



# *Our Flours*

## ITALIAN RECIPES



PODERE SAN  
BARTOLOMEO

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# Senatore Cappelli

stone-ground ancient durum wheat flour



## ANCIENT GRAINS PIZZA

### Ingredients

- 500 gr Senatore Cappelli Flour
- 500 gr Verna Flour
- 650 gr Water
- 20 gr Salt
- 3 gr Fresh Beer Yeast

### Preparation

After dissolving the yeast in a bit of warm water, knead all the ingredients together for about ten minutes. Put the dough into a large bowl sealed with cling film, cover with a tea towel and let it rest for 7 hours in hot place.

Then take the dough and divide it into 6 balls. Roll them out and season to taste. Bake in a stone oven at 250°C.



Senatore Cappelli is an ancient variety selected in 1915 on the Tavoliere delle Puglie. Rustic and rich in amino acids, vitamins and mineral salts, this flour has an aromatic and persistent taste. It is perfect for preparing pasta, pizza and bread.

# Timilia

stone-ground ancient durum wheat flour



## FULVIA'S BREAD

Our customers are really special! For this recipe, we would like to thank Fulvia Verugi from the bottom of our hearts!

Ingredients

600 gr Timilia Flour

400 gr Water

100 gr Lycoli

1 tsp Malt

1 tsp Salt

NOTE: lycoli (yeast in liquid culture) is a highly hydrated sourdough starter. You can ask your local baker for it or you can also make it at home (but, in this case, pay attention please!).



### Preparation

Begin preparation in the late afternoon, kneading all the ingredients. Leave the dough into the fridge overnight.

Bake the next morning. Bake in a covered pan, in a ventilated oven for 25 minutes at 220°C. Then lower the temperature to 200°C and continue cooking for another 20 minutes.

Timilia is an ancient indigenous variety of durum wheat from Sicily. Its flour is rich in vitamin B and mineral salts, has an intense beige colour and hints of dried fruit, which are also preserved in the finished products. Ideal for the preparation of homemade bread, pizza and focaccia.



# Verna

stone-ground ancient soft wheat flour



## ARABIC BREAD IN MY OWN WAY

### Ingredients

960 gr Verna Flour  
640 gr Water  
3 gr Fresh Beer Yeast  
20 gr Salt

### Preparation

Dissolve the fresh beer yeast in the water, add the flour and finally the salt. Let the dough rest covered with perfo-

rated foil, for at least 8 hours in the switched-off oven.

Take the dough and divide it into forms of about 250g each. Let them rest for 30 minutes, then roll them out, season with oil and a little salt, and bake at the highest temperature. The oven must be



on "static". When the Arabian bread is ready, cut it in the half and stuff it with whatever your imagination suggests.

Verna (from the name of the mountain where the Casentino monks cultivated it) is a variety of Tuscan soft wheat. Its flour has a very low gluten content compared to traditional flours, is very rustic and ideal for making bread, pizza, biscuits and baked goods.

# Solibam

stone-ground soft wheat flour



## THE FARMHOUSE PIADINA

### Ingredients

- 500 gr Solibam Flour
- 200 ml Milk
- 50 ml Extravirgin Olive Oil
- 50 ml Water

### Preparation

Mix all the ingredients and leave the dough to rest for 15 minutes in a bowl covered with cling film. Then divide the dough into 7 balls of approximately 120 g.



Roll out each one of them and gradually bake them in a lightly greased non-stick pan. Now you can fill them with whatever you like: they are great with savoury ingredients, but don't miss the sweet version, with chocolate cream and icing sugar. You will love it!

Our Solibam wheat flour comes from an evolutionary mixture of the Solibam grain family. Very rich in fibre, it has a coarse appearance and a rustic flavour. It is suitable for making fresh pasta and gnocchi, as well as home-made bread, tarts and dry biscuits.

# *Timilia Semolina*

stone-ground ancient durum wheat



## LEMON COOKIES

### Ingredients

- 120 gr Timilia Semolina
- 160 gr Senatore Cappelli Flour
- 100 gr Sugar
- 50 ml Extravirgin Olive Oil
- 2 Eggs + 1 Yolk
- 10 gr Instant Baking Powder
- 1 Pinch of Salt
- 1 Organic Lemon
- 1 sachet of Vanilla

### Preparation

Mix the powdered ingredients (semolina, sugar, flour, baking powder, salt, vanillin and grated lemon zest), then add the oil and finally the eggs. Knead until the ingredients are well mixed. Roll out the dough and cut out the biscuits, place them on a baking tray and bake at 180°C until golden brown.



Timilia ancient durum wheat semolina is rich in vitamin B and mineral salts. It has an amber colour and a delicate flavour, similar to that of spelt. It is particularly suitable for making fresh pasta and, if mixed with soft wheat flours, bread.

# *Cappelli Semolina*

stone-ground ancient durum wheat



## SENATORE's TAGLIATELLE



### Ingredients

500 gr Senatore Cappelli Semolina

4 Organic Eggs

1 pinch of Salt

1 tablespoon of Extravirgin Olive Oil  
"Podere San Bartolomeo"

### Preparation

Make a well with semolina and add the eggs, a pinch of salt and the oil. Start to knead, "pinching" the flour and eggs, so they mix well, and work the mixture for about ten minutes, until you have a hard, smooth ball.

Let it rest in the fridge for an hour, then roll out the dough and cut it out. Cook in a big pot full of salted water. Season with wild boar sauce or porcini mushrooms.

Senatore Cappelli ancient durum wheat semolina is perfect for fresh pasta, but it can also be used to make typical Italian dish, called "semolina". It's excellent for making bread, if mixed with soft wheat flours.



*Cappelli Flour*



*Cappelli Semolina*



*Timilia Flour*



*Timilia Semolina*



*Uerna Flour*



*Solibram Flour*



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