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- VASTO E LA COSTA DEI TRABOCCHI

- PUGLIA: OTRANTO

- EMULSIONI D'ETIOPIA

- GLUTEN-FREE TURKEY MEATBALLS

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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

VASTO E LA COSTA DEI TRABOCCHI

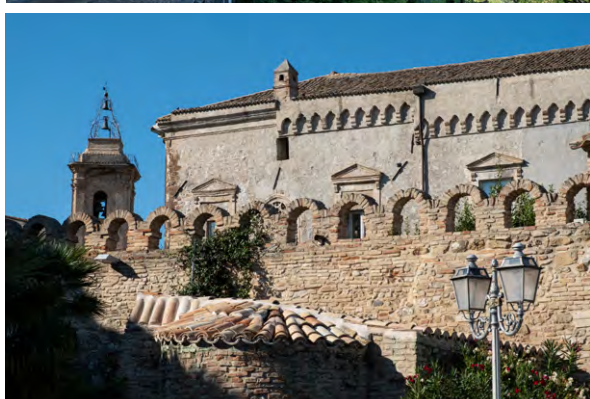
Vasto è un caratteristico paesino arroccato sul mare da esplorare con lentezza e da cui partire per un suggestivo itinerario attraverso la Costa dei Trabocchi, il meraviglioso litorale d'Abruzzo, uno dei tratti più belli e suggestivi d'Italia

Vasto è una meravigliosa cittadina in provincia di Chieti, adagiata su un promontorio che si affaccia sull'omonimo golfo. Il modo migliore per scoprire questo tratto di costa abruzzese è salire nella parte più antica della città: da qui lo sguardo sconfinava in ogni direzione. A destra c'è Vasto Marina, un agglomerato di case vacanze con una bella spiaggia lunga e sabbiosa. La cementificazione non ha comunque pregiudicato troppo il paesaggio che rimane dolce e gentile: la curva della spiaggia e l'azzurro del mare fanno passare in secondo piano l'urbanizzazione dovuta al turismo di massa. Davanti ci sono le Isole Tremiti che nei giorni limpidi sembra di poter toccare con mano. A sinistra, lo sguardo pare perdersi nel nulla. Invece è proprio in quella direzione che bisogna andare per scoprire gli itinerari più belli di questo lato dell'Adriatico: la Costa dei Trabocchi, che conserva dei paesaggi incredibili, come Rocca San Giovanni, Punta Penna e quello della Riserva Naturale di Punta Aderci, un'area di circa 285 ettari, istituita nel 1998. È uno dei tratti di costa più belli e affascinanti d'Italia adatto a viaggiatori che possono concedersi

il lusso di visitare questi luoghi senza fretta, partendo da un giro per Vasto antica, con le sue testimonianze storiche che le hanno conferito l'appellativo di Atene degli Abruzzi.

Questo delizioso paesino arroccato vista mare va esplorato con lentezza, tra viuzze silenziose e panni stesi ad asciugare al sole, mossi dalla brezza che spira dal mare. La visita dovrebbe partire da Piazza Rossetti, in cui sorge la statua del poeta e critico letterario di origine vastese e su cui si affacciano alcuni dei più importanti monumenti di Vasto. Colpisce subito il profilo della Torre di Bassano (costruita nel 1439 da Jacopo Caldora e nel corso dei secoli appartenuta a diverse famiglie) e la sagoma possente del Castello Caldoresco, costruito nel 1400 da Giacomo Caldora e usato nei secoli come prigione e baluardo di difesa delle mura, oggi dimora di privati. La piazza occupa lo spazio dell'antica arena romana. La sua forma ellittica ricorda la meraviglia che si nasconde a circa 5 metri di profondità: le vestigia di uno dei più grandi anfiteatri del centro Italia. Questi resti, in parte percorribili, sono visibili dai sotterranei del castello. Come al Colosseo di Roma, qui si svolgevano spettacoli a cui assistevano fino a 16.000 persone.

