

LE RICETTE DI FILO E FIBRA

Filo & Fibra's recipes
for the COOKING BOX



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FIRST dishes in the wool Zuppa o insalata di Slow Beans



Tiziana Tacchi Chef and Sommelier Best Host of Italy Slow Food 2021

ingredients for 4 people:

200 g of Slow Beans
1 red onion
1 stick of celery
1 carrot
Salt and pepper
Abundant extra virgin
olive oil

Aromatic herbs to taste
It is a Slow Food project
born from the L'Unitaria
coop to group legume
communities, slow food
presidia and Ark
products in a single dish
with a view to preserving
and cultivating our
country's biodiversity.

preparation:

After having cleaned, washed well and soaked our Slow Beans for 12 hours, discard the soaking water and in clean, salted water, with a clove of garlic and some sage and rosemary, boil our Slow Beans for about 10 minutes. Turn off the flame and leave them in the cooking water.

In a pot put the chopped onion, celery and carrot, leave them cooking over medium heat with a little vegetable broth for 10/15 minutes (they must be cooked well).

After this time put the drained slow beans and let it cook for a few minutes, as if it was a risotto.

At this point, add the (filtered) cooking water from the legumes in relation to the result you want to obtain, more soupy or not.

Bring everything to boil for a few minutes. Adjust with salt and pepper, cover the pot with its lid, close everything with a cloth and place it in the cooking box for at least 6 hours.

The result is stunning!!! serve with plenty of extra virgin olive oil, a pinch of pepper and toasted bread if you like.

Enjoy your meal!!!

preparation:

cooking time on the gas:

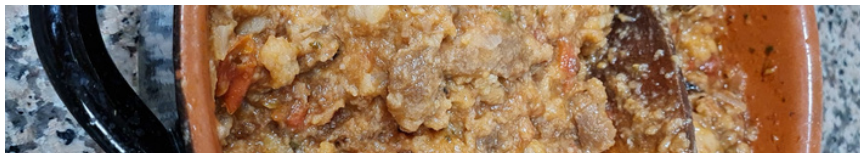
cooking time in the box:

12 hours soaking

30 min

6 hours

FIRST dishes in the wool Tomato soup



SALVATORE QUARTO Executive Chef Fonteverde - Lifestyle & Thermal Retreat
Tuscany. San Casciano dei Bagni (SI)

ingredients for 4 people:

3 kg ripe tomatoes
300 g onion
5 peeled cloves of garlic
100 g basil
150 g extra virgin olive oil
500 g stale bread sliced

preparation:

Fry the oil, the whole garlic cloves and the sliced onion, add the washed and chopped tomatoes, half the basil, cook as a tomato sauce, season with salt and pass through a vegetable mill.
Put it back in the pan, add the diced stale bread and the remaining chopped basil, cook for 20 minutes, end the cooking in the cooking box for about three hours.

preparation:

10 min

cooking time on the gas:

20 min

cooking time in the box:

3 hours



FIRST dishes in the wool

Cream of pumpkin or zucchini



MARCO VICHI novelist, gourmand, moreover, cook

ingredients for 4 people:

800 gr of pumpkin or zucchini (weighed clean)
200 g of peeled potatoes
500 – 600 ml of vegetable broth
2 tablespoons of extra virgin olive oil
1 onion and 1/2 leek (or 1/2 leek)
Chopped parsley
Hot pepper or pink pepper
Rosemary, pink salt
Extra virgin olive oil

preparation:

When you have breakfast in the morning you can prepare dinner and you will also have time to read a good book.

Choose a suitable pot, add some oil, then fry the onion and leek with a sprig of rosemary. After a few minutes of browning, add the pumpkin pulp and the potatoes into large pieces. Turn, cook for 5 minutes, add the stock and bring to the boil for 10 minutes. Cover with the lid and place the tightly closed pot in the cooking box. After 2 hours check the cooking. If you forget the saucepan, no problem, it stays hot and tasty for many hours without the food sticking to the bottom. Remove the baking dish from the box, remove the sprig of rosemary and blend everything, transforming the preparation into a velvety soup. Also good as a soup.

