



Recipe Book
CUCINA PUBBLICA
think - choose - eat



Recipe Book

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The truly beautiful thing about cooking it is the ability to communicate memorable images and experiences paired with conceptual richness. This beauty is too comprised on the ingredients and the way we bring them together.

There are thousand of foods on the planet, and explaining why we eat the relatively small selection we do, requires some words. What is food for us? Food matters and so do the stories served with food. Stories about food are stories about us, and these stories bind us to others.

In the Cucina Publicca, everybody chose what they want to eat out of a careful selection of 54 ingredients, each described with 12 categories of information. They were asked to conceive a Brocheta selecting 5 ingredients from the table, drawing them carefully with precise intructions how to be prepared and explaining why they chose this specific 5.

The recipes were then mixed and randomly distributed, so that everyone got to cook someone else food creation. Once the Brocheta, after been assembled and grilled, was ready to eat, the cook had to find the hungry owner. Names were shouted out loud in the middle of the crowd. Two strangers will now share much more than just food.

Many of these tasty stories are included in this recipe book.

We would like to thank you all for sharing them with us.

Sincerely,

Markus, Ines and Ruben
Stiftung Freizeit



In Roman times, **anchovies** were eaten raw as aphrodisiac. **Mozzarella** colour is RAL 9003 Signal white. One slice of **Parma ham** costs 0,28€. It takes 10 weeks to produce a **chicken**. This **asparagus** comes from 10.900km far away. To produce 1 kg of meat from **beef** generates same amount of CO₂ as a car every 250 km. **Ananas** are multiple accessory fruits. The edible part of a **shrimp** is 47%. This **carrot** packaging is 34gr of polypropylene. One egg has 144 kcal. **Bananas** are naturally slightly radioactive. Of the seven continents, only Antarctica is unable to produce **pumpkins**. **Mussel** filter up to 8 liters of water every hour. We paid 0,085€ for a **strawerry**. 100g of **avocado** contain 233 Kcal. Male and female **pumkins flowers** are edible. Kernels of **maize** explode forming fluffy pieces, when heated. *Actinidia chinensis* is the scientific name of **kiwi**. A large **red bell pepper** contains 3 times more vitamin C than an average **orange**.



CUCINA PUBBLICA

Foodstuff

- | | |
|-------------------------|-------------------------|
| 01 Filetti di Alici | 28 Carota |
| 02 Cozza | 29 Ananas |
| 03 Salmone | 30 Avocado |
| 04 Mozzarella di Bufala | 31 Zucca Verde |
| 05 Pollo | 32 Datteri Deglet Nour |
| 06 Pomodoro Ciglieno | 33 Fichi |
| 07 Prosciuto di Parma | 34 Edelpilz Bergader |
| 08 Asparagi | 35 Mais Dolce |
| 09 Cipolla Bianca | 36 Fiore di Zucchini |
| 10 Tacchino | 37 Carciofa |
| 11 Olive Verdi | 38 Salame |
| 12 Cetriolo | 39 Bovino Adulto |
| 13 Peperone Rosso | 40 Seppia |
| 14 Panceta Affumicata | 41 Surimi in Salamoia |
| 15 Suino | 42 Flor di Capra |
| 16 Wurstel | 43 Zucchini |
| 17 Patata | 44 Gamberone |
| 18 Broccoli | 45 Tonno |
| 19 Melanzana | 46 Uva |
| 20 Prosciuto Cotto | 47 Pomodori Secci |
| 21 Prughe Secche | 48 Fragola |
| 22 Champignon | 49 Cetriolini all'Aceto |
| 23 Scamorza Affumicata | 50 Pane per Tramezzini |
| 24 Mela Fuji | 51 Fondi |
| 25 Kiwi | 52 Pane |
| 26 Banana | 53 Sardele |
| 27 Arance Bionde | 54 Mango |

SELECTION

Lists, classifications, indexes and typologies fascinate us. Though we know selection is very personal, we looked in Venice for 54 buyable and raw or grilled edible foodstuffs to serve at the Cucina Pubblica.

Within the Cucina Pubblica's selection one could get a picture of many of the aspects of what we call food nowadays. We offered regional fresh-seasonal fruits and vegetables, "always ripe" ingredients from all around the world, bio products, meat and fish from animal agriculture and also sea captured fish; modified food for conservation purpose like dried, salted, smoked and pickled; and also many kinds of manufactured ones, like dairy products or more elaborated flavor creations.

Of all of them we wanted to know the following information: etymology of the name; content of calories, percentage of fats, carbohydrates and proteins; typology (which kind of thing they are); how long it takes to have them ready for sale (production time); edible percentage (waste part displayed on a side table); origin (distance in km); price payed for the exact piece of food displayed; amount of packaging as bought; colour in RAL scale; original dimensions of the bought product and one characteristic property from it.

The Cucina Pubblica is a reflection on the influence of information on the decisions we take. By making information public and transparent, it prepares a ground base for a conscious personal choice. On the other hand, classification and selection of information are as well personal and subjective. The debate is served, enjoy your meal!

01 FILETTI DI ALICI (ENGRANULUS ENCRAS(COLUS))

TYPOLGY - ANCHovy PRESERVED IN OIL

NUTRITION VALUES - 24% PROT., 77% FAT, 0% CH.

CALORIES - 253 Kcal/100g.

PRODUCTION TIME - ^{POUNDED} 2 WEEKS

EDIBLE PART - 54%

DURABILITY

PRICE - 0,25 € / UNIT

PACKAGING - 42 gr.

COLOR - RAL 9000, FLAME RED

SIZE - 50 x 7 x 3 mm

PROPERTIES - IN ROMAN TIMES, WERE EATEN RAW AS APHRODISIAC



02 COZZA (MYTILUS GALLOPROVINCIALIS)

TYPOLGY - MARINE BIVALVE MOLLUSK

NUTRITION VALUES - 67% PROT., 24% FAT, 12% CH.

CALORIES - 112 Kcal/100g.

PRODUCTION TIME - 10-14 MONTHS

EDIBLE PART - 60%

DURABILITY - ITALIA, MALAGA

PRICE

PACKAGING

COLOR

SIZE

PROPERTIES - MUSSELS CAN FILTER WATER EVERY HOUR (THEY EAT THE PARTICLES)



03 SALMONE (SALMO SOLAR DEBAGO)

TYPOLGY - EURYHALINE FISH (ABLE TO ADAPT TO A WIDE RANGE OF SALINITIES)

NUTRITION VALUES - 45% PROT., 58% FAT, 0% CH.

CALORIES - 208 Kcal/100g.

PRODUCTION TIME - 18-20 MONTHS

EDIBLE PART - 70%

ORIGIN - NORWAY

PRICE - 10 € / KG

PACKAGING - 20 g.



04 MOZZARELLA di B

TYPOLGY - CHEESE FROM PUMPKIN (MILK OF BUBBLES) - F

NUTRITION VALUES - 24% PROT., 68% FAT.

CALORIES - 300 Kcal/100g

PRODUCTION TIME - NO ASPI

EDIBLE PART - 100%

ORIGIN - 785 Km. ITALIA

PRICE

PACKAGING

COLOR - RAL 9003 SIGNAL W

SIZE - 70 x 50 x 40 mm

PROPERTIES - THE CHEESE MAKES THE MASS WITH THE MILK MAKIN BREAD, UNTIL WE OBTAIN A SMOOTH, SH



05 POLLO (GALLUS GAL

TYPOLGY - MEAT FROM POULTRY BIRD

NUTRITION VALUES - 40% PROT., 10% FAT, 50%

CALORIES - 108 Kcal/100g.

PRODUCTION TIME - 8-12 WEEKS

EDIBLE PART - 100%

DURABILITY

PRICE - 0,30 € / UNIT

PACKAGING - 12 gr.

COLOR - RAL 3001 SIGNAL RED

SIZE - 150 x 60 mm

PROPERTIES - LAYONS (LASTRAT) PRODUCE MORE AND FATIER MEAT.



06 POMODORO CILIEGINO (SOLA VAR.

TYPOLGY - BERRY

NUTRITION VALUES - 46% PROT., 4% FAT, 7%

CALORIES - 18 Kcal/100g.

PRODUCTION TIME - 70

EDIBLE PART - 46%

ORIGIN - 1500 Km. P

PRICE - 0,071 € / UNIT.



CUCINA PUBBLICA

Ingredients Rankings

% Fat

+

n.1: 38 Salame 78%

n.2: 01 Filetti di Alici 77%

n.3: 30 Avocado 77%

n.4: 23 Scamorza Affumicata 75%

n.5: 42 Flor di Capra 72%

n.50: 9 Cipolla Bianca 2%

n.51: 29 Ananas 2%

n.52: 27 Arance Bionde 2%

n.53: 17 Patata 1%

-

n.54: 33 Datteri Deglet Nour 1%

CUCINA PUBBLICA

Ingredients Rankings

% Carbohydrate

- + n.1: 24 Mela Fuji 96%
- n.2: 32 Datteri Deglet Nour 96%
- n.3: 29 Ananas 95%
- n.4: 54 Mango 94%
- n.5: 33 Fichi 94%

- n.50: 05 Pollo 0%
- n.51: 39 Bovino Adulto 0%
- n.52: 15 Suino 0%
- n.53: 10 Tacchino 0%
- n.54: 23 Scamorza affumicata 0%

CUCINA PUBBLICA

Ingredients Rankings

Calories (in Kcal/100g)

+

n.1: 38 Salame 425

n.2: 42 Flor di Capra 364

n.3: 34 Edelpilz Bergader 335

n.4: 07 Prosciuto di Parma 335

n.5: 04 Mozzarella die Bufala 300

n.50: 19 Melanzana 22

n.51: 06 Pomodoro Ciglieno 18

n.52: 22 Champignon 15

n.53: 36 Fiori di Zucchini 15

-

n.54: 12 Cetriolo 13

CUCINA PUBBLICA

Ingredients Rankings

Production Time

- + n.1: 03 Salmone 18-20months
- n.2: 40 Seppia 12-18months
- n.3: 07 Prosciuto di PARma 16months
- n.4: 02 Cozze 10-14months
- n.5: 15 Suino 4months

- n.50: 33 Fichi 35days
- n.51: 35 Mais Dolce 23days
- n.52: 36 Fiori di Zucchini 14days
- n.53: 22 Champignon 2-3days
- n.54: 23 Scamorza Affumicata 2days

CUCINA PUBBLICA

Ingredients Rankings

Origin (distance in km)

- + n.1: 25 Kiwi 20185
- n.2: 27 Arance Bionde 13200
- n.3: 08 Asparagi 10900
- n.4: 26 Banana 10900
- n.5: 54 Mango 9690

- n.50: 19 Melanzana 122
- n.51: 22 Champignon 111
- n.52: 18 Broccoli 60
- n.53: 38 Salame 48
- n.54: 31 Zucca Verde 36

CUCINA PUBBLICA

Ingredients Rankings

Price (in euros)

- + n.1: 23 Scamorza Affumicata 0,40
- n.2: 39 Bovino Adulto 0,30
- n.3: 05 Pollo 0,23
- n.4: 10 Tachino 0,22
- n.5: 08 Asparagi 0,21

- n.50: 42 Flor di Capra 0,019
- n.51: 19 Melanzana 0,0188
- n.52: 28 Carote 0,018
- n.53: 12 Cetriolo 0,0168
- n.54: 29 Ananas 0,0145

Recipe Book

COOKERY

think - choose - eat

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

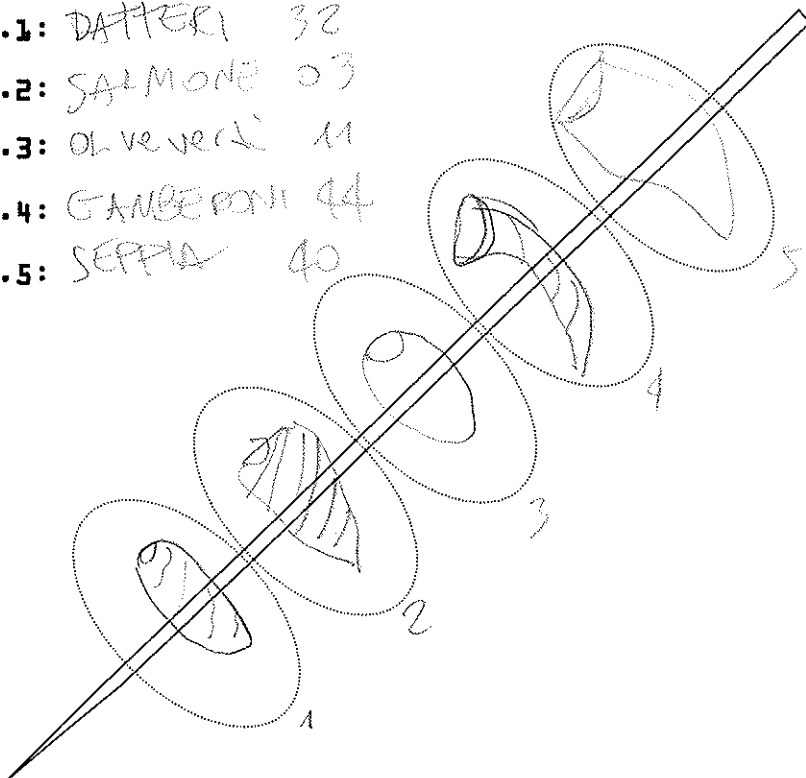
n.1: DATTERI 32

n.2: SALMONE 03

n.3: OLIVE VERDI 11

n.4: GAMBERONI 44

n.5: SEPPIA 40



WHY did you choose them?

A BASE DI PESCE CON PARTENZA DOLCE E
INTERVALLI TO DA UN SAPORE DECISO

Your name: .. FRANCESCO ..

Email: .. Francesco@gmail.com ..

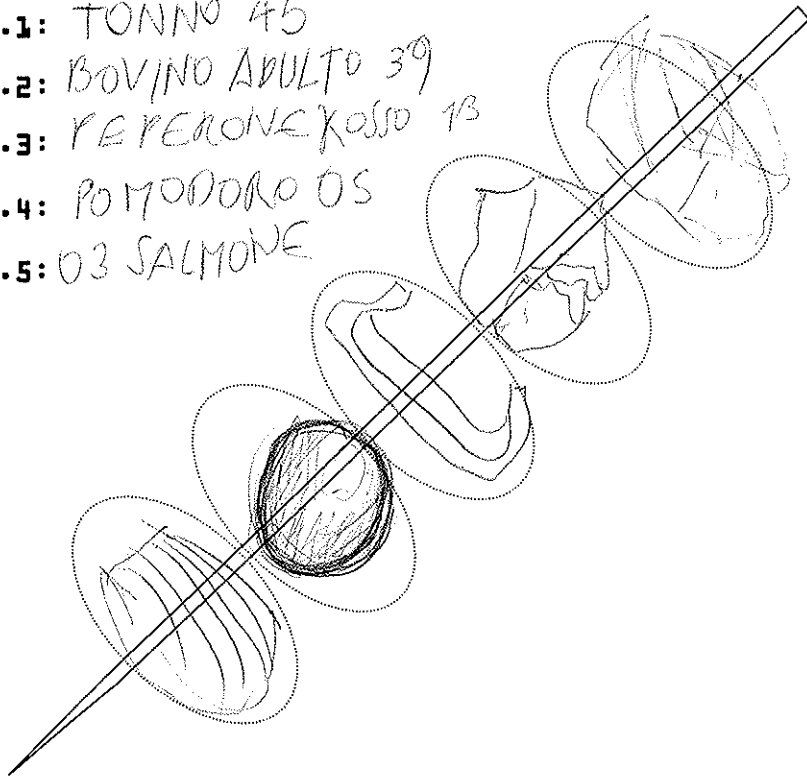
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: TONNO 45
- n.2: BOVINO ADULTO 30
- n.3: PEPERONE ROSSO 13
- n.4: POMODORO OS
- n.5: O3 SALMONE



WHY did you choose them?

..... BEER RED

Your name:

ASTRID EDLINGER

Email:

a.edlinger@kath raumen.at

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

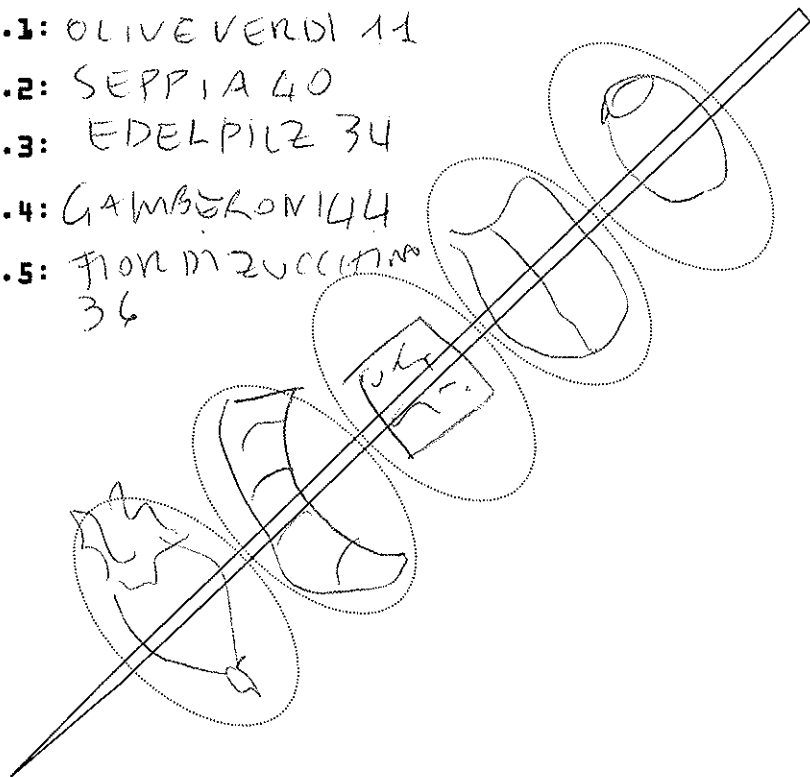
n.1: OLIVE VERDI 11

n.2: SEPPIA 40

n.3: EDELPILZ 34

n.4: GAMBEROMI 44

n.5: FIOR DI ZUCCATINA
36



WHY did you choose them?

