

Antonietta Cossini

Ricette

di
ghostonerie

—
1881

Affricani

Uova 12
Zucchero stacciato fine Onza 10
Si mette il tutto in una catinella e si
sbatte forte con un mastello per mezz'ora
aggiungendo l'odore che si vuol dare al
pasta (generalmente si usa l'essenza di vaniglia)
Fatto questo si riempiono per metà
le scatole di carta e si cuociono per
mezz'ora in un forno molto moderato
N.B. Generalmente si informano dopo
levato il pane, ma per togliere l'umi-
do dal forno si brucia prima un fascio
di paglia e così pure per tutte le altre paste.

Affricani

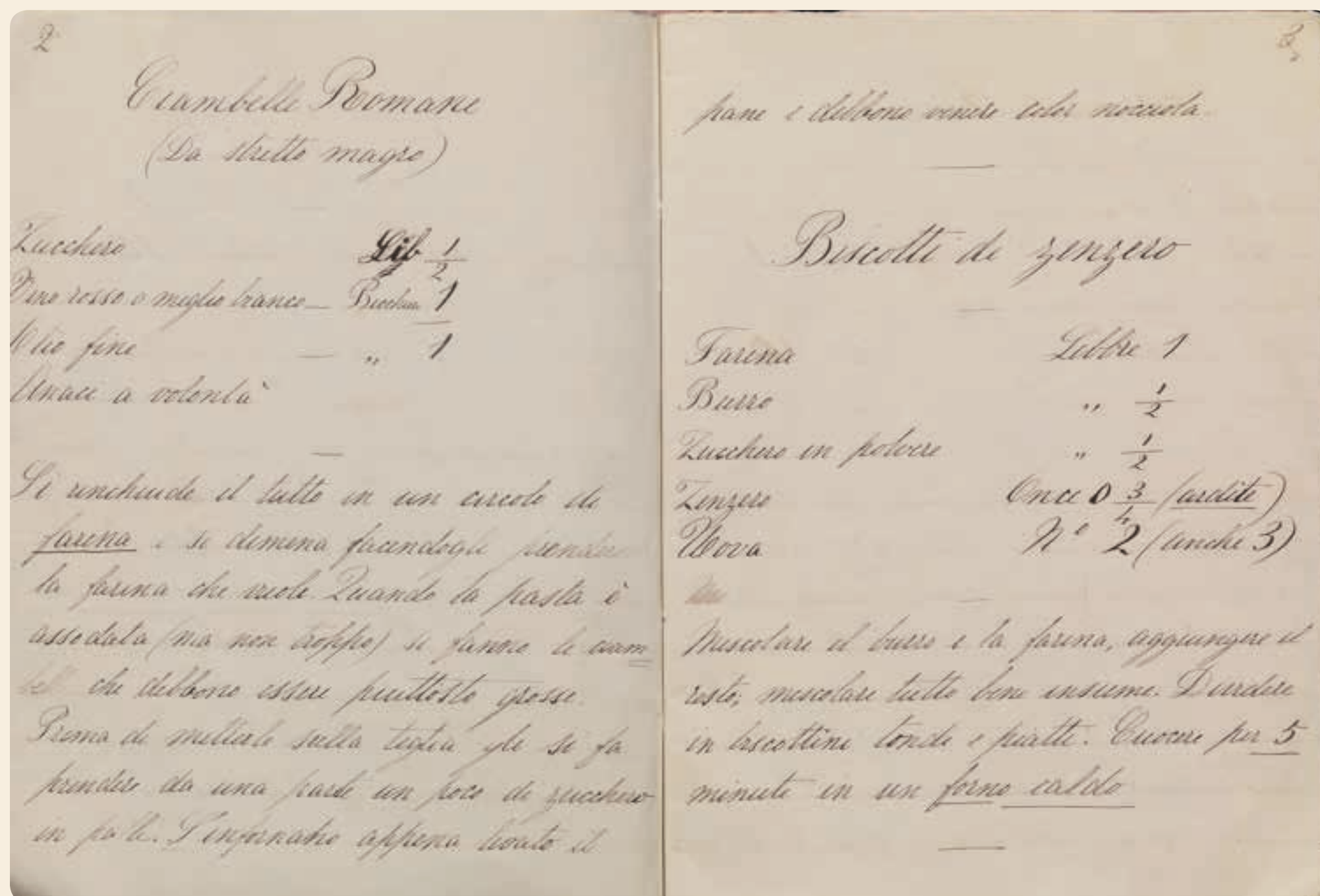
[Africani]

Egg yolks 12
Sieved caster sugar 10oz

NB: as dough is mentioned at the end of this recipe, the eggs and sugar must be added to already formed bread dough.

