



SEPTEMBER
2021

fao
Casa
gazette

Mensile - No 09 - 2021 - Reg. Trib. N. 574 dell'8/10/1990

- SALENTO: SUONI E COLORI

**- TWO-DAY BIKE TOUR FROM BORGOROSE
TO TERNI**

- RECIPE THE OCTOPUS ALLA LUCIANA

*Our services are no longer provided on FAO premises,
therefore please contact us for relevant information*

ACI - ITALIAN AUTOMOBILE CLUB

MONDAY 14:30 -17:00 WEDNESDAY 9:30-12:30 | E-014 52893

BICYCLE REPAIRS

WEDNESDAY 12.00-14.00 | BLG. D CAR PARK

DRY CLEANING

MONDAY & THURSDAY 14:00-17:00 | E-020 56069
WEDNESDAY & FRIDAY 12:00-14:00 | **WFP**

FINANCIAL PLANNING

TUESDAY 10.00-12.00 | E-021 - FRIDAY 12.00-14.00 | E-014 53142

FISCAL ADVISER

THURSDAY 10:00-12:00 | (BY APPOINTMENT) E-014 53142

GADOI MEDICAL INSURANCE

TUESDAY 10:00-12:30 | (BY APPOINTMENT) E-014 52893

GARMENT REPAIRS

TUESDAY 13:30-16:30 & FRIDAY 8:00-12:00 | E-020 56069
THURSDAY 12:00-14:30 | **WFP**

HOUSING

MONDAY TO FRIDAY 9:00-13:30 | E-016 53142

INFORMATION

MONDAY TO FRIDAY 9:00-13:30 | E-016 53142

INPS CONSULTANT

WEDNESDAY 14:30-17:00 | (BY APPOINTMENT) E-014 53142
TUESDAY 12:00-17:00 | **WFP**

ITALIAN LANGUAGE COURSES

MONDAY TO THURSDAY 17:00-19:00 | E-021 53142

LAWYER

TUESDAY & THURSDAY 13:30-15:30 | 53142
(BY APPOINTMENT) E-014

LIBRARY

MONDAY, TUESDAY, THURSDAY & FRIDAY (closed on Wednesdays)
11:30-14:00 | E-008 53479

NOTARY SERVICE

WEDNESDAY FROM 14:30 ONWARDS | (BY APPOINTMENT) E-021 53142

SHOE REPAIRS

WEDNESDAY 14:00-17:00 | E-020 56069

THEATRE BOOKING

MONDAY TO FRIDAY 9:00-13:30 | E-016 53142

FAO STAFF COOP SERVICES

The "FAO CASA GAZETTE"
is the registered title of
the journal of the FAO STAFF COOP

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Typewritten electronic contributions for the FAO CASA Gazette are welcome. These can be articles, poems, drawings, photographs, etc., in fact, anything interesting that staff members and/or their families in Rome or in the field may wish to contribute. These contributions can be in English, French, Italian or Spanish.

No anonymous material will be accepted, and the Editor reserves the right to choose and/or reject material that is not in keeping with the ethics of the Organization. Send contributions electronically to the Editor at fao-staff-coop@fao.org or leave signed copies with the Coop office on the ground floor of building E.

The deadline for editorial material is the 10th of the month preceding the date of issue.

The Editor may schedule articles according to the priorities and editorial requirements of the FAO Staff Coop. The FAO CASA Gazette is published every month.

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STAFF COOP OFFICE

Building E Ground Floor | Ext. 53142 – 55753 – 56771 | Monday to Friday 09:00 – 13:30

Services and Special Interest Groups

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Full membership of the FAO Staff Coop is open to all FAO and WFP staff. Associate membership is available for spouses and those who work with FAO/WFP and associated UN agencies. The FAO Staff Coop fee is € 25 una tantum, while the annual dues for both categories are € 25 for singles and € 30 for families.

Apply for membership at the FAO Staff Coop Office (E-016) Monday to Friday 09:00 –13:30.

Also membership registration and renewals available online on www.faostaffcoop.org.

You can pay with Paypal or Credit Card.

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FAO STAFF COOP



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ASSOCIAZIONE CASA	<i>Ms N. Bramucci</i>	53248
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ALL ACTIVITIES ARE FOR STAFF COOP MEMBERS ONLY

SALENTO: SUONI E COLORI

Notturmo ipogeo e trasparenze marine



di Enrica Romanazzo

Sostiene e promuove da anni le attività della FAO STAFF COOP. Nel contempo segue ed organizza eventi in difesa dell'ambiente e per la valorizzazione del territorio salentino



Per i nostri avi suonare significava sperimentare suoni vibrazioni e dettagli che se eseguiti in altro modo o altro luogo non avrebbero sortito lo stesso effetto. I nostri avi emanavano e sperimentavano suoni in perfetta sintonia ed armonia con l'ambiente.

Il silenzio è come una tela bianca e i colori sono pennellate di suoni che riempiono lo spazio antico dell'Ipogeo Bacile, a Spongano. È raro trovarsi a vivere questa speciale condizione. Il paesaggio sonoro di tutti i giorni è un continuo rombare caotico, e spesso siamo afflitti dal tormento acustico di cui siamo noi compositori ed ascoltatori. Senza silenzio non ci può essere musica che, nel paesaggio sonoro quotidiano, è parte integrante della composizione e appare come rumore, uno dei tanti. Il suono è materia invisibile. Ci sono suoni che portano malessere e altri che portano benessere e relax, anche il silenzio è una condizione primaria di benessere che porta inevitabilmente all'ascolto, al ricongiungersi con se stessi. Il silenzio è anche la prima condizione per l'ascolto musicale.