FRESH, FISH are element that
I like with the sharpness of cheese

Your name: MARINA

Email: PORTAPABLO@LIBERO.IT

(we will send you a copy of the complete recipe book)

FRANCONIAN-MEAT-STICK

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

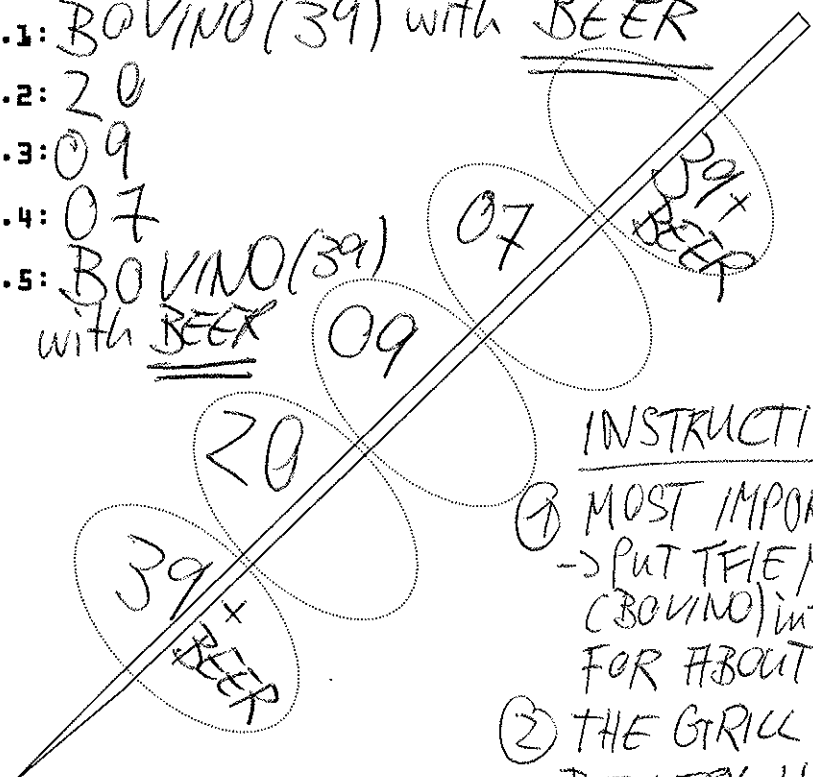
n.1: BOVINO (39) with BEER

n.2: 20

n.3: 09

n.4: 07

n.5: BOVINO (39)
with BEER



INSTRUCTIONS:

- 1 MOST IMPORTANT:
→ PUT THE MEAT (BOVINO) INTO BEER FOR ABOUT 10 MIN.
- 2 THE GRILL HAS TO BE VERY HOT
- 3 PUT THE STICK ON THE GRILL FOR 4 MIN. EACH SIDE!
→ EAT + ENJOY

WHY did you choose them?

IT'S A TRADITIONAL MEAT FROM MY HOME :- MATZEI

Your name:

Email: MWATSLAF@HOTMAIL.COM

(we will send you a copy of the complete recipe book)

FRÄNKISCHER - FLEISCH - SPIEß

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

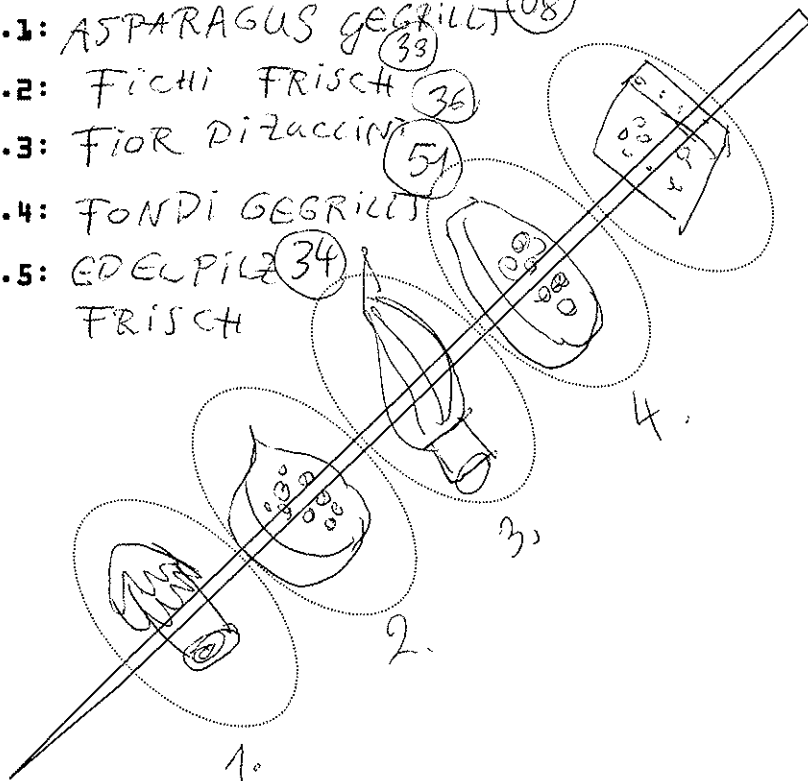
n.1: ASPARAGUS GEGRILLT (08)

n.2: FICHI FRISCH (33)

n.3: FIOR DI ZUCCINI (36)

n.4: FONDI GEGRILLT (51)

n.5: EDELPIELZ (34)
FRISCH



WHY did you choose them?

... SOME ARE... HARD TO GET IN MY ...
... HOMETOWN, THEY LOOK NICE ...

Your name: ... FRAUKE LEHN ...

Email: ... info@FRAUKESWELT.DE ...

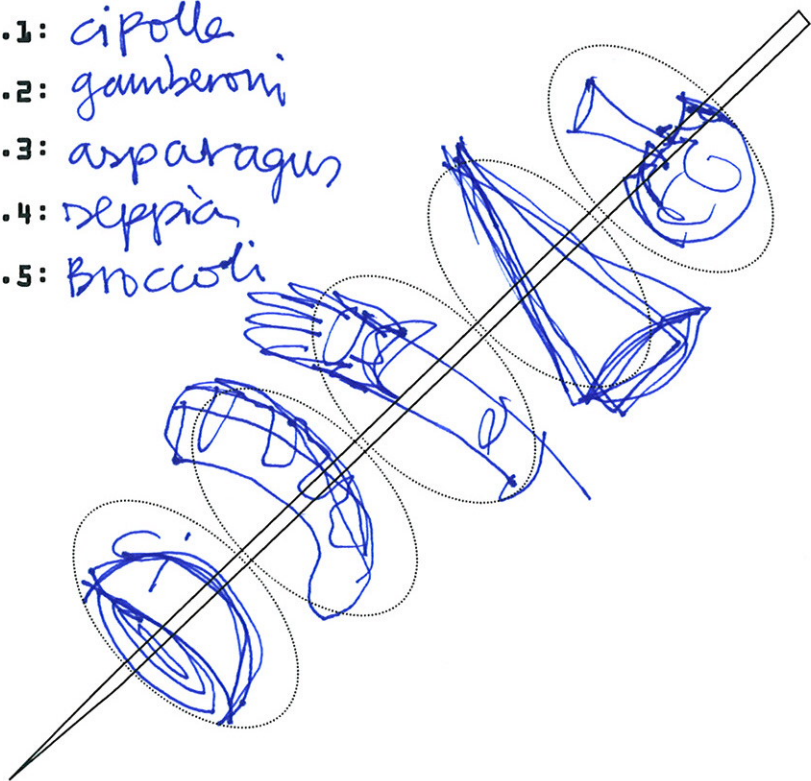
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: cipolle
- n.2: gamberoni
- n.3: asparagus
- n.4: seppia
- n.5: Broccoli



WHY did you choose them?

...I think it's a good combination
of fish and vegetables

Your name: Pablo Amor Méndez

Email: pamomen@gmail.com

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

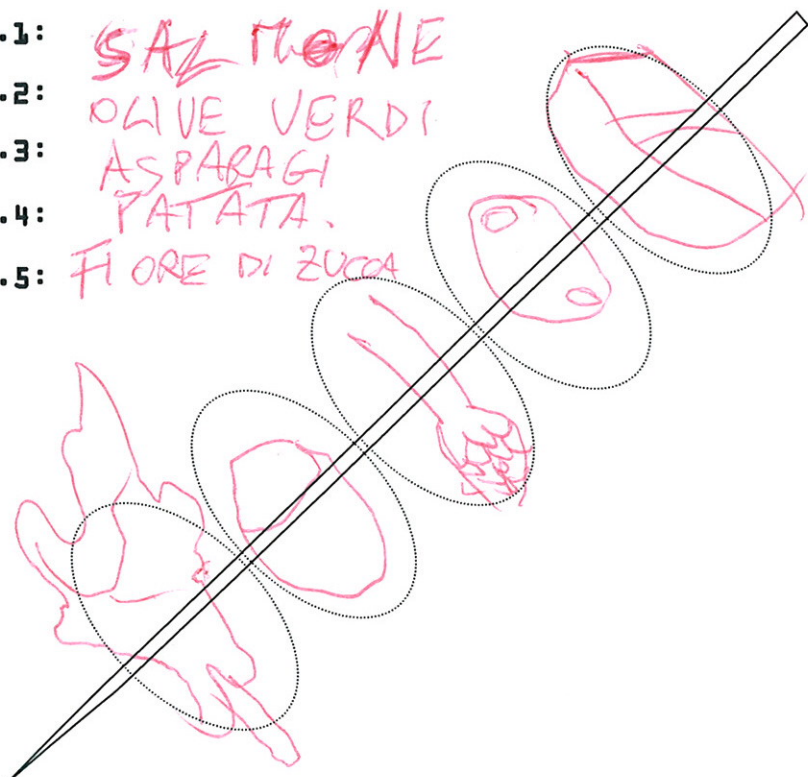
n.1: ~~SALMONE~~

n.2: OLIVE VERDI

n.3: ASPARAGI

n.4: PATATA.

n.5: FIORE DI ZUCCA



WHY did you choose them?

SAPORI DIVERSI MA COMPLEMENTARI

SPOSANO I COLORI E LE FORME.

Your name: FRANCESCO

Email: FRANCESCO.LIBERTI@HOTMAIL.COM

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

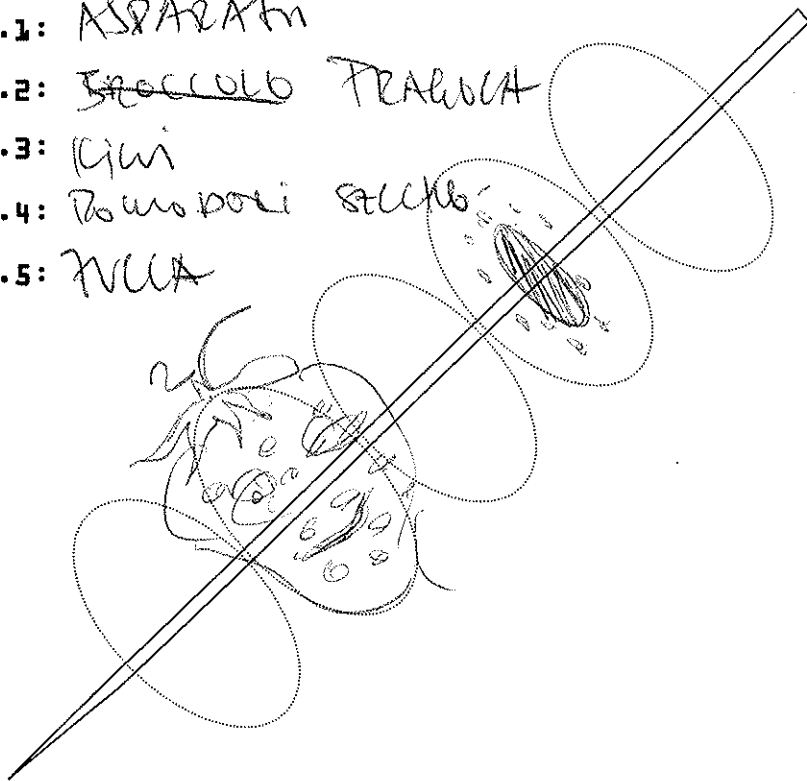
n.1: ASPARAGHI

n.2: ~~SPINACIO~~ FRAGOLA

n.3: CUI

n.4: POMODORI SECCO

n.5: FUNGHI



WHY did you choose them?

I WAS DRIVEN BY MY SENSES AND MY ZEST FOR
A PAIR OF THE GOOD SIDE OF MY CHOICE! I THINK
I'VE PICKED UP SOME VEGETABLES OUT OF SEASON

Your name:

ole.montano@gmail.com

Email:

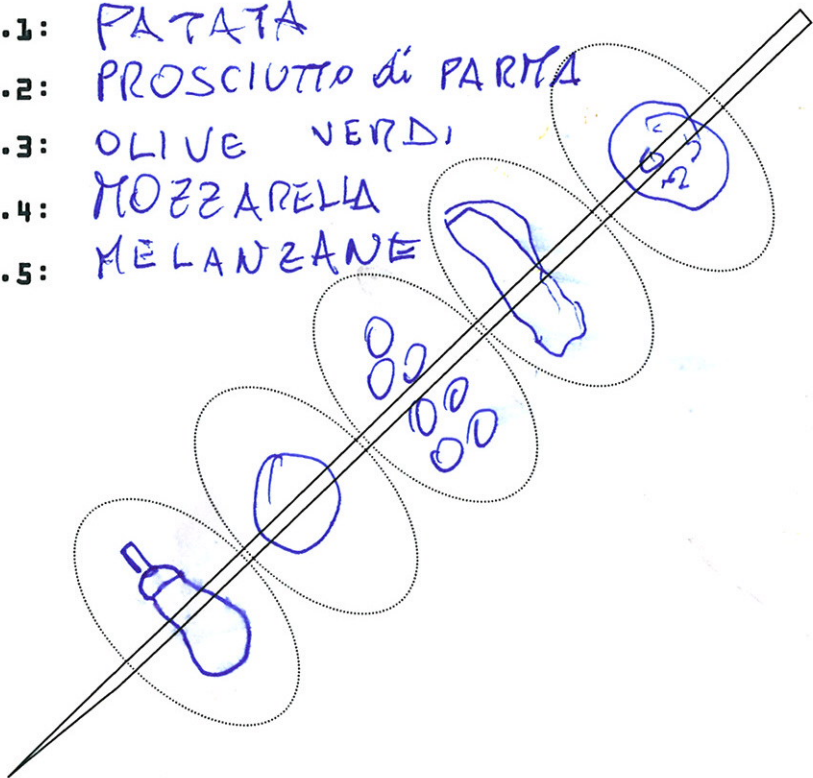
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: PATATA
- n.2: PROSCIUTTO di PARMA
- n.3: OLIVE VERDI
- n.4: MOZZARELLA
- n.5: MELANZANE



WHY did you choose them?

MI PIACE I LIKE

Your name:

MARCELLO TURA

Email:

MARCELLO.TURA@HOTMAIL.COM

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

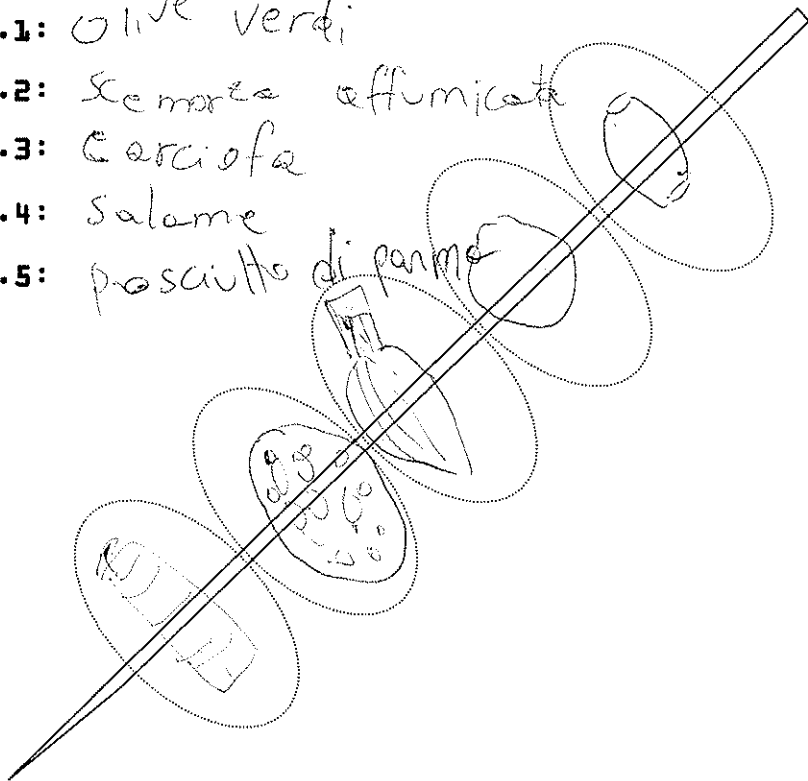
n.1: Olive verdi

n.2: Semenza affumicata

n.3: Carciofo

n.4: Salame

n.5: prosciutto di parma



WHY did you choose them?

PERCHÉ MI PIACCIONO DA MORIRE.....

Your name: BEA.....

Email: beatrice_p@hotmail.it.....