La Cattedrale di San Giuseppe, con il campanile che domina la città, impreziosisce il centro storico ed introduce al Palazzo D'Avalos, che oggi ospita i Musei Civici e un bellissimo giardino napoletano. Il palazzo, costruito nel 1400, fu devastato dai turchi e successivamente ricostruito dai D'Avalos che lo trasformarono in una piccola reggia, in cui vissero per 300 anni. Nel 1799 fu abbandonato e smembrato in abitazioni e botteghe, fino al 1974 quando venne acquistato dal Comune di Vasto e ristrutturato. Oggi ospita quattro musei: il Museo Archeologico, con reperti che raccontano la storia di Vasto, la Pinacoteca con le opere di





Filippo Palizzi, la Collezione Mediterranea con opere di artisti italiani e spagnoli e il Museo del Costume Antico con dipinti e abiti tradizionali abruzzesi. Da non perdere una visita allo spettacolare giardino napoletano con terrazza panoramica affacciata sul mare su cui sfrecciano gommoni in lontananza tra le onde di un mare blu dalle mille sfumature. Sul Belvedere San Pietro si trovano ristoranti tipici in cui mangiare pesce freschissimo, con opzioni varie che cambiano giornalmente in base al pescato disponibile.

Il piatto tipico vastese è il Brodetto, ossia un brodo a cottura lenta in tegame di terracotta, a base di pesce, pomodoro, aglio e prezzemolo. Il pesce va cotto intero e girato delicatamente per evitare che si attacchi sul fondo. È un piatto gustoso nella sua semplicità e perfetto per le sere d'estate in riva al mare. Per calarsi nell'atmosfera magica di questi luoghi è consigliabile cenare al Belvedere per osservare il tramonto ed il golfo che si accende con le luci della sera.



LA COSTA DEI TRABOCCHI



La presenza di questi insoliti giganti che emergono dalle acque rende decisamente suggestivo un paesaggio già di suo a dir poco fantastico. Chiunque sia mai stato in Abruzzo e abbia ammirato il suo bellissimo litorale, non potrà dimenticare la magia del tramonto sui trabocchi che punteggiano tutto il tratto di costa meridionale della regione, ognuno diverso dall'altro e molti restaurati e adibiti a ristorante. La rigogliosa Costa dei Trabocchi è la meta perfetta per gli amanti della vacanza a contatto con la natura. Questo tratto di costa che si sviluppa da Ortona a Vasto è tra i più suggestivi dell'Adriatico. I trabocchi sono tipiche



macchine da pesca costruite su palafitte. Le origini di queste bizzarre strutture non sono ancora chiare. La loro costruzione viene spesso attribuita ai Fenici ma in realtà la vera origine non è mai stata del tutto certa. Sappiamo però che Gabriele D'Annunzio ne rimase affascinato. Si dice trascorresse le sue giornate ad ammirare questi «ragni colossali» come li definì nel 1899 - che hanno fatto da sfondo ad almeno parte della storia narrata nel suo capolavoro «Il trionfo della morte», un romanzo scritto nell'arco di quasi cinque anni.

Percorrere questo tratto di costa significa immergersi in ambienti naturali da sogno, tra selve protette e vigneti che si alternano a campi di grano, significa incontrare acque azzurre, sabbia fine e panorami mozzafiato. Gli odori ed i colori di questo paesaggio fantastico lasciano un segno indelebile nei ricordi di chi li visita. Le spiagge hanno il vantaggio di non essere ancora molto conosciute dal turismo di massa. Luoghi splendidi come la spiaggia di Ripari di Giobbe, oggi considerata area protetta, o come le piccole calette del Golfo di Venere meritano assolutamente di essere (ri)scoperte.

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Gioielli Nascosti

RUBRICA PER ACCOMPAGNARVI ALLA SCOPERTA DELLE BELLEZZE DEL NOSTRO PAESE



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



PUGLIA IS A REGION FULL OF MAGICAL VILLAGES, AN IDEAL DESTINATION WHERE YOU CAN DECIDE TO SPEND A ROMANTIC HOLIDAY

There are many destinations all to be discovered. In Puglia each place is different, and each village is rich in historical, artistic and cultural heritage.

