

STINCU

SOME RECIPES BY GREAT CHEFS USING
STINCU AS AN INGREDIENT



Lamb rack flavoured with Stincu oil en croute with bread crumbs served over crispy potatoes dressed with wild thyme

Giuseppe Bissacot Executive sous chef - Forte Village Resort

Ingredients for 4 servings

- Lamb rack weighing about 800 g
- About 100 g of grated bread crumbs
- Aromatic herbs (thyme, marjoram, oregano, parsley) and sun-dried dried tomatoes
- Two tablespoons of mastic oil
- Three large potatoes
- One clove of garlic
- Salt and pepper

Preparation

- Leave the Frenched lamb rack to marinate for two hours in Stincu oil (about 2 table-
spoons). In a small bowl mix the breadcrumbs with the chopped herbs, parsley, garlic
and dried tomatoes, and brown gently in a pan.

- Add salt and pepper to the lamb rack already scented with the Stincu oil, brown well
in a pan and then cover in the bread crumbs.

- Cut the potatoes into medium-sized slices and dip into boiling water for a few
minutes, place in an oven pan forming a circle the same size as the serving dish and
gratinate in the oven at 180°/200°C for about 10 minutes with wild thyme and a dash
of olive oil; sprinkle with a little salt when removing from the oven.

- Place the lamb in a hot oven (about 200°C) for 20 minutes ensuring the meat re-
mains pink in the centre, if possible check internal temperature with a thermometer -
it should be about 55°C.

- Place the crispy potatoes on the serving dish, cut the lamb into small rib chops and
scatter over the potatoes.



SSA Mediflora loc. funtana salsa - 09010 Pula CA
ITALY C.F. e P.IVA IT02272880929 tel. 070 924 1029 fax 070 924 1058
e-mail: info@mediflora.it web: www.mediflora.it

STINCU

SOME RECIPES BY GREAT CHEFS USING
STINCU AS AN INGREDIENT

Risotto with pork loin, borage and oil of mastic

Giovanni Melis Chef - Loius Restaurant - Zurigo

Ingredients

- 50g of spring onions
- 350g carnaroli rice
- 150 g pork loin
- 100 g goat butter
- 30g tangy pecorino cheese
- 12 drops of oil of mastic

Preparation

- Make a broth using celery, carrots, onions, sun-dried tomatoes and veal bones - add salt to taste.

- For the risotto, pan-fry the spring onions with a knob of butter, add the meat and leave for about 3 minutes at low heat; then add the rice and leave to brown for a further 2 minutes, add a glass of brut dry wine and leave to evaporate.

- Begin to cover the rice with the broth until it reduces and cook for about 17 minutes, turn off the heat and dress with the goat butter, cheese and 8 drops of mastic oil. Leave to stand for about 3 minutes and serve on a flat serving dish dusted with dried borage and the last drop of oil which will add flavour to the hot dish.



SSA Mediflora loc. funtana salsa - 09010 Pula CA
ITALY C.F. e P.IVA IT02272880929 tel. 070 924 1029 fax 070 924 1058
e-mail: info@mediflora.it web: www.mediflora.it

STINCU

SOME RECIPES BY GREAT CHEFS USING
STINCU AS AN INGREDIENT

'Pani cun tamatica'

Gianni Serra Chef - Carbonia

Ingredients

- 350 g of durum wheat semolina
- 150 g of common wheat flour
- 700-800 g of ripe tomatoes
- 3-4 cloves of garlic
- a few leaves of basil
- extra-virgin olive oil or oil of mastic
- salt
- pepper

Preparation

- Place on a board 210 g of durum wheat semolina and 90 g of flour and blend well using a cup of warm mineral water (30°C) to obtain a smooth dough; cover and leave to rise for 2-3 days at about 26°C, protected from draughts.

- After this time, add in two separate instances with at least a couple of hours' interval the remaining flour and semolina, mixing with the same quantity of water: at the end of the process, the dough should have at least doubled in volume. Divide into small roll shapes and leave to rest for one hour.

- For the filling: wash the tomatoes and cut into chunks removing seeds; lightly salt and leave to drain for a couple of hours in a colander. Peel the garlic and chop finely, shred the basil by hand and place everything in a large bowl, check for salt and dress with pepper and extra-virgin olive oil or, if you're looking for a more intense flavour, with mastic oil; mix well and leave to rest in a cool place for at least one hour.

- Lightly oil some circular oven pans and dust with flour; shape the small rolls using a rolling pin, set in the pans, raising the edges, fill each one with some filling, close by folding over the edges of the dough but leaving a small opening in the centre, and paint the surface with oil.

- Heat the oven to 200°C - if you're using a ventilated oven - and set the rolls at mid height; cook for about an hour, until golden brown. Remove from the oven and dress with a dash of extra-virgin olive oil, leave until just warm and serve.



SSA Mediflora loc. funtana salsa - 09010 Pula CA
ITALY C.F. e P.IVA IT02272880929 tel. 070 924 1029 fax 070 924 1058
e-mail: info@mediflora.it web: www.mediflora.it

STINCU

SOME RECIPES BY GREAT CHEFS USING
STINCU AS AN INGREDIENT

Greek style chicken with vegetables and oil of mastic

Ingredients

- 1 chicken fillet (cut into thin strips)
- 1 courgette (cut into thin strips)
- 1 carrot (cut into thin strips)
- 1 glass of Ouzo wine
- Broth made with half a chicken
- 5 tablespoons of fresh cream
- 1 tablespoon of oil of mastic
- 2 pinches of oregano

Preparation

- Mix the olive oil, coriander and oregano together and marinate the chicken for 2 - 3 hours.
- Heat the oil in a pan and lightly fry the marinated chicken for a few minutes.
- Add the vegetables and cook until tender. Cover and add the wine.
- Add the oil of mastic and salt and pepper to taste.
- Pour on the broth and continue cooking on low heat with the lid on, until the broth is absorbed and the chicken is tender (prick with a fork).
- At the end, add the cream and leave to blend with all the other ingredients for 2 - 3 minutes.
- Serve hot.



SSA Mediflora loc. funtana salsa - 09010 Pula CA
ITALY C.F. e P.IVA IT02272880929 tel. 070 924 1029 fax 070 924 1058
e-mail: info@mediflora.it web: www.mediflora.it