



ERASMUS + KA2 “ WALKING IN THE SHOES OF OTHERS”

IPSAR – ARZACHENA ITALY

PANE FRATTAU

Ingredients:

- Pane carasau- 20 sheets
- 10 eggs
- Tomato sauce 1000 gr
- Grated pecorino cheese
- Beef broth
- Onions 1
- Extra virgin olive oil (10 tablespoons)
- Salt: as required
- White wine
- Vinegar

"Pane frattau" is one of the poor, traditional dish of Sardinian cuisine.

The main ingredient of this dish is Pane Carasau, which is a very thin and crunchy bread, very common throughout the island. This recipe first appeared during the second World War from the need to reuse and consume the stale bread.

"Frattau" in Sardinian language means "grated" or "smashed to pieces". Pieces of bread are soaked in the meat broth and seasoned with tomato sauce and grated pecorino.

To make the dish hearty and tastier, a poached egg is added on the last layer

Preparation

Break in 3-4 parts every sheet of pane carasau.

Peel and chop the onion and then saute it in the oil.

Deglaze with white wine and let it evaporate.

Add the tomato sauce, salt and boil for about 20 minutes.

Prepare the poached eggs; pour some water in a large pan and cook over medium heat, add the vinegar and a pinch of salt and when the water boils, lower the heat, stirring with a whisk always in the same direction to create a vortex in it.

Break an egg at a time in a little bowl and then gently pour it in the vortex.

Let the egg boil for 2 minutes; then drain using a slotted spoon.

Wet the slices of pane carasau in the beef broth.

Recompose/assemble the first sheet in the plate.

Season the bread with a spoonful of tomato sauce and sprinkle with pecorino cheese.

Continue in the same way with the other two sheets and finish with a layer of tomato sauce and pecorino cheese, add the poached egg on the top.

Video link: https://youtu.be/cFhGH_bCFno