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fao Casa gazette

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- ANTRODOCO

- IL GRANDE CORO DI ROMA

- LE ARANCE

- LIGHTS AND SHADOWS IN OIL PAINTINGS

- YOGURT, OLIVE OIL AND PISTACHIO CAKE

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Gioielli Nascosti

RUBRICA PER ACCOMPAGNARVI ALLA SCOPERTA
DELLE BELLEZZE DEL NOSTRO PAESE

L'Italia è il Paese della grande bellezza. Custodisce tesori paesaggistici e capolavori artistici di valore inestimabile, apprezzati in tutto il mondo.

La FAO Staff Coop Gazette attraverso questa rubrica vuole condurre i lettori nel cuore dell'Italia in una passeggiata nella storia alla scoperta di caratteristici borghi dal fascino antico. Storia, arte, natura, terra e mare saranno i protagonisti della nostra rubrica in cui vogliamo raccogliere curiosità, immagini, colori e bellezze da celebrare e condividere con i nostri lettori.

L'Italia è un paese di poeti, navigatori e paesini addormentati. Probabilmente in qualsiasi punto dello stivale ci si trovi, nel raggio di un centinaio di chilometri c'è un borgo-gioiello ai più sconosciuto.

Nella nostra penisola la storia si è sbizzarrita con un tale entusiasmo da lasciarsi alle spalle villaggi ed uomini in un alternarsi inarrestabile di invasioni, saccheggi, guerre, terremoti, frane, siccità, povertà, cambiamenti nelle rotte commerciali.

Questi eventi hanno concorso a creare un'altra Italia, quella fuori dal tempo e dolcemente imprigionata in esso.

Un'Italia che si concentra soprattutto nel cuore del Belpaese.

E noi vogliamo partire da qui, dai borghi abbandonati, impregnati di un fascino antico che ancora resiste e che abbiamo il dovere di difendere e valorizzare.

Come sottolineato dall'architetto Paolo Portoghesi

“Questi borghi rappresentano la nostra verginità e conservarla corrisponde ad uno dei pochi ideali del nostro tempo”



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

ANTRODOCO

NEL CUORE DELL'APPENNINO È IL BORGIO PATRIA DEL MARRONE

L'autunno significa vetri appannati, il primo freddo, domeniche passate a leggere sul divano coperti da un plaid con una tazza di tè caldo in mano. E foglie che cadono, colori completamente mutati intorno. Ma autunno significa anche gite attraverso paesaggi che cambiano colore, tra foglie rossastre che danzano al vento prima di adagiarsi su un soffice tappeto giallo-arancione tra il marrone caldo dei tronchi. In questa stagione predominano i toni del marrone, e rimandano a quello che è il frutto tipico dell'autunno, la castagna. Non è certo un caso che la sua varietà più pregiata si chiami, appunto, marrone.



Ecco, la Sabina è il luogo di origine del **marrone antrodocano**, uno dei suoi prodotti tipici più pregiati. Per chi ama le castagne e le gite in mezzo al verde è consigliabile partire alla scoperta di paesini immersi nella natura maestosa della Comunità montana del Velino, come Antrodoco, un antico borgo medievale sito in un territorio crocevia di strade che dal Lazio portano verso l'Appennino abruzzese. Antrodoco è meta turistica e naturalistica di grande importanza anche grazie alla sua posizione lungo la via Salaria, che la vede da sempre al centro di uno snodo importante del centro Italia. È di fatto uno dei Comuni che si proclama Centro d'Italia, in competizione con il suo capoluogo, Rieti (Umbilicus Italiae) (Centro del mondo) e Urbino. È una cittadina che offre la possibilità di fare escursioni tra i luoghi più caratteristici dell'Appennino, dalle Gole di Antrodoco al Gruppo del monte Terminillo. Il borgo si erge verso le montagne con La Rocchetta, da cui si può ammirare il panorama sulla valle