Let's start with the first one: OTRANTO. Capo d'Otranto, or Punta Palascìa, is the most eastern point of Italy, place of separation between the Ionian Sea and the Adriatic Sea. Due to its particular position and an enviable mix of culture and history, Otranto is one of the most beautiful cities in Italy and on the list of things to see absolutely along the Adriatic coast of Salento. Many people know it to be the first city in Italy to see the sun in the morning, when the warm rays of the sun reach the white houses in the historic center.



The Italy of the villages boasts a number of beautiful and captivating squares that stand out for their regional typicality and for their history. There are some of these that are really special and deserve to be visited absolutely.

Otranto, at first a coastal village of Greek-Messapian origin, then Roman, Byzantine and Gothic, and later Norman, Swabian, Angevin and Aragonese center tells a long history of flourishing trades and historical battles and Crusades. The Romans made it a municipium and it became one of the most important Roman towns of Puglia. The church of San Pietro is the most ancient place of cult of the village and represents one of the greatest expressions of Byzantine art Puglia. The historical centre develops around the imposing castle and the Norman Cathedral. In this cathedral, built between 1080 and 1088, in 1095 was imparted the blessing to twelve thousand Crusaders who, under the command of prince Boemondo d'Altavilla (1050-1111), would release and protect the Holy Sepulchre. In 1480 the city was

conquered by the Turks (Muhammad II), who slew the population during the Battle of Otranto, killing 800 people (the Holy Martyrs idruntini). The Turks destroyed even the monastery of San Nicola di Casole (just south of Otranto). In it the Basilian monks had created the most extensive library of the then West and established the first form of college in history that hosted students from all over Europe who went to Otranto to study. It was one of these monks, Pantaleone, the author of the monumental mosaic floor (the largest in Europe) in the cathedral. The product codes in this monastery are now preserved in the best libraries of Europe, from Paris to London, from Berlin to Moscow.

Many visitors who come to Otranto every year are fascinated by the rich artisanal production present. The artifacts are many and are made using the most disparate materials, especially natural such as the rattan baskets, or the splendid mosaics that often reproduce the motifs of the mosaic floor located in the Hydruntina Cathedral, or the colorful terracotta lucky charm bells, or the linen made on the antique loom. The merchant work and local craft was very flourishing, especially in the processing of tissues also thanks to the presence of a Jewish community since the Ninth Century, which included poets like Meiuchas Shabbatai and others from Otranto. The Community was known throughout the Mediterranean.



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Before running towards the beach and enjoying the beautiful Salento Sea there is a special trip that we recommend, i.e. a visit to the naturalistic attraction of the semi-submerged karst Bauxite Quarry.

La “cava di bauxite” is less than a 10-minute drive from the centre of Otranto.

This fascinating site is one of the most natural attractions in the Salento area.

WALKING TO MARS...

BAIA D'ORTE : THE BAUXITE QUARRY (LA CAVA DI BAUXITE)

The Bauxite Cave of Otranto is a very distinctive hiking area, it is not a big area, but walking on the red dunes gives good feelings: it really seems like walking on Mars.

This abandoned quarry mine is considered as an important symbol of Salento's industrial history. Bauxite is the main source of aluminum. This bauxite deposit was discovered thanks to the accidental finding of a large bauxite pebble by a student of Liborio Salomi, teacher of natural history at the Costa Technical Institute in Lecce. It was mined from the 1960s to 1976. After that, the quarry was totally abandoned. When this disused quarry has returned to nature, it has created a vividly colored landscape of emerald green lake and ferrous red soil, framed by the glorious green trees and Puglia's endless blue sky. This panorama reminds us that an alliance between nature and the interference of man can create something altogether fantastic.

The intense emerald colour lake is for sure the peculiarity of this site. It is probably generated by the infiltrations from the aquifers nearby into the Bauxite Cave of Otranto, while the characteristic dark red color of the rocky walls is determined by the minerals contained in the Bauxite rock, which is the main element for aluminum composition. The bright green of the vegetation and the little lake comes out thanks to the great contrast with the red rocks.

