

RARE IN THE KITCHEN

ITALIAN EATING WITH LIPODYSTROPHY

...nte e massi di popovers
...li scampi
...e con un'abbigliamento fresco
...con costumi

...e farise con multaglisti
...risabbinata

...acqua peggio e carciofi
...i pomodori secchi e favelette di asparagi
...di trucchieri alle cibe e inabici

tatin tiepida di mele e uvetta
zucchineri caki



Lipodystrophy
United

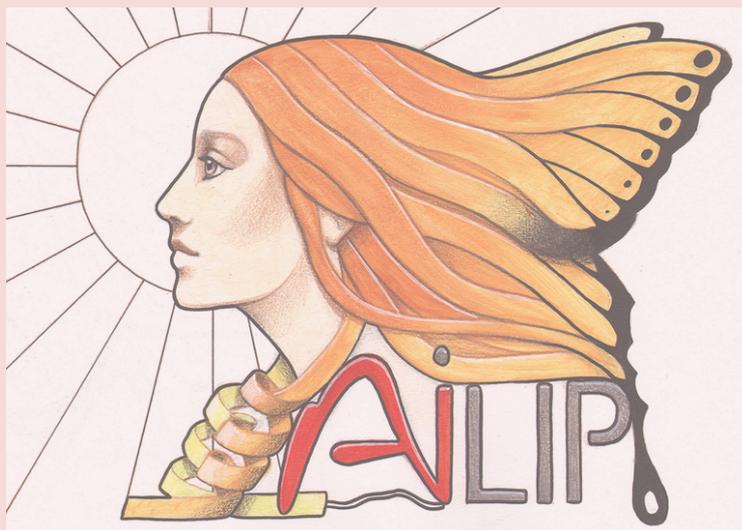


About AiLIP

AiLIP aims to extend our support to anyone directly or indirectly affected by lipodystrophy by:

- Taking concrete action to prevent, treat, and address the practical problems caused by the disease;
- Providing moral support in managing and coping with the physical, psychological, and social challenges it brings;
- Promoting projects that use modern technologies and drug therapies to help patients become independent and self-sufficient (also collaborating on research and clinical trials with other organizations working for people affected by rare diseases).

AiLIP's goal is to raise awareness among as many people as possible about lipodystrophy.



Lipodystrophies are rare and complex syndromes, little known, that can have major consequences on patients' health and compromise quality of life.

Poor awareness and low prevalence of these diseases often lead to long delays in diagnosis.

Lipodystrophy identifies a heterogeneous group of rare syndromes characterized by the loss of subcutaneous adipose tissue, classified by etiology—genetic or acquired—and by the extent of fat loss—generalized or partial.

If unrecognized and/or untreated, lipodystrophies are associated with increased mortality due to metabolic and cardiovascular complications.

Therapy is based on prevention and on the specific treatment of the different comorbidities, aided by the adoption of appropriate nutritional strategies.

The recipe book was developed through collaboration between a chef, several specialized dietitians, and clinicians who are reference experts on the condition.

Disclaimer

These recipes in no way replace medical advice from specialist clinicians and dietitians who can consider a person's overall picture.

It should therefore be considered only as a set of suggestions for preparing dishes using ingredients that respect the needs of people with metabolic conditions, but it must be adapted to individual diets and eating patterns as part of a therapeutic plan drawn up by centers with appropriate expertise.

Preface

An appropriate diet is an integral part of therapy for everyone affected by lipodystrophy. This recipe book was created precisely with the intention of suggesting some dietary alternatives to help orient yourself in the kitchen among products, amounts, and combinations that align with a healthy diet.

The proposed recipes follow some fundamental principles.

Vegetable fats are preferred, especially extra-virgin olive oil, added sparingly only when necessary and mainly raw. It is advisable to moderate added salt to enhance the flavor of the dish without altering it.

Sweet preparations have a minimal component of added sugars, deriving sweetness from the fruit included among the ingredients.

Variety and seasonality of foods are important for a complete and wholesome nutritional intake. The recipes favor the use of whole grains (for their low glycemic index), legumes as a source of plant protein, and vegetables which—beyond providing fiber, vitamins, and minerals—help keep the energy density of meals in check.

The cooking methods indicated are generally quick, so as to preserve properties and nutrients such as vitamins, limiting frying, which would significantly increase the energy density of the meal.

Regarding seasoning, we invite you to infuse herbs in oil; this way you can give the dish more flavor at the final stage and make everything more digestible by adding the oil raw rather than during cooking.

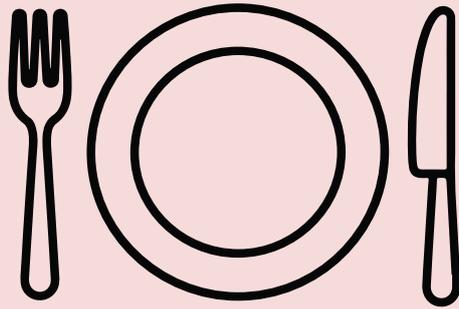
Bear in mind that the quantities always refer to the preparation of standard medium portions, to be adapted to your actual needs while maintaining the proportion of ingredients.

The collected recipes were devised to highlight the main ingredients while limiting the addition of dressings or other items that would increase the energy density of the dishes.

For each recipe, average nutritional values are provided, and particularly balanced pairings have been identified based on nutritional content.

Among all the recipes in this collection there is a common denominator: harmony on the palate with respect for health. This is a collection of Italian culinary ideas designed to support those who—affected by lipodystrophy—have had to rethink their eating habits and feel disoriented. Since the discomfort and disorientation often involve families (especially the parents of young patients), this collection is also dedicated to them, as well as to anyone who wishes to try it.

Note



“By adjusting the portions, the dishes marked with this symbol can become a single-dish meal.”

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Cod Whipped with Oil on Polenta Crisps



Calories: 132 | Protein: 10 g | Fat: 5 g | Carbohydrates: 12 g | Fiber: 1 g

Serving Size:

Ingredients:

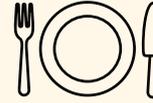
- 7 oz Desalted cod (baccalà)
- 1/2 of a leek
- 1/3 of a potato
- 1 ½ tbsp extra-virgin olive oil
- 7 oz cooked polenta
- Salt - to taste

Instructions:

Boil the salted cod for about 15 minutes; once cooked, drain but keep the cooking water for a later step. Remove skin and bones. (For a stronger flavor you can steam it.) In a saucepan, sweat the leek and finely sliced potato with a little water and oil. Add the cod and some cooking water, then reduce slightly. Blend the mixture with a little oil to emulsify. Cut previously cooked and cooled polenta into squares about 0.5 cm thick and bake at 180 °C for 10 minutes. Once crisp, top with the cod.

