

Open  
and  
Eat!



from field to fork



Open  
and  
Eat

At the very heart of Apulia, the land of sun and taste, Open and Eat presents itself as a line of traditional Italian starters dressed in an innovative and attractive packaging.

Open and Eat products are seasoned just with - and not immersed in - oil.

This choice generates twin benefits: on the one hand, waste is avoided considering that conservation oil is often thrown away and on the other hand, nutritional features are enhanced by a lower calor intake then the other traditional vegetables antipasti.

Moreover, the greater lightness and the smaller size of Open and Eat packaging allows cutting transport costs and a better shelf positioning.

Open and Eat high-quality ready-to-use products can be served as a classic Italian starter or employed in the preparation of appetizing dishes thanks to their genuine and refined taste.



ITA  
LIAN  
ANTI  
PA  
STI



REA  
DY  
TO  
EAT

# SUN DRIED TO MAT OES

## SUN DRIED TOMATOES

Traditional sun dried tomatoes, seasoned with oregano and garlic in a perfect balance of flavours.

Ideal both as starter or ingredient for delicious recipes.

## MUFFIN WITH CHEESE AND SUN DRIED TOMATOES

Ingredients x 14 Muffins

200 gr flour  
3 eggs  
100 gr parmesan cheese  
60 gr black olives  
100 gr Open and Eat dried tomatoes  
150 gr milk  
50 gr parmesan  
60 ml extra virgin olive oil  
1 sachet of yeast  
basil q.s.  
salt  
pepper

## HINTS

Whisk the eggs in a bowl with milk, oil, parmesan, salt and pepper.

Sift the flour and the yeast and add it to the mixture.

Add the Emmenthal cut into little cubes, the dried tomatoes and the olives cross cut.

Add the minced basil.

If the mixture is too much thick, add a tablespoon of milk.

Place the muffins on a baking tray and place in the oven at 180° for 20-25 minutes.

Prick with a toothpick; the muffins must be dry and golden.







## SWEET AND SOUR MARINATED SUN DRIED PEPPERS

Our original recipe gives to the sun dried peppers intense and unexpected flavours.

## SAVOURY CHEESECAKE WITH SWEET AND SOUR DRIED PEPPERS

Ingredients

300 gr spreadable cheese  
150 gr not-salty crackers  
200 g (2 bags) Open and Eat sweet and sour dried peppers  
100 gr butter  
30 gr parmesan  
3 tablespoons of fresh cream  
8 gelatine sheets  
chives q.s.  
salt q.s.

## HINTS

### CHEESECAKE BASE

Soften the butter at room temperature;  
Grind the crackers and mix them with the butter and a pinch of salt and pepper;  
Distribute the mixture onto the spring-release tin and create an homogenous and compact layer of 2-3 cm;  
Remember to line the tin with baking paper.  
Put into the fridge for 1 hour.

### CREAM

Put the gelatine sheets into a bowl filled with cold water for 10 minutes;  
Drain, squeeze the sheets and dissolve completely in hot fresh cream.

Mix with the spreadable cheese and the sweet and sour peppers, the Parmesan, the gelatine mixture, the minced chives and a pinch of salt.

Pour the mixture on the cracker base, smooth with a spoon and put the cheesecake into the fridge for at least 2 hours.

# SWEET & SOUR SUN DRIED PEPPERS

# OLIVE MIX

## OLIVE MIX

Leccina, Peranzana and Nocellara, three typical varieties of Apulian olives, are the elements of this tasteful mix.

## BREAD WITH OLIVES

### Ingredients

500 gr 00 flour  
250 ml water  
15 gr brewer's yeast  
20 gr butter  
½ teaspoon of salt  
200 gr Open and Eat olive mix

## HINTS

Divide the yeast into pieces and melt into warm water, add 2 tablespoons of flour to form a soft dough.

Let it rise until the dough has doubled in volume.

Make a well with the flour and pour in the center the yeast

Dissolve in warm water a tablespoon of salt and butter, then add it to the mixture and begin to knead.

Work the mixture until it is firm and elastic.

Form a ball, put it in a bowl and cover with a towel, and leave to rise for 2 hours.

After this time, take the dough and divide it into 4 loaves.

Remove the stone from the olives and incorporate them into each piece of dough.

Shape into smaller loaves and let them rise on a baking tray sprinkled with flour, taking care to space out the dough balls from each other. Let rise loaves for 1 hour.

Then bake the bread at 200 ° C and cook for 20 minutes.





#### CHARGRILLED ARTICHOKE

The grilling gives artichokes a rich flavour which is magnified by the seasoning of garlic, parsley and oregano.