L'ipogeo Bacile che funge da cassa armonica fatta di roccia, pietra e terra, racchiude un silenzio pieno di vita, in cui, Giovanni Corvaglia, esperto di musica elettronica e sound design, colora di suoni il silenzio magico dell'ipogeo, creando un percorso sonoro fatto di silenzi suoni e visioni: un'atmosfera magica creata per immergersi nel fantastico mondo di una terra ancestrale dal fascino antico.



Una gita in barca sulla costa ionica ed adriatica offre sorprese e scorci fantastici, tra le rocce lambite da un mare verde smeraldo. Sulla costa adriatica, nei pressi di Novaglie, ho visitato la grotta del laghetto attraverso la quale si accede ad uno specchio d'acqua reso fluorescente dalla luce che filtra attraverso la roccia. Uno spettacolo fantastico, irripetibile.



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PRANIC HEALING



Imagine you can harness the power within to overcome and surge ahead of your perceived limitations to create holistic wealth.

Imagine you connect with your highest self and use this strength to invigorate every aspect of your life.

Imagine you dissolve stress, energize opportunities, turn hopes into realities; just imagine yourself then.

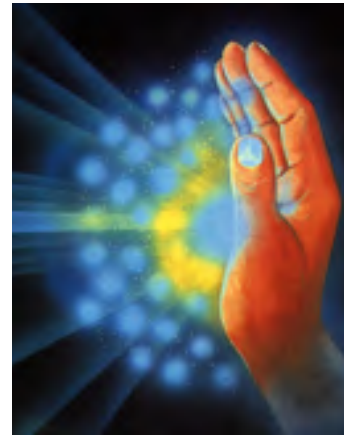
Your life will change and improve beyond your dreams.

All of this you can achieve through simple techniques that can be applied immediately to increase your health and wealth at the physical, emotional and spiritual level.

We invite you to join us to learn, relax and heal.

We exercise, meditate, heal each other, discuss all kinds of topics, usually with some kind of subtle energy connection, but not exclusively.

The Pranic Healing group has been active for more than twenty years. Pranic healing is an energetic healing practice, i.e. no touch - no tools, assembled, tested and fine tuned by Master Choa Kok Sui, an oriental energy Master, and is a highly useful tool in understanding higher spiritual teachings and the rapidly developing new perspectives of our own self, of life and of the world around us.



While relaxing and allowing to relieve stress and other built up negative emotions and thoughts, the healing and meditation practice also serves to develop better internal balance and stability, develop higher intuition and compassion and contribute to creating a more positive outlook for our own life and work and the world as a whole. No previous learning or experience is necessary and, when needed, assistance is provided by experienced practitioners.



“The real meaning of Detachment is to realize that nothing is permanent”
 “When the energy changes, people change”

Master Choa Kok Sui

We meet twice a week
 On Mondays 13 -14 on FAO Staff Coop ZOOM Platform
 On Thursdays 13-14 on FAO Staff Coop ZOOM Platform
 Coordinator: Elizabeth Capparucci, ext. 52147

POSITIVE THINKING FOR PEACEFUL LIVING

Every Wednesdays from 13.00 -14.00hrs on FAO Staff Coop ZOOM Platform
for information, please contact: Radha Gupta, ext. 55554



In today's world of noise and information overload, everyone wants a bit of peace and quiet. We often find ourselves left with a mind spinning with hundreds of thoughts about tasks to do, people to satisfy and events that have just happened.

In our desperation, we look for this peace and quiet outside of ourselves - waiting for a holiday or peaceful moments to find their way to us! What we forget is that we actually have a choice at any moment to observe our mind. An observed mind automatically slows down and becomes more stable. This doesn't mean that it loses its ability to respond quickly, on the contrary, it becomes clearer and more agile in its understanding of what's going on around.

Without needing to journey anywhere physically, but taking time out to refresh the self and recharge the batteries of the spirit, is a vital part of improving the quality of life. The most important journey you can take is the journey within. This is a journey to the truth of who you really are. This is the place, just beyond every day consciousness, where spiritual empowerment begins. Spiritual power gives you the power to choose creative thinking rather than automated thinking, response rather than reaction, peace, love and harmony rather than stress, conflict and chaos.

You begin to remember the good things about yourself that you once knew, but had long forgotten. You start to enjoy moments of silence and to savour periods of introspection and reflection.

Reflection and meditation also help you disconnect from damaging habits of thought, feeling and reaction. This results in a conscious, positive release of energy which improves the quality of your attitude, actions and interactions.

The process of going within, disconnecting from harmful habits, connecting to your innate spiritual resources, and reconnecting with your external life, is personally empowering in a lasting way.

Here is an opportunity to spend an hour in a peaceful atmosphere, to reflect upon and explore the important factors governing our everyday experiences. These include self identity, the basis of real inner power and the art of creating and maintaining harmony in our relationships.

The topics covered in these meetings will lead to a deeper understanding of yourself, your intrinsic positive qualities and your innate value. In time, this understanding becomes a natural part of your day to day awareness, constructively influencing how you see yourself and how you relate to your world.