Complete meal pairing: Rosemary bean soup with toasted bread and cuttlefish.

Couscous with Squid and Vegetables



Calories: 257 | Protein: 19 g | Fat: 6 g | Carbohydrates: 34 g | Fiber: 5 g

Serving Size: 4

Ingredients:

- 1 cup raw couscous
- 1 garlic clove
- 1 small zucchini
- 1 medium carrot
- 1 stalk celery
- 1 medium tomato
- 7oz squid
- Parsley - to taste
- Chili pepper - to taste
- 1½ tbsp extra-virgin olive oil
- Salt - to taste

Instructions:

Dice the vegetables and sauté in a pan with oil, chopped garlic, and chili. Slice the squid thinly and sauté; add a little water, chopped parsley, and diced tomato. Keep the sauce plentiful—it will dress the couscous. Toast couscous with a little oil, then add hot water to cover. Cover and rest for 5 minutes. Serve couscous in bowls and top with the squid sauce.



Complete meal pairing: Sea bream en papillote with green peppercorns; Monkfish with vegetables in white wine; Turbot “all’acqua pazza” with artichokes.

Autumn Salad with Salsa Verde

Calories: 151 | Protein: 4 g | Fat: 6 g | Carbohydrates: 23 g | Fiber: 3 g

Serving Size: 4

Ingredients:

- 2 cups thinly shredded green cabbage
- 2 cups thinly shredded red cabbage
- 1 small zucchini
- 1 apple of tart variety
- 2 tbsp extra-virgin olive oil
- Juice of 1 lemon
- Salt - to taste
- One parsley bunch
- 20 capers
- 2 tbs red wine vinegar

Instructions:

Thinly slice both cabbages (a slicer helps). Clean arugula, peel the apple, and dice it. Dice zucchini. Mix all ingredients and dress with oil, salt, and lemon juice—or use salsa verde.

Salsa verde: Blend a couple tablespoons of red wine vinegar and blend at low speed with a bunch of parsley, some capers, and enough oil to make a smooth sauce. For less acidity, use half water, half vinegar.

Complete meal pairing: Chickpea-and-farro soup with rosemary maltagliati; Polenta with wild boar ragù.

Warm Farro and Prawn Salad

Calories: 260 | Protein: 14 g | Fat: 6 g | Carbohydrates: 40 g | Fiber: 8 g

Serving Size: 4

Ingredients:

- 3/4 cup pearled farro
- 6 large prawns
- Fresh Basil - to taste
(about ¼ cup fresh leaves)
- 2 medium carrots
- 1 clove of garlic
- 2 small zucchinis
- 1 ½ cups peas
- 1 medium tomato
- 1 1/2 tbsp extra-virgin olive oil
- Salt - to taste

Instructions:

Boil farro 20 minutes in salted water; cool under cold water. Cook peas 15 minutes with a little oil, garlic, and water. Dice carrots, zucchini, and tomatoes; sauté carrots and zucchini separately with a little oil. Clean prawns, cut into not-too-small pieces, and briefly blanch in water scented with garlic. Combine with farro, add tomatoes, basil, and peas (cooked as above). Season with salt and serve warm with prawns as garnish.

Complete meal pairing: Mille-feuille of bread crisps with cannellini, Tuscan kale, and beans; Sea bream en papillote with green peppercorns; Monkfish with vegetables in white wine.

Mille-Feuille of Bread Crisps with Cannellini, Tuscan Kale, and “All’Uccelletto” Beans



Calories: 276 | Protein: 11 g | Fat: 6 g | Carbohydrates: 46 g | Fiber: 7 g

Serving Size: 4

Ingredients:

- 7 oz (about 4 cups cubed) day old bread
- 1 bunch tuscan kale
- 1 ½ cups cooked cannellini beans
- 2 garlic cloves
- 1 tbsp tomato paste
- 1 ½ tbsp extra-virgin olive oil
- Salt - to taste
- Black pepper - to taste
- 2-3 leaves chopped sage

Instructions:

Infuse a garlic clove and sage in oil for at least a day. Lightly moisten the bread, wrap, and rest in the fridge for at least 8 hours. Slice very thin (0.5 cm), season with salt and oil, and brown at 180 °C for 4 minutes. Flavor half the beans with the infused oil and 1 tsp tomato paste; cook ~20 minutes, then blend and pass through a fine mesh strainer for a smooth cream. Sauté chopped garlic in oil, add blanched Tuscan kale (ribs removed), season a few minutes with salt and pepper. To serve, plate a ring of bean sauce, whole boiled cannellini, and kale; add the bread crisps, repeating to make layers. Finish with extra-virgin olive oil.

Complete meal pairing: Cauliflower flan; Broccoli tart with spicy sauce and poppy seeds; Warm ricotta-saffron tart on asparagus sauce; Warm farro and prawn salad.

Tuscan Kale Mousse with Croutons

Calories: 275 | Protein: 14 g | Fat: 17 g | Carbohydrates: 17 g | Fiber: 2 g

Serving Size: 4

Ingredients:

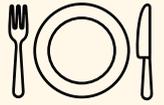
- 2 oz (about 1 cup) small cubed bread crostini
- 1 ¼ cups ricotta
- 1/2 cup grated parmesan cheese
- 1 ½ tbsp extra-virgin olive oil
- Salt - to taste

Instructions:

Boil kale in salted water and cool in ice water. Blend very finely; add Parmesan and oil, then gently fold in ricotta. If too thick, add reserved cooking water. Toast thin-sliced bread in the oven. Pipe the mousse onto the croutons or serve the croutons alongside a cocotte of mousse.

Complete meal pairing: Polenta with wild boar ragù.

