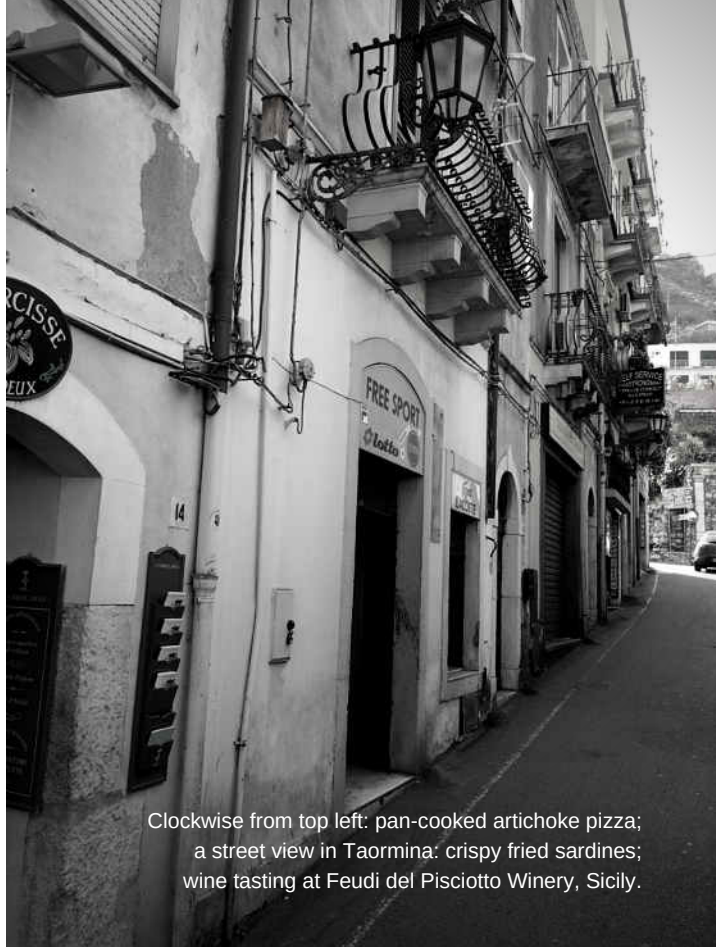
Think of this special edition of ANNA Magazine as a red carpet, rolling out in front of you. This is what Sicily did for me.

Xo, Mari

Cover photo, a picturesque coastline view from the terrace of our hotel, The Grand Hotel Atlantis Bay, built on a cliff dropping down to the sea. Cover quote, J. W. Goethe *Viaggio in Italia* (Journey to Italy, famous 1954 movie by Roberto Rossellini)



One of my favourite photos: Michael, a Champagne journalist from London admiring my personalized copy of **Coming Home to Sicily**, by the famous Fabrizia Lanza. A native Sicilian and former art historian, who returned home to her family's famed, Tasca d'Almerita Estate, to help her mother, Anna Tasca Lanza run her renowned cooking school, Case Vecchie, one of the most respected in Italy. In this beautiful book, Fabrizia introduces the authentic flavours of Sicily, where dishes are prepared as they have been for decades.



Clockwise from top left: pan-cooked artichoke pizza; a street view in Taormina; crispy fried sardines; wine tasting at Feudi del Pisciotto Winery, Sicily.



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Good
things
come from
All-Bran.*



See recipe page 29

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Traditions



Looking out of the famous grand entryway of Tasca D'Almerita Estate, a journalist taking a private moment after breakfast, to make some notes for Wine Spectator Magazine, overlooking the vast countryside.



*A fabulous dinner and overnight stay with world class friends,
unforgettable food and a lesson in some of the finest wines in the world.*

DINNER WITH ALBERTO TASCA

Sarde allinguate, fried vinegar sardines, the flagship dish of Sicily, welcomed us in front of a roaring fire, as we arrived at Alberto Tasca's country villa. These lovely little sardines will take your breath away. They are so delicious. You may be suspicious of sardines, as you may have only ever known them to be canned, but when sardines are fresh and marinated in red wine vinegar they are so sweet and exquisite! See recipe page 19.

Alberto Tasca's business card says ceo, however after arriving at Tasca d'Almerita Regaleali, we understood his ties run deeper. Part of the famed aristocratic family who own this fine wine producing estate, Alberto explained how as a little boy he played on the land he now oversees. He was quick to add, "the workers and farmers who have tended to the land for over sixty years, are as much owner of the land as we are".