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

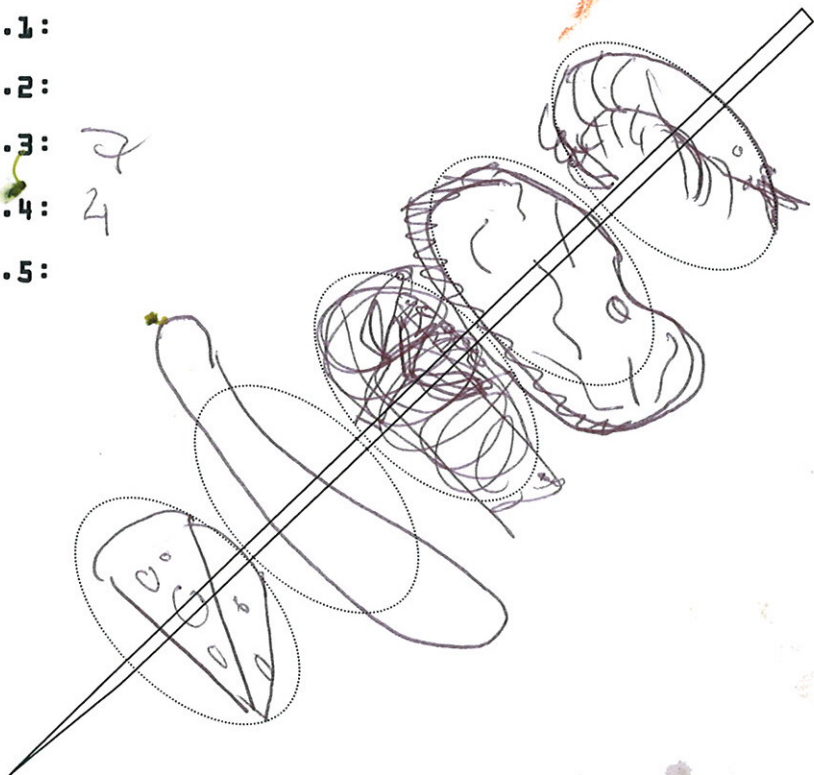
n.1:

n.2:

n.3: 7

n.4: 4

n.5:



WHY did you choose them?

..... PARA VARIAR

Your name: BARTOLOMEU

Email: -

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

n.1: GAMBERONI NR 44 **GRILLED**

n.2: ANANAS NR 29 ~~RAW~~

n.3: POMODORO NR 06 ~~RAW~~

n.4: OLIVE NR M

n.5: MOZZARELLA 04

WHY did you choose them?

..... I LIKE VARIETY AND NEW THINGS!

Your name: SONJA HOHENGASSER

Email: s.hohengasser@fh-kaernten.at

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

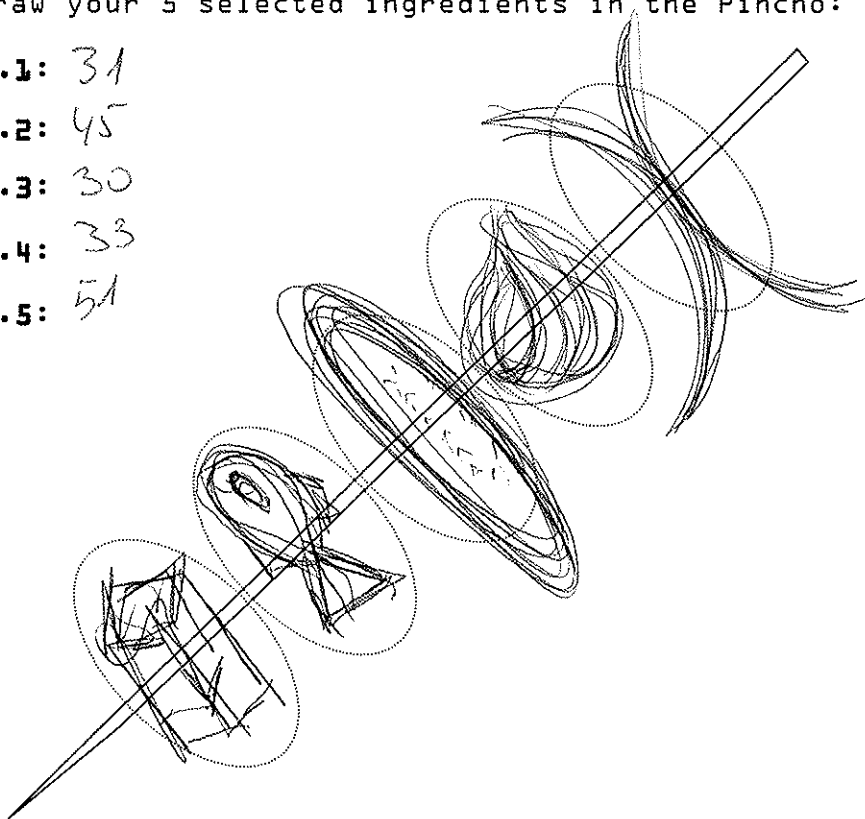
n.1: 31

n.2: 45

n.3: 30

n.4: 33

n.5: 51



WHY did you choose them?

to eat and to fun. to

Your name:

Monika Abendstein

Email:

monika@abendstein.net

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

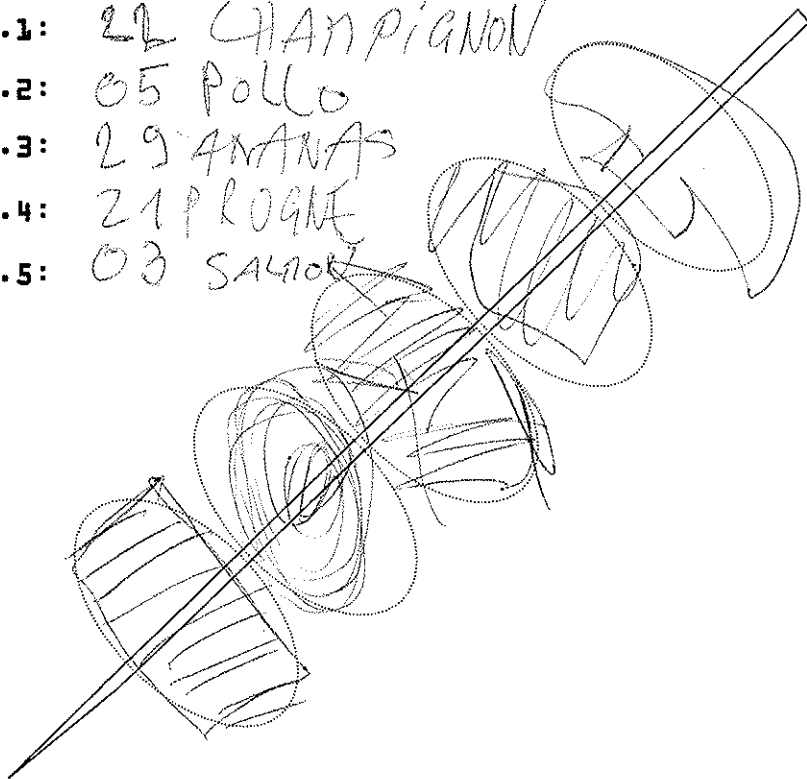
n.1: 22 CHAMPIGNON

n.2: 05 POLLO

n.3: 29 ANANAS

n.4: 21 PROGNE

n.5: 03 SALON



WHY did you choose them?

..... ICH WOLLTE DIESE ^{Kaubs} ^{ausprobieren}

Your name: .. Alfred von Escher

Email: .. info @ studio 427.it

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

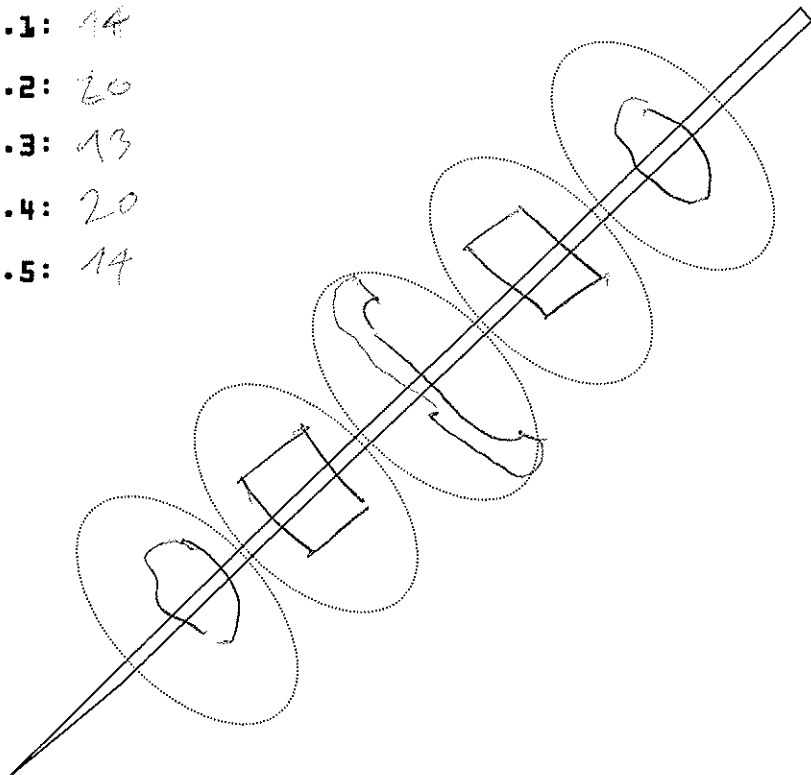
n.1: 14

n.2: 20

n.3: 13

n.4: 20

n.5: 14



WHY did you choose them?

...I LIKE IT!

Your name: ...KOR

Email: ...KOR.SUBIC@PROPSTOR.SI

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

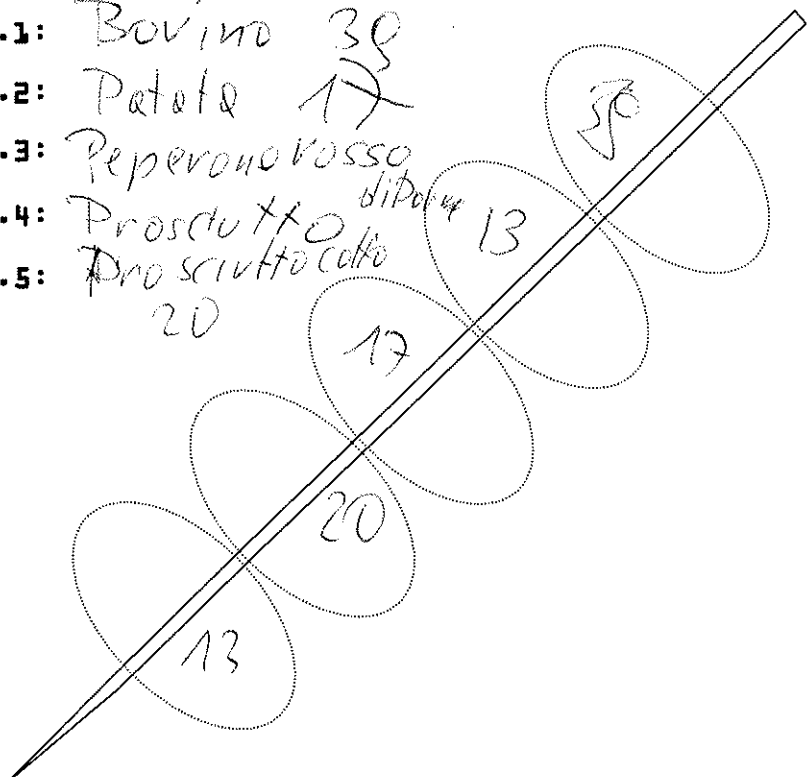
n.1: Bovino 30

n.2: Patate 17

n.3: Peperoni rosso

n.4: Prosciutto ^{di Parma} 13

n.5: Prosciutto cotto
20



WHY did you choose them?

why not

Your name:

Silvia

Email:

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

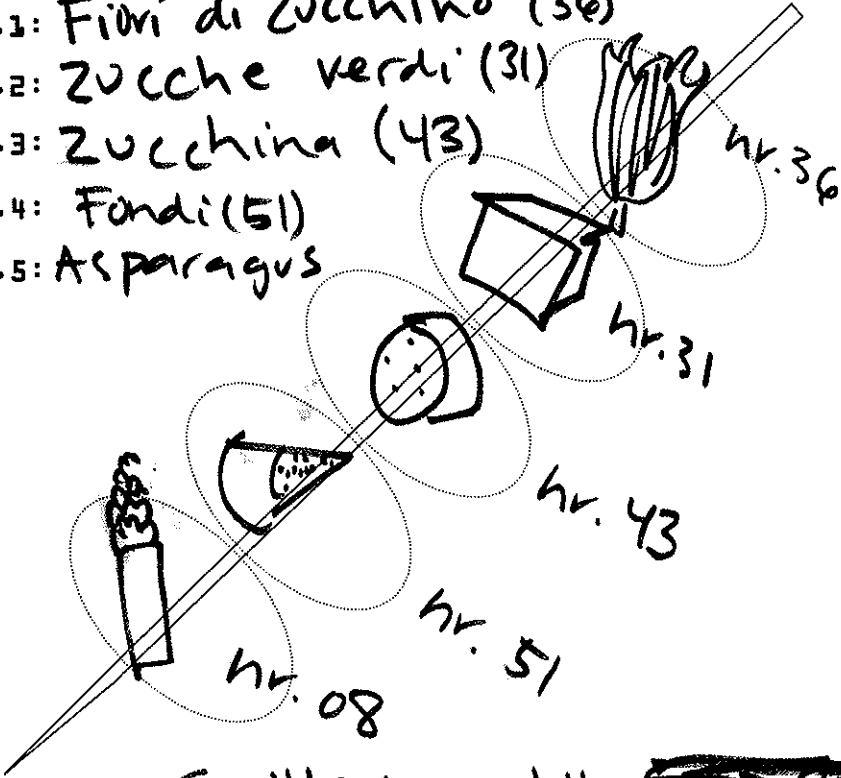
n.1: Fiori di Zucchino (36)

n.2: Zucche verdi (31)

n.3: Zucchina (43)

n.4: Fondi (51)

n.5: Asparagus



Grilled until ~~it is soft~~ it has colour but is ~~still~~ still crisp.

WHY did you choose them?

Because some things i've never tasted, some things i like and the colours will be beautiful

Your name: KAMILLA

Email: kamillakamilla@hotmail.com

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

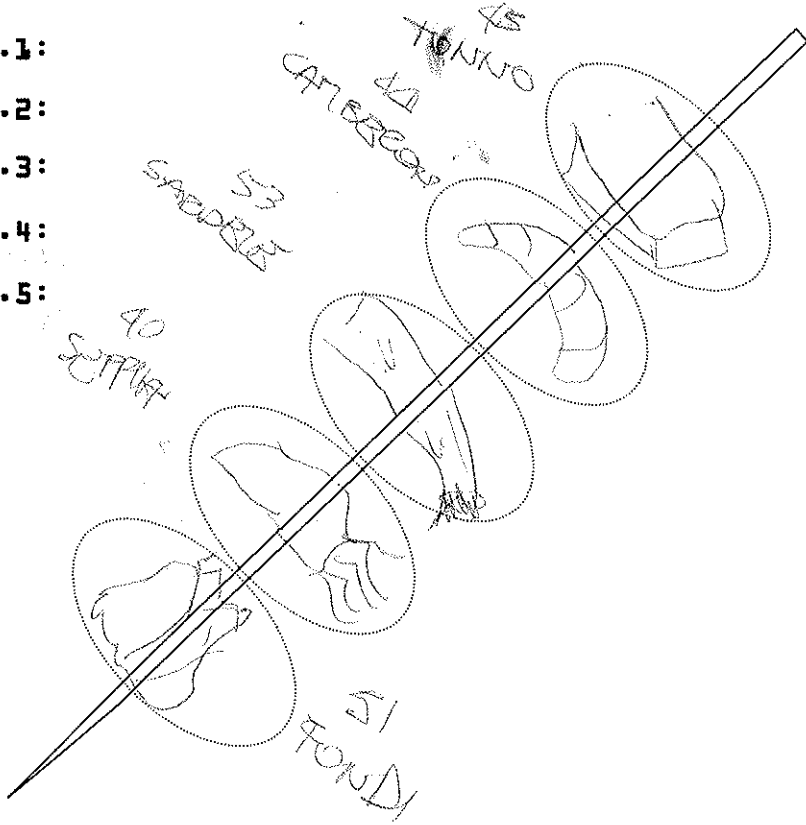
n.1:

n.2:

n.3:

n.4:

n.5:



WHY did you choose them?

I'm in Venice, so I like to eat fish!
(I had FONDI, like cooked my grandmother)

Your name: Patrizia

Email: patrizia.berera@fastwebnet.it

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

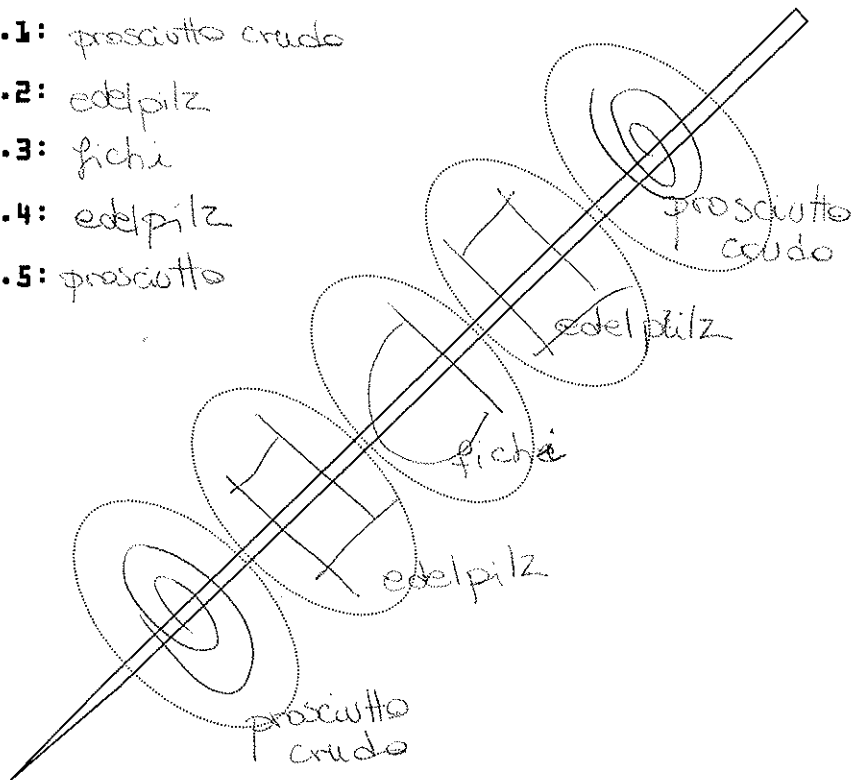
n.1: prosciutto crudo

n.2: edelpilz

n.3: fichi

n.4: edelpilz

n.5: prosciutto



WHY did you choose them?