THE PROJECT BAIA D'ORTE, A NATURAL PARADISE TO TAKE CARE OF

Baia d'Orte is a 120-hectares large estate located between “Punta Palascia” (Palascia Tip) within the Costa d'Otranto Regional Natural Park, and Santa Maria di Leuca and Bosco di Tricase. Orte's landscapes spark the interest of those who are looking for quiet, isolated and seemingly wild destinations. In this context, Orte is a peaceful shelter away from mass destination.

Capo d'Otranto, or Punta Palascia (Palascia tip) is located in Valle dell'Idro. Its Latin name refers also to a strong bond with the water. Before writing of the important project BAIA D'ORTE, I would like to recount the history of the countryside in this area and the changes caused by the passage of time. Starting from the second half of the Seventeenth Century, Otranto lived a sharp decline of its importance.



The trade was subject to a stop and cultural manifestations were almost non-existent. Many of the inhabitants of Otranto, exhausted and frightened by the continuous incursions by sea, decided to leave the country and move to safer places. So it was that the city lost that primary place it occupied in the Salento. The Eighteenth Century was the century of a moderate recovery, thanks to the presence of some families of other centers of Terra d'Otranto that moved in the village. In the Nineteenth Century the countryside that surrounded the Alimini lakes was shabby and desert. There were only a few farms, some of which were inhabited only in some seasons of the year. In this area the risk of contracting diseases was very high in the summer period, when the drainage of the swampy areas took place. The first reclamation project was drafted in 1868 and soon the marshes left room to cultivated land.



Unfortunately today most of the Salento countryside is in a state of abandonment. The PROJECT BAIJA D'ORTE, is led by RAPA ITI, an agricultural company which promotes farming methods aimed at organic production to enhance the unique flavor of KM0 fruits and vegetables. The project is tending this slice of paradise. It aims to clean and put neglected land back into use. Within the bay this company is responsible for developing the agricultural sustainable aspect of the project, tending to the estate's cultivated fields and Orte's "Bosco Didattico" (Educational Forest). The idea is that only from the revaluation of land can new opportunities of territorial growth be created.

The experience and the stories of those who live in this territory highlights the importance of the preservation of the land everyday. For this reason the project goal is to guide its guests through a series of immersive experiences that benefit from the deep connection with nature and the whole Mediterranean atmosphere. This practice comes from the understanding of a well-being that is typical of the South of Italy, an idea that survives the passage of time. This results in a profound interaction with the place, one that restores a healthy relationship with oneself and invites to embrace the slow rhythms of nature.



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ESISTE DAVVERO LA POSSIBILITÀ DI ESSERE POVERI MA FELICI? ANZI ESSERE FELICI PROPRIO PERCHÉ SI È POVERI?



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

Un padre ricco, per far capire a suo figlio cosa è la povertà, gli fece passare una giornata con una famiglia di contadini.

Il bambino passò 3 giorni e 3 notti nei campi.

Di ritorno in città, ancora in macchina, il padre gli chiese:

«Che mi dici della tua esperienza?»

- «Bene – rispose il bambino...»

«Hai appreso qualcosa? Insistette il padre»

1 – «Che abbiamo un cane e loro ne hanno quattro».

2 – «Che abbiamo una piscina con acqua trattata, che arriva in fondo al giardino.

Loro hanno un fiume, con acqua cristallina, pesci e altre belle cose».

3- «Che abbiamo la luce elettrica nel nostro giardino ma loro hanno le stelle e la luna per illuminarli».

4 – «Che il nostro giardino arriva fino al muro. Il loro, fino all'orizzonte».

5 – «Che noi compriamo il nostro cibo; loro lo coltivano, lo raccolgono e lo cucinano».

6 – «Che noi ascoltiamo CD... Loro ascoltano una sinfonia continua di pappagalli, grilli e altri animali...