circostante. L'origine del nome del borgo sembra derivi appunto dall'osco Interocrium, dalla radice antica ocre, ovvero "tra le montagne". Questa è una zona ricca di castagneti che vivono nella media montagna ad un'altitudine compresa tra i 400 ed i 1200 metri. Oggi vi portiamo a scoprire meglio questo grazioso paese con una serie di scorci e paesaggi. Merita una visita La Rocchetta, il castello ormai rudere che sventa sul borgo, da cui ammirare l'orizzonte e il panorama naturale che circonda Antrodoco, raggiungibile percorrendo i vicoli del centro storico. Una tappa da non mancare sono le Terme storiche di Antrodoco, le cui acque sulfuree sgorgano dalle sorgenti poste alle pendici di Monte Giano. Pare siano state usate sin dal tempo dei romani ma solo verso la fine del XVI secolo hanno assunto una rilevante importanza dal punto di vista terapeutico. Proprio il Monte Giano è una meta per chi vuole fare escursioni nella zona. Il monte è famoso per la scritta "DVX" che si nota anche a distanza di chilometri. La scritta "DVX" (duce, dal latino dux, ducis) è composta da alberi di pino. La scritta, visibile nelle giornate di poca foschia anche da Roma, è patrimonio artistico e monumento naturale unico in Italia. La pineta, di circa otto ettari e di 20mila





pini, fu realizzata dalla Scuola Allievi Guardie Forestali di Cittaducale nel 1939, con il contributo in braccia di numerosi giovani del posto, come omaggio a Benito Mussolini. Il monte Giano sovrasta le Gole del Velino e arrivati in cima si possono ammirare il sottostante Piano della Mozza, e più sotto, il Piano di Cascina. Da visitare poco fuori dal borgo: il Santuario Madonna delle Grotte e il Masso dell'Orso, una rupe che si erge quasi verticalmente sul fiume. Tagliata dai romani per un'altezza di 30 metri e per quasi 20 di lunghezza, aveva lo scopo di permettere il passaggio della Via Salaria.

COSA MANGIARE AD ANTRODOCO

Uno dei piatti tipici di Antrodoto sono gli "stracci", una pietanza particolarmente prelibata a base di crespelle arrotolate, cotte al forno e ripiene di sugo di carne, salsa di pomodoro e formaggi. Nella tradizione contadina questo piatto si mangiava nei periodi di raccolta, quando il tempo da dedicare alla cucina era poco e quindi si preparava una pietanza unica, semplice e sostanziosa. Prodotti tipici locali sono anche l'olio, il tartufo che si trova nelle montagne circostanti, i funghi porcini. E infine il famoso Marrone Antrodoto, scigno di una storia che dura da oltre 400 anni. Questo prodotto, unico nel suo genere, può essere acquistato sul territorio, oltre che nella sua forma non lavorata, anche nelle varie trasformazioni: farina, miele e marmellata di castagne.

Le foto di Antrodoto sono di **ROSI MARMO**



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CHORAL SINGING AND HEALTH

IL GRANDE CORO DI ROMA

A REAL OPPORTUNITY



by **Antonella Alberighi**

She has worked for the United Nations for thirty years and for many years has been a Board member of the FSC. She is passionate about classical and jazz music and adores singing. She is one of the founders of the non-profit music association Il Grande Coro di Roma where she helps some NPOs involved in the social/health assistance sector. She also loves painting, which she considers a way to access a meditative state of mind and a source of profound healing.



Studies have shown that the mental health benefits of choral singing include enhanced brain function, strengthened feelings of togetherness, and the release of endorphins and oxytocin resulting in reduced stress and depression. Singing is also a good exercise for lungs, breathing deeply and opening the diaphragm all oxygenate the blood, which strengthens the whole body. In addition, choral singing has been central to religion and ritual as a way of connecting communities since ancient times. Being part of a group working towards a shared endeavour can fulfill this human need for belonging and union. These are only a few of the reasons why you should join a choir. Maybe some of you still remember the concerts of *Il Grande Coro di Roma* (iGCR), of which the FAO Philharmonic Choir was part of.



Many of the choristers are still singing in the iGCR and are members of its music association, a philanthropic group which in the last fifteen years performed in numerous events in favour of NPO's and NGO's - Red Cross, Emergency, Dynamo Camp, Doctors without Borders, Peter Pan, *Sant'Egidio*, *Antea*, among many others. The Choir performed upon invitation of many institutions (FAO, RAI-Telethon, Italian Chamber of Deputies, O. Niemeyer Auditorium in Ravello, Auditorium *Parco della Musica* in Rome, *Santa Cecilia* Conservatory of Music, LUISS University, *La Sapienza* Rome University, etc.) and also in presence of the President of the Italian Republic, Sergio Mattarella, on the occasion of the Labour Day celebrations in 2015.

