



Ciao!

In case we never met before, we are Mamma Anna and Mamma Sara and we would like to spend few words to tell you that we truly love you and we hope that this pack full of goodies will put a smile on your face!

We decided to pull up this idea because we know that many friends are experiencing this lockdown far from their own family, being us Mammamas, we really know how it feels to have “piezz e core” (pieces of heart) not under the same roof. As you probably know, food in Italy is something that goes way beyond a gastronomic culture. We express love, traditions and passion through handmade dishes and local products that we usually put in a box (the infamous “PACCO”) and deliver to our kids living far from us or abroad. Why? To give them a taste of lovely memories spent with their family and obviously because every kid will always look too skinny to Mamma’s eyes : )

This “pacco” is a treasure we would like to share with you today because we feel that you are part of our family too!

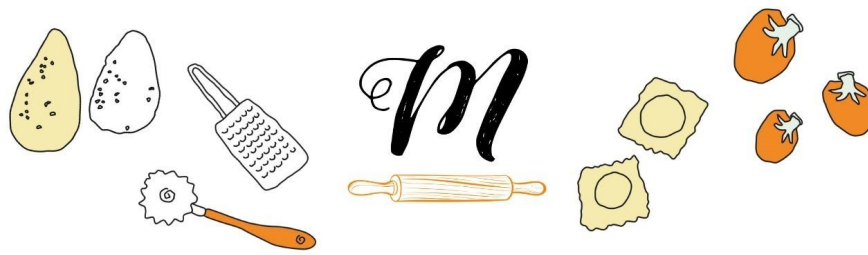
The kit includes a mix of basics from our pantry (the Mammamas and I carefully handpicked each ingredient so you know it's the good stuff), some 'make your own' bits (they are foolproof, make us proud! ) as well as some mammamas-made meals ready to be warmed up or stored in the freezer. We will guide you in every step from cooking to freezing what we sent you, but if you have any doubt, feel free to reach us on Instagram: @lamiamammalondon or by email [info@lamiamamma.co.uk](mailto:info@lamiamamma.co.uk)

Tag us with your recipes using mamma’s pack on instagram, with the hashtag #cooklikeamamma for a chance to win a meal for 2 when we’ll reopen our doors.

Also, by ordering this Survival Kit, you have donated 2% to our crowdfunding to support the NHS! Grazie mille for your support!

Please note that our aim is to help as many people as we can to **stay home**, in order to defeat this invisible enemy in as less time as possible. So please only leave the house if really vital and for primary necessities.

Un abbraccio, Mamma Anna and Mamma Sara



## I CONSIGLI DELLE MAMME (Mamma's tips)

### FRESH PASTA DOUGH & FILLED RAVIOLI MAKING

#### Freeze:

keep the dough in the vacuum pack and freeze for max 3 months. Don't freeze it again after defrosting it.

#### Defrost:

take it out of the freezer and let it defrost in the fridge.

#### Refrigerate:

if you have already opened the vacuum pack, wrap it in the cling film and keep it in the fridge for max 2-3 days.

#### How to use it:

The night before you need to make your pasta, take it out of the freezer and let it defrost in the fridge. Then, about an hour before you are going to roll it out, let it come to room temperature on the counter.

If you have a pasta machine such as an Imperia, you can prepare your pasta sheets. If you don't, you can roll your dough until it gets very thin.

The easiest way to use your pasta sheet would be to prepare some lasagna sheets or filled ravioli.

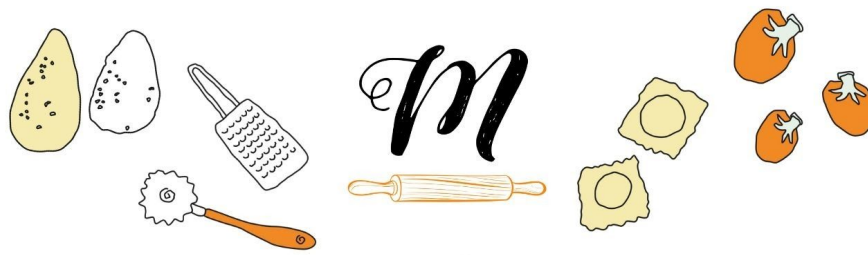
Ravioli:

Once the pasta sheet is very thin, cut it into squares and place in the centre a small amount of filling, close the squares with a fork and boil the ravioli in salted boiling water until they float, keep cooking for 2-3 minutes and then drain.

For the filling: mix the ricotta we sent you with some boiled and chopped spinach. Add a pinch of salt, Parmesan cheese and nutmeg.