Add your favorite spices or chopped parsley and serve with a drizzle of Extra virgin olive oil, croutons and a sprinkling of Parmesan or alternatively Tuscan or Roman pecorino. Also excellent on croutons.

preparation:

15 min

cooking time on the gas:

10min

cooking time in the box:

2 hours

SAUCES in the wool Chiana garlic



Tiziana Tacchi Chef and Sommelier Best Host of Italy Slow Food 2021

ingredients for 4 people:

40/50 g of Aglione.
700 g of ripe tomatoes for
gravy, alternatively a fresh
puree (perhaps made with
the tomatoes we put away
during the period of
greatest production)
Extra virgin olive oil
Salt and pepper.
A pinch of pepper to taste.

Preparation:

Put the peeled and finely sliced garlic in a terracotta pan,
add the extra virgin olive oil and cook over low heat so
that the garlic melts and does not burn for a few
minutes.
Then add the tomatoes, washed and sieved with salt and
pepper, stirring, and boil for a few minutes.
At this point, turn off the flame, cover the terracotta well
with its lid, close everything with a cloth and place it in
the cooking box.
After about 4 hours the result is extraordinary, ready to
season a nice handmade piccio or whatever pasta you
may like...even on a slice of stale toasted bread!!!

preparation:

15 min

cooking time on the gas:

16 min

cooking time in the box:

4 hours

the LEGUMES in the wool

Tasty lentil soup



ingredients for 4 people:

400 g lentils (for which soaking is not required)
 1 carrot
 1 stick of celery
 1 onion
 1 potato
 1 large tomato (a little tomato puree is fine too)
 100 g sweet or smoked bacon
 Rosemary to taste
 Salt and Pepper to taste
 Extra Virgin Olive Oil to taste

preparation:

In a large saucepan, prepare a sautéed mixture with a drizzle of olive oil and the finely chopped celery, carrot and onion. When the sautéed vegetables are browned, add the diced bacon and brown it for a couple of minutes. Then, add the lentils, the diced potato and tomato and a sprig of rosemary. Shade it with half a glass of wine. Add the hot water just to cover all the ingredients well, salt and pepper according to your tastes and cook for about 20-25 minutes. Now take the pot and place it in the cooking box: the cooking time varies according to the kind of lentils that you have chosen - large or "mignon" - but it will be sufficient to check the cooking after about 2 hours. Once the soup is ready, enjoy it simply, perhaps with a drop of olive oil and croutons, or use it as a sauce for a good pasta dish.

preparation:

20 min

cooking time on the gas:

25 min

cooking time in the box:

2/3 hours

LEGUMES in the wool

Kerala chickpeas



LAURA's recipe with Indian perfume

ingredients for 4 people:

400 g Chickpeas
1 sprig of rosemary
6 leaves of sage
1 onion
curry (to taste)
cumin (to taste)
coconut milk: 1/2 cup
salt and pepper
Extra virgin olive oil

preparation:

Soak the legumes overnight; in the morning start the cooking on the stove in water for 20 minutes with rosemary and sage; then place the pot tightly covered in the cooking box. In the late afternoon, after 8-9 hours of permanence in the box, throw away the cooking water (though, save some). Prepare a chopped onion, add a spoonful of curry, some cumin, coconut milk, chickpeas and a glass of the cooking water you have previously saved. 5 minutes on the fire to bring it back to the boil and then back in the cooking box to keep the meal hot.

preparation:

12 hours soaking

cooking time on the gas:

20/25 min

cooking time in the box:

8/9 hours

WHERE DID WE FIND IT?