After a long break due to pandemia lockdown, the iGCR is now back to choral life, with a new repertoire and a new Director, Pier Giorgio Dionisi. Maestro Dionisi is pianist, as well as orchestra and choir director. He was also artistic director of *Ex Dogana* theatre and of *Teatro Parioli di Roma*. Now, he is artistic director of the Opera in Roma. Among his almost 200 concerts in prestigious locations in Italy and abroad, his concert on Giuseppe Verdi directed in the arena of the Rome Colosseum in 2016 was a great success, being the first director performing in the most famous and ancient place of the world.



At the *Auditorium della Conciliazione* and *the Parco della Musica*, he directed the Brandenburg Concertos by Bach and the symphonies by Beethoven, just to mention some of his concerts. Pier Giorgio Dionisi is also famous for his concerts of movie soundtracks such as *Il Gattopardo*, *La vita è bella* and the *western* movies by Sergio Leone with music by Morricone, as well as the movie soundtracks by J. Williams and H. Zimmer. You can visit [Pier Giorgio Dionisi's youtube channel](#) and listen to some his amazing concerts

The IGCR choir is now ready to offer a concert to all classical music lovers. On 27 November, the Choir will gather to perform the famous *Gloria* by the Baroque composer Antonio Vivaldi and some W. A. Mozart's jewels. The Choir and the professional soloists will be accompanied by the *Archipendulum* orchestra also directed by Maestro Dionisi. Should you want to spend a magical Sunday evening listening to amazing music, attend the iGCR live concert on 27 November. You will also help a group of boys and girls ([Mastri Biscottai](#)) with intellectual disabilities who joined a project promoting pet food entirely home-made and vet-certified.

The event's program will be issued and circulated shortly.

If are you thinking to sing in a choir and have any question about being part of our ensemble, join the iGCR rehearsals on Wednesday evenings 6.30 to 8.30 pm, at the Church of Sant' Alessio in Via C.T. Odescalchi, 38, Rome.

For more information, you can visit *Il Grande Coro di Roma* official Facebook page: (<https://www.facebook.com/ilgrandecorodiroma>) and its website (<https://www.ilgrandecorodiroma.com/>), or write to il.grande.coro@gmail.com.



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LE ARANCE

Tanto il frutto che il fiore dell'arancio meritano la loro celebrità



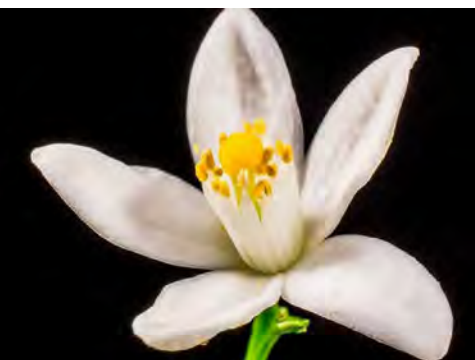
di Enrica Romanazzo

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Con l'arrivo della stagione fredda le arance non dovrebbero mai mancare sulle tavole perché sono perfette alleate del nostro sistema immunitario. È cosa risaputa l'importanza del suo consumo per il prezioso apporto di vitamina C, fondamentale per combattere raffreddori ed influenze. L'arancia inoltre aiuta a proteggere i vasi sanguigni, a depurare il sangue, a mineralizzare le ossa. Contrasta anche la formazione di tumori perché combatte i radicali liberi.

L'arancia ha molte proprietà benefiche. È anche perfetta alleata della salute di cuore, pelle, oltre a contrastare l'invecchiamento e malattie croniche. Questi agrumi, considerati al pari di integratori, sono un concentrato di sostanze utili per rivitalizzare le funzioni di numerosi organi. Depurative e remineralizzanti, le arance aiutano anche il peso forma: l'80-90% della loro consistenza è fornita dall'acqua, cui poi si aggiungono fruttosio, una buona percentuale di sali minerali, soprattutto potassio, calcio e fosforo, e di vitamine (a cominciare dalla C, ma anche la A e del gruppo B), molti acidi organici (tra i quali l'acido citrico) e fibre solubili, in particolare pectine, capaci di assorbire acqua e creare una massa che aumenta la sazietà e facilita il lavoro intestinale.