The concepts presented during these meetings are simple yet profound and are accessible to individuals of all backgrounds and beliefs.

If you would like to join this group, please write to Radha.Gupta@fao.org

In order to attend, you need to be a member of the FAO Staff Coop

Useful links: www.brahmakumaris.org or www.brahmakumaris.it

MUSIC OFFERINGS AT THE FAO STAFF COOP



FAO Staff Coop is pleased to offer three activities for music lovers and those interested in expanding their knowledge of (mainly, but not only!) classical music.

1) **General music class (Tuesdays at 13:00)**

- We're a small group who meet once a week for an hour to discuss aspects of music, and every week there is a different theme, subject, period in music, or composer. There is always time allowed for discussion, and subjects that you would like covered are more than welcome. We also listen to music together, but no knowledge of reading or playing music is required. Just attentive ears and an interest in expanding your knowledge. Upcoming classes will explore the cities of Rome, Paris and London through music.

Maestro Orhan Memed (www.orhan-memed.org), our FAO Staff Coop piano teacher, will lead this one-hour ZOOM class on **Tuesdays at 13:00**. The cost is €10 per class. If you happen to miss a class, you'll have access to a video of the missed class for a week.

2) **Music Fundamentals (Fridays at 13:00)** - Designed for those of you who already read music, this online Zoom class will explore music through a study of theory, forms and genres. Think of this class as an opportunity to delve into all aspects of music, to understand how musicians and composers make music, to understand music notation and, above all, to fine-tune your ears when you listen to any kind of music. As with the other music classes, it will be adapted to the participants' background and feedback.

Maestro Orhan Memed (www.orhan-memed.org), our FAO Staff Coop piano teacher, will lead this one-hour ZOOM class on Fridays at 13:00. The cost is €10 per class. If you happen to miss a class, you'll have access to a video of the missed class for a week.



3) Piano lessons - Since January 2019, Orhan Memed has been offering piano lessons to FAO and WFP staff both at the FAO and at his studio in the centre of Rome. Since March 2020, he's been offering online lessons (Zoom, Skype, Facetime, etc) to FAO members and since June 2020, he also teaches at his studio. Feel free to reach out to him to discuss piano lessons. He teaches in English, French and Italian.

For booking, please email fao-staff-coop@fao.org to receive the calendar invitation with the link to the ZOOM meeting (we would like to remind that lessons are available for Coop Members with valid membership for the current year).

For more information and for all enquiries, reach out to Orhan directly: omemed@me.com or +39 338 8684385.

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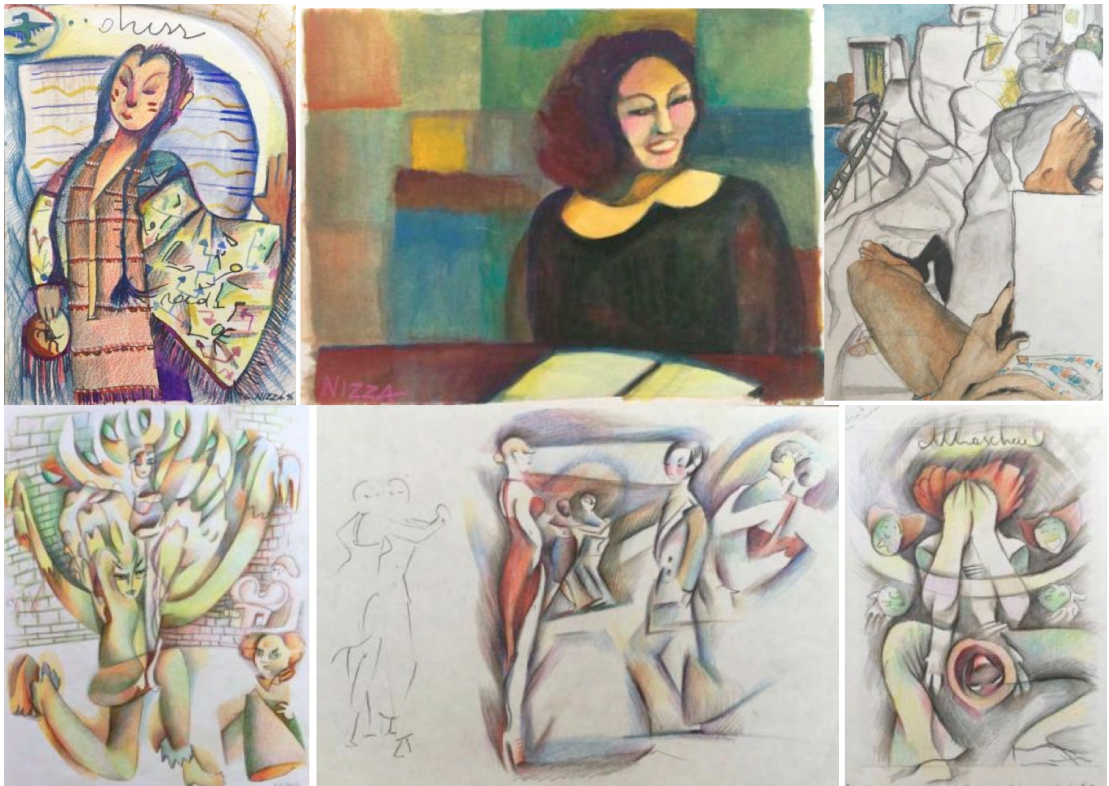


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ART CLASS BY JANINE CLAUDIA NIZZA

Janine will support student's work with thematic theory classes on Art History of painting, from the Prehistoric Age to the Street Art, including with explanation of other techniques to realize art work, helping and supporting each student all along with their creations, in order to achieve the best individual result!