Crunchy Panzanella with Calamari and Sweet-and-Sour Onion



Calories: 260 | Protein: 16 g | Fat: 6 g | Carbohydrates: 43 g | Fiber: 4 g

Serving Size: 4

Ingredients:

- 7 oz (about 4 cups cubed) day-old bread
- 1 medium tomato
- 1 ½ cups chopped cucumber
- 2 celery stalks
- 2 tbsp finely sliced red onion
- 7 oz calamari
- 1 tbsp honey
- 1 cup fresh kale leaves
- 1 ½ tbsp extra-virgin olive oil
- Salt - to taste
- 7 tbsp red wine vinegar

Instructions:

Remove crust, cut bread into large cubes, and toast. Add thinly sliced vegetables (celery, tomatoes, cucumber peeled if preferred) to each toasted bread cube. Dress with oil, red wine vinegar, and basil; press into small molds. Blanch thin-sliced red onions in sugar-water with honey and acidified with vinegar; drain and cool. Slice calamari very thin and blanch. Serve on a purée made by blending the onions, alongside the molded panzanella and red onions.

Complete meal pairing: Sea bream en papillote; Monkfish with vegetables in white wine; Turbot with artichokes.

Cauliflower Flan with Tuscan Kale Pesto

Calories: 220 | Protein: 10 g | Fat: 14 g | Carbohydrates: 15 g | Fiber: 5 g

Serving Size: 4

Ingredients:

- 1 pound cauliflower
- 1 egg
- 1 bunch tuscan kale
- ½ cup grated parmesan cheese
- 2 tbsp pine nuts
- ¼ cup bread crumbs
- 1 small shallot
- 1 ½ tbsp extra-virgin olive oil
- Salt - to taste

Instructions:

Boil cauliflower. Brown a sliced shallot in a little oil; add cauliflower florets and cook off excess liquid. Blend with one egg. Butter 4 molds and coat with breadcrumbs (or line with damp, crumpled parchment). Fill with cauliflower mixture and bake at 180 °C for 15 minutes; rest 5 minutes.

Kale pesto: Blanch kale, cool in ice, blend with pine nuts and Parmesan; emulsify with olive oil. Plate pesto with the flan centered.

Complete meal pairing: Mille-feuille...; Pearled barley salad with pesto and fresh tomato.

Warm Ricotta and Saffron Tart on Asparagus Sauce

Calories: 276 | Protein: 14 g | Fat: 20 g | Carbohydrates: 10 g | Fiber: 1 g

Serving Size: 4

Ingredients:

- 2 cups ricotta
- Saffron - to taste
- 1 egg
- 1 small shallot
- 3 oz diced potatoes
- 1 bunch asparagus
- 1 ½ tbsp extra-virgin olive oil
- Salt - to taste

Instructions:

Mix ricotta with egg and saffron, season. Line single-use molds with film, fill, and bake in a bain-marie (double boiler) at 150 °C for 15 minutes. Brown sliced shallot in oil; add peeled asparagus stems, hot vegetable broth, and sliced potatoes. Cook ~15 minutes; cool slightly, add half the blanched asparagus tips, blend and strain. Serve the ricotta on the asparagus cream, garnish with remaining tips.



For a complete meal, you can add to this dish:
Millefeuille of bread wafers with cannellini beans, Tuscan kale, and stewed beans.

Semolina gnocchi with clams.

Mezzi rigatoni with chicken ragù.

Spaghetti with savory herb, fresh spring onion, and shelled beans.

Rosemary bean soup with toasted bread and cuttlefish.

Broccoli Tart in Spicy Sauce with Poppy Seeds

Calories: 290 | Protein: 15 g | Fat: 21 g | Carbohydrates: 10 g | Fiber: 3 g

Serving Size: 4

Ingredients:

- 4 ½ cups chopped broccoli
- ¾ cup tofu or ricotta
- 1/2 cup grated parmesan cheese
- 2 ½ tbsp poppy seeds
- 2 medium chopped tomatoes
- 10 pitted olives
- 4 anchovies
- chili pepper - to taste
- 1 garlic clove
- 1 ½ tbsp extra virgin olive oil

Instructions:

Cut broccoli into pieces; boil or steam 12 minutes. Mash with ricotta and cheese; season with salt. In a pan, warm a crushed garlic clove in a little oil; add diced tomatoes, olives, anchovies, and chili; cook and adjust salt. Line 4 molds with damp parchment; pack in broccoli mixture. Serve hot with the spicy sauce beneath, topped with toasted poppy seeds. Serve warm or at room temperature.

For a complete meal, you can add to this dish:
Millefeuille of crisp bread with cannellini beans, Tuscan kale, and fagioli all'uccelletto (beans in tomato and sage sauce).

Semolina gnocchi with clams.

Mezzi rigatoni with chicken ragù.

Spaghetti with savory herb, fresh spring onion, and shelled beans.

Bean soup with rosemary, toasted bread, and cuttlefish.

Lentil Soup with Shrimp Tails



Calories: 250 | Protein: 19 g | Fat: 7 g | Carbohydrates: 30 g | Fiber: 10 g

Serving Size: 4

Ingredients:

- 1 cup dried lentils
- 1 stalk of celery
- 1 medium carrot
- 1 medium onion
- Thyme - to taste
- 1 medium tomato
- 8 pieces of large shrimp
- 1 ½ tbsp extra virgin olive oil
- Salt - to taste

Instructions:

Dice celery, carrot, onion; brown lightly in a small pot with a little oil. Add lentils and toast; add vegetable broth (or hot water) and peeled, seeded diced tomato (or 20 g tomato paste). Simmer ~30 minutes; season with salt, pepper, thyme leaves. Serve with briefly blanched, peeled scampi (or calamari, shrimp, salted cod, chicken, chicken in equivalent amounts). Drizzle a bit of raw oil.

For a complete meal, you can add to this dish:

Semolina gnocchi with clams.

Spaghetti with baby squid and sage.

Linguine with prawns and lemon.

Penne all'arrabbiata (spicy tomato sauce).

Bean soup with rosemary, toasted bread, and cuttlefish.