FIORI D'ARANCIO

L'albero di arancio, oltre a darci questi meravigliosi e salutari frutti, è anche una pianta su cui sbocciano i profumatissimi fiori di arancio, utilizzati il giorno del matrimonio. La leggenda narra che un giorno il re di Spagna ebbe in dono una pianta d'arancio da una principessa. La pianta era così incantevole che il re ne divenne geloso tanto da non concederle nemmeno un rametto ad un ambasciatore che gliene aveva fatto richiesta.

Quest'ultimo chiese aiuto al giardiniere del re che lo accontentò portandogliene un ramoscello. Come ricompensa il giardiniere ricevette 40 monete d'oro con cui poté garantire la dote alla figlia e farla sposare. Il giorno delle nozze la ragazza si adornò i capelli con i fiori di arancio perché questi le avevano permesso di maritarsi.



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L'ARANCIA IN CUCINA

Con le ricette importate alla corte di Francia da Caterina dei Medici

In cucina l'uso dell'arancia non è limitato a quello del frutto da tavola. Sono molte le varietà di arance da cui si ricava il gustoso succo, ma con il suo sapore agrodolce l'arancia è protagonista di diversi piatti, come la pietanza di punta della cucina francese, l'anatra all'arancia, ma che alcune fonti fanno risalire alla tradizione gastronomica toscana. Caterina dei Medici, regina consorte di

Francia, come moglie di Enrico II, chiamò a corte cuochi toscani e siciliani. Le sue proposte culinarie riscosero grande successo a corte.

La stessa zuppa di cipolle (carabaccia), diventata uno tra i piatti tipici della cucina francese, è un piatto della tradizione contadina toscana.

I cuochi siciliani per il banchetto nuziale della regina prepararono il PAPERÒ AL MELARANCIO, ricetta nota oggi come CANARD A L'ORANGE. La particolarità di questa pietanza è l'abbinamento carne-frutta, che, tipico della cucina araba e siciliana si diffuse a Firenze alla corte dei Medici.

Sappiamo che si sono formulate diverse ipotesi riguardanti l'importazione delle arance in Europa. Secondo una di queste gli Arabi portarono le arance in Sicilia nel IX secolo ed inventarono il sorbetto mescolandone il succo con lo zucchero di canna e la neve dell'Etna.

Una ricetta tipica siciliana è l'insalata di arance tagliate a fettine accompagnate a cipolle, olive, sale, olio e pepe. Anche le scorze dell'arancia candita sono utilizzate nella pasticceria siciliana e sarda.

E cosa dire del cioccolato all'arancia? Il cioccolato è maschio, l'arancia è femmina. Il cioccolato ha un gusto dolce, l'arancia acre e deciso. Quando il cioccolato incontra le note agrumate dell'arancia, è sinfonia per il palato.

Tonnarelli al tonno in odor di arancia

Vi propongo una ricetta deliziosa e di facile preparazione. È una pasta condita con cubetti di tonno fresco scottato in padella, pomodorini confit ed una grattugiata di scorza di arancia.

Preparazione

Scottare i cubetti ricavati da un trancio di tonno fresco. Aggiungere i pomodorini confit, lasciare sul fuoco per due minuti. Saltare nel condimento i tonnarelli ed aggiungere prezzemolo tritato ed un po' di scorza grattugiata di arancia.

Il pomodorino confit si prepara così: tagliare a metà i pomodorini da sistemare in una teglia, condire con olio, sale ed un pizzico di zucchero e mettere in forno preriscaldato per un'ora ad 80 gradi.



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LIGHTS AND SHADOWS IN OIL PAINTING



By Fahmi Bishay

Dr. Bishay is an FAO retiree. He is a senior consultant in agricultural policy analysis and sustainable economic development. He is an economist, artist and writer. This is his self-portrait.

LIGHTS AND SHADOWS

Most of the arts, including painting, are **subjective**. This feature makes the artist **free** to express his or her inner feelings and emotions. It also renders art a humanist approach that varies in accordance with the personalities and orientations of the artist. Diversity in art is a virtue.

Notwithstanding the above, there is an important **objective aspect**, and it is actually a scientific aspect, in the art of painting. That is the incorporation of **lights and shadows** into paintings. If the artist overlooks showing the light flowing through a painting and does not express the warm shadows, the painting will look weak, or at best, superficially exciting.

What the artist paints is actually the **light** falling on his or her object. For instance, in a portrait, the artist is not really painting the face of the model, but rather he or she is painting the light falling on the face of the model. The face of the model is **revealed** by the light falling on it. And the shape and structure of the face are echoed by its **shadows**. The shadows are the foundation of the painting. They are what holds the light together. The artist's task is to convert the lights and shadows into strokes of oil paint.