... Because I like the flavour and the
... combination of colours

Your name: ... CRISTINA LORENTE

Email: ... cristinallorentero@gmail.com

(we will send you a copy of the complete recipe book)

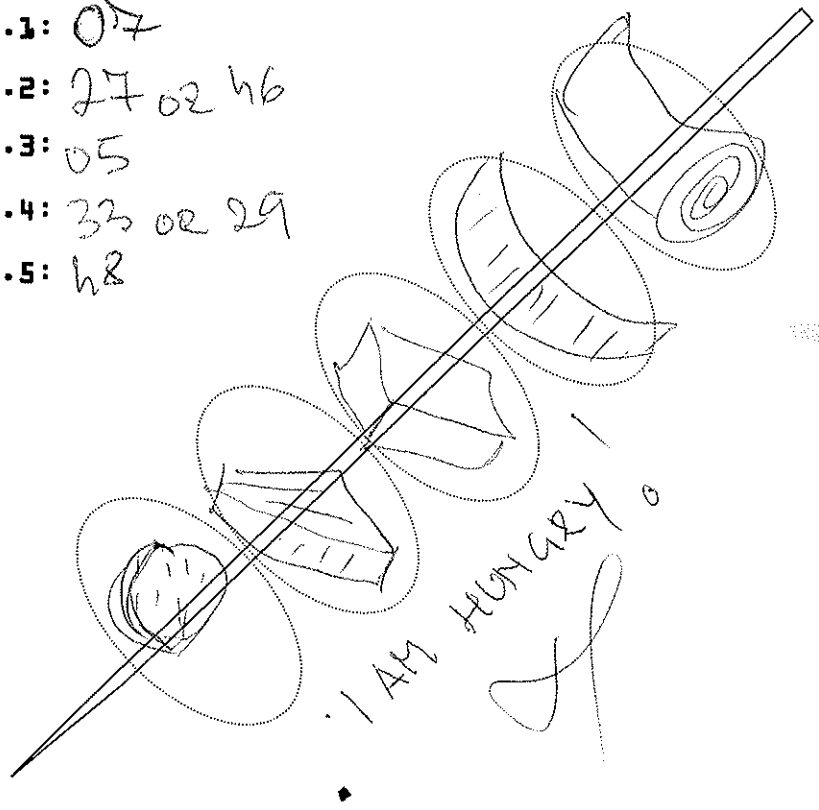
wa

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: 07
- n.2: 27 02 46
- n.3: 05
- n.4: 33 02 29
- n.5: h8



WHY did you choose them?

...ENERGY & VITAMINS.....

...TASTE & FRESHMENTS.....

Your name: ~~DR.~~ DR. LOJZ.....

Email: PRIMOZ@SEAJUMP.COM.....

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

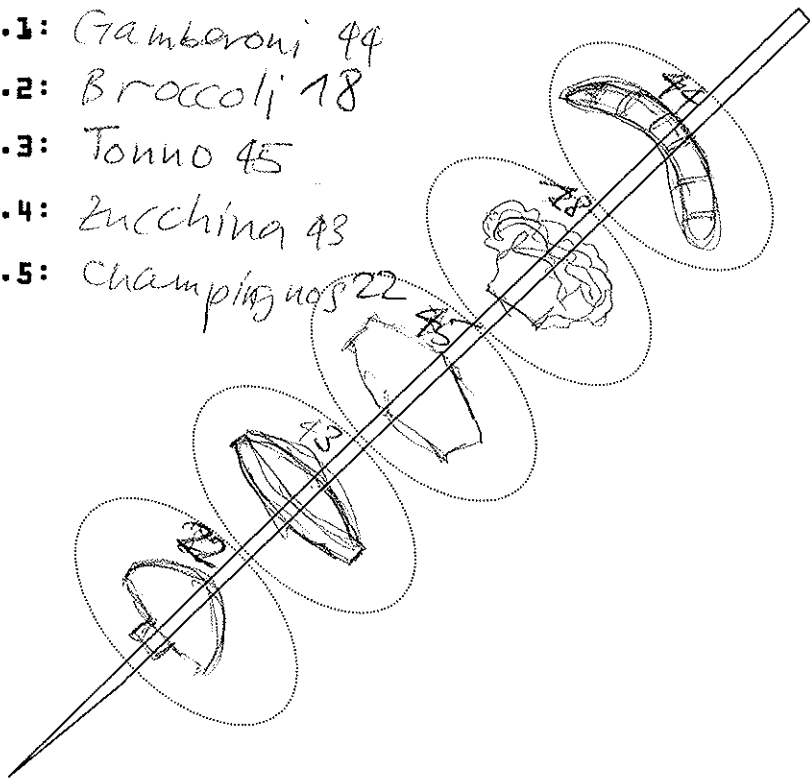
n.1: Gamberoni 44

n.2: Broccoli 18

n.3: Tonno 45

n.4: Zucchina 43

n.5: Champignons 22



WHY did you choose them?

Land meets Water is a inspiration...
to Venice. Where do they get all the veg's from :-)

Your name: Mia Baumann

Email: miab@yahoo.com

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

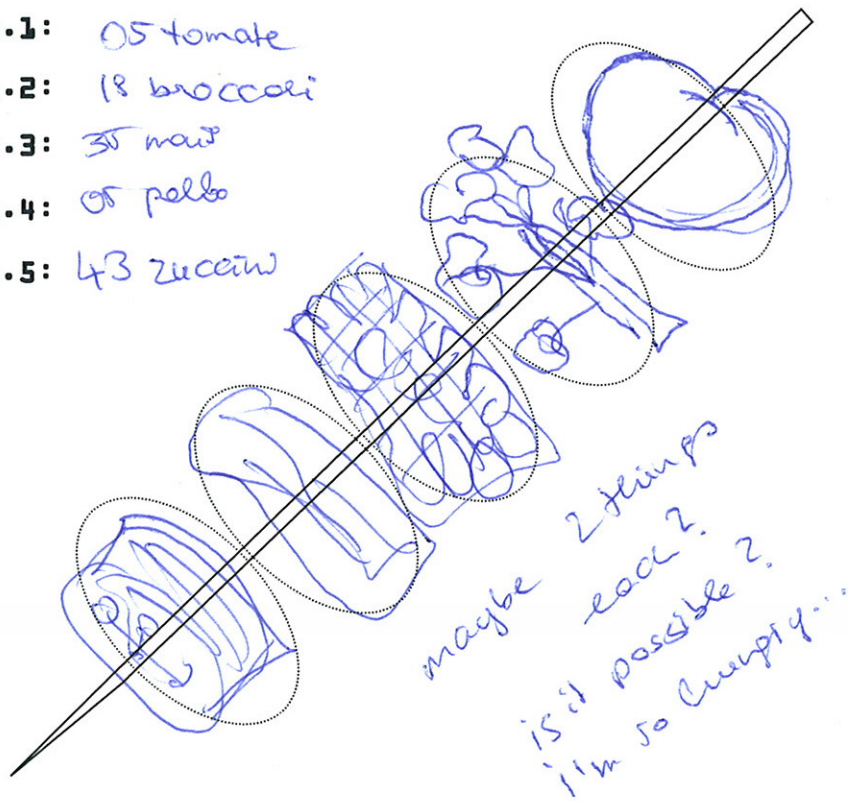
n.1: 05 tomate

n.2: 18 broccoli

n.3: 30 maiz

n.4: 05 pelbo

n.5: 43 zucchini



WHY did you choose them?

Because I like it! 😊

Your name: PROSSLINER JUDITH @ GUX-AT

Email: PROSSLINER JUDITH

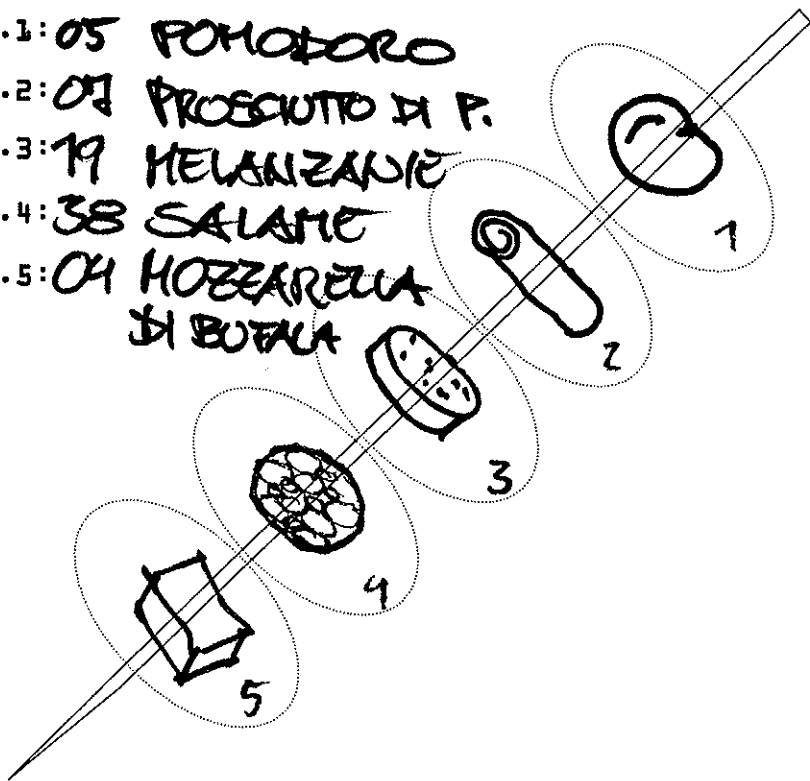
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: 05 POMODORO
- n.2: 07 PROSCIUTTO DI P.
- n.3: 19 MELANZANE
- n.4: 38 SALAME
- n.5: 04 MOZZARELLA
DI BUFALA



WHY did you choose them?

100% ITALY, REGIONALE
PRODUKTE

Your name: MATTHIAS WEGSCHEIDER

Email: MATTHIAS.WEGSCHEIDER@AON.AT

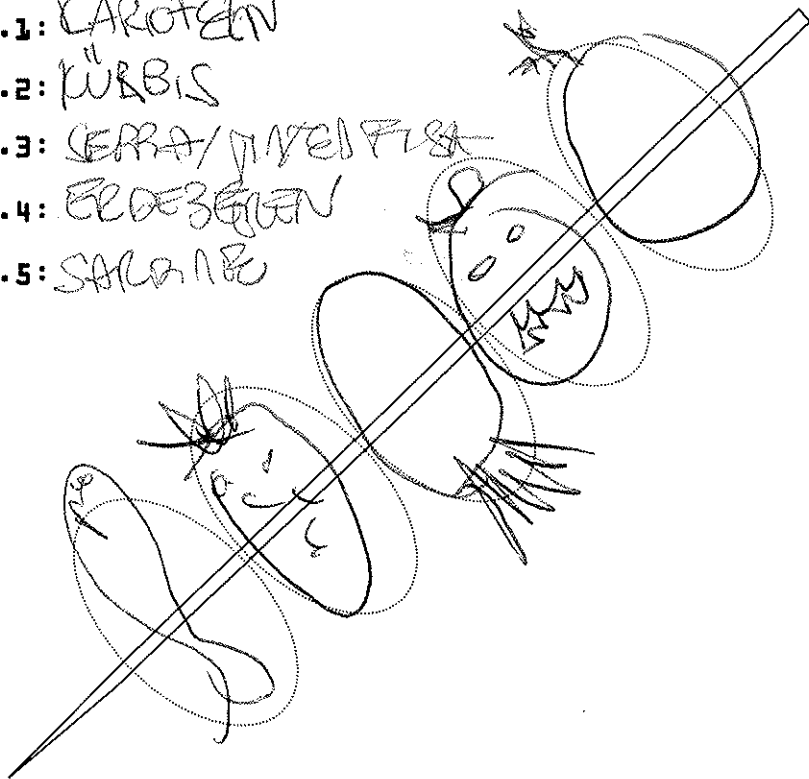
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: KAROTEN
- n.2: KÜRBIS
- n.3: GEM. / DIVERSE FLEISCH
- n.4: ERDEBEEREN
- n.5: SALZIMME



WHY did you choose them?

..... DEUTSCH / ELDE / WIKKER
..... SVSS
.....

Your name: .. SEBASTIANO ..

Email: .. KRELUK @ SEBASTIANO.VATER.COM ..

(we will send you a copy of the complete recipe book)

100% Mozzarella
da 9%

pincho 27
pane 100%

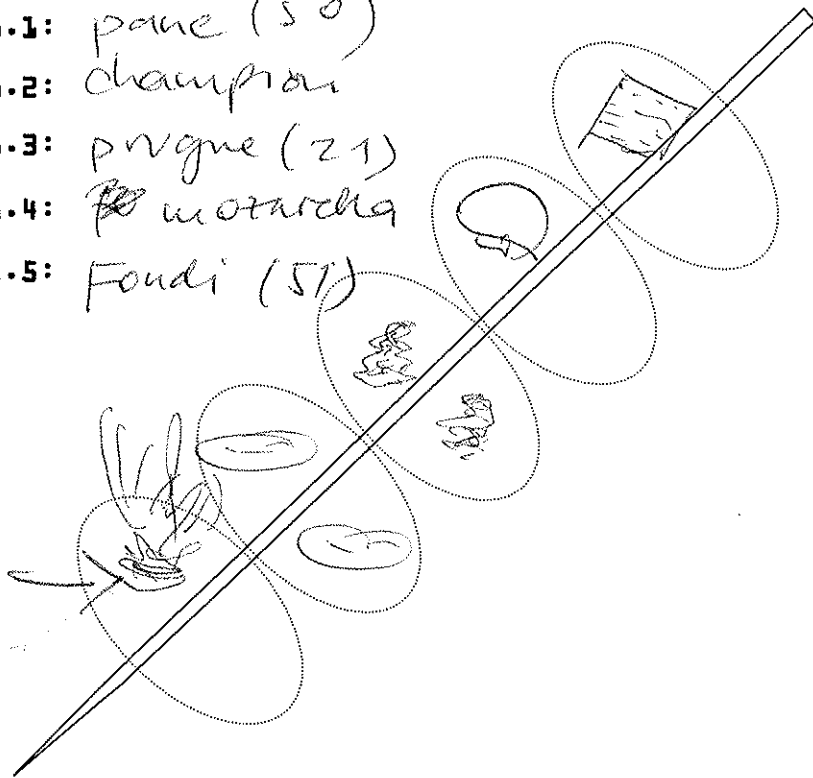
Fondi 100%

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: pane (50)
- n.2: champignon
- n.3: prugne (21)
- n.4: ~~pincho~~ mozzarella
- n.5: Fondi (51)



WHY did you choose them?

I chose all the food which
is close to 100% edible.

Your name: Susanne Hofmann

Email: hofmann @ pompiloten.com

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

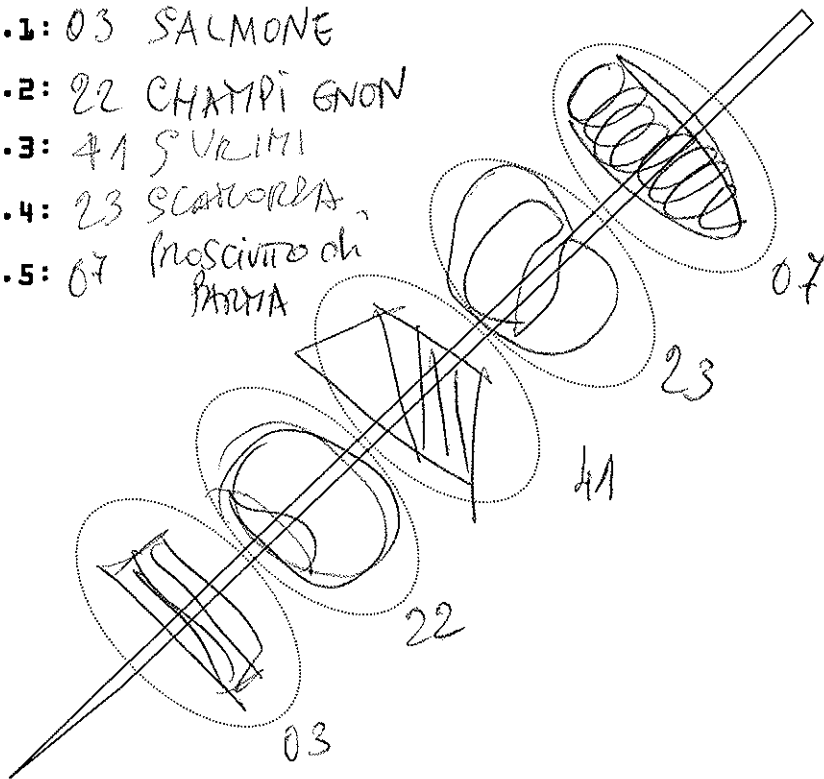
n.1: 03 SALMONE

n.2: 22 CHAMPI GNON

n.3: 41 SURIMI

n.4: 23 SCAROLETTA

n.5: 07 Prosciutto di
PARMA



WHY did you choose them?

..... Strange combination, you cannot eat it
..... without cook

Your name:

GABRIELLA

Email:

gabriella.milo@gmail.com

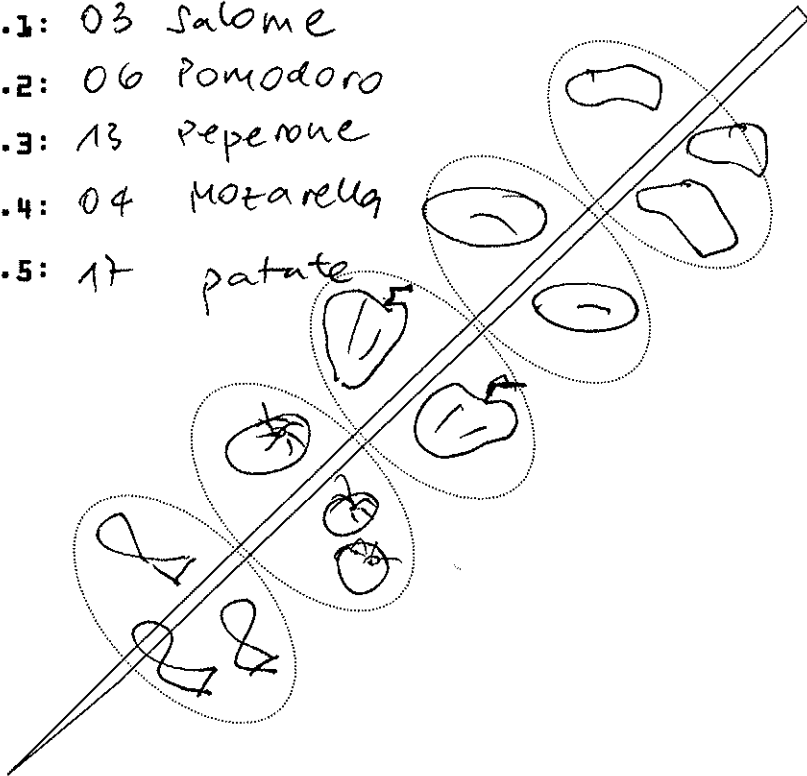
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: 03 Salome
- n.2: 06 Pomodoro
- n.3: 13 peperone
- n.4: 04 Mozzarella
- n.5: 17 patate



WHY did you choose them?