Rosemary Chickpea Soup with Fresh Cod



Calories: 149 | Protein: 13 g | Fat: 6 g | Carbohydrates: 11 g | Fiber: 3 g

Serving Size: 4

Ingredients:

- 1 cup cooked chickpeas
- 1 garlic clove
- Rosemary - to taste
- 2 small shallots
- 1 tbsp tomato paste
- 1 whole lemon
- 1/3 cup white wine
- 7 oz (2 small fillets) fresh cod
- Salt - to taste
- 1 ½ tbsp extra-virgin olive oil

Instructions:

Infuse oil with rosemary and garlic for ~1 day. Stew thin-sliced shallots in a little oil and water; add cooked chickpeas and the garlic-rosemary oil. Add tomato paste. Blend to a smooth soup. Boil the cod 20 minutes in water with half a sliced lemon and white wine; remove skin, flake, and moisten with a little lemon juice. Serve the cod over the chickpea soup, garnishing with a few whole chickpeas.



For a complete meal, you can add to this dish:

Semolina gnocchi with clams.

Pea and Mussel Soup with Croutons



Calories: 257 | Protein: 19 g | Fat: 6 g | Carbohydrates: 34 g | Fiber: 5 g

Serving Size: 4

Ingredients:

- 1/2 leek
- 3 medium shallots
- 2 cups fresh or frozen peas
- 10 ½ oz mussels
- 1 medium tomato
- 3-4 slices bread of your choice
- Salt - to taste
- 1 ½ tbsp extra-virgin olive oil

Instructions:

Stew leek and shallot; add peas and cover with water. Cook until tender. Steam mussels with a little water until shells open; strain their liquid and add to peas. Remove mussels from shells. Dice tomato and cube bread (1 cm); toast bread at 180 °C. Portion soup into cocottes, add mussels, briefly sautéed diced tomato, croutons, and a drizzle of raw oil.

For a complete meal, you can add to this dish:

Semolina gnocchi with clams
Spaghetti with baby squid and sage
Linguine with prawns and lemon
Penne all'arrabbiata (spicy tomato sauce)

Golden Pumpkin Soup with Cuttlefish

Calories: 138 | Protein: 9 g | Fat: 5 g | Carbohydrates: 15 g | Fiber: 5 g

Serving Size: 4

Ingredients:

- 4 ½ cups cubed yellow pumpkin (or butternut squash)
- 2 medium shallots
- 7 oz cuttlefish (or squid)
- 1 garlic clove
- 1 lemon
- Parsley - to taste
- Salt - to taste
- 1 ½ tbsp extra-virgin olive oil

Instructions:

Boil cuttlefish ~30 minutes in salted water. Meanwhile, wilt shallot in oil; add diced pumpkin and gently brown. When drying, add fish broth or the cuttlefish cooking water; simmer until pumpkin is done, then purée. Slice cooked cuttlefish thinly; dress with lemon juice, plus garlic and parsley (or chives or dill). Set the cuttlefish over the soup with toasted croutons.

For a complete meal, you can add to this dish:

Semolina gnocchi with clams.

Ricotta and spinach gnudi with spicy cherry tomatoes and basil.

CHAPTER II

First courses



Farfalle with Fresh Tomato and Salmon

Calories: 400 | Protein: 18 g | Fat: 8 g | Carbohydrates: 68 g | Fiber: 3 g

Serving Size: 4

Ingredients:

- 6 cups cooked farfalle pasta
- 5 oz (1 small fillet, diced) fresh salmon
- 2 medium tomatoes (about 1 ½ cups chopped)
- 1 clove garlic
- Parsley - to taste
- 1/3 cup white wine
- Chili pepper - to taste
- Fresh basil - to taste
- Salt - to taste
- 1 ½ tbsp extra-virgin olive oil

Instructions:

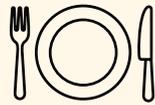
Cube salmon. Lightly brown chopped garlic in a pan; add salmon and brown. Deglaze with wine; add diced tomato. Season with salt, chili, whole basil leaves. Cook pasta to ¾ time; finish in the pan with the sauce. Garnish with parsley leaves.

For a complete meal, you can add to this dish:

Sea bream baked in parchment with green peppercorns.

Monkfish with vegetables in white wine.

Turbot all'acqua pazza (in a light tomato-herb broth) with artichokes.



Semolina Gnocchi with Clams

Calories: 313 | Protein: 25 g | Fat: 8 g | Carbohydrates: 35 g | Fiber: 0 g

Serving Size: 4

Ingredients:

- 2 cups part-skim milk
- 1 lb clams
- 1 cup semolina flour
- 1 egg yolk
- 1 garlic clove
- Parsley - to taste
- 1 ½ tbsp extra-virgin olive oil
- Salt - to taste

Instructions:

Steam clams with a cup of boiled water for about 5 minutes until open; shell and strain liquid. Lightly warm minced garlic in a little oil; add clam liquid, chopped parsley, and clams; reduce slightly. For gnocchi: bring the milk with a bit of oil and salt to a boil; off heat whisk in semolina, then cook 10 minutes, stirring. Off heat, incorporate yolk. Spread 1 cm thick on an oiled surface; cool; cut 4–5 cm rounds. Arrange slightly overlapping on parchment-lined pan; gratin at 180 °C for 15 minutes. Top with clam sauce.

For a complete meal, you can add to this dish:

Tuscan kale mousse with croutons.

Cauliflower flan.

Broccoli tart with spicy sauce and poppy seeds.

Warm ricotta and saffron tart on asparagus sauce.

Chickpea soup with rosemary and fresh cod.

Yellow pumpkin and cuttlefish soup.

Ricotta - Spinach Gnudi with Spicy Cherry Tomatoes and Basil

Calories: 273 | Protein: 15 g | Fat: 17 g | Carbohydrates: 16 g | Fiber: 2 g

Serving Size: 4

Ingredients:

- 1 cup ricotta cheese
- 1 cup packed cooked spinach
- 1/3 cup all-purpose flour
- 1/2 cup grated parmesan cheese
- 1 egg
- 2 cups halved cherry tomatoes
- 1 garlic clove
- Fresh basil - to taste
- Chili pepper - to taste
- Salt - to taste
- 1 ½ tbsp extra-virgin olive oil

Instructions:

Mix finely chopped spinach with ricotta, add Parmesan, flour, and eggs. Shape large gnocchi with two spoons; boil in salted water—ready when they float. Can be made ahead and kept in an oiled pan in the fridge. Score cherry tomatoes, blanch until skins split; shock, peel, halve. Dress with chopped garlic, chili, torn basil, and a little oil. Arrange gnudi star-shaped and fill the center with warmed tomatoes; drizzle with extra-virgin olive oil.



