

## Senatore Cappelli

stone-ground ancient durum wheat flour



#### ANCIENT GRAINS PIZZA

Ingredients
500 gr Senatore Cappelli Flour
500 gr Verna Flour
650 gr Water
20 gr Salt
3 gr Fresh Beer Yeast

#### Preparation

After dissolving the yeast in a bit of warm water, knead all the ingredients together for about ten minutes. Put the dough into a large bowl sealed with cling film, cover with a tea towel and let it rest for 7 hours in hot place.



Then take the dough and divide it into 6 balls. Roll them out and season to taste. Bake in a stone oven at 250°C.

Senatore Cappelli is an ancient variety selected in 1915 on the Tavoliere delle Puglie. Rustic and rich in amino acids, vitamins and mineral salts, this flour has an aromatic and persistent taste. It is perfect for preparing pasta, pizza and bread.

## Timilia

stone-ground ancient durum wheat flour





### **FULVIA's BREAD**

Our customers are really special! For this recipe, we would like to thank Fulvia Verugi from the bottom of our hearts! Ingredients

600 gr Timilia Flour

400 gr Water 100 gr Lycoli

1 tsp Malt

1 tsp Salt

Note: lycoli (yeast in liquid culture) is a highly hydrated sourdough starter. You can ask your local baker for it or you can also make it at home (but, in this case, pay attention please!).

Preparation

Begin preparation in the late afternoon, kneading all the ingredients. Leave the dough into the fridge overnight.

Bake the next morning. Bake in a covered pan, in a ventilated oven for 25 minutes at 220°C. Then lower the temperature to 200°C and continue cooking for another 20 minutes.

Timilia is an ancient indigenous variety of durum wheat from Sicily. Its flour is rich in vitamin B and mineral salts, has an intense beige colour and hints of dried fruit, which are also preserved in the finished products. Ideal for the preparation of homemade bread, pizza and focaccia.

## Verna

### stone-ground ancient soft wheat flour



#### ARABIC BREAD IN MY OWN WAY

Ingredients 960 gr Verna Flour 640 gr Water 3 gr Fresh Beer Yeast 20 gr Salt

Preparation

fresh beer yeast in the water, add the flour and finally the salt. Let the

Dissolve the

dough rest c o v e r e d with perforated foil, for at least 8 hours in the switched-off oven.

Take the dough and divide it into forms

of about 250g each. Let them rest for 30 minutes, then roll them out, season with oil and a little salt, and bake at the highest temperature. The oven must be on "static".



When the A r a b i a n bread is ready, cut it in the half and stuff it with whatever your imagination suggests.

Verna (from the name of the mountain where the Casentino monks cultivated it) is a variety of Tuscan soft wheat. Its flour has a very low gluten content compared to traditional flours, is very rustic and ideal for making bread, pizza, biscuits and baked goods.

## Solibam

stone-ground soft wheat flour



#### THE FARMHOUSE PIADINA

Ingredients

500 gr Solibam Flour

200 ml Milk

50 ml Extravirgin Olive Oil

50 ml Water



Mix all the ingredients and leave the dough to rest for 15 minutes in

a bowl covered with cling film. Then divide the dough into 7 balls

of approximately 120 g.







Roll out each one of them and gradually bake them in a lightly greased non-stick pan.

Now you can fill them with whatever you like: they are great with savoury ingredients, but don't miss the sweet version, with chocolate cream and icing sugar. You will love it!

Our Solibam wheat flour comes from an evolutionary mixture of the Solibam grain family. Very rich in fibre, it has a coarse appearance and a rustic flavour. It is suitable for making fresh pasta and gnocchi, as well as home-made bread, tarts and dry biscuits.

## Timilia Semolina

stone-ground ancient durum wheat



#### LEMON COOKIES

Ingredients

120 gr Timilia Semolina

160 gr Senatore Cappelli Flour

100 gr Sugar

50 ml Extravirgin Olive Oil

2 Eggs + 1 Yolk

10 gr Instant Baking Powder

1 Pinch of Salt

1 Organic Lemon

1 sachet of Vanilla

Preparation

Mix the powdered ingredients (semolina, sugar, flour, baking powder, salt, vanillin and

grated lemon zest), then add the oil and

finally the eggs. Knead until the ingredients are well mixed. Roll out the dough and cut out the biscuits, place them on a baking tray

and bake at 180°C until golden brown.

Timilia ancient durum wheat semolina is rich in vitamin B and mineral salts. It has an amber colour and a delicate flavour, similar to that of spelt. It is particularly suitable for making fresh pasta and, if mixed with soft wheat flours, bread.

# Cappelli Semolina

stone-ground ancient durum wheat



#### SENATORE'S TAGLIATELLE



Ingredients

500 gr Senatore Cappelli Semolina

4 Organic Eggs

1 pinch of Salt

1 tablespoon of Extravirgin Olive Oil "Podere San Bartolomeo"

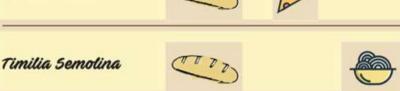
### Preparation

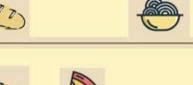
Make a well with semolina and add the eggs, a pinch of salt and the oil. Start to knead, "pinching" the flour and eggs, so they mix well, and work the mixture for about ten minutes, until you have a hard, smooth ball. Let it rest in the fridge for an hour, then roll out the dough and cut it out. Cook in a big pot full of salted water. Season with wild boar sauce or porcini mushrooms.

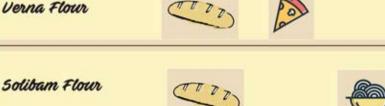
Senatore Cappelli ancient durum wheat semolina is perfect for fresh pasta, but it can also be used to make typical italian dish, called "semolina". It's excellent for making bread, if mixed with soft wheat flours.

















Timilia Flour