..... it's a tasty connection/mix

..... I tried it before as pasta sauce!

Your name:

Susanne Hofmann

Email:

hofmann@baupiloten.com

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

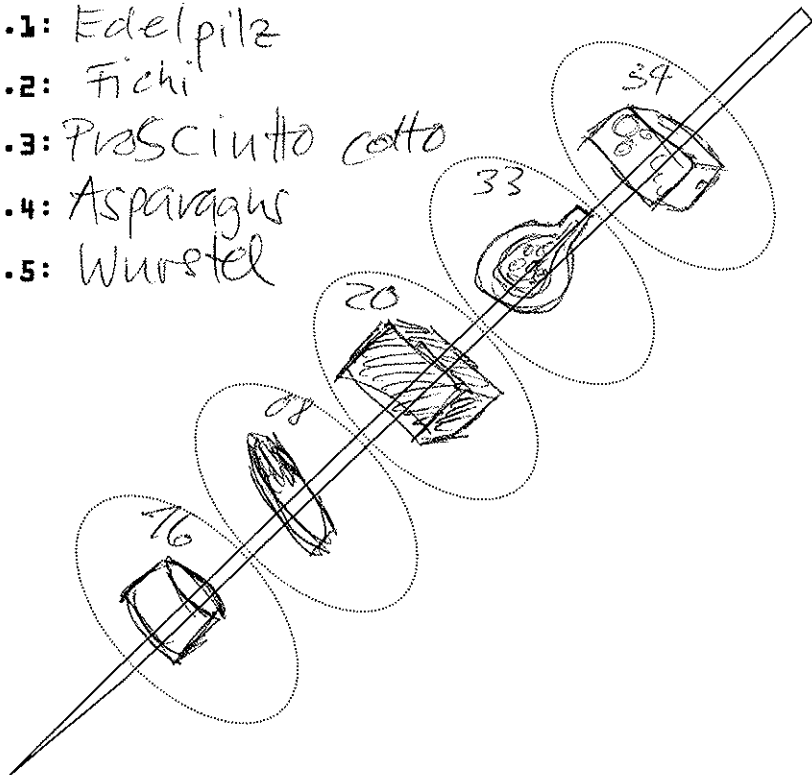
n.1: Edelpilz

n.2: Fichi

n.3: Prosciutto cotto

n.4: Asparagus

n.5: Wurstel



WHY did you choose them?

Sweets and cubes and salty
stuff meets long. For us. we love

Your name: .. M.H.G.

Email: .. M.H.G.B. @ yahoo.com

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

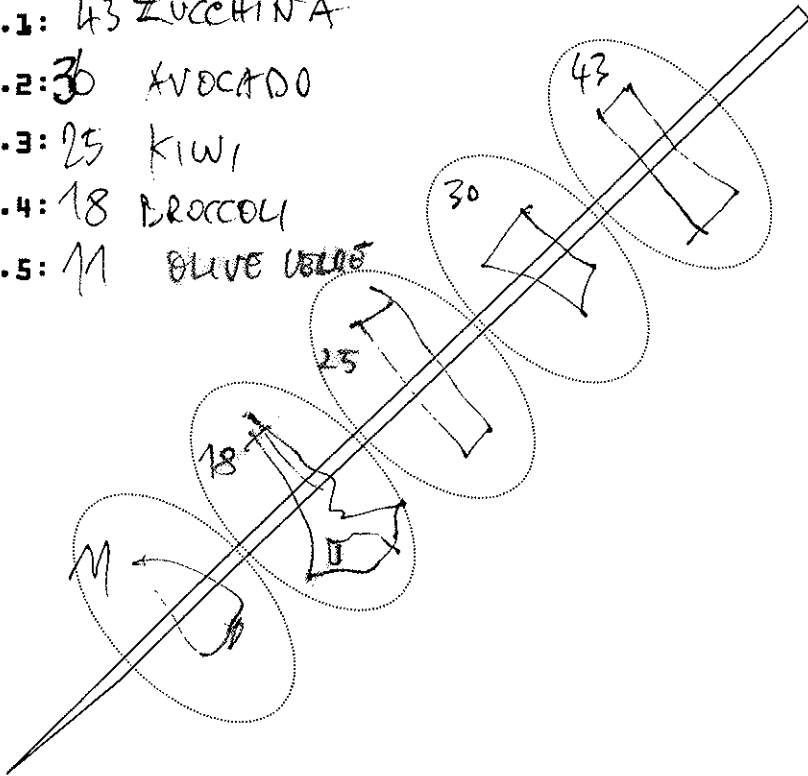
n.1: 43 ZUCCHINA

n.2: 30 AVOCADO

n.3: 25 KIWI

n.4: 18 BROCCOLI

n.5: 11 OLIVE VERDE



WHY did you choose them?

THEY ARE GREEN, VEGETABLES AND
FRUITS, A BIT SPICY AND HEALTHY

Your name: CHRISTINE

Email: c.zwinkl@bunz.at

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

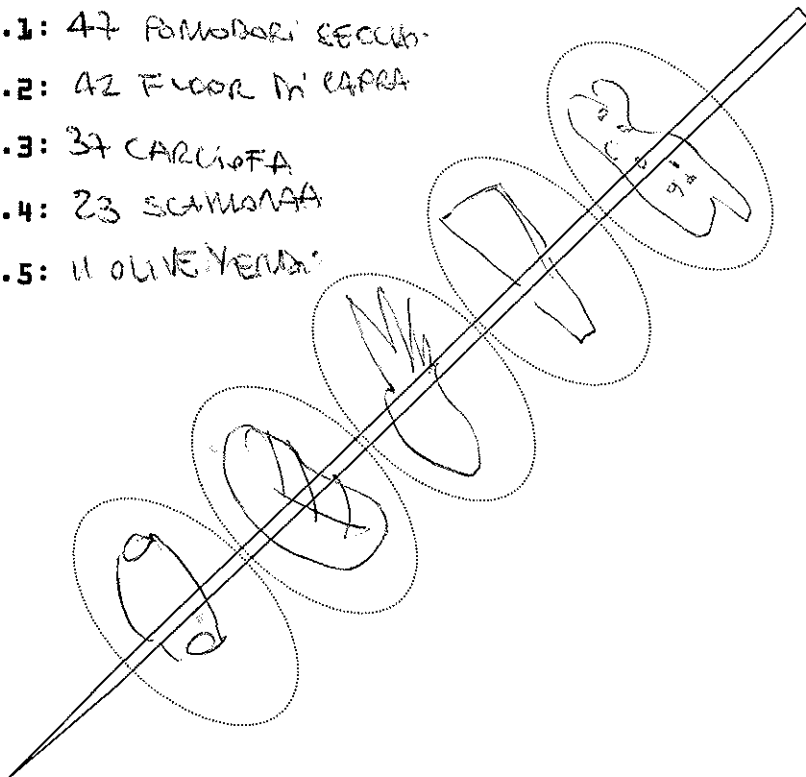
n.1: 47 POMODORI SECCO.

n.2: 42 FIOR DI LAFRA

n.3: 37 CARCIOFA

n.4: 23 SCAMMIA

n.5: 11 OLIVE VERDE.



WHY did you choose them?

... È UNO SPERIM. FATTO DI SAPORI FANTASIE.
... MI PIACONO

Your name: MONICA TAVERNA

Email: .. monica.taverna@libero.it

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

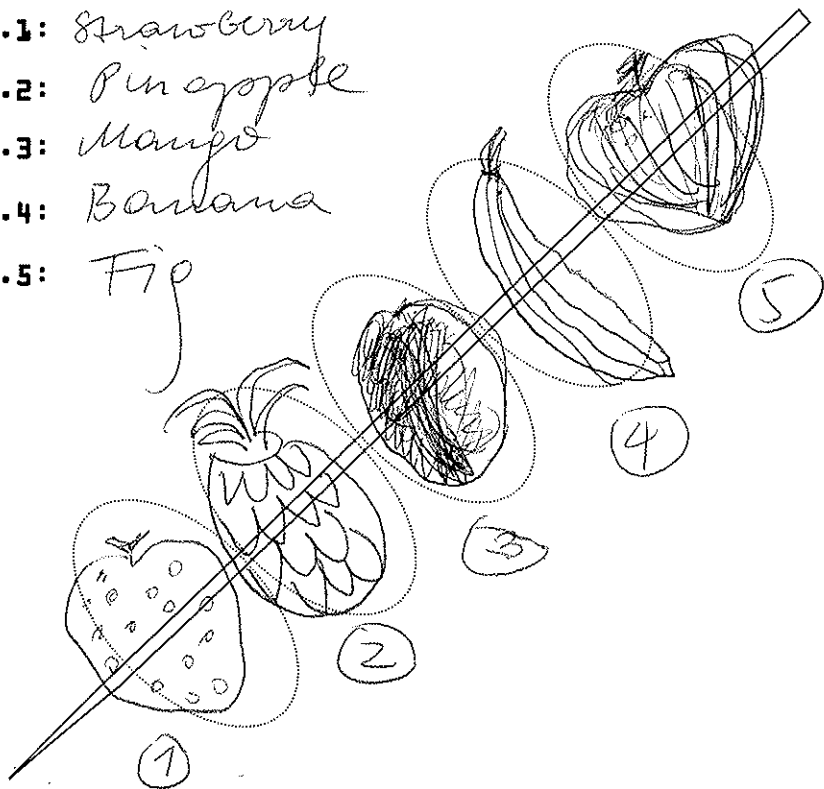
n.1: Strawberry

n.2: Pineapple

n.3: Mango

n.4: Banana

n.5: Fig



WHY did you choose them?

..... I need some vitamins

Your name:

FRIEDRICH

Email:

friedrich.wiesinger@ph.sozl.zburg.at

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

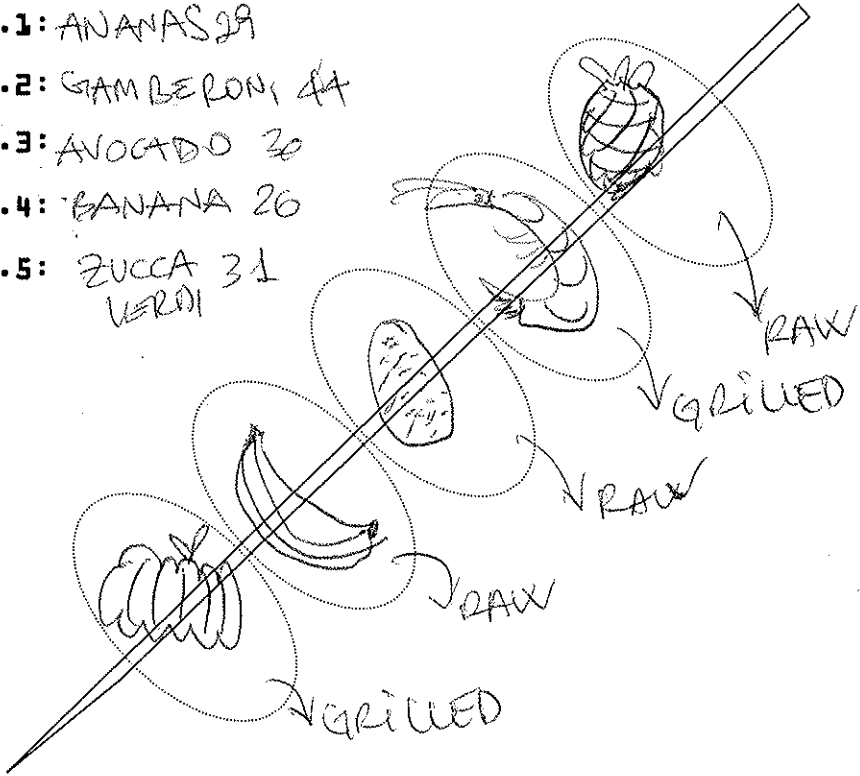
n.1: ANANAS 29

n.2: GAMBERONI 44

n.3: AVOCADO 30

n.4: BANANA 26

n.5: ZUCCA
VERDI 31



WHY did you choose them?

I choose the ingredients of a tropical recipe to bring some warm weather here!

Your name: LUCIA SORRENTINO

Email: ARC.SORRENTINO@GMAIL.COM

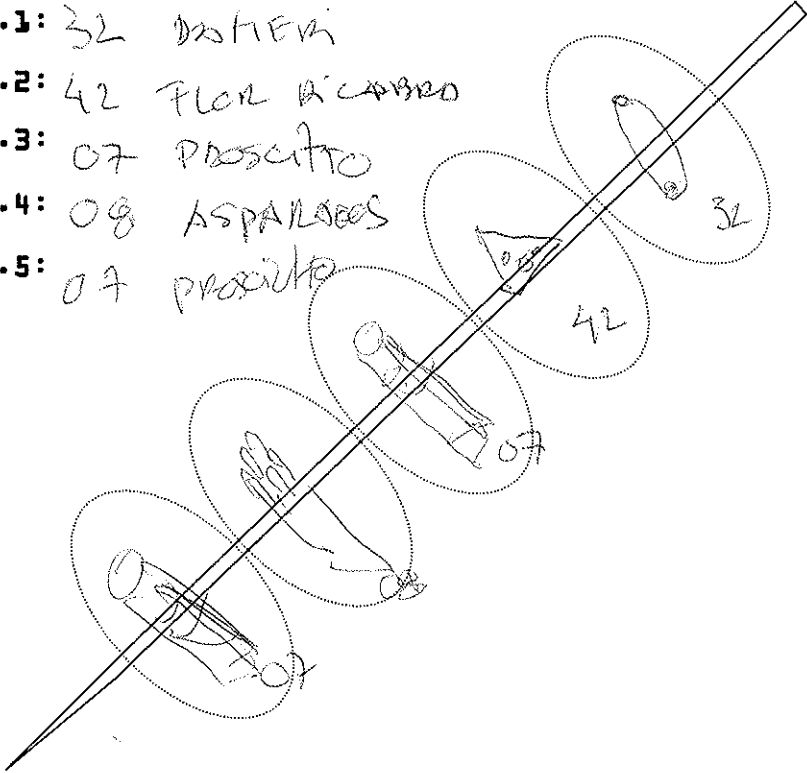
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: 32 Datteri
- n.2: 42 FIOR DI CABBIO
- n.3: 07 PROSCUITO
- n.4: 08 ASPARAGOS
- n.5: 07 PROSCUITO



WHY did you choose them?

..... A RECIPE I WAS INSPIRED OF
..... ONE OF MY GRANDMOTHER'S
.....

Your name: Francesco
.....

Email: a.g. francisco.sp@telego.com
.....

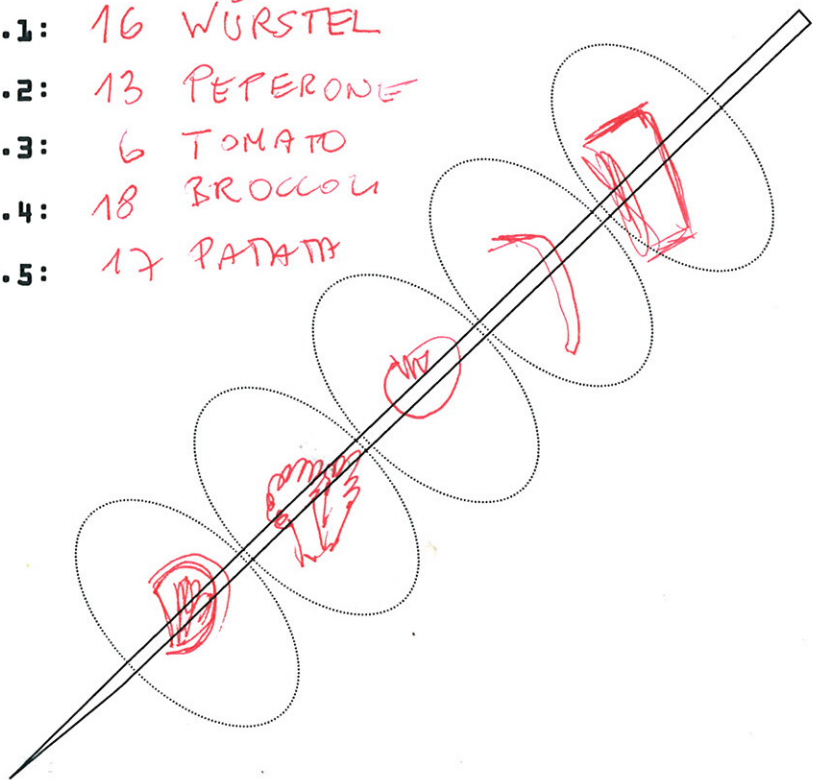
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: 16 WÜRSTEL
- n.2: 13 PETERONE
- n.3: 6 TOMATO
- n.4: 18 BROCCOLI
- n.5: 17 PATATA



WHY did you choose them?