For a complete meal, you can add to this dish:

Chickpea soup with rosemary and fresh cod.

Tuscan bread millefeuille with cannellini beans, Tuscan kale, and fagioli all'uccelletto (beans in tomato and sage sauce).

Pearled Barley Salad with Pesto and Fresh Tomato

Calories: 388 | Protein: 14 g | Fat: 13 g | Carbohydrates: 58 g | Fiber: 8 g

Serving Size: 4

Ingredients:

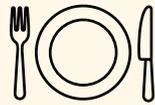
- 1 cup ricotta cheese
- 1 cup packed cooked spinach
- 1/3 cup all-purpose flour
- 1/2 cup grated parmesan cheese
- 1 egg
- 2 cups halved cherry tomatoes
- 1 garlic clove
- Fresh basil - to taste
- Chili pepper - to taste
- Salt - to taste
- 1 ½ tbsp extra-virgin olive oil

Instructions:

Boil barley; cool under cold water. Pesto: blend Parmesan shavings, salt, garlic, pine nuts, and oil to a soft cream; add basil and blend briefly. Seed and dice tomato. Dress barley with pesto and tomato; let flavors meld. For a more beautiful look: press tomato on the bottom of a bowl, pack barley on top, then unmold so tomato decorates the top.

For a complete meal, you can add to this dish:

- Cauliflower flan with Tuscan kale pesto.
- Broccoli tart with spicy sauce and poppy seeds.
- Warm ricotta and saffron tart on asparagus sauce.
- Sea bream baked in parchment with green peppercorns.
- Monkfish with vegetables in white wine.
- Turbot all'acqua pazza (in a light tomato-herb broth) with artichokes.
- chicken with sun-dried tomatoes and asparagus ribbons.
- Roast guinea fowl legs with pearl onions.
- Turkey strips with herbs and braised endive.



Mezzi Rigatoni with Chicken

Calories: 544 | Protein: 39 g | Fat: 13 g | Carbohydrates: 71 g | Fiber: 4 g

Serving Size: 4

Ingredients:

- 6 cups cooked mezzi rigatoni pasta
- 1 lb chicken
- 1 medium onion
- 1 medium carrot
- 2 celery stalks
- 1/2 peeled medium tomato
- 3 tbsp grated parmesan cheese
- 1/2 cup white wine
- Fresh fennel fronds to taste
- Salt - to taste
- 1 ½ tbsp Extra-virgin olive oil

Instructions:

Brown large pieces of chicken (bone-in) in oil; season. Add diced celery, carrot, onion, and garlic; cook until well colored. Deglaze with white wine; add crushed peeled tomatoes; cover with vegetable broth (or hot water) and cook covered—either 30 minutes in a 180 °C oven (in oven-safe cookware) or 45 minutes on the stove. Rest at least 1 hour; debone, dice meat. Pass pan sauce through a food mill; bring to a boil; adjust seasoning. Cook rigatoni to $\frac{3}{4}$ and finish in the sauce with fresh fennel fronds and Parmesan.

For a complete meal, you can add to this dish:

Cauliflower flan with Tuscan kale pesto.
Broccoli tart with spicy sauce and poppy seeds.
Warm ricotta and saffron tart on asparagus sauce.



Linguine with Prawns and Lemon

Calories: 378 | Protein: 19 g | Fat: 6 g | Carbohydrates: 66 g | Fiber: 3 g

Serving Size: 4

Ingredients:

- 10 ½ oz (3/4 box) linguine pasta
- 2 cups halved cherry tomatoes
- 7 oz (about 8-10 large shrimp, peeled and deveined)
- 1 whole lemon
- 1 garlic clove
- Chili pepper - to taste
- Parsley - to taste
- 1 ½ tbsp Extra-virgin olive oil
- Salt - to taste

Instructions:

Blanch cherry tomatoes; peel, quarter, and seed. Chop garlic with chili and lemon zest; mix into tomatoes with oil and salt; warm gently. Cook linguine, add to warm tomatoes, then add halved, peeled prawns; cook a few minutes to just set. Garnish with parsley.



For a complete meal, you can add to this dish:

Sea bream baked in parchment with green peppercorns.

Monkfish with vegetables in white wine.

Turbot all'acqua pazza (in a light tomato-herb broth) with artichokes.



Chickpea - and -Farro Soup with Rosemary Maltagliati

Calories: 302 | Protein: 14 g | Fat: 6 g | Carbohydrates: 57 g | Fiber: 5 g

Serving Size: 4

Ingredients:

- 1 cup cooked chickpeas
- 1/2 cup farro
- 1 garlic clove
- 1 tbsp Tomato Paste
- Rosemary - to taste
- 1 cup All-purpose flour
- 1/3 cup semolina flour
- 3 egg whites
- 1 ½ tbsp extra-virgin olive oil

Instructions:

Maltagliati: knead flours with egg whites and finely chopped rosemary; rest 20 minutes; roll very thin; cut like wide pappardelle. Warm chickpeas and season with rosemary-infused oil; add tomato paste; blend to a not-too-thick soup (loosen with broth or water if needed). Boil farro separately in salted water as directed; boil maltagliati ~5 minutes. Heat soup, add drained farro and maltagliati; finish with a drizzle of raw oil.

Complete meal pairing: Autumn salad with salsa verde.

Penne all'Arrabbiata

Calories: 380 | Protein: 12 g | Fat: 7 g | Carbohydrates: 73 g | Fiber: 4 g

Serving Size: 4

Ingredients:

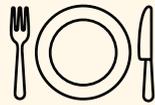
- 6 cups cooked pennette pasta
- 1 medium bell pepper, diced
- 1 medium red onion
- 5 oz (1/2 cup chopped) peeled tomatoes (canned or fresh)
- 3 tbsp grated parmesan cheese
- Fresh basil - to taste
- Chili pepper - to taste
- Salt - to taste
- 1 ½ tbsp extra-virgin olive oil

Instructions:

Rough-chop onions; sweat with diced peppers. Add tomatoes and cook; before fully done, add basil; pass through a food mill; return to heat; season with chili. Cook penne to $\frac{3}{4}$ and finish in the pan with the sauce; sprinkle with Parmesan before serving.