Put the ingredients in a bowl and beat strongly with a wooden spoon for half an hour, add flavouring if you wish to the dough. Then put the mixture into paper cups (only filling half way) and cook for half an hour in a very moderate oven.

NB: Generally you shape them after the dough has risen, but it's best to burn the faggots in the oven overnight as with all the other doughs.



Ciambelle Romane

Roman Breakfast Cake – narrow and thin if for doughnuts

Sugar.....1/2lb
 Red wine, or better, white.....1 glass
 Good quality oil.....1 glass
 Aniseed.....as desired

Enclose everything in a wide circle of flour and mix together, forming them into as much flour as is needed. When the dough is suitably mixed (don't work it too much) make the cake that should be fairly large. Before putting it in the cake tin sprinkle a little sugar on top. Bake until it has risen and has become a chestnut brown on top.

Note: Ciambelle can be either a round cake, or deep fried doughnuts.



pane e debbono venire color nocciola.

Biscotti di zenzero

Farina	Libbre 1
Burro	" $\frac{1}{2}$
Zucchero in polvere	" $\frac{1}{2}$
Zenzero	Once $0 \frac{3}{4}$ (piccole)
Uova	N° 2 (anche 3)

Miscelare il burro e la farina, aggiungere il resto, miscelare tutto bene insieme. Dividere in biscottini tondi e piatti. Cuocere per 5 minuti in un forno caldo.

