

# Taste of Brianza

*True  
to tradition*

The typical Brianza's kitchen is still true to tradition as it is enemy of modernity and sophistication:

Indeed it is still easy, old-style and recipes are made with poor but at the same time tasty and great ingredients.

The traditional recipes are really far from the sophisticated and new style kitchen as they need to be:

Cheap: almost every recipe contains meat scraps (cazzuola, intingoli, busecca) or vegetables that are usually grown in the family garden.

Easy to prepare: despite all the recipes having long cooking times, they are all simple to prepare

Tasty: Brianza's recipes have all strong flavors

## ORIGINS OF THE LOCAL TRADITIONS

It looks like that many traditional Brianza's recipes are so because of the impatience of the Brianza's people.

Most of them, like the "minestrone alla Brianzola", "Busecca" or the "Cazzuola" despite the modern technologies that give us the possibility to reduce cooking times, they still need long and low temperature cooking methods

The preparation of these dishes was really easy and fast: first of all you had to put each ingredient in the cauldron, once it was boiling you just had to reduce the heat and let it cook for hours and hours.

Each traditional recipe moreover does not have any problem if overcooked, indeed if you need to warm it up again after a while, do it, because it will keep all the flavors and it could also taste better because all the ingredients we use are local, fresh and strong.



## YELLOW RISOTTO WITH LUGANEGA (Monza's Risotto)

*Yellow risotto Brianza's style (using red wine) with pieces of luganega.*

### INGREDIENTS

850g of Vialone rice  
150g butter  
300g onions  
2,5l meat stock  
3 bags of saffron  
3dl red wine (Barbera)  
600g luganega into pieces  
100g grated Parmesan

### METHOD

1. In a pot melt half of the butter, add the finely sliced onions and the luganega, let the onions dry out.
2. Add the rice and let it toast for two minutes mixing with a wood spoon Simmer with red wine and pour gradually with broth and let it cook. Add the saffron.
3. When it is ready (after 18 minutes), correct with salt, if necessary. Cream it with butter and Parmesan

It is possible to cook the luganega separately blanching it in water and then cooking for 10 minutes with red wine. Serve a piece in the centre of every dish.

## APRICOTS OR PEACHES IN "CHICHERE"

*Spoon dessert with apricots or peaches baked in porcelain cup.*

### INGREDIENTS

600g apricots or peaches  
300g sugar  
3dl Marsala wine  
8 egg yolks  
8 apricot seeds peeled and finely chopped

### METHOD

1. Sift the apricots flesh and mix with all the other ingredients.
2. Fill the cups until  $\frac{3}{4}$  and put them to bain-marie bake at 160°C covering with a buttered paper.
3. When it is cooked (you can check with a stick, it should be almost dry) let it cool and then freeze it until service.

## BRIANZA'S WALNUTS CAKE

### INGREDIENTS

7 eggs  
200g sugar  
500g walnuts  
50g icing sugar

### METHOD

1. Chop the walnuts until they are a flour into the mortar (be careful not to heat them, the electric blender is not suitable).
2. Beat the eggs yolks with sugar, add the walnuts flour, add the egg whites beaten until stiff and amalgamate with delicacy.
3. Pour in a baking pan earlier oiled (with walnuts oil) and sprinkled with the walnut flour.
4. Bake at 180° for about 25 minutes. Let it cool, put out of the pan and serve sprinkled with icing sugar.