Founded in 1830, Tasca d'Almerita has been producing fine wine for over 100 years. These days, Sicily is making some of the most exciting wines in Italy and although they have plenty of competition, Tasca d'Almerita regularly gets top marks in the wine press, exports to over sixty countries and has faithful followers all over the world.

About an hour south of Palermo, the Tasca d' Almerita Estate is set in a pristine countryside, one of the most beautiful in Sicily. While much of central Sicily is dry and arid, the area around this wine estate is lush and vibrant, with scenic rolling hills.





Ravioli with sage butter



Antipasto romano

Ravioli with sage butter

Pasta dough

3 cups flour, plus extra for rolling dough
3 tablespoons extra-virgin olive oil
5 large eggs
1 teaspoon water, as needed

Ravioli filling

1 1/2 cups ricotta cheese
1 egg
1/2 cup Parmesan cheese, grated

Garlic sage butter sauce

6 tablespoons butter
10 sage leaves
1/2 cup hazelnuts, finely chopped
2 tablespoons lemon juice
1/2 cup Parmesan cheese, grated

For dough, in bowl of electric mixer fitted with dough hook, add flour, olive oil, eggs. Mix until dough mixture pulls away from sides of bowl. Knead by hand for 5 minutes until smooth and elastic. If dough is too dry, add few drops water. Form dough into disc shape. Cover with plastic wrap and let rest 20 minutes.

For filling, in medium bowl, combine ricotta and egg, mixing until completely incorporated. Add Parmesan and stir to blend.

To assemble ravioli, divide dough into four equal portions. Roll to about 1/16-inch thickness. Working quickly, place rounded teaspoonfuls of filling 1 1/2-inches apart over half of dough sheet. Brush around filling with water to moisten. Fold sheet over; press gently around filling to remove any air pockets and seal edges. Cut into squares with pastry wheel. Repeat with remaining dough and filling.

Bring 4-6 quarts water to boil. Add ravioli and immediately stir to separate. Cook to al dente, about 2 to 3 minutes, or until they float to the top. Remove from water using slotted spoon. Drain well, reserving 1/2 cup of the cooking liquid.

For sauce, melt butter in saute pan over medium heat, and cook until golden brown. Add sage and hazelnuts, and remove from heat. Add lemon juice, reserved pasta water and pasta to the saute pan and return to heat. Add Parmesan, toss to coat and heat through. Serve immediately. Serves 6.

Fried vinegar sardines

1 pound fresh whole sardines, heads removed, deboned
1 cup red wine vinegar
1 1/2 cups semolina flour
Vegetable oil for frying
Fine sea salt


Place sardines in shallow baking dish, cover with vinegar and marinate 20 minutes. Fill shallow bowl with flour, drain sardines and dredge lightly in flour. Heat 1-inch oil in large skillet, add sardines and fry until golden, 1 to 2 minutes. Drain on paper towels, sprinkle with salt. Serve immediately. Serves 6.

Antipasto romano

2 eggplant, rinsed, trimmed, thinly sliced
1/4 cup extra-virgin olive oil
2 cloves garlic, finely chopped
1/2 pound anchovies
2 large artichokes, steamed, chopped
2 cups arugula
Coarse salt and freshly ground black pepper

Sprinkle eggplant with salt and let stand 10 minutes; then rinse and pat dry with paper towels. Heat olive oil in grill pan over medium heat. Add garlic and saute 2 minutes. Grill eggplant, anchovies and artichokes, 4 minutes per side. Transfer to large mixing bowl; add arugula, season with salt and pepper and toss. Serve with crusty bread. Serves 6.

Make Everyday Special



The history of pizza is long but if we want to give it a “place of birth” this would surely be the Mediterranean area. Today this food is spread all over the world, but pizza is Italian. In our imagination, the word pizza reminds us of a white round disk, topped with red tomato and mozzarella cheese, united to the city of Naples.

HOMEMADE PIZZA

Story by Tania Mauri

The pizza, however, is not only that of Naples but has many variations, with different characteristics depending on the various local Italian traditions. The Sicilian is one of these. Sicilian pizza is best known such as *sfincione* original of Palermo, a pizza slice with tomato, onion, anchovies, breadcrumbs and *caciocavallo* cheese. But here in Taormina we found a wonderful classic round pizza "seaview".



Pan-cooked pizza with artichoke and basil



Pizza with anchovies, black olives and basil



Mini pizzas with green olives, oregano and buffalo mozzarella





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Pizza with black olives,
mozzarella and Parmesan.