The face of the model has a color, but also the light has a color. The light reveals the color of the model, but also imposes its own color on the model. The warm shadows enhance the actual form of the face.

Thus, in order to appropriately capture lights and shadows in a painting, the artist, before his or her first stroke, has to analyze the light falling on the objects by carefully addressing such questions as: What direction is the light coming from? What color is it? How bright is it? How much does the light cover the object's surface? And more. The answers to these questions are based on objective observations and scientific analysis of the light's progression on the subjects. As regards the shadows, their shape, direction, and color should be also carefully analyzed by the artist at the outset of the painting process. In general, shadows are usually depicted in warm and dark colors.

Now, we come to the important question: How does the artist arrange the lighting? There are two important approaches to arranging the lighting.

First, it is advisable to have only **one source of lighting**. Having more is not only difficult to trace but also confusing. One source is ideal for giving the artist the classic **progression** of light falling on an object as: light, dark, darker, and light; the latter is the reflected light. Tracing the light's progression on the subjects and highlighting the shadows show the **form** of the subjects, enhance the depth of the artwork, and result in a **powerful** painting. For example, works of the masters such as Caravaggio, Rembrandt and Vermeer are usually demonstrating one source of lighting.

Second, the **angle of lighting**. Before his or her first stroke, the artist has to decide which angle the lighting should be coming from. Naturally, the lit areas of the subject change according to whether the light is coming from top, side or below. And depending on which parts of the subject the artist wishes to highlight, he or she will decide on the angle of the source of the light.

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Figure 1. Saint Joseph: The Carpenter.
Part of a painting by the author,
Inspired by the Spanish Master:
Bartolome E. Murillo, 1650.
(Oil on canvas 50 X 70 cm.)



Figure 1 is an example of an oil painting where one source of lighting, the candle, is demonstrated. And that source is located at the side of the subjects. The shadows further enhance the form of the painted subjects. In this painting, the only lit parts of the subjects are revealed, and the complimentary shadows echo the lit parts.

Figure 2, shows a masterpiece by Caravaggio. The source of the strong light is coming from a window at the top (one source), and the walls are painted black. Thus, the light is so bright, and the shadows are very dark. This strong contrast renders the painting powerful and enhances its depth. The face is half-lit, the facing parts of the body, the hands, the lute and the musical note are brightly lit. The complimentary shadows enhance the forms of the lit parts in the painting.

When we look at Caravaggio's masterpiece of the lute player, we are far more attracted to the lit parts than to the parts in the shadow. However, it's the contrast between the lights and shadows, and the proper incorporation and coloring of both the lights and shadows that are the keys to the beauty of the painting. With *Caravaggio's masterly incorporation of the lights and shadows* into the painting, this masterpiece is so powerful, effective, and extremely pleasing to the eyes. To conclude, the careful tracing and objective incorporation of lights and shadows into oil paintings are essential elements for producing powerful and attractive paintings.



Figure 2. Caravaggio. The Lute Player, 1596,
Hermitage Museum, Saint Petersburg,
(Oil on canvas 100 X 126.5 cm.)



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Here is a brief description of the proposed tours (*kindly note that the prices indicated in the tabs below are the standard prices, to which **the dedicated discount is to be applied***):

Hop-on Hop-off Cruise

Description: Rome Boat offers a splendid journey: a classic tour, valid 24 hours with the hop-on hop-off feature, accessible by 4 stops: Isola Tiberina, close to main attractions such as Piazza Venezia, Bocca della Verità, Colosseum and many more; Castel S. Angelo, for sites like the Pantheon and Piazza Navona; Justice Palace, the seat of the Supreme Court of Cassation and the Judicial Public Library, which are located in the high-class Prati district; Vatican City, the St. Peter's Basilica and Vatican Museum and “Piazza del Popolo”, next to the exclusive shopping district around the Spanish Steps. There's a multi-language commentary on board to learn more about the history of Rome.