#### INTEGRAL BRUCHETTE WITH GRILLED ARTICHOKE, TOMATOES AND TUNA

Ingredients x 4 bruschette

- 1 bag of Open and Eat artichokes
- 4 slices of whole-wheat bread
- extra virgin olive oil q.s.
- 200gr drained tuna
- salt q.s.
- pepper q.s.
- 12 cherry tomatoes

#### HINTS

- Wash and cut tomatoes into cubes.
- Put tomatoes, tuna, oil, salt and pepper in a bowl.
- Mix the ingredients.
- Put the slices of bread on a dish.
- Dampen the bread with the seasoning liquid.
- Arrange the artichokes on bread.
- Add the mix of tomatoes and tuna.
- Serve immediately.

# CHAR GRIL LED ARTIC HOKES





# SUN DRIED COUR GET TES

## ZUCCHINI

Crunchy appetizing zucchini seasoned with mint which amplifies their taste.

## SHORT PASTA WITH ZUCCHINI AND SHRIMPS

### Ingredients

400 gr casarecce (or another short pasta)

250 gr peeled shrimps

1 bag of Open and Eat zucchini

½ onion

extra virgin olive oil q.s.

salt q.s.

### HINTS

Heat the oil over a medium flame.

Add the onion and brown it.

Add the peeled shrimps.

Cook for 1 minute and mix. Evaporate with white wine for other 5 minutes with the lid over.

Adjust with salt, black pepper and/or chilli pepper and cook for another minute.

Add the Open and Eat zucchini and mix the ingredients.

Take the water to a boil, cook and drain pasta.

Put pasta into the pan over a medium flame and then cook it on a low heat for some minutes.

Serve hot.

Cook pasta in boiling water, drain when al dente.







## JULIENNE OF SUN DRIED AUBERGINES

prepared according to an ancient  
recipe who wants the eggplant thinly  
sliced and seasoned with garlic,  
oregano, parsley and chilli.


## PASTA ALLA NORMA ingredients

penne rigate pasta 320 g  
ricotta salata 200 g  
aubergines 200 g  
garlic 5 g  
fresh basil 10 g  
salt 50 g  
peeled tomatoes 800 g  
olive oil 30 g

## HINTS

Pour the oil in a pan and fry two cloves  
of garlic until they brown. Add the tomatoes (if  
you prefer you can also crush them with a fork  
before) and season with salt and pepper.  
Cook well for 15-20 minutes until they reach a boil.  
Pass the tomatoes through a sieve to remove all  
the seeds and let cook again for another 10  
minutes. When cooked, remove from the heat  
and add a few leaves of basil to flavor.  
Add the aubergine juliennes ready to eat, keeping  
some aside to garnish . Then take a pot, fill it with  
water and bring to a boil. Salt and cook the pasta.  
Once cooked, drain and transfer them directly into  
the pan with the tomato sauce and the eggplant.  
Saute for a few minutes, grate ricotta salata into  
thin slices; serve this pasta alla Norma light and  
tasty, adding a few spoon of sauce that you kept  
aside, and finish with a sprinkling of cheese, with a  
few slices of eggplant and a few leaves of basil.

# SUN DRIED AU BER GINES



# MARINATED ARTICHOKE HOKES

## MARINATED ARTICHOKE

Tasty artichokes, processed immediately when harvested and flavoured with garlic, parsley and oregano.

## FETTUCCINE WITH ARTICHOKE AND BACON

### Ingredients

250 gr egg fettuccine  
80 gr red onions  
1 bag of Open and Eat artichokes  
150 gr smoked bacon  
40 gr white wine  
salt q.s.  
black pepper q.s.  
30 gr evo oil  
0,125 gr saffron  
3 sprigs of thyme  
1 lemon

### HINTS

Bring a pan of salted water into a boil.  
Slice the onion and make it brown with oil in a frying pan  
Add the bacon previously cut into thin slices and evaporated with the white wine; brown it.  
At the end of cooking, add the artichokes and mix them well.  
Put the saffron in a little bowl, dilute with water and put it aside.  
Cook pasta for a few minutes.  
Drain pasta with a skimmer and add it to the sauce.  
Add the diluted saffron.  
Mix accurately on high heat so that all flavours combine perfectly.  
Serve it with a sprinkling of thyme.





© Fiordelisi s.r.l. - S.P. 88 Sornarella - Ascoli S. Km. 0+600 - Sornarella (FG) ITALY  
Tel. +39 0885 437024 - Fax +39 0885 437003 - P. IVA 02254870716  
Email: [info@fiordelisisrl.com](mailto:info@fiordelisisrl.com)