..... WANNA START WITH
..... AUSTRIAN HARD CORE STYLE

Your name: GERHARD

Email: gerhard.jagersberger@bmu.kk.gv.at

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

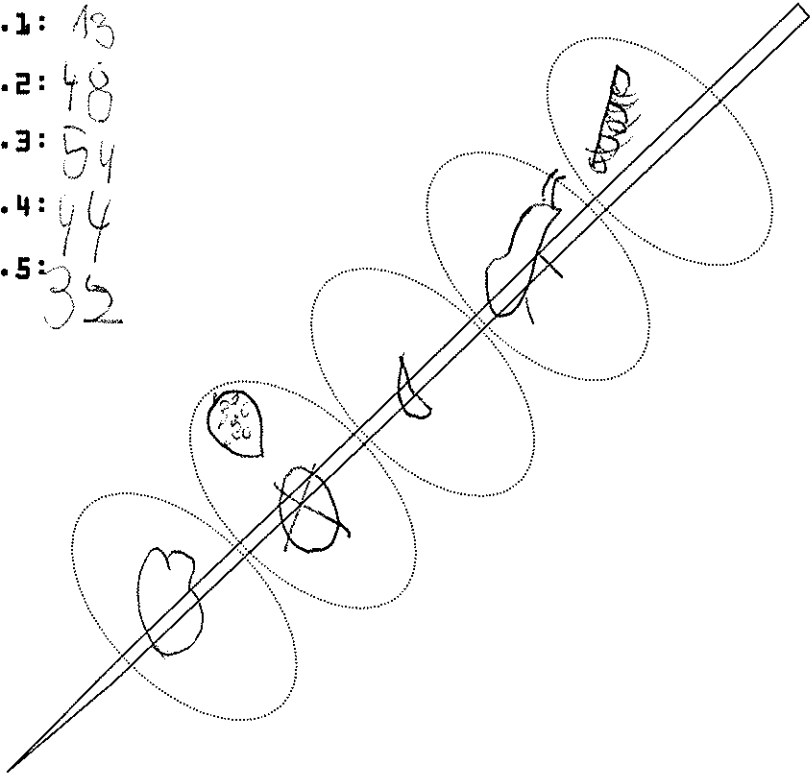
n.1: 18

n.2: 48

n.3: 54

n.4: 94

n.5: 32



WHY did you choose them?

rot ist meine Lieblings Farbe
rot ist meine Lieblings

Your name:

Seraphin

Email:

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

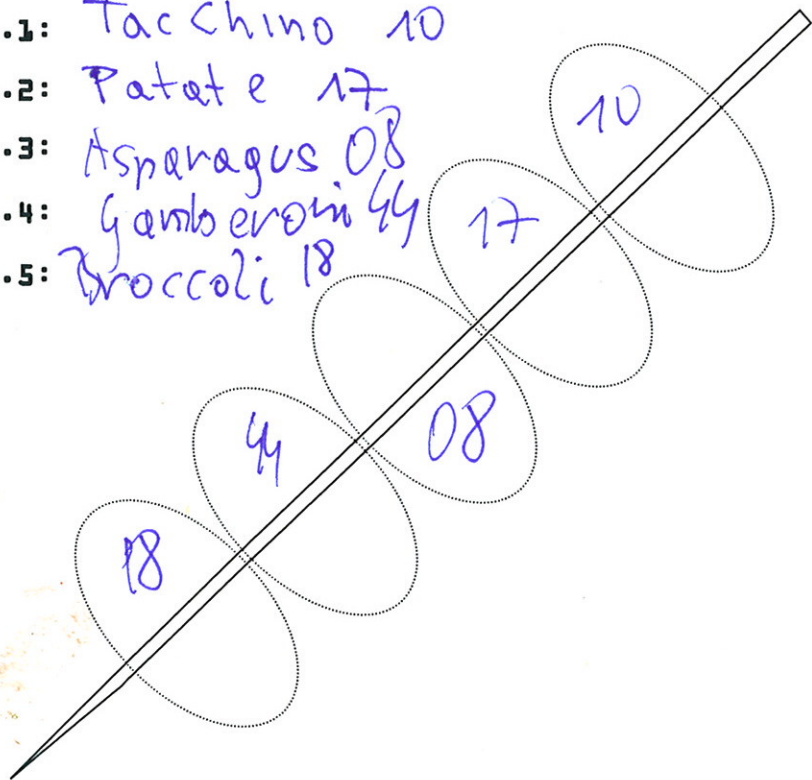
n.1: Tacchino 10

n.2: Patate 17

n.3: Asparagus 08

n.4: Gamberoni 44

n.5: Broccoli 18



WHY did you choose them?

Mixture of vegetarian + meat

Your name:

Silvia Prock

Email:

silvia.prock@uibk.ac.at

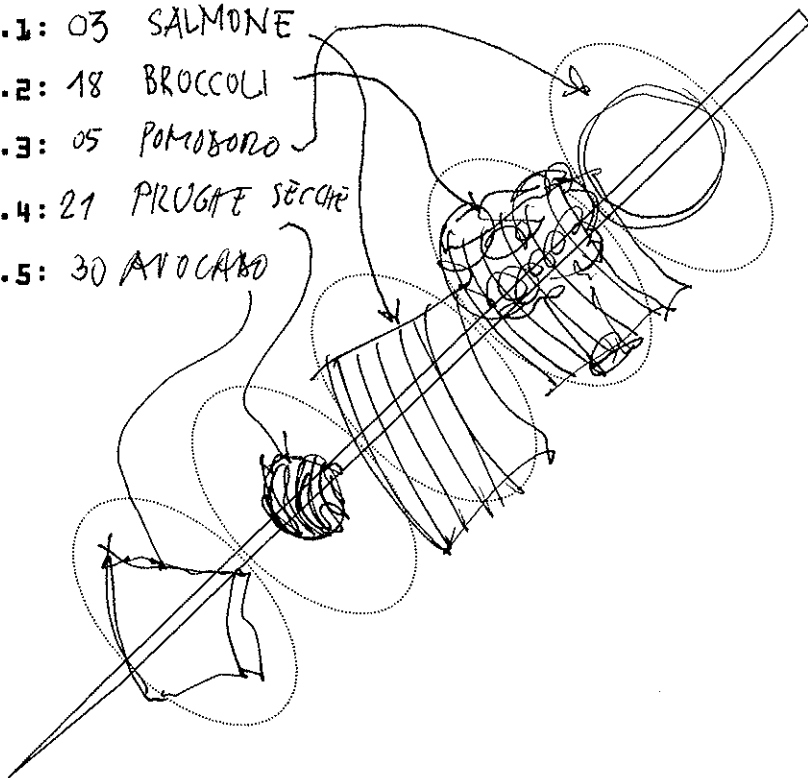
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: 03 SALMONE
- n.2: 18 BROCCOLI
- n.3: 05 POMODORO
- n.4: 21 PIROGHE SECCHE
- n.5: 30 AVOCADO



WHY did you choose them?

(n.3) The colors of the Salmone / NTHEMIDEL / (n.2) TYPOLOGY

(n.3) COLORS (n.4) COLORS (n.5) CALORARY

Your name: CHRISTIAN WÄCKERLIN

Email: wackerweb@bluwin.ch

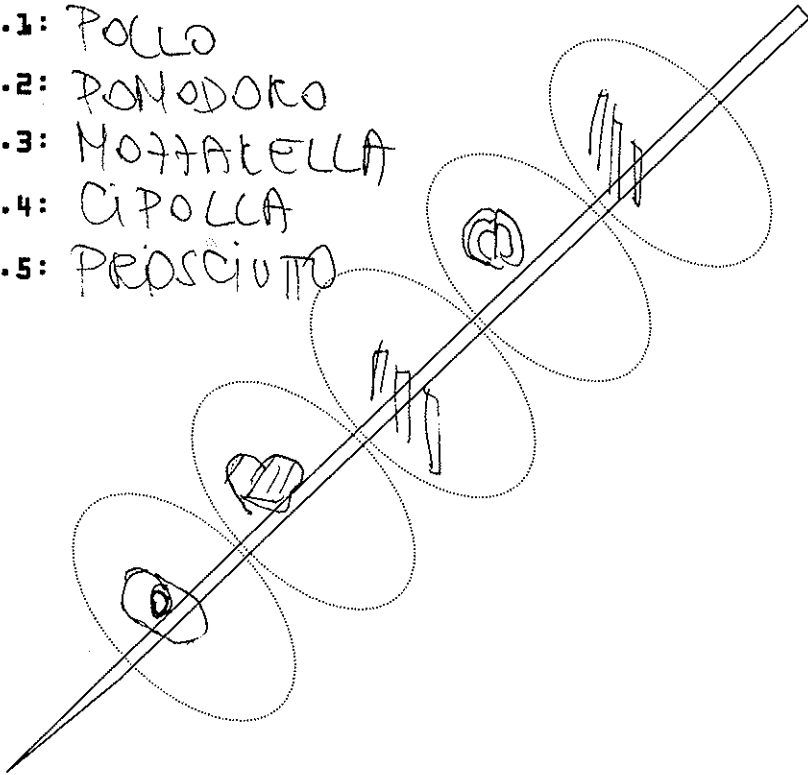
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: POLLO
- n.2: POMODORO
- n.3: MORTARELLA
- n.4: CIPOLLA
- n.5: PROSCIUTTO



WHY did you choose them?

..... What I saw during the
..... presentation
.....

Your name: ... BARBARA FELLER ...

Email: ... barbara.feller@AAF.ORG.AT ...

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

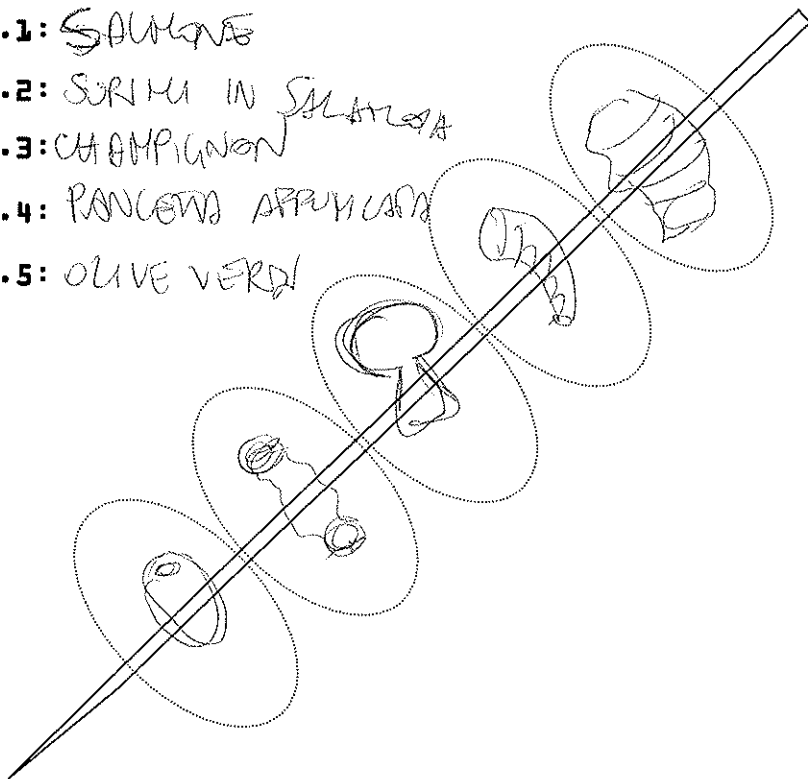
n.1: SALMONE

n.2: SUSHI IN SALATA

n.3: CHAMPIGNON

n.4: RANCIATA APPICATA

n.5: OLIVE VERDI



WHY did you choose them?

SOMETHING BECAUSE I LIKE IT, SOMETHING BECAUSE

I DON'T KNOW ~~IT~~ HOW IT TASTE AND
SOMETHING BECAUSE REMIND ME HOME.

Your name: FRANCESCA LOVERO

Email: fralovero@hotmail.it

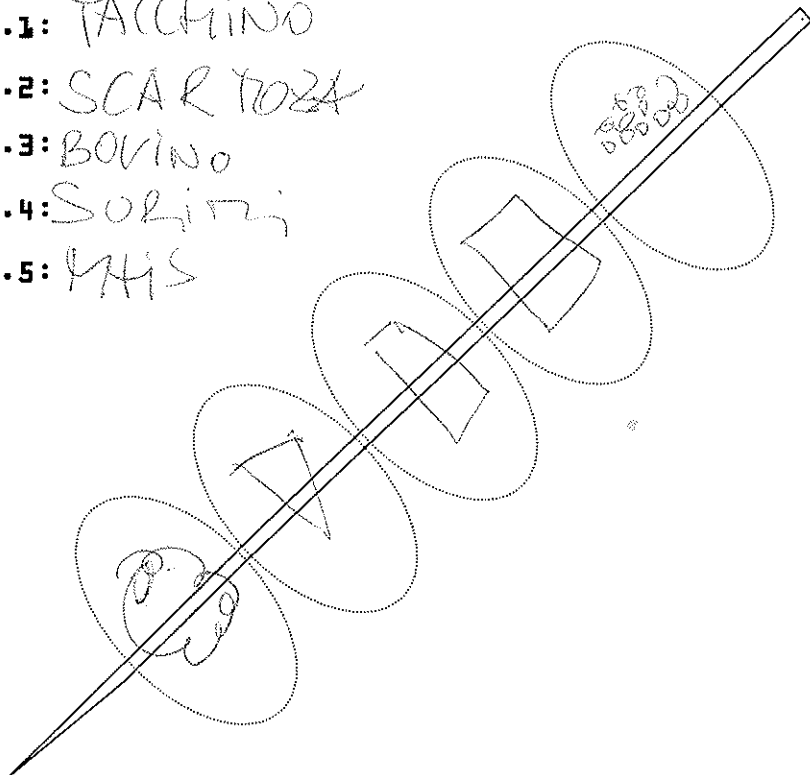
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: TACCHINO
- n.2: SCAR TOZZA
- n.3: BOVINO
- n.4: SOLIZI
- n.5: MHS



WHY did you choose them?

..... BECAUSE I LOVE MEAT

.....

Your name: .. ANDI

Email: .. macingandreas@yahoo.it

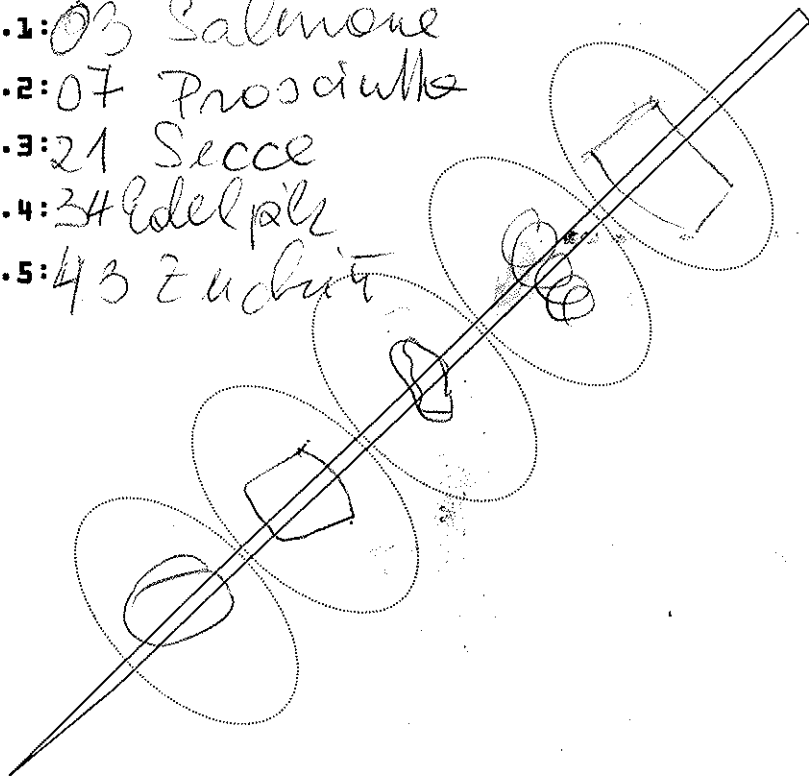
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: 03 Salmone
- n.2: 07 Prosciutto
- n.3: 21 Secce
- n.4: 34 Edelpilz
- n.5: 43 Zucchini



WHY did you choose them?

we had good taste
Italianisch

Your name:

Email: christine.schneiders@t-online.de

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

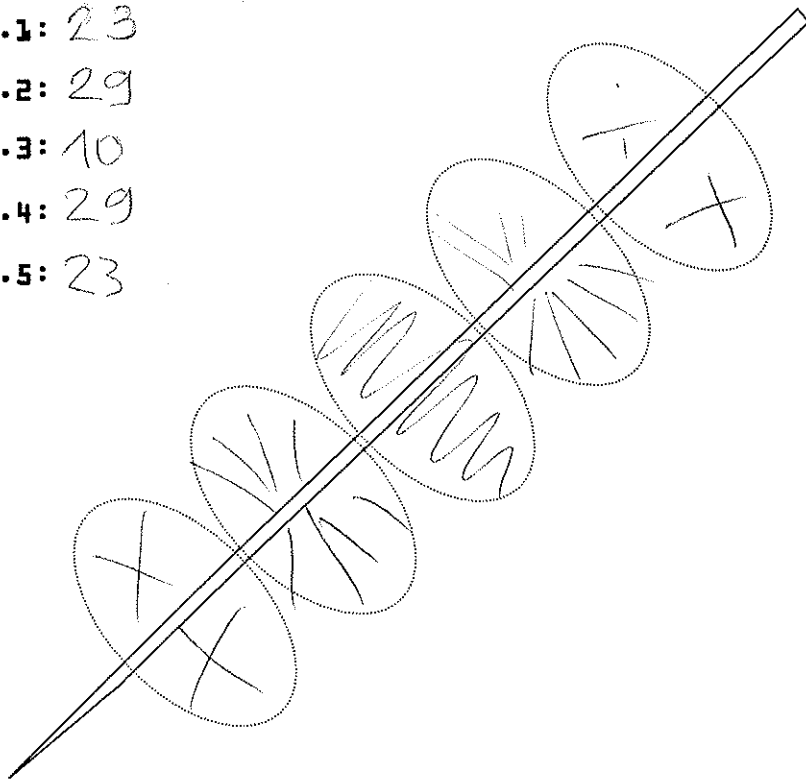
n.1: 23

n.2: 29

n.3: 10

n.4: 29

n.5: 23



WHY did you choose them?

.....
..... I like IT.

Your name: ... BARBARA Viki ŠUBIĆ ...

Email: .kiki.subic@preprostori.si.