For a complete meal, you can add to this dish:

- Chicken bites with orange and green beans.
- chicken with sun-dried tomatoes and asparagus ribbons.
- Roast guinea fowl legs with pearl onions.
- Turkey strips with herbs and braised endive.



Spaghetti with Baby Squid and Sage

Calories: 365 | Protein: 18 g | Fat: 5 g | Carbohydrates: 65 g | Fiber: 2 g

Serving Size: 4

Ingredients:

- 10 ½ oz (about ¾ box) Spaghetti
- 1 garlic glove
- Fresh sage - to taste
- 10 ½ oz small squid (calamari)
- Chili pepper - to taste
- 1 ½ tbsp extra-virgin olive oil
- Salt - to taste

Instructions:

Brown crushed garlic with oil and chili; add very thin lengthwise-sliced baby squid; warm gently; add finely sliced sage. Do not overcook squid or it will toughen (use small squid). Cook spaghetti very al dente and finish in the pan; add a little oil; serve very hot.

For a complete meal, you can add to this dish:

Sea bream baked in parchment with green peppercorns.

Monkfish with vegetables in white wine.

Turbot all'acqua pazza (in a light tomato-herb broth) with artichokes.

Spaghetti with Savory (Satureja), Spring Onions, and Shelled Beans

Calories: 422 | Protein: 16 g | Fat: 8 g | Carbohydrates: 75 g | Fiber: 5 g

Serving Size: 4

Ingredients:

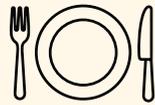
- 11 oz (about $\frac{3}{4}$ box) Spaghetti
- 1 cup cooked white or fava beans
- $\frac{1}{3}$ cup grated parmesan cheese
- Thyme - to taste
- 2 Fresh scallions
- $1\frac{1}{2}$ tbsp extra-virgin olive oil
- Salt - to taste

Instructions:

Thinly slice spring onions; brown in extra-virgin olive oil; add savory leaves, then cooked beans with some broth; season and simmer briefly. Cook spaghetti slightly less than al dente; drain and toss in the sauce. Garnish with coarse Parmesan shavings and a drizzle of oil.

For a complete meal, you can add to this dish:

- Cauliflower flan with Tuscan kale pesto.
- Broccoli tart with spicy sauce and poppy seeds.
- Warm ricotta and saffron tart on asparagus sauce.



Rosemary Bean Soup with Toasted Bread and Cuttlefish

Calories: 357 | Protein: 23 g | Fat: 6 g | Carbohydrates: 55 g | Fiber: 7 g

Serving Size: 4

Ingredients:

- 12 oz cuttlefish
- 1 ½ cup cooked cannellini, fava or white beans
- 2 tbsp tomato paste
- 8-10 slices of bread of your choice
- Rosemary - to taste
- 1 ½ tbsp extra-virgin olive oil
- Salt - to taste

Instructions:

Infuse oil with rosemary days in advance. Warm beans with infused oil and tomato paste; blend with an immersion blender. Toast bread cubes in a non-stick pan with a little oil (or in the oven at 180 °C). Clean cuttlefish; boil in salted water with half a lemon ~40 minutes; slice thin; season with salt and oil; place over the hot bean purée; top with crunchy bread.

For a complete meal, you can add to this dish:

- Cauliflower flan with Tuscan kale pesto.
- Broccoli tart with spicy sauce and poppy seeds.
- Warm ricotta and saffron tart on asparagus sauce.

CHAPTER III

Main Courses

Orange Chicken Bites with Green Beans

Calories: 267 | Protein: 27 g | Fat: 10 g | Carbohydrates: 17 g | Fiber: 2 g

Serving Size: 4

Ingredients:

- 1 lb 2 oz (2-3 breasts or thighs) chicken
- 1/3 cup all-purpose flour
- 2 Oranges
- 9 oz (2 cups trimmed) green beans
- 2-3 stalks fresh scallions
- 1 ½ tbsp extra-virgin olive oil
- Salt - to taste

Instructions:

Use chicken breast (boneless) or other cuts like deboned thighs. Cut into 3 cm cubes; flour and shake off excess; sauté over high heat in oil until browned; season. When browning, add orange juice (plus a little water if needed) and stir constantly to make a thick sauce. Serve with boiled green beans tossed with fresh spring onion.

For a complete meal, you can add to this dish:
Tuscan kale mousse with croutons.
Pearled barley salad with pesto and fresh tomato.
Penne all'arrabbiata (with spicy tomato sauce).

Monkfish with Vegetables in White Wine

Calories: 260 | Protein: 37 g | Fat: 6 g | Carbohydrates: 13 g | Fiber: 6 g

Serving Size: 4

Ingredients:

- 1 lb 12 oz (2-3 fillets) monkfish
- 3 tbsp capers
- 1 ½ cups Sun-dried tomatoes
- 2 small (2 cups) chopped zucchini
- 2 medium carrots
- 1 garlic clove
- 1/3 cup white wine
- 1 ½ tbsp extra-virgin olive oil
- Salt - to taste

Instructions:

Warm a crushed garlic clove in oil; remove; add thin-sliced zucchini and carrots; season with salt and pepper; add white wine and reduce; add fish broth or hot water/vegetable broth; add thin-sliced sun-dried tomatoes and capers. Lay in monkfish slices; cover and bake at 180 °C for 15 minutes; rest covered before serving.

For a complete meal, you can add to this dish:

Couscous with cuttlefish and vegetables.

Warm farro salad with prawns.

Crunchy panzanella with squid and sweet-and-sour onion.

Farfalle with fresh tomato and salmon.

Spaghetti with baby squid and sage.

Linguine with prawns and lemon.

Sea Bream en Papillote with Green Peppercorns

Calories: 210 | Protein: 33 g | Fat: 8 g | Carbohydrates: 1 g | Fiber: 0 g

Serving Size: 4

Ingredients:

- 1 lb 10 oz (2 medium fillets) sea bream
- Green peppercorns in brine - to taste (about 1-2 tsp, drained)
- 2 garlic cloves
- 1 small bunch of parsley
- 1 ½ tbsp extra-virgin olive oil
- Salt - to taste

Instructions:

Larger fish yield less waste, but fillets can be used. For individual portions, use small whole fish. Clean carefully (including blood along the spine). If unsure, ask the fishmonger, and cook as soon as possible. Chop garlic and parsley; mix with oil. Salt the belly cavity; place fish on two sheets of foil; fill cavity with some sauce and green peppercorns; drizzle more oil and sauce and more peppercorns on top; seal tightly with foil. Bake at 200 °C about 25 minutes for a 400 g fish (add ~5 minutes per additional 150 g). A 1.2 kg fish needs just over an hour. The packet will puff when done. Papillote keeps the flesh moist and tender.