Biscotti di zenzero

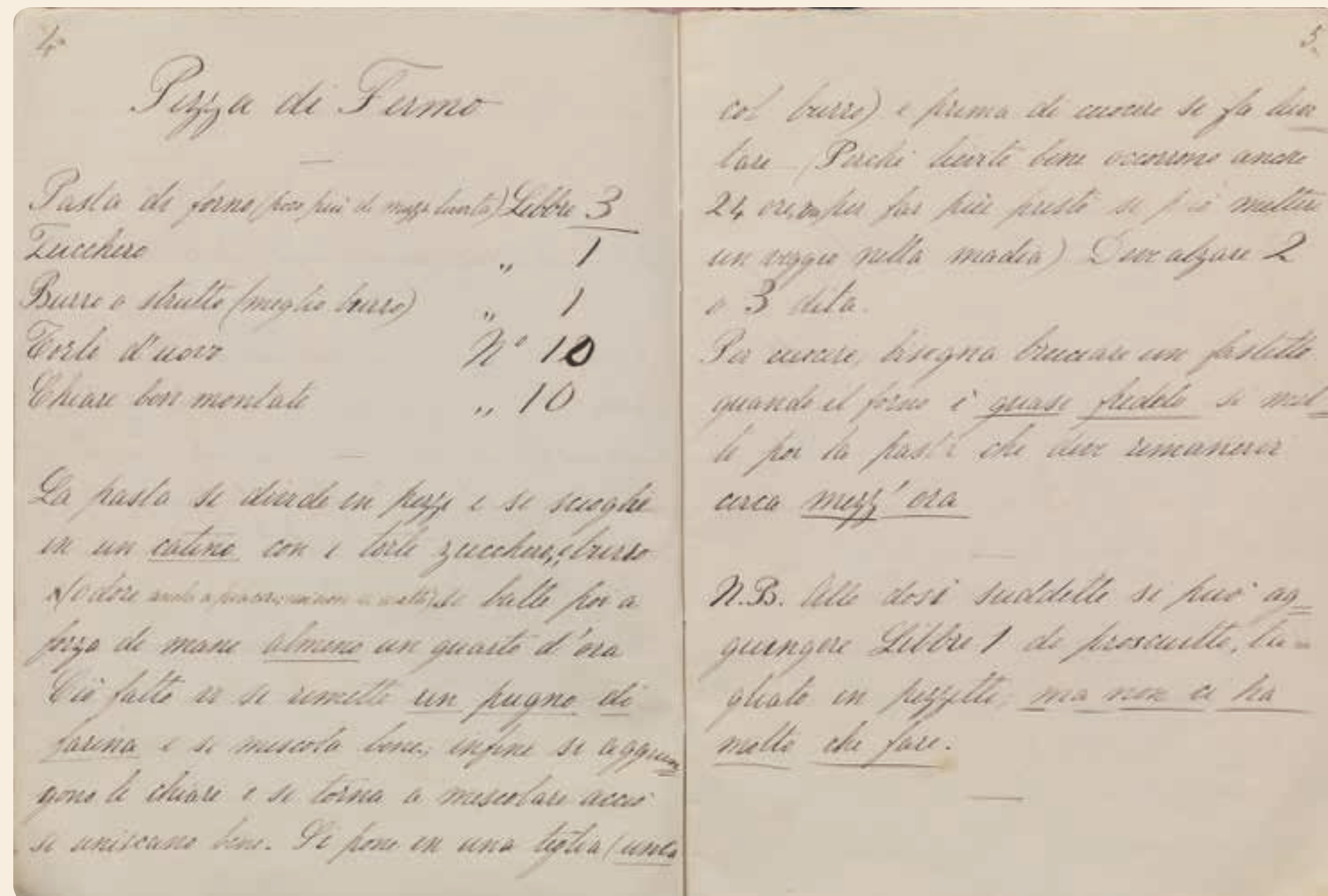
Ginger biscuits

Flour	1lb
Butter	$\frac{1}{2}$ lb
Icing Sugar	$\frac{1}{2}$ lb
Ground ginger	$\frac{3}{4}$ ounce (generous)
Eggs	2-3 eggs

Mix the butter and flour, adding the rest, mix together well. Divide into little flat, round biscuits. Cook for 5 minutes in a warm oven.



Pizza of Fermo or Fermo's Pizza



Half-risen bread dough	3 lbs
Sugar	1 lb
Egg yolks	10
Beaten egg whites	10

Divide the bread dough into pieces in a large bowl with the egg yolks, sugar and butter (and any flavouring you prefer, if wished) then beat well for at least a quarter of an hour.

Add a handful of flour and mix well, and finally add the beaten egg whites and blend well.

Put in a greased cake tin and before cooking leave to rise – up to 24 hours if wanted, or less – or you can put it in a dough tray. It needs to rise by 2 or 3 fingers in height.

To cook, you need to burn a faggot and when the oven is almost cool, put in the dough and cook for around ½ an hour.

NB. You can also add 1 lb of prosciutto, cut into dice, but not if you have a lot to do.

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Schiacciata col prosciutto

Pasta di pane (prima che leviti) Libbre 1
Prosciutto (tagliato in piccoli dadi) Once 4
Lardo „ 3
Uova N° 1

Si lavora il tutto bene insieme, poi si mette a levitare in una teglia (untata) e quindi si fa cuocere.

N.B. La levitare (col veggio sulla madia se la stagione è fredda) mette circa 2 o 3 ore. Si cuoca dopo infernato il pane.

Schiacciata col prosciutto

Prosciutto flat bread

Bread dough (unrisen)	1 lb
Prosciutto (cut into small dice)	4oz
Lard	3 oz
Egg	1

Work everything together well, then press down into a greased pan to rise before cooking.

NB. To make it rise better in the kneading trough when the weather is cold, leave for 2–3 hours. Cook it after shaping the bread.

[Schiacciata is pressed out into a flat bread].

Pan dolce o pan di Natale

Fior di farina — 4 — 4
Buen lievito (di almeno 24 ore) — Grammi 200
Zucchero (polverizzato) — 1
Burro (liquifatto) — Grammi 600
Marsala (buona) — Bicchieri 1½
Acqua di fiori d'arancio — 1
Uva passola di Smirna, bianca — Grammi 100
Zucca candita (tagliata a pezzetti) — „ 100
Pistacchi (ben mondati) — „ 75
Pineoli — „ 75
Finocechio dolce — „ 50

*Prendete i 4 Kg di farina, sferaliscia
1 e impastatelo col lievito e con l'acqua*