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

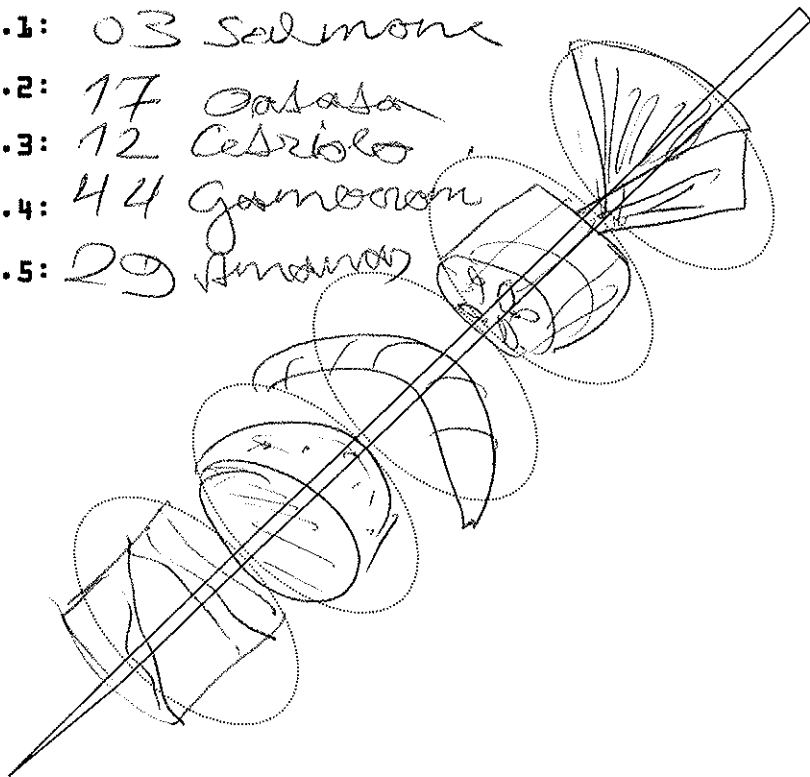
n.1: 03 Salmon

n.2: 17 Potato

n.3: 12 Cabbages

n.4: 44 Gamagrass

n.5: 20 Amaranth



WHY did you choose them?

... my favourite food

Your name: Birgit

Email: birgit.schnitter@msn.com

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

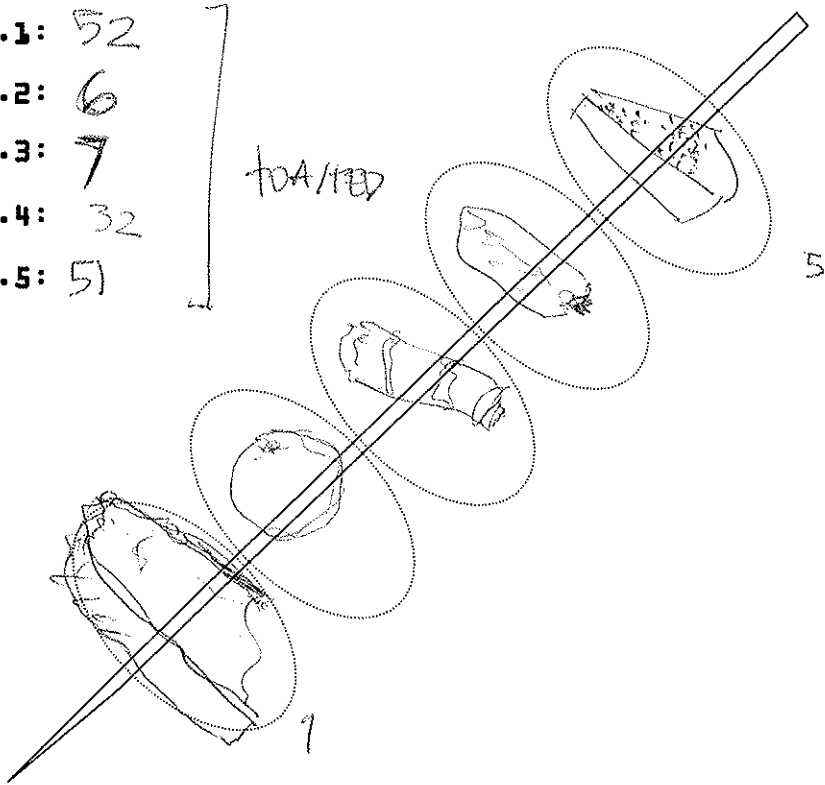
n.1: 52

n.2: 6

n.3: 7

n.4: 32

n.5: 51



WHY did you choose them?

Start with some ingredient you don't know
(but you are curious about) to end in
something safe (that you love)

Your name: TIAGO

Email: tiago.vb@hotmail.com

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

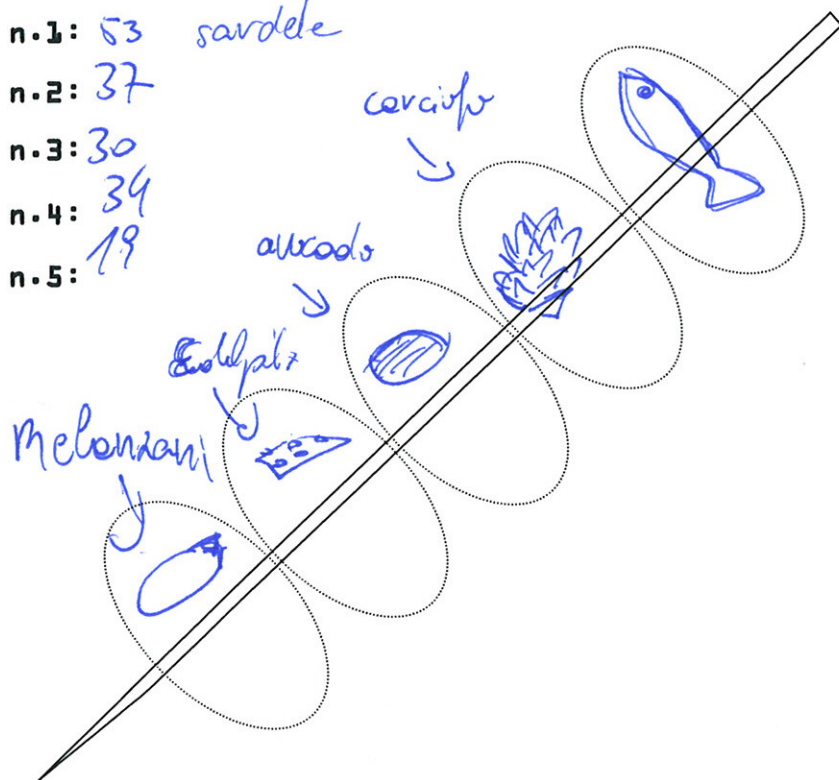
n.1: 53 sardale

n.2: 37

n.3: 30

n.4: 34

n.5: 19



WHY did you choose them?

..... *balconski*

.....

Your name: *mei*

Email: *marianne.lorcher@gmail.com*

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

n.1: AVOCADO

n.2: GAMBERO?

n.3: PROSCIUTTO

n.4: MOZZARELLA

n.5: SALMONE



I'm celiac
free gluten

WHY did you choose them?

Because I would like to taste
a mixing plate, high of meat with a sense
of tropical and a little sense of italy

Your name: SILVIA SUSANNA

Email: silvia.susanna@holmar.it

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

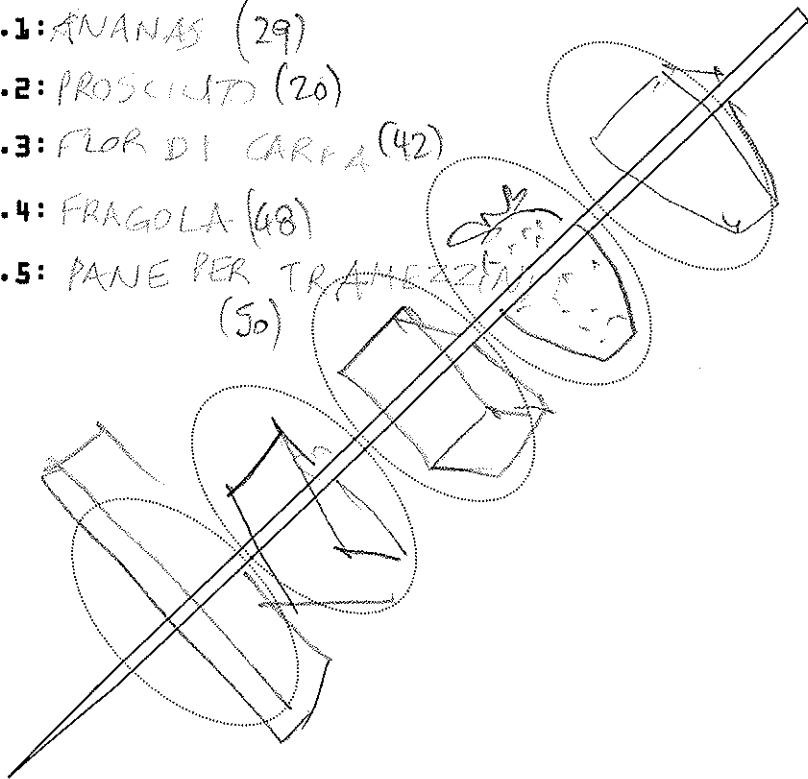
n.1: ANANAS (29)

n.2: PROSCIUTTO (20)

n.3: FLOR DI CARPA (42)

n.4: FRAGOLA (48)

n.5: PANE PER TRAMEZZINI
(50)



1. WHY did you choose them?

colours, combination of taste of
fruits and cheese, prosciutto

Your name: ELENI KARAIKOU

Email: elenikaraiskou@yahoo.gr

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

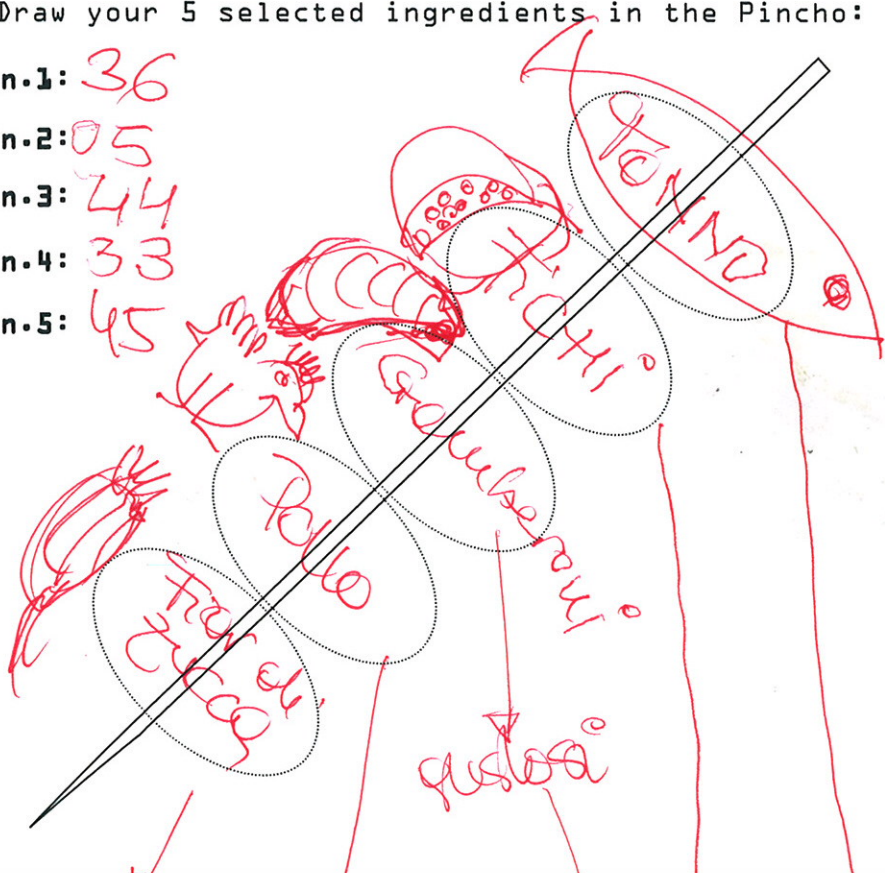
n.1: 36

n.2: 05

n.3: 44

n.4: 33

n.5: 45



WHY did you choose them?

delicato .. leggero - & sen- so
suave .. sh

Your name:

Vera Pedraza - mare

Email:

vera.gustino.guida@sezio.com

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

is a project from Stiftung FREIZEIT

www.stiftungfreizeit.com

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

n.1: 44

n.2: 35

n.3: 22

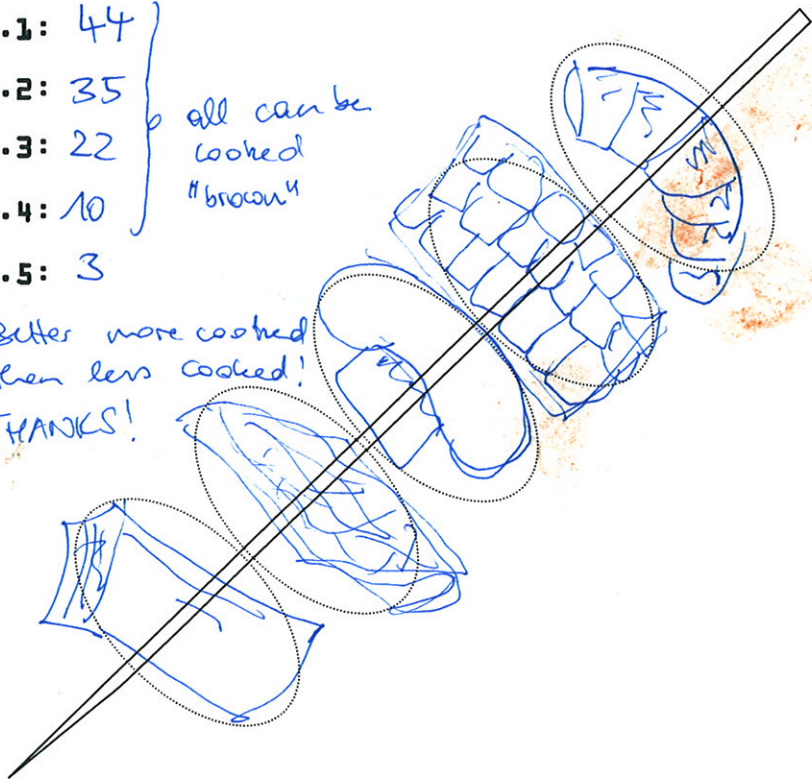
n.4: 10

n.5: 3

all can be
cooked
"brown"

Better more cooked
then less cooked!

THANKS!



WHY did you choose them?

BECAUSE I WOULD LOVE TO EAT
THIS 5 THINGS RIGHT NOW...

Your name: JUDITH PROSSLINER

Email: PROSSLINERJUDITH@GMX.AT

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

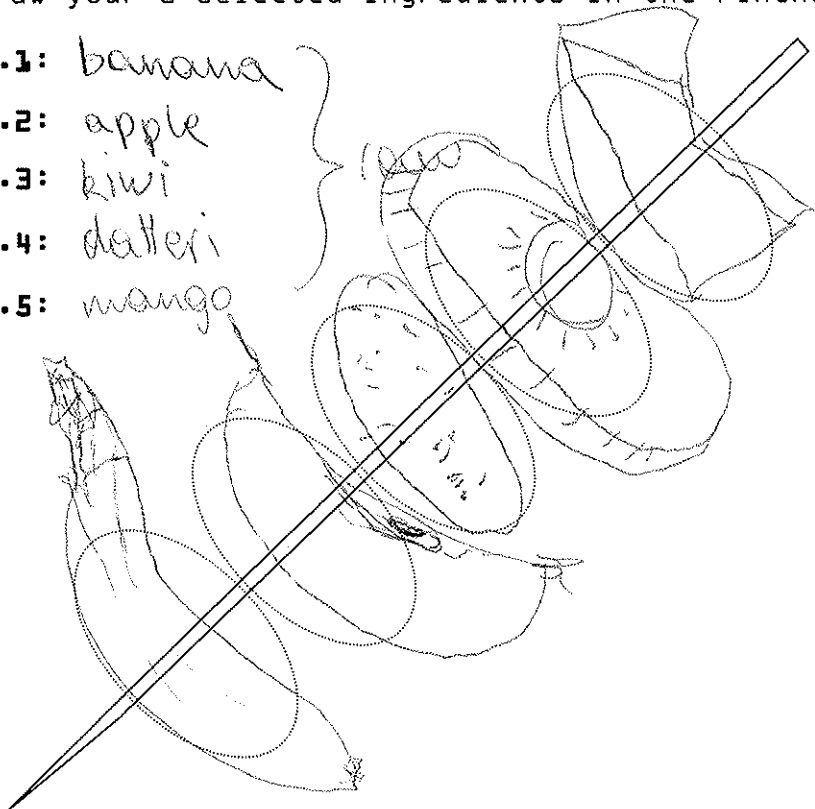
n.1: banana

n.2: apple

n.3: kiwi

n.4: datteri

n.5: mango



WHY did you choose them?