**Ingredients:** Flour, egg, salt

**Allergens:** Gluten, egg



## **PASTA SAUCES:**

### **Freeze:**

You can place the sauces as they are in the freezer for max 3 months. Don't freeze it again after defrosting it.

### **Defrost:**

take it out of the freezer, place it on a plate and defrost at room temperature for 3 - 4 hours.

### **Refrigerate:**

keep in the fridge for max 2-3 days.

### **How to use it:**

When the sauce is back to room temperature, place it in a pan and add just a bit of water, heat at medium flame. In the meantime boil some salted water and cook your pasta one minute less considering the cooking time shown on the pack if it's dried pasta, in case of fresh pasta, cook for 1-2 minutes from when the pasta floats on the surface. Join the pasta with the sauce and toss the pasta for about one minute. If needed, you can add a bit of the water you used to cook the pasta. As a finish touch, the Mammias add a very generous amount of grated Parmesan cheese.

### **Ingredients:**

Cacio e Pepe: pecorino, Parmesan mix, black pepper, milk, flour

Genovese: beef, onions, celery, carrots, red wine, tomato sauce, extra virgin olive oil, pepper, salt

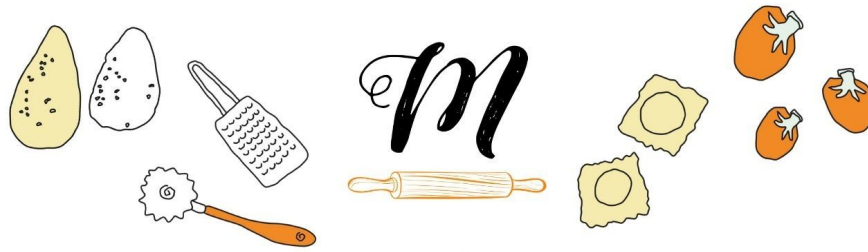
Tomato sauce: tomato, garlic, basil

Bolognese: beef, carrots, celery, red wine, pepper, paprika, tomato sauce

### **Allergens:**

Milk, celery, gluten, sulphites (wine)

## **BREAD:**



### Freeze:

Before freezing, the Mammias suggest you to cut the loaf into slices, so you can defrost them based on the need. Freeze for max 3 months. Don't freeze it again after defrosting it.

### Defrost:

Take it out of the freezer and let it defrost at room temperature (don't use the microwave please!) then heat it up in the oven.

### Refrigerate:

Keep it in the fridge for max 2-3 days. If your bread gets a bit old and hard, don't throw it, just heat it up in the oven and make delicious bruschette! An other idea is to soak your stale bread into some milk squeeze it and mix the bread with eggs, herbs, cheese and prepare vegetarian "polpette con mollica di pane" (meatballs with breadcrumbs)

### How to use it:

"felicità è un bicchiere di vino con un panino"

"happiness is a glass of wine with a panino" says a popular Italian song and guess what? You've got everything in your box to make it happen!

So take some bread, fill it with our charcuteries, mozzarella and indulge in Mamma's simplest and most rewarding treat!

Another way to get the most from Mamma's bread is to celebrate an Italian ritual: scarpetta (little shoe). Take a piece of bread and mop the last sauce on your plate! Easy and highly addictive!

### Ingredients:

Flour, extra virgin olive oil, water, yeast

### Allergens:

Gluten



## **CHARCUTERIES:**

### **Freeze:**

Nope, sorry, we wouldn't suggest to freeze them!

### **Defrost:**

as above.

### **Refrigerate:**

Keep it in the fridge for max 3-4 days.

### **How to use it:**

With our bread as a panino or prepare an eye catching tagliere (sharing board) with some bread, mozzarella and charcuteries! Obviously to be paired with a good glass of red.

### **Ingredients:**

Parma ham, pistachio mortadella, salame and prosciutto cotto

### **Allergens:**

Gluten, nuts

## **PARMIGIANA:**

### **Freeze:**

Do not freeze

### **Refrigerate:**

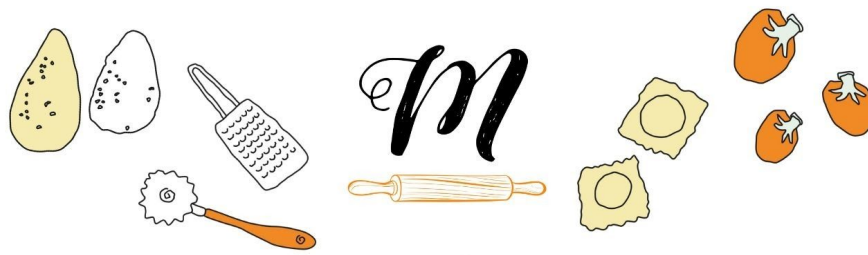
Keep it in the fridge for max 2-3 days.