Deep dish pizza with salami and oregano

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Pan-cooked pizza with artichoke and basil

1 pizza dough, see recipe next page
1/2 cup extra-virgin olive oil
2 roma tomatoes, chopped
2 cloves garlic, minced
1/4 cup mozzarella cheese, shredded
1/4 cup Parmesan cheese, grated
1/4 cup Muenster cheese, shredded
3 cups marinated artichokes, chopped
Basil leaves, torn

Preheat oven to 400°F. Grease 2 cast iron skillets. Place dough on lightly floured surface and cut in half. Flatten and stretch dough to fit skillets. Brush with olive oil; top with tomatoes, garlic, cheeses, artichokes and basil and bake for 8-10 minutes, crust is crisp and top is golden. Serves 6.

Pizza with anchovies, black olives and capers

1 pizza dough, see recipe next page
6 teaspoons extra-virgin olive oil, divided
1/2 cup pizza sauce, see recipe next page
1/2 cup mozzarella cheese, shredded
10 anchovies
1 1/2 cups black olives
1/4 cup capers
Basil leaves, torn

Preheat oven to 400°F. Roll dough balls into 10 to 11-inch rounds. Transfer each to parchment-lined baking sheet. Drizzle pizza with olive oil and top with sauce. Top with cheese; then arrange the anchovies, olives and capers on top. Bake for 15 minutes or until the crusts are crisp and tops golden. Top with basil leaves. Serves 6.

Pizza with black olives

1 pizza dough, see recipe next page
3 tablespoons extra-virgin olive oil
1 3/4 cups pizza sauce, see next page
1 1/2 cups mozzarella cheese, shredded
1/2 cup Parmesan cheese, grated
1 cup pitted olives

Preheat oven to 400°F. On lightly floured surface, roll and stretch dough to large rectangle, or oval. Place dough on parchment-lined baking sheet. Brush with olive oil; top with sauce, cheeses and olives. Bake for 15 minutes, or until the crust is crisp and top is golden. Serves 6.

Mini pizzas with green olives, oregano and mozzarella

- 1 pizza dough, see recipe next page
- 1 1/2 cups pizza sauce, see recipe next page
- 2 cups buffalo mozzarella
- 2 cups green olives, pitted
- 2 tablespoons oregano, fresh

Preheat oven to 400°F. On lightly floured surface, roll and stretch dough into 6 small pizzas. Place on parchment-lined baking sheet. Top with pizza sauce, mozzarella, olives and oregano. Bake 10 minutes, until crusts are crisp and tops golden. Serves 6.

Deepdish pizza with salami and oregano

- 2 pizza dough
- 1 cup pizza sauce, see recipe below
- 2 cups mozzarella cheese, shredded
- 2 ounces sliced pepperoni
- 2 tablespoons oregano, fresh

Preheat oven to 400°F. On lightly floured surface, roll dough into rectangle. Place onto parchment-lined oblong baking sheet. Push dough into corners. Top with sauce, cheese, pepperoni and oregano. Bake 20 minutes until crusts are crisp and tops golden. Serves 6.

Pizza sauce

- 1/4 cup extra-virgin olive oil
- 1 can (750 ml) San Marzano tomatoes
- Coarse salt to taste

Heat olive oil in medium pot over medium high heat; add tomatoes and reduce for 30 minutes. Add salt and set aside.

Pizza Dough

- 1/2 cup warm water
- 2 teaspoons dry yeast
- 2 cups all-purpose flour
- 1 teaspoon coarse salt
- 3 tablespoons extra-virgin olive oil
- Cornmeal, for sprinkling

In small bowl, combine warm water and yeast. Let stand 5 minutes. Mix flour and salt in food processor. Slowly add olive oil, yeast mixture and blend just until dough forms. Turn onto lightly floured surface and knead until smooth, 2 minutes. Transfer to large oiled bowl and coat with olive oil. Cover with plastic wrap and set aside until dough doubles, 1 hour. Punch dough down and divide into 2 balls. Sprinkle corn meal onto pan before baking.



Fibre-Rich Chili Recipe

Ingredients

- 1 lb lean ground beef
- 1 large onion
- 2 medium green peppers
- 1 can tomatoes
- 1 can tomato sauce
- 4 tsp chili powder
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 can red kidney beans
- 1 cup All-Bran Buds* or All-Bran Original* cereal

Directions

In a large, heavy saucepan, cook beef with onion and green pepper until meat is brown, stirring frequently. Drain off any fat. Break tomatoes into chunks and add to saucepan. Stir in tomato sauce, chili powder, garlic powder, salt and pepper until well mixed. Stir in beans and bring to a boil. Reduce heat and simmer uncovered for 40 minutes, stirring occasionally. Stir in All-Bran Buds* or All-Bran Original* cereal and cook for 10 minutes longer, stirring frequently.

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