For a complete meal, you can add to this dish:

Couscous with cuttlefish and vegetables.

Warm farro salad with prawns.

Spaghetti with baby squid and sage.

Linguine with prawns and lemon.

Roast Guinea Fowl Thighs with Pearl Onions

Calories: 240 | Protein: 22 g | Fat: 9 g | Carbohydrates: 19 g | Fiber: 4 g

Serving Size: 4

Ingredients:

- 1 lb 2 oz guinea fowl thighs
- 1 medium white onion
- 2 celery stalks
- 3 medium carrots
- 1/2 cup white wine
- 2 cups white pearl onions
- 2 ½ teaspoons honey
- 1/2 cup white vinegar
- Fresh chives - to taste
- Fresh sage - to taste
- Fresh rosemary - to taste
- Salt - to taste
- 1 ½ tbsp extra-virgin olive oil

Instructions:

Dice carrot, celery, onion; finely chop sage and rosemary. Salt and pepper thighs; rub with herbs. Brown vegetables in oil; add thighs skin-side down; brown; then roast at 200 °C for 15 minutes. Meanwhile, caramelize diluted honey; add pearl onions; add white vinegar and a little water; cook covered over low heat ~15 minutes. Strain pan juices; serve thighs with sauce and well-drained pearl onions, sprinkled with finely chopped chives.

For a complete meal you can add to this dish:

Black kale mousse with croutons.
Pearl barley salad with pesto and fresh tomato.
Penne all'arrabbiata.



Chicken Curry with Apples and Basmati Rice

Calories: 471 | Protein: 29 g | Fat: 10 g | Carbohydrates: 71 g | Fiber: 2 g

Serving Size: 4

Ingredients:

- 1 lb chicken thighs
(boneless, skinless)
- 1 shallot
- 1 Golden apple
- 1 ½ cups basmati rice
- Curry powder - to taste
- Salt - to taste
- 1 ½ tbsp extra-virgin
olive oil

Instructions:

Boil basmati in salted water. Brown finely chopped shallot with diced apple; add deboned thigh meat cut in pieces; brown well for flavor; season with salt and curry; moisten with hot water; cook ~15 minutes and rest as long. Serve moist chicken and dry rice. Great for using slightly wrinkled apples.

For a complete meal you can add to this dish:

Black kale mousse with croutons.
Autumn salad with green sauce.

Chicken with Thyme and Lemon, and “Sandy” Potatoes

Calories: 290 | Protein: 30 g | Fat: 12 g | Carbohydrates: 17 g | Fiber: 2 g

Serving Size: 4

Ingredients:

- 1 lb 5 oz chicken (boneless, skinless)
- 1 small bunch of thyme
- 1 lemon
- 2 medium potatoes
- 1 ½ tbsp breadcrumbs
- Salt - to taste
- 1 ½ tbsp extra-virgin olive oil

Instructions:

Salt, pepper, and thyme. the chicken Brown skin-side in an oiled low pan; flip, add lemon juice; roast at 200 °C for 10 minutes. Serve with cubed potatoes: parboil, toss in breadcrumbs, and bake at 200 °C for 20 minutes with a little oil and salt.



For a complete meal you can add to this dish:

Black kale mousse with croutons.
Autumn salad with green sauce.



Polenta with Wild Boar Ragù

Calories: 405 | Protein: 25 g | Fat: 15 g | Carbohydrates: 50 g | Fiber: 3 g

Serving Size: 4

Ingredients:

- 1 cup instant polenta
- 1/2 cup water
- 14 oz pork shoulder
- 1 small carrot
- 2 celery stalks
- 2 red onions
- 1 garlic clove
- 1 ½ tbsp tomato paste
- Red wine - to taste
- 4 bay leaves
- Juniper berries - to taste
- Salt - to taste
- 1 ½ tbsp extra virgin olive oil

Instructions:

Marinate small cubes of wild boar overnight with chopped vegetables, spices, herbs, and wine. Drain meat; chop vegetables (discard herbs); cook with oil and tomato paste; simmer ~2½ hours, adding marinade wine as needed. Cook polenta in salted water ~10 minutes; serve hot topped with boar ragù.

For a complete meal you can add to this dish:

Autumn salad with salsa verde.

Turbot “All’Acqua Pazza” with Artichokes

Calories: 226 | Protein: 34 g | Fat: 8 g | Carbohydrates: 4 g | Fiber: 1 g

Serving Size: 4

Ingredients:

- 1 lb 12 oz Turbot fillets
- 1 ½ cups Cherry tomatoes
- 2 cloves of garlic
- 1 medium white onion
- 1/2 cup white wine
- 1/2 cup fish broth
- 2 artichokes
- Salt - to taste
- 1 ½ tbsp extra virgin olive oil

Instructions:

Fillet the turbot (or ask the fishmonger). Slice onion; add garlic in the skin; sweat both in a little oil; add fillets and wedged tomatoes; add fish broth or hot water; cover and simmer low 15 minutes. Separately sauté cleaned, wedged artichokes with a whole garlic clove (remove later). Serve fillets with slightly reduced cooking juices and chopped parsley, alongside sautéed artichokes.

For a complete meal you can add to this dish:

Couscous with cuttlefish and vegetables.

Warm farro salad with prawns.

Crunchy panzanella with squid and sweet-and-sour onion.

Farfalle with fresh tomato and salmon.

Spaghetti with baby squid and sage.

Linguine with prawns and lemon.