### **How to use it:**

Cook it at 180c (gas mark 4) for 5-7 mins.

**Ingredients:** Aubergines, flour, mozzarella cheese, parmesan, basil

**Allergens:** Gluten, milk, celery



## **PIZZA DOUGH - Pizza in “teglia” ( tray pizza recipe)**

### **Freeze:**

The Mammias suggest to divide the dough into 4 smaller balls, wrap them in cling film and store them in a freezer bag so you can use only the quantity you need in the future.

### **Defrost:**

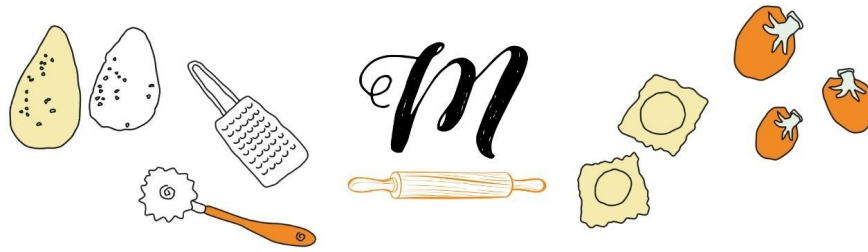
defrost at room temperature for 3-4 hours

### **Refrigerate:**

if you have already opened the vacuum pack, wrap it in cling film and keep it in the fridge for max 2 days.

### **How to use it:**

1. remove from the package and let the dough grow at room temperature for 8 hours.
2. pre heat the oven at 220c ( gas mark 7).
3. Spread some flour on a clean marble or wooden top. Use your fingertips to stretch the dough without pressing too hard.
4. place the greaseproof paper in your tray and drizzle a bit of extra virgin olive oil.
5. keep stretching softly the dough until it covers the entire tray, let it rest for about 20 - 30 min so that it can raise again a bit
6. when the dough has raised again, press again softly on the dough with your fingertips and then spread the fresh tomato sauce ( you can add some basil to the fresh tomato sauce we sent you) and leave 1 cm on the borders. Add a drizzle of olive oil.
7. place the tray in the oven at the lowest position available, at 220c ( gas mark 7) for about 20 min until the crust starts getting golden.
8. remove the tray from the oven, spread the chopped mozzarella (and other toppings if you wish), finish with a sprinkle of grated Parmesan and place the tray again in the oven but at a higher level until the mozzarella is melted and becomes light golden.
9. remove from the tray and let it cool for 10 mins before cutting into squares and serving.



**Alternatively you can also prepare a round pizza in a pan, using the following method:**

1. Heat a non stick frying pan or skillet (preferably cast-iron) over a medium-high flame until piping hot. Heat the grill to its highest setting.
2. Stretch the dough with lightly floured hands into a rough round, keeping the edges thicker. You should now have a disc of dough around 10 inches in diameter, consistently thin but with a slightly thicker "cornicione". Cook on the skillet until the base has begun to char, adding a spoonful of tomato sauce and some chopped mozzarella.
3. Once the bottom looks done (about 1-2 minutes), place it in the highest shelf of the grill until the cheese is properly melted and the edges have taken some colour. Finish with a few leaves of basil and a drizzle of extra-virgin olive oil and enjoy it as soon as possible as this pizza must be eaten hot.

#### **Ingredients:**

Flour, extra virgin olive oil, water, yeast

#### **Allergens for the dough:**

Gluten

#### **CHEESES:**

##### **Freeze:**

Nope, sorry!

##### **Defrost:**

No, the Mammias can't allow anything like this!

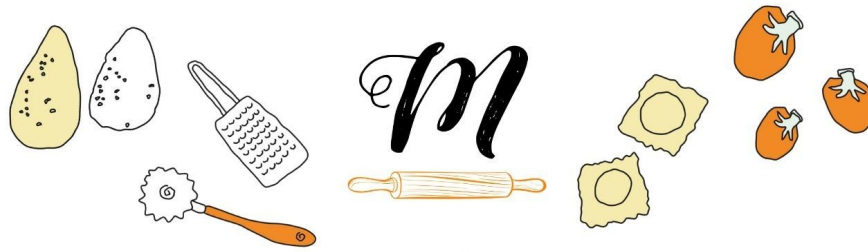
##### **Refrigerate:**

Keep it in the fridge for max 3 days.