Janine creates a method of learning Art Work based on simple esthetic and technical concepts. Art students will learn how to approach portrait and landscape in a realistic or abstract way, through:

- ✓ Various approaches to the Vision: observation and elaboration of the subject from several levels of perception
- ✓ Study of the right media to represent the subject: oil painting/acrylic painting/pencils and markers/photography/decoupage/mixed media
- ✓ Realization of the entire artwork, including the support to “frame” it or “present” it.

The Art Class is open to all students from young to senior, who should be equipped with their own set of colours/canvas/materials and books.

Meeting: on FAO Staff Coop Zoom Platform **every Monday from 4pm to 6pm.**
Starting lesson Monday 6 September 2021

Cost: 80 euro per person for 5 classes for a minimum of 4 students to a maximum of 10 students.

Private classes are available on request.

Lessons are available for Coop Members with valid membership for the current year.

For Booking and more info:

Contact: Paola.Franceschelli@fao.org and fao-staff-coop@fao.org.

Janine Claudia Nizza Studied:

Scientific Lyceum Wolfgang Goethe - Rome 1981
 Architecture - University La Sapienza - Rome 1987
 Painting - Academy of Art - Rome 1992
 Storyboard Master, U.C.L.A. Extension, Los Angeles 1999



In order to take part in this proposed activity, you have to become a member by registering on our website (<https://www.faostaffcoop.org/>). If you already are a member, you can just renew your membership for the year 2021. Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients.



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- Socially Responsible Impact portfolios actively managed by Triodos Investment Management. Triodos is one of the world's leading sustainable banks.
- Sophisticated bespoke portfolios, managed by Cazenove Capital, the wealth management arm of the Schroders Group.

Key Facts

- Choice of Malta and Guernsey plans with facility to switch between jurisdictions
- Euro, USD and GBP portfolio options available
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- Institutional share classes with low expense ratios
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- Your pension plan grows largely free of tax
- Choice of lump sum and income drawdown options
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Guided movements lessons to strengthen bones and muscles according to the Feldenkrais method



by Irene Habib

Feldenkrais Assistant Trainer & Practitioner

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I have been teaching “Awareness Through Movement®” lessons (Feldenkrais method in groups) for more than 30 years but since the beginning of the pandemic, already a whole year now, I am really surprised to discover how efficient and successful it is this modality of teaching.

It is amazing to realize how well this method can be taught also in this different way: participants are comfortable at home and do not need to look at the screen but simply listen to the instructions given by the teacher.



The “Awareness through movement” lessons are very efficient for improving freedom of movement and flexibility on one hand, but also to get rid of daily stress and tensions.

Through the years I have had the pleasure to see people changing their attitude towards their body and transforming the discomfort of rigidity and stiffness due to prolonged use of computers and sitting posture.



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As opposed to other disciplines, in the case of the Feldenkrais method, the participants don't have to look at the teacher showing movements, but the other way round: the teacher gives precise instructions and observes carefully what the participants do, guiding them in order to improve.

These classes use slow, mindful movements to achieve powerful effects in terms of strength, flexibility and holistic integration of body and mind. There is an incredible variety of lessons that tie directly into functional movements of daily life, such as walking efficiently, safely lifting objects and improving one's posture in sitting or standing.

You might walk, stand or sit on a chair, although usually, you will lie on the floor in a variety of comfortable positions: either on your back, front or side.



The teacher guides students through a sequence of movements; as you attend to the improving quality of movement, unnecessary muscular tensions throughout the body can reorganize and release.

WHO CAN BENEFIT FROM ONLINE LESSONS

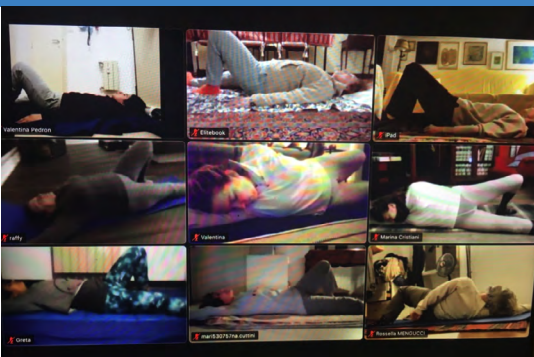
Individuals who wish to enhance their movement abilities, relax their minds and enjoy practising at home.

WHAT'S REQUIRED

A computer or laptop with a webcam, a good internet connection and a zoom account. Make sure to place the webcam in a place where your whole body shows on camera so the class can be properly guided.

WHERE

Find a quiet and comfortable space where you can lie on the floor. If the surface feels hard, please use a mat and or a blanket. A little cushion or towel is also needed to support your head especially in side positions. Sometimes a chair is also needed to practise



various sitting combinations of movements in order to “improve your posture while sitting in front of your desk for hours using the computer”.

First trial lesson is free.