Chicken with Sun-Dried Tomatoes and Asparagus Bundles

Calories: 260 | Protein: 30 g | Fat: 11 g | Carbohydrates: 8 g | Fiber: 4 g

Serving Size: 4

Ingredients:

- 1.1 lb chicken loins
- 8 sun-dried tomatoes
- 1/2 cup boiled and squeezed spinach
- 16 Asparagus
- 1 Leek
- 3 Carrots
- 3 Celery stalks
- 1 piece pork caul fat
- White wine - as needed
- Salt - to taste
- 1 ½ tbsp extra virgin olive oil

Instructions:

Lay two sun-dried tomatoes and cooked spinach on each loin; roll and wrap in caul fat (or secure with toothpicks or string). Brown chopped vegetables in oil (use only the tender leek center now; reserve outer leaves). Add chicken rolls; brown; deglaze with white wine; finish in oven at 200 °C for 10 minutes.

Blanch asparagus; shock; bundle into fours and wrap with blanched leek leaves cut into long strips; sprinkle with Parmesan and gratin at 200 °C for 5–8 minutes. Rest chicken in the switched-off oven; slice; pass pan vegetables through a mill or sieve for the sauce.



For a complete meal you can add to this dish:
Black kale mousse with croutons.
Pearl barley salad with pesto and fresh tomato.
Penne all'arrabbiata.

Turkey Strips with Herbs and Braised Endive

Calories: 350 | Protein: 33 g | Fat: 14 g | Carbohydrates: 28 g | Fiber: 3 g

Serving Size: 4

Ingredients:

- 1.1 lb Turkey Breast
- Broth - as needed
- Parsley - as needed
- Thyme - as needed
- Sage - as needed
- Rosemary - as needed
- $\frac{3}{4}$ cup all-purpose flour
- 1 lb 5 oz endive
- 1 shallot
- Salt - to taste
- 1 $\frac{1}{2}$ tbsp extra virgin olive oil

Instructions:

Slice breast into strips; flour; sauté in oil with chopped herbs; season; brown well; add broth or hot water to cover; reduce over high heat, shaking the pan so the flour forms a thick, colored glaze; add more finely chopped herbs; reduce and serve hot with the thick sauce and braised endive.

Braised endive: sweat chopped shallot in oil; add endive; cook low ~15 minutes (add hot water if drying—heat is too high); salt and serve.

For a complete meal you can add to this dish:
Black kale mousse with croutons.
Pearl barley salad with pesto and fresh tomato.
Penne all'arrabbiata.

CHAPTER III

Desserts

Citrus Fruit Salad in Red Wine

Calories: 120 | Protein: 1 g | Fat: 0 g | Carbohydrates: 25 g | Fiber: 3 g

Serving Size: 4

Ingredients:

- 2 Yellow Grapefruits
- 1 Pink Grapefruit
- 2 Oranges
- 1 Lemon
- 1/2 cup red wine
- 2 Tbsp Honey
- A couple sprigs fresh mint

Instructions:

Wash and dry citrus. Halve yellow grapefruits with a zig-zag cut; gently remove pulp and peel membranes. Peel oranges and pink grapefruit “a vivo” (no pith) and segment; do the same with lemon. Macerate all pulp with red wine and honey (port can be used). Fill the grapefruit shells and garnish with a quarter-slice of orange on a pick and fresh mint, reminiscent of cocktail garnishes.



Pears in Red Wine with Mascarpone and Cinnamon

Calories: 210 | Protein: 3 g | Fat: 11 g | Carbohydrates: 27 g | Fiber: 4 g

Serving Size: 4

Ingredients:

- 3 cups Red Wine
- 2 ½ Tbsp Honey
- 1 Cinnamon Stick
- 4 Williams Pears
- 1/2 cup Mascarpone
- 1 Tbsp Ground Cinnamon

Instructions:

Boil wine with cinnamon and 30 g honey; add peeled whole pears; cook 30 minutes and let cool slowly. Mix mascarpone with remaining honey and cinnamon. Slice warm pears and serve with the mascarpone cream.

Zucchini Cake

Calories: 363 | Protein: 9 g | Fat: 20 g | Carbohydrates: 39 g | Fiber: 1 g

Serving Size: 4

Ingredients:

- 2 ½ cups all-purpose flour
- ¼ cup Powdered Sugar
- 2 cups Grated Zucchini
- 1/3 cup chopped walnuts
- 2 Eggs
- 1/3 cup Unwhipped Cream Cheese
- 1/3 cup Milk
- 1/3 cup Extra Virgin Olive Oil
- 2 ½ Tsp Baking Powder
- Nutmeg - to taste
- Cinnamon - to taste
- Salt - to taste

Instructions:

Mix eggs, sugar, oil, salt, baking powder, spices; gradually add flour and raw grated zucchini, then walnuts and milk. Pour into a floured or parchment-lined tin; bake at 180 °C for 1 hour 10 minutes. Cool, unmold, and serve with a cream made by mixing Philadelphia, powdered sugar, and a little milk.

Warm Apple-and-Raisin Tarte Tatin

Calories: 284 | Protein: 3 g | Fat: 15 g | Carbohydrates: 35 g | Fiber: 2 g

Serving Size: 4

Ingredients:

- 4 medium apples
- 2 ½ Tbsp Brown Sugar
- 3 Tbsp Pine Nuts
- ½ Cup Raisins
- 1 Cup All-Purpose Flour
- 3 ½ Tbsp Room Temperature Water
- 1/3 cup Extra Virgin Olive Oil
- Salt - to taste

Instructions:

Caramelize brown sugar with a little water; pour into small molds. Arrange apple slices decoratively, then fill with remaining sliced apple, soaked raisins, and pine nuts. Bake at 180 °C for 20 minutes; weight the apples while cooling so they set in their caramel.

Serve on a pastry disk made as follows: place flour in a mound; add water, oil, and salt; knead from the center, gradually incorporating the flour; work until smooth; wrap and rest 30 minutes in the fridge; roll out and cut circles the size of the mini tatins; bake at 180 °C for ~30 minutes.



About the Contributors

Contributors to this project:

- Matia Barciulli, chef and author of the recipes.
- Dr. Valentina Angeli and Dr. Roberta Jaccheri for dietary consulting.

About Matia Barciulli, chef

Chef of Osteria di Passignano (awarded one Michelin star), has brought his culinary passion to the wider public through TV programs and cooking schools. Founder of “Il Magnifico,” an award dedicated to excellent extra-virgin olive oil, he has helped elevate olive-oil at the European level. After being part of the Antinori group’s restaurant team, he now consults for wineries and olive-oil companies, always keeping a focus on the balance between emotion and economy.

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