...tutto ciò, qualche volta accompagnato dal canto di un vicino che lavora la terra».

7 – «Che noi utilizziamo il microonde. Ciò che cucinano loro, ha il sapore del fuoco lento»

8 – «Che noi per proteggerci viviamo circondati da recinti con allarme... Loro vivono con le porte aperte, protetti dall'amicizia dei loro vicini».

9 – «Che noi viviamo collegati al cellulare, al computer, alla televisione. Loro sono collegati alla vita, al cielo, al sole, all'acqua, ai campi, agli animali, alle loro ombre e alle loro famiglie».



Il padre rimane molto impressionato dai sentimenti del figlio. Alla fine il figlio conclude: «Grazie per avermi insegnato quanto siamo poveri!»

Ogni giorno diventiamo sempre più poveri perché non osserviamo più la natura, la grandiosa opera del creato.

Secondo uno studio della McGill University pubblicato su PLoS ONE, le persone che vivono in comunità poco o per nulla monetizzate, che quasi ignorano il potere del denaro, ottengono nella scala di valutazione dell'appagamento punteggi equiparabili a quelli dei cittadini dei Paesi scandinavi, al vertice della classifica della felicità nel mondo.

Lo studio suggerisce che esiste un modo per raggiungere la felicità che non è correlato a redditi elevati e a ricchezza materiale. I motivi che rendono felici sono il tempo libero da dedicare agli affetti, il rapporto con la natura, le opportunità di rilassarsi, come ascoltare musica o fare una passeggiata in riva al mare. Per questo nei contesti urbani il benessere psicofisico è difficile da raggiungere. Ed è per questo che nell'opulento occidente la mancanza di valori, la difficoltà a vivere a contatto con la natura ed in comunità solidali, stanno affievolendo la possibilità di sentirsi appagati e felici.

Queste nostre considerazioni vogliono introdurre il contributo di Luigi Simeone che ha voluto omaggiare il popolo etiope con una mostra fotografica: un reportage che è anche un'occasione per riflettere su chi sia veramente più ricco e felice.

STUDIO MEDICO DERMATOLOGICO PROF. MAURIZIO ROTOLI



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MOSTRA FOTOGRAFICA “EMULSIONI D’ETIOPIA”



di Luigi Simeoni

E' nato nel 1957 a Roma, città in cui risiede. Dopo aver conseguito il Baccalauréat umanistico al Lycée Chateaubriand di Roma, si laurea in Giurisprudenza all'Università La Sapienza. Fino al 2008 copre incarichi manageriali in aziende private, in qualità di CEO in aziende multinazionali. Abbandona la sua attività e si diploma alla Scuola Fotografica Romana e dopo un master in Reportage si dedica alla fotografia raccontando in particolare della condizione umana. È anche autore di varie mostre e libri fotografici.



Nelle sale del Palazzo Boncompagni di Arpino è stata esposta la Mostra fotografica “Emulsioni d’Etiopia” di Luigi Simeoni, a cura di Donatella Loyola, conclusasi il 21 maggio. Promossa dall’Archeoclub di Arpino e con il Patrocinio della Provincia di Rieti e del Comune, nell’ambito delle manifestazioni culturali per il Concorso internazionale del Certamen Ciceronianum, la mostra racconta il Genna, il Natale copto-ortodosso, celebrato a Lalibela nelle antiche chiese monolitiche scavate nella roccia nel XII-XIII secolo. Dai forti contrasti in bianco e nero, evidenziati con un’antica tecnica di stampa a mezzo di emulsione ai sali d’argento spennellata su



carta di cotone, emergono il carattere del popolo etiope, la fierezza di una Storia millenaria e l'intensa devozione spirituale dei pellegrini nella notte di Vigilia che trascorrono nel buio delle chiese, pregando e cantando, in attesa delle prime luci dell'alba. Nella quarantina di foto esposte viene anche raccontata la vita quotidiana nei piccoli paesi.