For more information you may write to habiren@gmail.com or what's up message 3403680717

Irene Habib
Feldenkrais Assistant Trainer&Practitioner
Group coordinator: Eileen Larkin

ZOOM ENGLISH SESSIONS:

-Tuesdays at 17.30 on FAO Coop Zoom platform (FAO Coop membership 2021 required)



IRENE HABIB

Assistente Formatore Internazionale - Insegnante metodo Feldenkrais®

tel.-fax. 0039065343227

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BETTER POSTURE IMPROVES BREATHING 2021-2022 ONLINE LESSONS BASED ON THE FELDENKRAIS METHOD

Efficiency & flexibility in:

- Shoulders-head & neck
- Hips-knees & lower back
- Breathing & balance
- Hands & Feet



STARTING LESSON
TUESDAY SEPTEMBER 14 - 17:30
(Booking in advance advised)

*A short explanatory article is at your disposal in the April 2021 Casa Gazette, which has been sent by newsletter, and available on our website (https://www.faostaffcoop.org/fileadmin/user_upload/faostaffcoop/docs/gazette/2021/pdf/Aprile_gaz_Def_Web_2.pdf)

For info&enrollement, please contact:

Teacher Irene Habib Feldenkrais Assistant Trainer & Practitioner
habiren@gmail.com whatsapp 3403680717

(Please put fao-staff-coop@fao.org in CC)

You will receive the zoom meeting link by email

Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients

AVENTINO

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Dr Gabriel E. Buntin
Orthopedic Trauma Surgeon
X-Ray and Ultrasound facilities
English – French – Italian – German

Dr Zuzana Stloukalova
Gynecology and Obstetrics
Ultrasound Facilities
English – Italian – Czechoslovak

Dr Massimo Mancone
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VINYASA YOGA FLOW WITH JANINE CLAUDIA NIZZA



FAO Staff Coop presents the Online Course
TUESDAYS and THURSDAYS from 7 to 8 pm
Starting Lesson Tuesday 7 September 2021

Teacher's Website: www.yogaflow.it

Course description: Janine Claudia Nizza (500 ERYT PLUS Level 4 Senior Yoga Alliance® (Divisione Italia) Docente e creatrice del Corso Formazione Insegnanti Vinyasa Yoga Flow) has been teaching her dynamic style of yoga for more than 20 years, in Rome and Los Angeles. Janine didactic consists of dynamic yoga classes based on Surya Namaskara and Chandra Namaskara with always variations of sequences to get into new series of asanas along with the use of the Ujjayi Breathing and the awareness of reflexes and coordination.

**The class is open to multi-level practitioners;
FIRST CLASS FREE OF CHARGE (please join at any time)**

Cost for 4 online lessons: €40 Cost for 8 online lessons: €75

For registration fees and info, please contact Ms. Paola Franceschelli (**group coordinator**):

paola.franceschelli@fao.org or Teacher Janine Claudia Nizza: info@yogaflow.it with fao-staff-coop@fao.org in copy.

For general info: fao-staff-coop@fao.org - Ext. 53142

****To get more information on private yoga online classes please contact Janine Claudia Nizza: info@yogaflow.it**

In order to take part in this proposed activity, you have to become a member by registering on our website (<https://www.faostaffcoop.org/>). If you already are a member, you can just renew your membership for the year 2021.

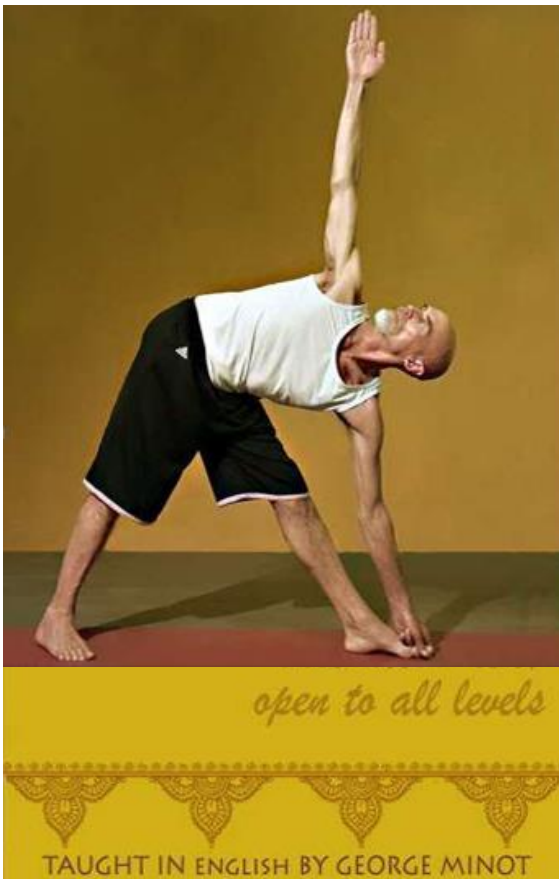
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WITH GEORGE MINOT

On Zoom

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For info on registration and payment and to get on
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with fao-staff-coop@fao.org in copy.

