

# DOLCE VITA

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## FOOD MANGIARE

### RECIPE:



### Salsa Verde

#### INGREDIENTS:

(Green Salsa)

Time: 20 minutes

Serves 4

230g Italian parsley leaves only

2 tablespoons capers

1 garlic clove

1 anchovy filet

Red wine vinegar, to taste

8 tbsps extra virgin olive oil

1 slice white bread

Finely chop the parsley, capers, garlic, and anchovy. Put the mixture into a serving bowl and add olive oil and red wine vinegar. Adjust seasonings. Remove the crust from the slice of bread, and soak the bread in red wine vinegar. Then crumble the bread into sauce. (This is the poor man's technique; the bread looks like pine nuts in the sauce! You can add some real chopped pine nuts!)

Salsa verde is used for dressing boiled meats or fish – or you can use it to stuff hardboiled eggs.

## Green Piedmont

Italy is the land of a thousand local cuisines. Every one of the twenty regions that divide the nation propose hundreds of local recipes and within every region, there's also a big difference between the cities contained within. It's a very complex situation, dividing itself again between seafood cuisine and the cuisine of the mountain areas. Each area entrusts its traditions to the local products available, which often are completely unknown to other Italian nationals.

The Piedmont region is probably the area that can boast an enormous amount of products, from food to wine. Turin and its surrounding areas, create some of the most refined dishes of Italian cuisine, from the pasta dishes, the main courses and through to dessert. The recipe that we suggest is one of the basics in this region: la Salsa Verde (green salsa), that the citizens of Piedmont call "Bagnet Verd". An exquisite salsa which is both versatile and easy to prepare, which has allowed it to become a classic in the

#### Suggestion from the Italian School of Cooking

The "Salsa Verde" should not be too thick and it should be left to rest a few hours before use. If it is not all used, you can preserve it in sealed glass jars, topping the salsa with olive oil before closing them. ([www.italianschoolofcooking.net](http://www.italianschoolofcooking.net))



rest of Italy and in international cookery. In Piedmont it is traditionally used to accompany the "Bollito alla Piemontese" (boiled meats and ox tongue). But its versatility lays in the fact that Bagnet Verd can accompany almost any type of meat, enhancing them with a spicy rich flavour. An easy recipe that gives fantastic results: features that also belong to the people of the great Italian region.

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