FOR THE COOKING BOX

Un vecchio libro della nonna

**TAKEN FROM THE BOOK DO NOT
WASTE, IL RESTO DEL CARLINO,
BOLOGNA 1941.** →

OUR INSTRUCTIONS

- ↓
- 1) Do not bring the Cooking box close to ANY source of heat or open flame.
 - 2) Place the box on a perfectly level surface.
 - 3) Use water or liquids in moderation.
 - 4) Be very careful when placing the hot pan in the box, also checking that there are NO people or children near the work station.
 - 5) Do not carry or move it during cooking.
 - 6) It is advisable to use steel pots of adequate size provided that the lid guarantees perfect closure.
 - 7) If the pan is small, tighten the drawstring located in the lower part.
 - 8) Do not open the box during cooking, it may cause heat dispersion.
 - 9) Protect the inside of the box with a PURE COTTON cloth to protect the internal cushions.
 - 10) Should the cooking be interrupted too early, bring the pot back to the stove and place it again back in the box. Excellent for double cooking.

*From Nonna's generic
but effective
indications*

- a) rice, twenty minutes
- b) boiled meat - after boiling for 30 minutes - about 4 hours
- c) dried beans and peas - after boiling for 30 minutes - 4 and a half hours;
- d) cotechino (a typical pig sausage from Tuscany and Emilia Romagna) after boiling for 20 min. 3 hours
- f) fresh vegetable soup - after boiling for 15 minutes - 2 hours
- g) boiled potatoes - after boiling for 10 minutes - from 30 to 50 minutes depending on the quality and weight of the potatoes
- h) dried chestnuts - after boiling for 20 minutes - 3 hours
- i) polenta - after mixing half a kilo of flour per liter of salted and boiling water, and boiling once - 2 hours
- j) drowned roast stew: browning, add water, wine or broth, preliminary cooking for 20 minutes - then 3-4 hours in the cooking box
- k) All vegetable flans and fruit puddings can be cooked in a bain-marie in the cooking box.

MA QUANTO RISPARMIO?

THE COOKING BOX

is excellent for the environment and for cutting down your gas/electricity/water costs.



COOKING WITH GAS.

IF YOU COOK FOR 10 OR 20 HOURS A MONTH IN BOXES FOR A YEAR, YOU SAVE AROUND €25 TO €50 AND FROM 23.52KG TO 47.04KG APPROX. OF CO₂

**ONE MILLION PEOPLE WOULD
SAVE FROM 23 TO 47,000
TONS OF CO₂!**



COOKING WITH ELECTRICITY

USING THE COOKING BOX HELPS REPLACE 1/3 OF YOUR ANNUAL CONSUMPTION IN KWH AND SAVE APPROX. €33 A YEAR AND 43 KG OF CO₂

**ONE MILLION PEOPLE
WOULD SAVE 43,000 TONS
OF CO₂!**



COOKING WITH WATER

WE ESTIMATE LOWER WATER CONSUMPTION EQUAL TO 1/4 OF THE WATER NEEDED FOR TRADITIONAL COOKING (250 ML). PEOPLE MAY SAVE APPROX. 52 LITERS A YEAR FOR A MEAL FOUR TIMES A WEEK

**ONE MILLION PEOPLE WOULD
SAVE 52 MILLION LITERS OF
WATER!**

... AND GAIN SPARE TIME!

IN FACT, THE COOKING BOX DOES NOT NEED TO BE SUPERVISED DURING COOKING! YOU CAN DEVOTE YOURSELF TO OTHER ACTIVITIES OR LAZE AROUND ... EVERYTHING IS ALLOWED!
FIND OUT MORE

WWW.FILOEFIBRA.IT



MAIN courses in the wool

TOMATO MEATBALLS



Sicilian recipe by ALESSIO

ingredients for 4 people:

600 g of ground beef
1 sprig of parsley
1 glass of milk
1 sandwich with
stale oil
2 eggs
70 g of Parmesan
cheese
1 glass of extra
virgin olive oil
Nutmeg to taste
About 20 fresh
lemon leaves
Salt, pepper to taste

preparation:

The evening before, prepare the dough with mixed minced meat, grated cheese (preferably pecorino cheese), eggs, hard bread soaked in water (or pancarré, breadcrumbs), a little salt, pepper and parsley. Then mix evenly, prepare the meatballs (to avoid sticking the dough in your hands, it is advisable to just wet them with water) and leave them to thicken in the fridge.