Oltre ad essere un omaggio al popolo etiope, il reportage è però anche l'occasione per l'autore per compiere un viaggio dentro sé stessi e nella propria memoria, alla ricerca del patrimonio di valori umani che nella nostra civiltà si stanno affievolendo e la domanda su chi, tra noi e loro, sia veramente più ricco e felice.



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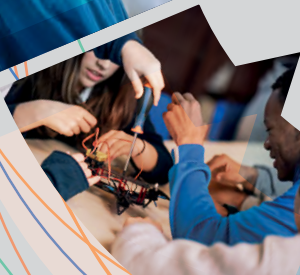
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CORTILIA: SPECIAL AGREEMENT FOR UN STAFF

CORTILIA, A NEW GROCERY SHOPPING IN ROME: SMART, LOCAL AND SUSTAINABLE

Rome, 6 September 2022 – Cortilia, top quality online grocery directly from the producer, opens in Rome, bringing the countryside to the center of the capital.



Freshness, seasonality, Italian excellences, sustainability: these are some of the values that distinguish Cortilia experience which, since its origins in 2011, has connected conscious consumers to local producers and national excellence through an efficient e-commerce service based on quality and respect for the territory.

A unique experience, which offers the best products, from carefully selected farmers, breeders and producers in the center of Rome. We offer olive oil, typical vegetables as well as local meats and cheeses from Lazio. The assortment of Cortilia - made up of over 1,500 genuine products from 100 producers - has been studied ad hoc in every detail to respond to tastes and needs of consumers in the capital. The goal is to make 2,500 products available and involve 300 producers in the coming weeks.

How Cortilia works

By registering on the website www.cortilia.it or by downloading the dedicated app directly on your smartphone, you can go shopping, choosing single products in a few clicks and having it delivered to your home within 24 hours. All thanks to an efficient delivery service using refrigerated vans to ensure maximum freshness and food safety.

The service is active in Rome in all areas within the Grande Raccordo Anulare (including the ZTL, except for the Vatican City) from Monday to Saturday from 06.00 to 22.00, giving the Customer the possibility to choose a 2-hour delivery time slot.

Below are the benefits of the promotion reserved for you

- 1. 25€ welcome voucher valid on a purchase of at least 39€ (also valid for existing customers)**
- 2. 10% discount on a purchase of at least € 39**
- 3. free delivery at any time of your choice**

We would like to remind you that the minimum purchase is €29, but to take advantage of the promotion you must reach €39.

You will then be able to shop both for your home and your office.

The promotion is already active and we have included a very easy-to-remember code: **COOP10**.



Cortilia



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Need any help?
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We would also like to remind you that it is also possible to pay with Edenred Ticket Restaurant tickets up to €89.

Promotion and tickets can be used in the same purchase.

The Cortilia service is now extended to many cities; but if any of you live in areas we do not serve, you can always find our products at: <https://discovery.cortilia.it/> which allows us to deliver throughout Italy.

On Cortilia Discovery you will be able to use the reserved discount, and deliveries will be made by the courier Bartolini.

Here you will find the areas currently served <https://aiuto.cortilia.it/hc/it/articles/203650151-In-quali-citt%C3%A0-%C3%A8-attivo-il-servizio->

If, on the other hand, some of you live in areas not yet covered by us, you can always write to us at the dedicated address: aiuto@cortilia.it and we will insert the new area.

“We are very glad that our online shopping service is now active in the capital,” comments Marco Porcaro, CEO and Founder of Cortilia. “We hope that the Romans will be curious to discover the wide and varied range of products that Cortilia offers, drawing from the best local excellence to bring home all the quality, authenticity and biodiversity, thanks to the involvement of carefully selected Italian producers. As a Benefit and certified B Corp company we are committed to act in a more and more sustainable way while respecting the entire ecosystem”.

The opening of Cortilia in Rome represents an important step in the expansion process on the national footprint of the company, currently present in 800 municipalities of 6 regions: Lombardy, Emilia-Romagna, Piedmont, Veneto, Liguria and Lazio.