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25 – 26 SEPTEMBER 2021 TWO-DAY BIKE TOUR TO EXPLORE LAZIO, ABRUZZO AND UMBRIA AND THEIR NATURE, ART, GOOD FOOD

FAO STAFF COOP IN
COOPERATION WITH



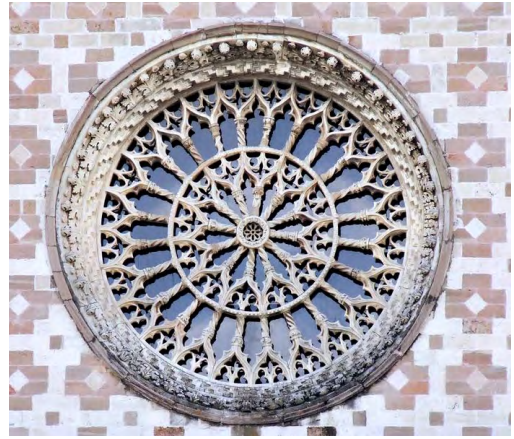
Meeting point: viale Aventino (FAO) 25 September 2021 7:30 a.m., to depart at 7:45 a.m.

Beautiful itinerary through three regions, just a few steps away from Rome, to discover enchanting places, unspoiled nature, excellent food, enjoying the coolness of the high grounds overlooking the mountains (mountains of the Abruzzo Apennines - the Monti del Cicolano and the Valle di Cornino) biking through ancient villages, plateaux and beechwoods and visiting the art city of L'Aquila. On day 2 we will go from L'Aquila to Terni from Sella di Corno, Antrodoco, Cotilia, Marmore ending our trip at Terni.

From Terni, by train, we will return to Rome.



L'Aquila, a splendid city rich in art, has a large historical and artistic heritage with a first medieval layer, consisting of the city walls, a Renaissance layer represented by numerous palaces and churches and finally baroque and neoclassical features. Very interesting places: the Fountain of the 99 spouts, (about 1300 A.D.), the Basilica of Collemaggio (about 1300 A.D.) and the Basilica of San Bernardino (about 1450 A.D). The city is still affected by important reconstruction works following the 2009 earthquake.



Sella di Corno, (AQ), a very small village, represents the main Apennine Mountain pass between the province of Rieti and L'Aquila (crossed by main road SS 17 Route 17) and the Rieti-l'Aquila railway. The place is an ideal starting point, ideal also for hiking to Monte Calvo and to the Piana of Rascino and the Piana di Cornino. In the square of Sella di Corno there is a milestone that indicates the distances in Roman miles from the city of Rome.

The Terme di Cotilia (Le Aquae Cutiliae or Aquae Cutuliae) are interesting, thermal springs located in the Piana of San Vittorino.

Marmore is located in the Nera River Park that crosses the waterfalls area, formed by the Velino river which flows from Lake Piediluco and plunges with a crash into the Nera gorge below.

Day 1

Transfer to Borgorose (RI) by NCC (or private cars) from meeting point.

Departure by bike from Borgorose to L'Aquila, through secondary roads totally free of traffic. We will mainly ride along the ancient Via Amiternina. We could have lunch at Agriturismo Casale Calabrese in Castiglione di Torninparte (1000 m above sea level).

http://www.casalecalabrese.it/it/home_it/

https://www.tripadvisor.it/Restaurant_Review-g2589685-d3403942-Reviews-Casale_Calabrese_Turismo_Rurale-Torninparte_Province_of_L_Aquila_Abruzzo.html

We will continue among green and uncontaminated nature, rich in beechtrees, going up to the Torninparte pass (AQ) /mt 1300 above sea level) overlooking

the Gran Sasso d'Italia, from where a pleasant descent will lead us to L'Aquila. Visit of the city and accommodation in hotel, dinner.

Length: About 60 km uphill, about 750 meters asphalt, except a small stretch close to the farm.
Max altitude 1300 m above sea level.



Day 2

Departure from L'Aquila to Terni, from Sella di Corno, Antrodoco, Cotilia, Marmore.

From L'Aquila to Sella di Corno or Antrodoco you can use the train to avoid about 20 km of biking (6 km steep slope). From Sella di Corno/Antrodoco we will go to Marmore (waterfalls) and Terni.

Return to Rome by train from Terni.

Length: About 90 km, uphill about 800 m, asphalted road. Mainly secondary roads.

Using the train to reach Sella di Corno or Antrodoco: about 65 km, uphill 350 m.
Max altitude about 1000 m above sea level.

Train timetable: from Terni many opportunities from 14:57 to 22:40, duration of the trip about one hour in all cases.

NOTES:

Quite demanding bike tour; it requires to be used to ride by bike for many hours a day and a good level of fitness.

Cycling experience of riding on roads open to traffic is required.

Suitable bicycle: road bike, hybrid bike, racing bike, mountain bike.

Helmet mandatory

Front and rear bike lights recommended (to go home from Termini station).

Two-stage itinerary with overnight stay and luggage in tow.

It is recommended to bring a luggage as small as possible; bike recommended with luggage racks and side bags; if you use backpack it should be as small as possible.

Recommended clothing: cycling trousers with pad, windstopper/ rain jacket.

Glasses (sunglasses), gloves, sunscreen.

Tour could be cancelled in case of bad weather.
L'Aquila is located at 600 meters above sea level.
Castiglione /Torninparte 1300 meters above sea level.
Sella di Corno about 1000 meters above sea level.

Bike rental on demand: bike and helmet provided and picked up by the guide € 35 per person for two days.