The next morning prepare the sauce (sautéed onion or shallot, tomato, salt, pepper, basil and water... it is preferable to make the sauce rather liquid, because it will then be absorbed a little by the meatballs). Then, put the meatballs in the sauce and let them cook: in a pan on the stove it may take about two hours; in the cooking box it takes twenty minutes on the fire and then five hours in the box (after 5 hours the temperature inside the pan is still 66°). You may also use the meatballs with some sauce and tagliatelle (or other long pasta).

preparation:

4 hours

cooking time on the gas:

20 min

cooking time in the box:

5 hours

MAIN courses in the wool Stewed cuttlefish rice



ingredients for 4 people:

1 kg of cuttlefish
500 g of tomato sauce
1 white onion
1 clove of garlic
1 sprig of parsley
Dry white wine
Hot water
Extra Virgin Olive oil
Salt and pepper
.

preparation:

Clean the cuttlefish carefully, wash it under running water, cut it into medium pieces or into large stripes.
Finely chop the garlic, onion and parsley. Heat the oil in a saucepan, add the prepared mince and let it dry. Add the cuttlefish, cook for a minute and blend it with the white wine. Let it evaporate.
Add the tomato sauce, dilute it with a little hot water and season with salt and pepper until it comes to a boil. Cover the pot with the cap and place it in the cooking box and continue the cooking for another 40 minutes. Remove, transfer the cuttlefish with their sauce onto a serving plate and serve.

Preparation: Rice

1 onion/scallion
300 g of "arborio" rice
Vegetable broth to taste
Extra Virgin Olive oil,
salt and pepper

Brown the chopped onion or shallot in a pan. Toast the rice, season with salt, then cover the rice with the broth and boil for 5 minutes. Continue cooking in the cooking box for 15/20 min. Check the cooking. Dress it with Extra Virgin Olive oil.

Stewed cuttlefish

rice

preparation:

30 min

10 min

cooking time on the gas:

15 min

5 min

cooking time in the box:

40 min

15 min

MAIN courses in the wool The hunter's wild boar



ingredients for 4 people:

½ kg of wild boar
 Tomato purée to taste
 Extra Virgin Olive oil to taste
 Vegetable broth
 Juniper berries
 Chili pepper
 Aromas: Carrots, celery, onion, garlic, rosemary, sage.

preparation:

Let us start by preparing the wild boar in bite-sized pieces, then put them in a saucepan and start cooking on the stove with medium heat. The wild boar will begin to purge some water which you will remove until there is no more.
 Prepare another pot with the oil, the chopped herbs and whole juniper berries. Sauté and then add the meat, salting and peppering to taste. Add red pepper to taste.
 Brown the meat for a few minutes then add the vegetable broth making it completely absorbed. Wet then with ½ glass of white wine and let it evaporate. Add the tomato purée and check for salt and pepper. Now bring to the boil for a couple of minutes and then put it in the cooking box. Leave it for at least 5 hours to finish cooking.