Open Dates: From 1st April to 31st October – everyday

Departures Times: From 10.00 AM to 06.00 PM – every 30 minutes

Boarding: embarkation point A-B-C-D

Length of tour: a complete tour is 1 hour long, the ticket is valid 24 hours

Itinerary details: the route is between Isola Tiberina and Ponte Pietro Nenni, it is a roundtrip but you can get on/off at every pier as many times you like during the validity of the ticket (24hrs)

Price list:

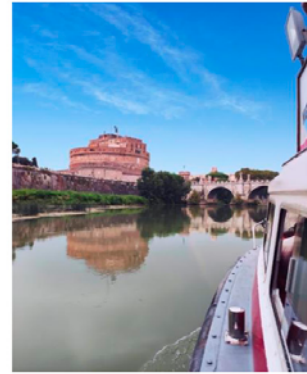
- Infant (0-9yrs) free
- Child (10-14yrs) 12,00€
- Adult (15-99+yrs) 18,00€

Restrictions: not accessible for wheelchairs

Type: Non-private

One Roundtrip Cruise

Description: Rome Boat offers a splendid tour along the Tiber River to see the sights of Rome from the water. The riverboat experience allows you to admire many of Rome's main attractions, such as St Peter's Basilica in Vatican City, alongside several of the city's historical bridges. There's multi audio commentary on board to learn more about the history of Rome.



Open Dates: From 1st April to 31st October – everyday

Departures Times: From 10.00 AM to 06.00 PM – every 30 minutes

Boarding: embarkation point A-B-C-D

Length of tour: 1 hour

Itinerary details: the route is between Isola Tiberina and Ponte Pietro Nenni

Price list:

- Infant (0-9yrs) free
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Aperitif Cruise

Description: Take the boat for an immersive Aperitif on the river Tiber, and see the sights of Rome from the water. The relaxing riverboat experience includes a glass of wine and a wide selection of traditional appetizers, too, that will be served by our staff on board. It's an ideal early evening activity, and allows you to admire many of Rome's main attractions, such as St Peter's Basilica in Vatican City alongside several of the city's historical bridges.

Open Dates: From 1st April to 31st October – every Thursday, Friday, Saturday and Sunday

Departures Times: 6.00 PM

Boarding: embarkation point B

Length of tour: 1h15'

Itinerary details: The tour departs from Sant'Angelo pier, the boat arrives at Ponte Pietro Nenni, then it goes to Isola Tiberina and returns to Sant'Angelo pier.

Price list: Infant (0-3yrs) free
Adult 30,00€

Restrictions: not accessible for wheelchairs

Type: Non-private



Sushi Experience on Cruise

Description: Live a unique experience on board of our boats cradled by the calm Tiber's stream. The relaxing riverboat experience includes a cocktail and a wide selection of hand-made sushi. A singular experience where you can admire several of the main Rome's attractions, such as St Peter's Basilica and Castel Sant'Angelo, while you'll pass under the most historical bridges. Drink It® and Boutique del Sushi® are our preferred partners in making your experience amazing.

Open Dates: From 1st April to 31st October – every Monday, Tuesday and Wednesday

Departures Times: 6.00 PM

Boarding: embarkation point B

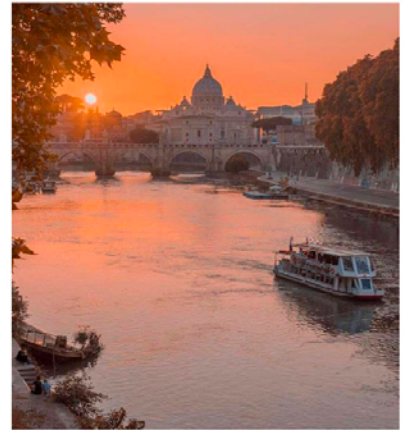
Length of tour: 1h15'

Itinerary details: The tour departs from Sant'Angelo pier, the boat arrives at Ponte Pietro Nenni, then it goes to Isola Tiberina and returns to Sant'Angelo pier

Price list: Infant (0-3yrs) free
Adult 35,00€

Restrictions: not accessible for wheelchairs

Type: Non-private



Walking Tour with little Tasting and River Boat Ride

Description: Meet your guide in Piazza San Cosimato and start your tour with a little tasting in the open air market. Stroll through Trastevere's charming streets and reach the Tiber Island, where a boat will be waiting to take you to Sant'Angelo Bridge. From here, you can discover the inner city with its magnificent squares and famous fountains. The tour finishes at Spanish Steps.