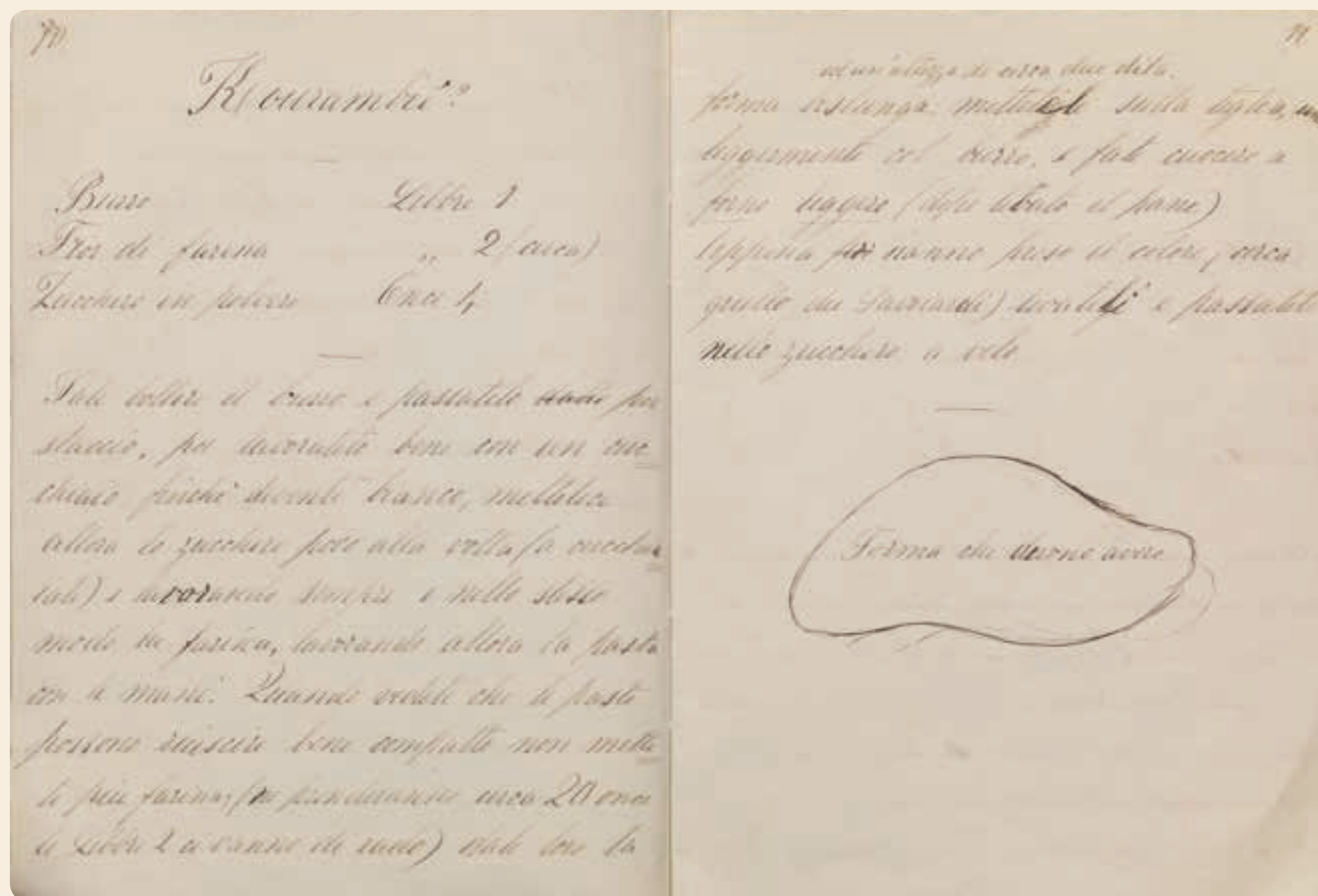
Pan dolce or pan di Natale

Sweet or Christmas Bread

High grade flour	4kg
Good quality yeast (that has been forming for at least 24 hours)	200g
Powdered sugar	1kg
Good Marsala	600g
Orange flower water	2 tsps
Dried white Smyrna grapes	100g
Candied pumpkin cut into strips	199g
Shelled pistachios	15g
Pinenuts	15g
Sweet (candied) fennel	50g

Add to 4 gms of flour, mix well and leave
to rise . . .





Kourambié (?)

Butter.....1lb
 High grade flour.....about 2 lbs
 Powdered sugar.....4oz

After melting the butter and passing it through a sieve, beat it well with a spoon until it turns white, then add the sugar a little at a time and mix in well, adding the flour in the same way, then knead with your hands. When you can see that the dough has combined well, don't add any more flour (you need about 20 oz more or less) roll out into an oblong shape (with a height of about two fingers) put into a tin lightly greased with butter. Cook in a low oven once the dough has settled and risen slightly.

As soon as the dough starts to colour (the same as Savoiard biscuits) take them out and dust over icing sugar.

They should be shaped like this.



