

LA COLTI

FARMHOUSE

LA COLTI FARMHOUSE COOKING CLASS

The beauty of sardinian tradition

"La Colti" Farmhouse in Cannigione, a typical building of "Gallura" Region of the early 1900s, is an ideal location for cooking classes and events. "La Colti" is like a museum of rural "Gallura" culture, where inside you can admire ancient pieces of tradition and attend cooking classes.

With our cooking classes you will enjoy a fantastic creative experience and you'll learn to cook the Sardinian style. Our traditional food expert Mrs Prisca, will guide you in preparing homemade pasta according to original techniques.



Theory and practice of homemade pasta in Sardinia

Dust your hands with flour and realize the following traditional recipes:

- "Chiusoni Galluresi" pasta
- "Ravioli Galluresi" pasta
- "Sugo al pomodoro" Tomato & Basil Sauce
- "Seadas" Traditional Dessert

The Price per person is € 200,00 (vat included) – minimum 2 participants and it includes:

- 3 hours Cooking lesson
- Aperitif with cured meats, cheeses, olives and "Guttiau" bread
- English-speaking Assistance of Sardinian Food Expert, Mrs. Prisca
- Hat, apron, recipe book, certificate of participation

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Recipes

“Chiusoni Galluresi” pasta

Ingredients:
Durum-wheat flour
Warm water
Salt

Prepare a dough with flour, warm water and salt. Knead until the dough is smooth and springy. With a rolling pin, roll out the dough into a rope. Cut into small rectangles. Then with a grater push the dough on the back giving it the characteristic shape and close it with your thumbs.

“Ravioli Galluresi” pasta

Ingredients:
Durum-wheat semolina 350g
Flour 00 100g
Fresh ricotta cheese 250g
Eggs 2
Lemon 1

Mix the flour with a luke-warm salt water. Continue until the mixture is smooth and consistent, then mold it into a ball and let rest for half an hour in a bowl covered with a cloth. For the stuffing mix the ricotta cheese, eggs, wheat flour, sugar and grated lemon peel in another bowl. Take the dough and roll out into a thin layer that you will reduce into strips of about 10 cm wide. Using a spoon, take some filling, make it into little balls and place on the strips of dough at regular intervals. Fold the dough and press it gently with your fingers around the filling to make it stick. With the wheel cut out the ravioli into square or half-moon shape. Put them on a floured cloth and let rest for a day. Cook in salted water, draining them when they come to the surface.

“Seadas” traditional dessert

Ingredients:
Flour 00 ½ kg
Semolina ½ kg
Lard 200g
Warm water
Sugar 1 spoon
Kneaded paste cheese or fresh cow cheese
Lemon peel

Mix the flour, semolina and water, slowly add the lard into the dough. Roll out the dough with a rolling pin and form large “ravioli”. Put lemon and cheese on each ravioli and close with the pasta. Fry and serve with honey or sugar.