Rental recommended:

- Easy bike rent Via dei Cerchi 59 tel. 0683958250 mobile 3755678174
- Collalti bici, via del Pellegrino 80 tel. 0668801084

(Booking well in advance recommended)

Cost of the tour:

Transfer (VAN/Auto NCC) to Borgorose (RI) € 200 van; (price car € 180) to be shared;

Hotel *) € 45 single room (breakfast included)

Guide € 45 day/person **)

Not included: train ticket, lunches, dinners, extras, and bike rent.

*) Porta Rivera Hotel Piazzale Caduti 8 dicembre 1943, [L'Aquila https://www.portariverahostel.it/it-it](https://www.portariverahostel.it/it-it)
https://www.tripadvisor.it/Hotel_Review-g194790-d1011135-Reviews-Porta_Rivera_Hotel-L_Aquila_Province_of_L_Aquila_Abruzzo.html

**) Special discount for first two people who will book before 6.09.2021 h 20: €72 two days/person instead € 90.

Special discount for third, fourth, fifth booking before 15.09.2021 h 20: €80 two days/person instead € 90.

Booking and payment:

Send an email to: paolo.antonini@scuoladimtb.eu and copy fao-staff-coop@fao.org

not later than 23 September 2021 h 20 (the sooner you book, the better).

Payment on booking € 50 (the sooner you book, the better).

Final balance based on your own hotel accommodation.

More info: Paolo Antonini, Mountain Bike Guide

Mobile 333 4816341, email: paolo.antonini@scuoladimtb.eu

THE OCTOPUS ALLA LUCIANA: A RECIPE OF THE NEAPOLITAN CULINARY TRADITION



by **Flavia Beniamini and Mattia Maria Rossi**

They are two Chefs who have had the luck, the audacity and the opportunity to travel the world doing what they love and have always wanted to do: cooking. After working for more than ten years in major international restaurants, they returned to Rome for the birth of their little Romeo and to undertake the activity of Chef at Home with the creation of the Flavorossi project

Welcome back to our now loyal readers for the itinerant culinary column of Flavorossi, our monthly appointment that this time takes us to Naples, more specifically in the Borgo di Santa Lucia, an area of the Campania capital which is located near Castel dell'Ovo.

Here we will go to rediscover one of the characteristic flavors of the region, and in general of all of Italy: the “octopus alla Luciana”, one of the symbols of the Neapolitan culinary tradition, a poor and tasty recipe with a wonderful story that tells of a Naples that no longer exists.

The recipe has ancient origins, and its name derives from the inhabitants of the Borgo di Santa Lucia, called “Luciani”, who naturally worked as fishermen.

From the gravel of Chiatamone, a street that is remembered for having hosted three great Italian newspapers (Il Mattino, La Repubblica and Il Roma), fishermen lowered their boats into the sea and then returned with anchovies, cod, sea bream, clams and, of course, the octopuses.

The inhabitants of Saint Lucia are specialized in fishing because they used the “amphora technique”, a process, conceived by the ancient Romans, which later became a specialty of the Arab peoples and still today the best amphora fishermen are found in Tunisia and Morocco. The fishing technique is as simple as it is ingenious and is based on a little trick that fishermen tend to octopuses. These animals are very intelligent, despite the common vulgate, as well as skilled nocturnal hunters: in fact, fishing for them is not very easy. After the nocturnal hunt, the octopuses seek refuge to rest peacefully and what better place than a beautiful amphora lying on the bottom of the sea? They slip into it, thinking they are safe and can enjoy a well-deserved rest: but this is where the skill of the fisherman comes



into play. The amphorae are tied to each other through a cable: just pull it to bring all the amphorae onto the boat.

This type of fishing ensures the highest quality of the catch, because the product is processed immediately and the animal does not suffer trauma that can harden the meat.

It is also for this reason, the “octopus alla Luciana” are so good.



Today little remains of that village and the octopus recipe is an important testimony of a disappeared Naples: Santa Lucia stopped being a fishing village from the end of the 19th century due to the reorganization of Naples, a huge urban plan already foreseen by Ferdinando II of Bourbon. With the works, the gravel disappeared from Chiatamone and the sea from Santa Lucia, making the village’s fishing tradition disappear with it, leaving us, as in many cases, a wonderful story told in a dish.

Specifically, in today’s recipe, we will go to deepen the classic preparation of Luciana, but we will do it with a risotto with “octopus alla Luciana”. Sepiola Leach is a genus of marine cephalopod molluscs belonging to the Sepiolidae family, this variety also takes the name of cane eye, in many Italian regions, such as Veneto and Emilia Romagna, fishermen call them baby octopus, often octopus.

Traditional recipe of baby octopus alla Luciana

400 g of baby octopus or cane eyes

200 g of peeled cherry tomatoes

1 clove of garlic

2 tablespoons of extra virgin olive oil

50 g of Gaeta olives

1 handful of desalted capers

Chopped parsley

Salt

Pepper



Wash the octopus under running water, delete the eyes, the beak at the base of the tentacles and empty the bag. Beat them lightly to break the fibers and make them more tender. In an earthenware casserole put the baby octopus, garlic cloves, oil, tomatoes, capers and olives. Cover with a sheet of parchment paper and then with the lid and cook over low heat, never uncovering, for about 25-30 minutes. Remove the lid and the sheet of parchment paper, season with salt, pepper and perfume with parsley, reduce the sauce until it is thick and dark. Serve the “baby octopus alla Luciana” with toasted slices of bread or use the sauce to season spaghetti.