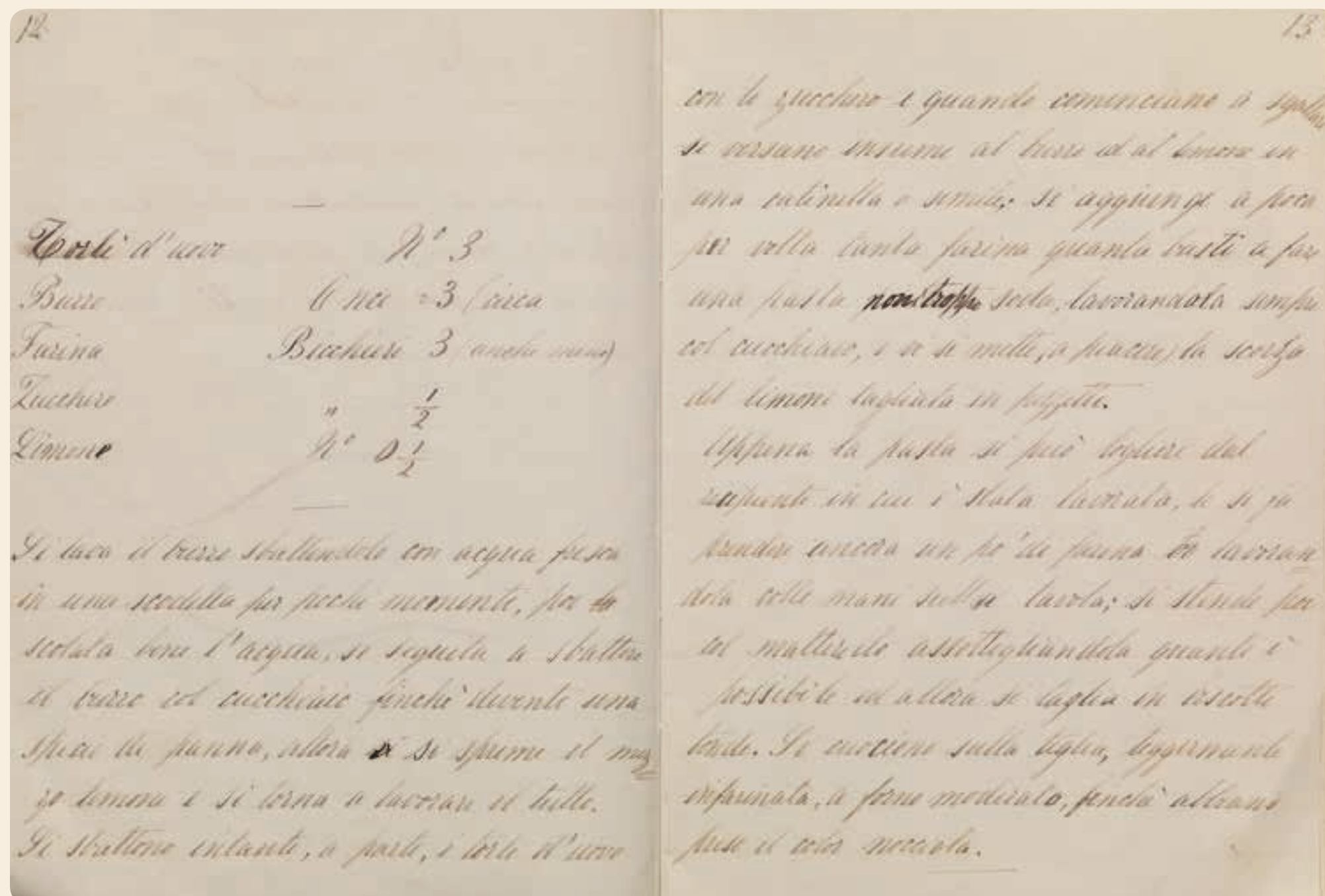
Untitled

(Lemon biscuits)

Egg Yolks 3
Butter around 3oz
Flour 3 glasses (or less)
Sugar 1/2 glass
Lemon 1/2

Cover the butter with fresh water in a pan for a few minutes, then drain off the water completely, then beat the butter with a spoon until it becomes like a kind of cream, then squeeze over the 1/2 lemon, and beat it altogether. Separately, beat the egg yolks one at a time with the sugar, and when the mixture is light, then blend with the butter mixture in a bowl; add flour a little at a time until you have a paste (not too dry) mixing constantly with a spoon. You can also add chopped pieces of lemon rind.

When fully mixed, tip on to the bench and work with a little more flour, knead the dough, then roll out until you can cut into round biscuits. Cook on a lightly floured hot plate or frying pan, or on an oven tray in a moderate oven until they have browned.



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