##### **How to use it:**

Nodini: perfect as nibbles on tagliere ( sharing board)

Stracciatella di Burrata: enjoy it alone or be creative and try it on pasta, risotto or pizza!



Ricotta: a very light cheese, perfect as a filling for ravioli or alone with a salad!

**Ingredients:**

Milk, rennet, cream

**Allergens:**

Milk

**MEATBALLS:**

**Freeze:**

Freeze it for max 3 months. Don't freeze it again after defrosting it.

**Defrost:**

take it out of the freezer and place it on a plate in the refrigerator. Once defrosted eat without refrigerating again.

**Refrigerate:**

Keep it in the fridge for max 3 days (if you haven't frozen them before).

**How to use it:**

Heat them up in a pan with a bit of water, stir with a wooden spoon and enjoy it as a main! Don't forget to make "scarpetta" with a piece of bread.

**Ingredients:** Beef meat, Breadcrumbs, garlic, parmesan cheese

**Allergens:** Gluten, Milk

**MINI ARANCINE AND CROQUETTES:**

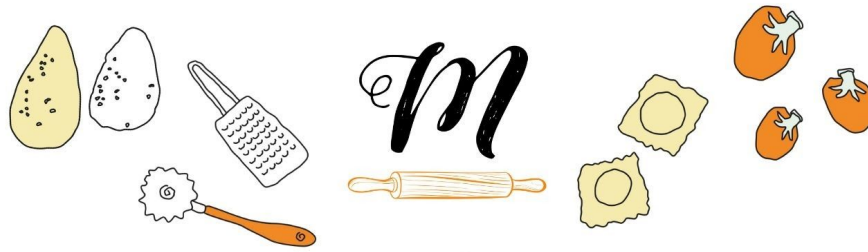
**Freeze:**

You could but the Mammias wouldn't recommend to freeze arancine and croquettes ...they will lose their magic!

**Refrigerate:**

Keep it in the fridge for max 3 days.





### How to use it:

Heat them up in the oven for few minutes, don't microwave them please!

**Ingredients:** Rice, onions, extra virgin olive oil, salt, pepper, peas, saffron, vegetable stock, parmesan, scamorza cheese, flour, panko

**Allergens:** Gluten, milk

Croquettes:

**Ingredients:** potatoes, eggs, parsley, salt, pepper, pecorino, parmesan cheese, flour, panko

**Allergens:** gluten, milk

## CANNOLI SHELL and RICOTTA FILLING IN THE SAC A POCHE

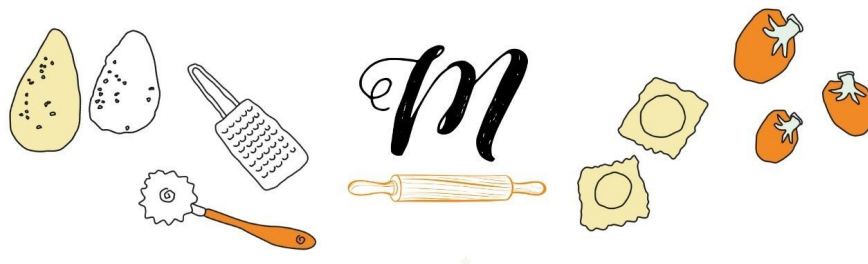
### How to use it:

Cut the point of your sac a poche and fill the cannolo shell with it. To garnish, you can spread a dash of icing sugar on top and sprinkle the ricotta on two openings with pistachio or chocolate drops.

You can keep your ricotta filling in the fridge for about 2 days. Once you have prepared your cannoli, the Mammamas recomed to enjoy them freshly prepare before the shell gets a bit soggy by the filling.

**Ingredients:** Flour, butter, egg

**Allergens:** Gluten, eggs



## WINE

### How to use it:

1. Open the bottle (That's a good start)
2. Pour it in the glass
3. Swirls it and act cool
4. Drink it while preparing the food
5. Repeat

**Allergens:** Sulphites, please read label

### PLEASE NOTE:

**ALL PRODUCTS MAY CONTAIN TRACES OF NUTS, MILK, SOYA, GLUTEN, EGGS AND OTHER ALLERGENS.**

**ALL OUR CHEESES ARE HOME MADE AT OUR CHEESE FACTORY IN BATTERSEA USING THE FINEST AND FRESHEST BRITISH MILK.**

**THEY ARE ALL PASTEURISED BUT MAY CONTAIN TRACES OF NON PASTEURISED FRESH MILK**