Revisited recipe of “octopus alla Luciana”

In this recipe, all the ingredients (except parsley) are put together in the terracotta casserole, because, as they say in Naples: “o purp ‘se coce rint’ all’acqua soja!” (the octopus needs to cook in its water). It was from this phrase that the reinterpretation of the dish came about, in fact in our preparations we will “sacrifice” some octopus to make an intense broth, with which to cook a risotto with octopus and tomato water.

Ingredients for the baby octopus broth

100 g of baby octopus or cane eyes

2 peeled cherry tomatoes

1/3 of carrot

1/4 onion

1/3 of celery stick

1/2 clove of garlic

Black pepper

Heat a saucepan with a tablespoon of extra virgin olive oil and the chopped baby octopus. Brown until you reach a nice golden color and then add the vegetables cut into very small cubes (all except the cherry tomatoes) and pepper.

Once the vegetables have “sweated”, add the peeled tomatoes cut in half, and three glasses of cold water.

Once the broth has been brought to a boil, you can lower the heat to the minimum and let it cook for 1 hour, after which cover with a lid and let it rest for another hour, so as to allow all the aromas and flavors to be released at their best.

To peel the cherry tomatoes, cut a cross on the “bottom” (the side opposite the stalk) and throw them in boiling salted water for 15 seconds, drain and put them in water and ice to stop cooking.

Heat a saucepan with oil and put the garlic clove. As soon as it is golden brown, add the cherry tomatoes, cook for 5 minutes and add two glasses of water.

Lower the heat and cook for an hour and a half more or less, periodically checking the hydration level of the sauce, and adding half a glass of water if necessary. Once the sauce is cooked, blend everything and pass it through a fine mesh strainer.

Ingredients for the cherry tomato sauce

*400 g of peeled cherry tomatoes
(the original recipe would like the tomato from Pienmolo del Vesuvio, but you can remedy with what you find).*

1 clove of garlic

2 tablespoons of extra virgin olive oil

2 glasses of water

Salt

Ingredients for parsley oil

30 g of parsley leaves

90 g of seed oil

Blanch the parsley leaves in water, drain and put them in water and ice, once cold, squeeze them well from the excess water.

Put the squeezed leaves and seed oil in a blender, blend bringing the temperature to 70 degrees, once it is reached, continue to blend for 2 minutes.

Pass everything in a fine mesh colander with a piece of absorbent paper inside, in such a way as to allow only the essential oils to pass.

Ingredients for the burned octopus

200 g of baby octopus or cane eyes

1 handful of chopped capers

1/4 bunch of chopped parsley

1/2 clove of minced garlic

2 tablespoons of extra virgin olive oil

On a large stove with the flame spreader, roast the baby octopuses on all sides, once they are well colored, place them in the oil, to which you have added all the chopped ingredients, let them rest in the oil for at least 30 minutes (every minute more is just flavor gained).

Ingredients for Gaeta olive powder

1 handful of black olives from Gaeta

Set the oven to 70 degrees and put the olives in the oven for 8 hours, at the end of the process you will get some dried olives that you can scratch on your risotto (we in the photo did not scratch them to avoid covering the other components of the dish).



Ingredients for the burnt cherry tomatoes

We take some of the tomatoes that we have blanched and put them on the flame spreader to roast them on all sides.



Ingredients for the risotto with baby octopus Luciana

- 160 g of Carnaroli rice
- 1 tablespoon of extra virgin olive oil
- 1/2 glass of white wine
- 1 pinch of salt
- Baby octopus broth
- Piennolo del Vesuvio cherry tomato sauce
- Roasted baby octopus
- Parsley oil
- Black olive powder

Put the olive oil and the rice in a saucepan, stir it with a spoon over low heat, until the rice is hot: a good way to control the temperature can be to try to pick up the grains once they are too hot to hold, which means that the rice will be toasted to the right point.

Pour the wine to blend the risotto, keep stirring the rice constantly and gently (in this part of the preparation it is essential).

Once the wine has dried completely and the rice almost begins to stick to the saucepan, you can add 2 ladles of baby octopus broth, or the amount necessary to cover the rice with the excess of a finger for the last stir. After making sure that the flame is at minimum, leave the risotto to cook for 8 minutes (always checking that the broth does not reduce too much, in this case add another half ladle, but never turning the rice).

At the end of the eight minutes we must constantly stir the risotto and we will add a large ladle of cherry tomato sauce.

From this moment on we will always keep the rice moving with our spoon (to release as much starch as possible) and we will add, when necessary, a little broth at a time, so as not to run the risk of having a too moist result when the cooking is finished.

At this point after about 5 minutes, we can remove the rice from the heat and put it to rest for a minute, with a cloth to cover the saucepan.

Pour half a tablespoon of oil into the rice and stir it with the spoon.

In the plate we place the rice on the bottom, the octopus and cherry tomatoes burnt on top and the parsley oil all around, a few parsley leaves, a generous sprinkling of grated Gaeta olives and the story is “revisited” in a dish.

Thank you for being with us on another of our “travels” around Italy and we look forward to seeing you next month to rediscover the culinary traditions of our beautiful country, because visiting is beautiful, but revisiting is “Flavorful”.



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