Open Dates: From 1st April to 31st October – every Saturday

Departures Times: 10.00 AM

Meeting Point: Piazza San Cosimato

Ending Point: Piazza di Spagna (Spanish Steps)

Length of tour: 3h30'

Distance: 4 km

Itinerary details: Piazza San Cosimato – Santa Maria in Trastevere – Isola Tiberina – Ponte Sant'Angelo – Via dei Coronari – Piazza Navona – Piazza della Rotonda – Fontana di Trevi – Piazza di Spagna

Price list: Infant (0-3yrs) free
Adult 45,00€

Restrictions: not accessible for wheelchairs



EMBARKATION POINTS

Embarkation Point A

Isola Tiberina:
Lungotevere Degli
Anguillara side
Geo Loc: 41°53'24.9"N
12°28'32.9"E

Embarkation Point B

S. Angelo Bridge:
Lungotevere Tor Di Nona
side
Geo Loc: 41°54'05.9"N
12°28'05.2"E

Embarkation Point C

Piazza Trilussa:
Lungotevere Dei Tebaldi
Geo Loc: 41°53'37.5"N
12°28'10.4"E

Embarkation Point D

Piazza del Popolo:
Lungotevere In Augusta
Geo Loc: 41°54'23.6"N
12°28'30.3"E

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YOGURT, OLIVE OIL AND PISTACHIO CAKE



by Pasqualina Raspaolo

She is the founder and owner of Culinary Genes, LLC. Pasqualina pursued her passion in nutrition, the culinary arts and genetics. She holds annual Tuscan Culinary Adventures and Catamaran Cruises to the beautiful islands of Southern Italy, where she shares her enthusiasm and love of food. Pasqualina is passionate about people, and the triple L's - love, laughter, and living ... it's in her DNA!

While in Italy in 2021 preparing for our 'Tuscan Culinary Adventures,' one of our dear friends made a very delectable yogurt, olive oil and pistachio cake for breakfast. What a wonderful way to begin the day!

She didn't have a written recipe, as what she bakes mostly comes from memory, the way our *mamma* or *nonna* taught us.

Family recipes tell a story, which are often connected to people, places and remind us of warm feelings and happy memories.



This is one of those recipes that just stuck with me and it's definitely a keeper! When I returned to the United States, I attempted to remake her delicious creation remembering the ingredients and converting the recipe into a gluten-free and dairy-free alternative. This cake is utterly delicious, but just to be certain that I wasn't the only one who thought so, I had my taste-testers try it and they all gave me two thumbs up!

Yogurt, olive oil and pistachio cake is easy to prepare and makes an excellent snack or breakfast. For this recipe, I roasted pistachios and then placed them in a food processor to make the flour. This cake is delectable all on its own, but can also be made into a dessert by simply layering the cake with fruits or creams and decorating it for a special occasion. Either way, you can't go wrong!

Enjoy!

Prep Time: 20 min

Baking time: 1 hour

Yields: 6 to 8 portions



Ingredients:

- 1 cup oat flour
- 1 cup almond flour
- 2/4 cups pistachio flour
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 3 eggs, room temperature
- 1/2 cup pure maple syrup
- 1/3 cup extra-virgin olive oil
- 1 cup non-dairy yogurt
- 1 tsp apple cider vinegar
- 2 teaspoons vanilla extract
- 2/3 cup roasted pistachios, chopped
- Powdered sugar to taste for garnish



Directions:

1. Preheat oven to 355 °F (180 °C) and grease a 10 inch (26 cm) loaf tin then line with parchment paper. (Can use a 9 x 3 inches springform pan (23 x 8 cm)).

2. In a mixing bowl, sift together the flours (oat, almond, pistachio), baking powder, baking soda and salt. Whisk well and set aside.

3. Using a hand whisk, stand-up mixer or handheld electric mixer with a whisk attachment, whisk the eggs and maple syrup until frothy then slowly add olive oil, yogurt, vinegar and vanilla. Mix until ingredients are well combined.

4. Add dry ingredients to wet ingredients and mix well until there are no clumps. Fold in chopped pistachios using a rubber spatula.

5. Transfer mixture to the prepared loaf tin and bake for 55 to 60 minutes or until skewer inserted into the center of the cake comes out clean.

6. Allow to cool in the loaf tin for 15 minutes then remove from out of the tin and allow to cool completely on a wire cooling rack.

7. Garnish with powdered sugar!

Notes:

* Store in an airtight container and refrigerated for 2 to 3 days.



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