Preparation: Polenta

250 g of polenta
 15 g of Extra Virgin Olive oil
 1 tablespoon of coarse salt

Bring the water to the boil with salt and oil, remove the pan from the heat and add the flour trying not to create lumps. When you see that a smooth cream has formed, put the saucepan back on the heat and when it comes to boiling temperature, remove the pan, close the lid tightly and put it in the cooking box. After 2 hours the polenta is ready but it can be left for an even longer time.

preparation:

cooking time on the gas:

cooking time in the box:

Boar
25 min

15/25 min

5 hours

Polenta
5 min

8 min

2 hours

LE RICETTE DI FILO E FIBRA

Filo & Fibra's recipes

MAIN courses in the wool

Insalate di cereali

Due ricette



ingredients for 4 people:

300 g of whole spelt
250 g of basil pesto
30 g of grated Parmesan
cheese
50 g of toasted pine nuts

300 g of pearl barley
280 g of Taggiasca olives
(pitted, in oil)
200 g of Feta cheese
300 g of cherry tomatoes
Extra Virgin Olive oil, salt, chilli
pepper, fresh mint

preparation:

WHOLEMEAL SPELT WITH BASIL PESTO

Soak the hulled spelt in cold water for 8 hours. Bring the salted water to the boil and cook the spelt for 5 minutes. Continue your cooking in the cooking box for about 60 minutes. Drain and rinse in cold water. Dress with basil pesto and serve with grated Parmesan cheese and toasted pine nuts

SUMMER BARLEY SALAD

Bring the salted water to the boil and cook the barley for 5 minutes, continue cooking in the cooking box for about 60 min. Drain and rinse in cold water, then season with oil and salt.
Add the tomato wedges, the diced Feta cheese and the pitted olives. Serve with fresh mint leaves and ground chilli

preparation:

cooking time on the gas:

cooking time in the box:

Spelled

8 hours soaking

5 minutes

60 minutes

Barley

5 min

60 min

YOGURT in the wool

Plain yogurt



SALVATORE QUARTO Executive Chef Fonteverde - Lifestyle & Thermal Retreat
Tuscany. San Casciano dei Bagni (SI)

ingredients:

1 liter whole milk
170g whole yoghurt
50 g milk powder

preparation:

Bring the milk to 38°C, add the powdered milk and the yoghurt.
Mix it with a whisk. Place it in a clean container inside the cooking box.
Leave to ferment in boxes for 16 to 18 hours.
If you want to sweeten it, I found it interesting to sweeten it with agave syrup. Honey or maple syrup will also work.
Store in the refrigerator in airtight jars, it will keep well for three days.
Accompany with diced fresh fruit, oilseeds, dried fruit.

preparation:

5 minutes

cooking time on the gas:

10 minutes

cooking time in the box:

16-18 hours



Fonteverde
Lifestyle & Thermal Retreat Tuscany

THE MARMALADES in the wool Bitter orange marmalade



ingredients:

Bitter oranges 100%
Sugar 150%
1 lemon (optional)

preparation:

Boil the oranges, check with a toothpick that they have softened, put them to soak for two days, changing the water 2 times a day. Cut the peel and separate it from the white part and slice it. Also remove the internal filaments and cut them into thin slices. Weigh the oranges and add 1.50 kg of sugar for each chilo of pulp and threaded peel. Grate the lemons and cut them into very fine slices. Bring the oranges to boiling temperature, add the sugar stirring with a wooden spoon, once the sugar has dissolved (10 minutes) put it in the cooking box for 3 hours. A beautiful orange marmalade with a beautiful color, fragrant and tasty!

preparation:

2 days + preparation 30 min

cooking time on the gas:

20 min

cooking time in the box:

3 hours

FIND OUT MORE

FOR THE COOKING BOX

Filo&Fibra's



CHI SIAMO

Filo&Fibra is a women coop community that was founded in 2018 with the intention of creating social innovation and a new vision of reviving tradition through the circular economy. Respect for the environment is our strength. Community cooperatives aim to keep alive and enhance local communities at risk of depopulation, with particular reference to those located in mountain areas. Community coop benefited from a project by the Tuscany Region

www.filofibra.it - filofibracoop@gmail.com

PH di A. M. Eustachi

I MODELLI



Fuoco di lana
by Vanessa Chiocchini



Infeltrata



Finestra



Giuda

For our recipes and instructions see: <https://www.youtube.com/channel/UCn10B7x-QK4pUrCPqYAxYBQ>