Cortilia S.p.A. Società Benefit

Cortilia is the food-tech company that connects conscious consumers with sustainable local producers and national excellence through an efficient online shopping service based on quality and respect for natural cycles. In a few simple clicks on the website or on the dedicated app, Cortilia delivers a complete quality shopping directly to your home, in the preferred time slot: starting from fresh seasonal fruit and vegetables, fish, meat and cured meats, cheeses and dairy products up to beauty and household cleaning products. With an assortment of over 2,500 products from over 300 selected small and medium-sized producers, Cortilia is a virtuous point of reference for planned online shopping. Cortilia was born in 2011 from the union of good food and technology, the two great passions of Marco Porcaro, CEO and Founder of the Company. In December 2020 Cortilia amended its statute to become a Benefit Company (SB), legally confirming its commitment to operate responsibly and transparently towards people, communities, territories, the environment, assets, cultural and social activities, institutions, associations, and other stakeholders. In 2022 the company also obtained the B Corp certification, which positions it within a vast international network of companies committed to promulgating a business paradigm in which economic objectives go hand in hand with sustainability objectives.

www.cortilia.it

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GLUTEN-FREE TURKEY MEATBALLS



by **Pasqualina Raspaolo**

Founder and owner of Culinary Genes, LLC. Pasqualina pursued her passion in nutrition, the culinary arts and genetics. She holds annual Tuscan Culinary Adventures, where she shares her enthusiasm and love of food. She currently blogs about gluten-free baking and cooking, taking traditional family recipes and converting them into gluten-free alternatives. Pasqualina released her first cookbook in November 2020 entitled, 'Pasqualina's Table, Our Italian Family Traditions... The Gluten-Free Way' and is currently working on a second book, which will feature her family's traditional dessert recipes converted into gluten-free deliciousness. Pasqualina is passionate about people, and the triple L's - love, laughter, and living ... it's in her DNA! - www.culinarygenes.com

One of my favorite go-to recipes that is perfect at any time - gluten-free turkey meatballs! A very simple, flavorful and completely delicious second course meal that pairs perfectly with vegetables or with your favorite sauce. They can also be served as an appetizer with your favorite side sauce. Turkey meatballs can be baked or fried and are a meal that the whole family will love, gluten-free or not!

Enjoy!





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Ingredients:

- 2 slices gluten-free bread, ends trimmed*
- 1 tablespoon water
- 1 pound ground turkey, 93% lean
- 1/3 cup fresh parsley, chopped + more for garnish
- 2 small eggs
- 2 garlic cloves, minced
- 1/2 cup pecorino Romano or Parmigiano Reggiano cheese, grated
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper

Directions:

1. Preheat oven to 375 degrees F (190 degrees F) and prepare a large baking sheet lined with parchment paper.
2. Crumble bread into a small bowl, add water and mix well with your hands. Consistency is similar to a soft dough.
3. Using a large mixing bowl, combine ground turkey, bread, parsley, eggs, garlic, cheese, salt and pepper. Mix well with hands until completely combined. Cover with plastic and let it rest in the refrigerator for 30 minutes.**
4. Roll approximately 2 tablespoons of the meatball mixture into a ball and place on prepared baking sheet. Repeat this method for the remainder of the mixture.
5. Bake for 20 to 25 minutes, or until light brown.
6. Garnish with chopped parsley and serve.






Notes:

- * *Toast the trimmed portions of the bread in the oven and serve with a side of extra virgin olive oil with salt and pepper to taste.*
- ** *If mixture is too soft, add cornmeal a little at a time.*



Should you have any meatballs remaining, store them in an airtight container and in the refrigerator to be consumed within 2 days or to freeze them, place meatballs on a baking sheet lined with parchment paper and then place in the freezer for 1 hour, or until solid. Transfer to a freezer-safe container, label, date and store for one month. To reheat, place on a baking sheet lined with parchment paper, cover with foil, shiny side up, and bake in a 300 degrees F oven for 15 minutes, or until heated through. You can also add them to tomato sauce and cook over low heat for 15 minutes.



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