... it's a delicious desert with a lot of
... vitamins

Your name: Wg 'abendstein

Email: wg1@abendstein.net

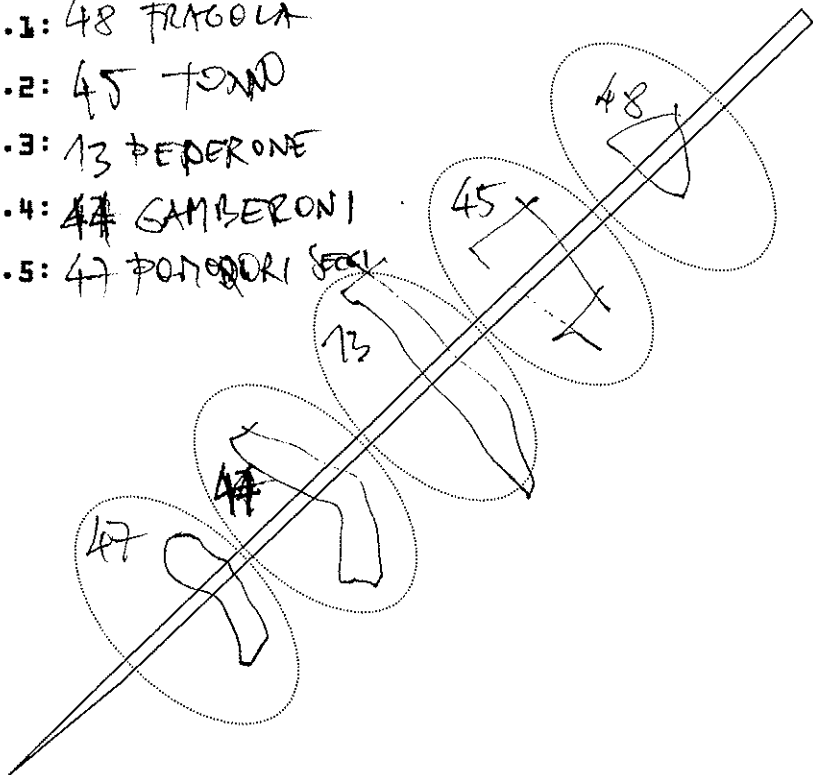
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: 48 FRAGOLA
- n.2: 45 TONNO
- n.3: 13 PEPERONE
- n.4: ~~44~~ GAMBERONI
- n.5: 47 POMODORI SECCO



WHY did you choose them?

BEV. ARG. RED, HOT, FRUITY

Your name: CHRISTINE

Email: c.zwinkl@tong4.at

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

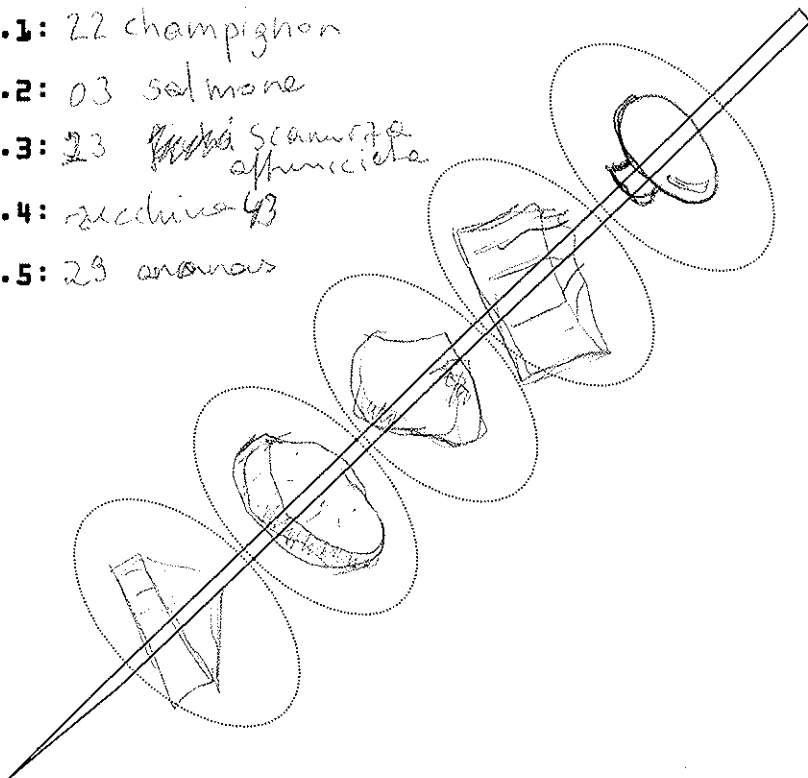
n.1: 22 champignon

n.2: 03 salmone

n.3: 23 ~~peperoni~~ scamorza affumicata

n.4: zucchini 43

n.5: 29 ananas



WHY did you choose them?

Things that looked most delicious to me...

Nr. 23 because I don't know it and wanted to try it

Your name: Carina

Email: carina.zabini@gmx.at

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

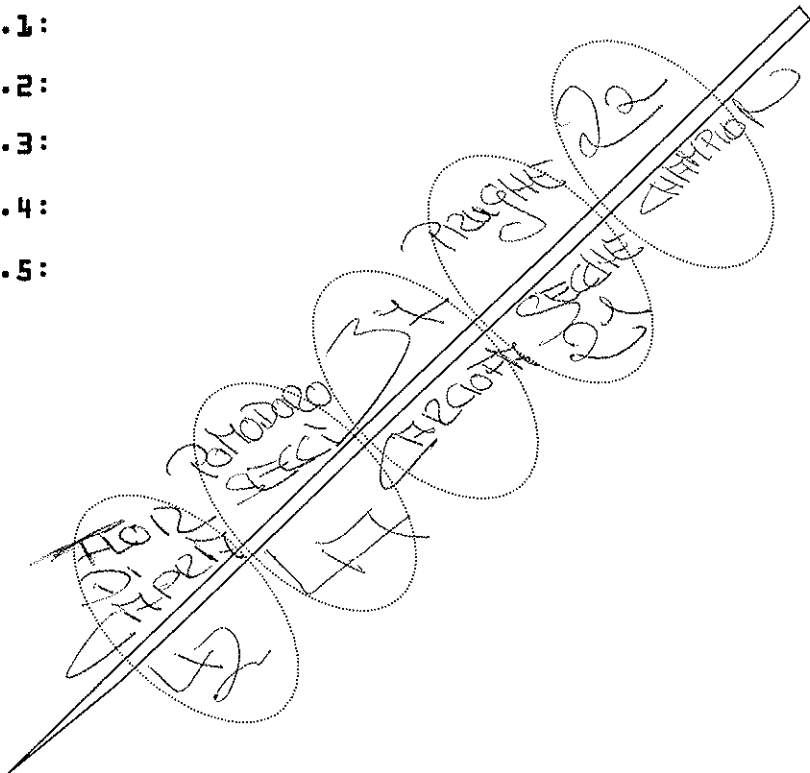
n.1:

n.2:

n.3:

n.4:

n.5:



WHY did you choose them?

I like vegetables
and that surprise
of the combination

Your name:

Email:

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

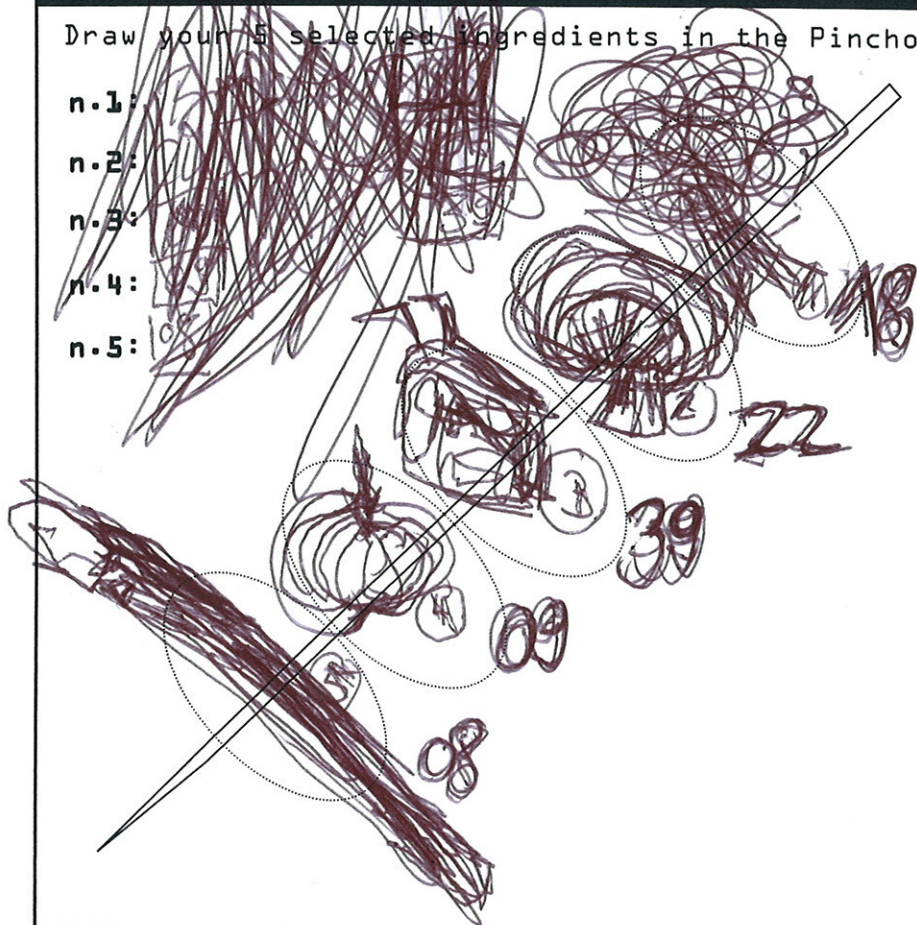
n.1:

n.2:

n.3:

n.4:

n.5:



WHY did you choose them?

~~Grün-weiß~~ Grün-weiß-Rot -

Your name: weiß - Grün = Amelie

Email: thierfelder-a@gmx.net Italia

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

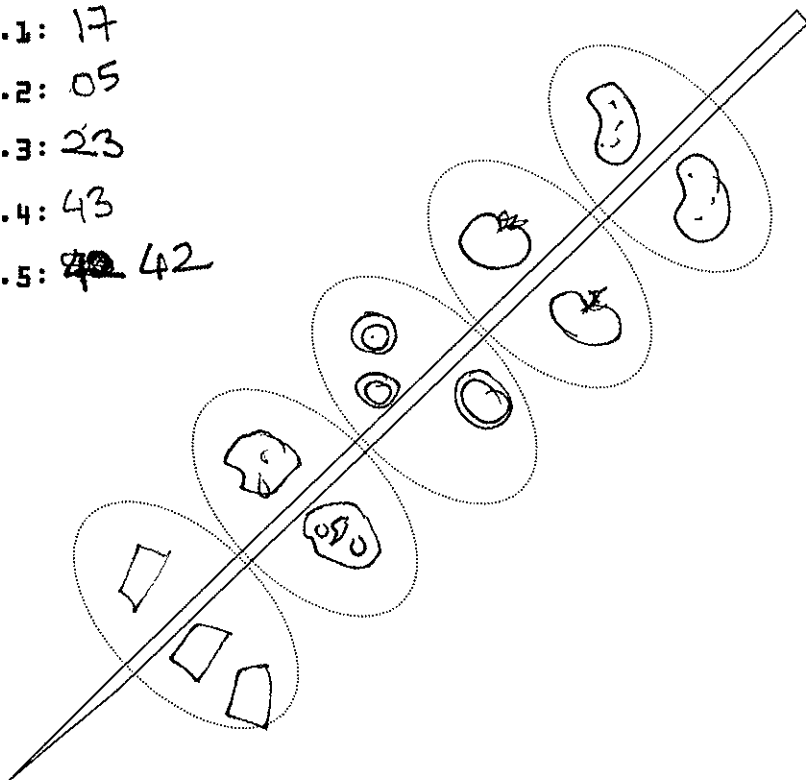
n.1: 17

n.2: 05

n.3: 23

n.4: 43

n.5: ~~40~~ 42



WHY did you choose them?

..without.. meat + fresh - love cheese ..

Your name: ..Dlora Satoglu ..

Email: ..dsatoglu@gmail.com ..

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

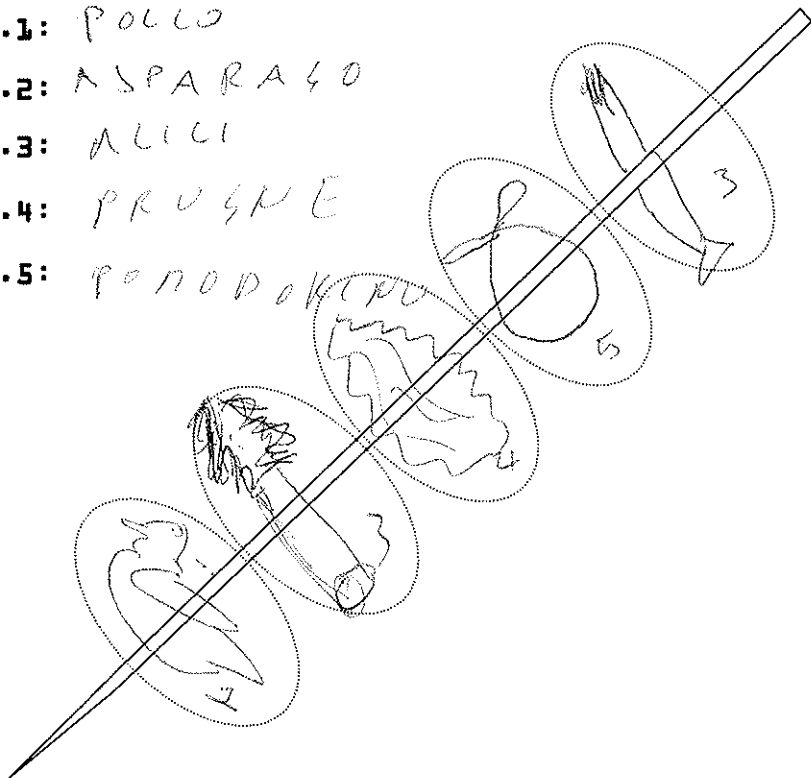
n.1: POLLO

n.2: ASPARAGO

n.3: ALICI

n.4: PROSCIUTTO

n.5: PANDOCHE



WHY did you choose them?

..... COLORS, ~~AND~~ CONTRAST

Your name: L.V. G.

Email: L.V. A. MARIANNA @ GMAIL.COM

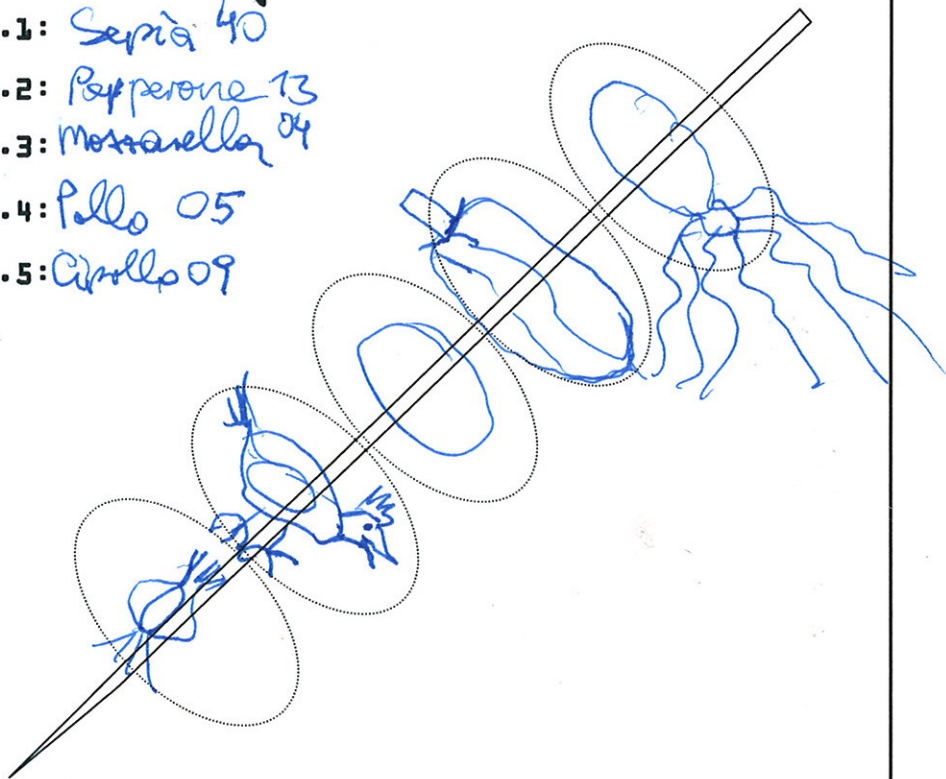
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: *Sepia 40*
- n.2: *Pepperone 13*
- n.3: *Mozzarella 04*
- n.4: *Pollo 05*
- n.5: *Cornelli 09*



WHY did you choose them?

..... *like them best*

Your name: *Jutta*

Email: *jutta.gesler@chello.at*

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

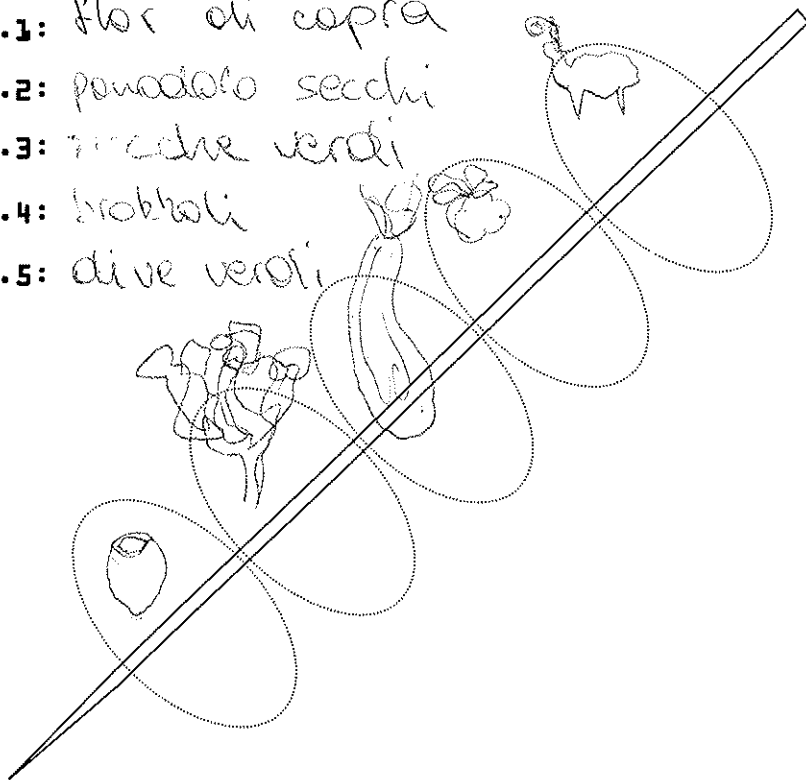
n.1: fior di capra

n.2: pomodoro secchi

n.3: zucchine verdi

n.4: broccoli

n.5: olive verdi



WHY did you choose them?

... I think it looks absolutely great when
grilled

Your name: Lee Obendorf

Email: lee1@obendorf.net

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

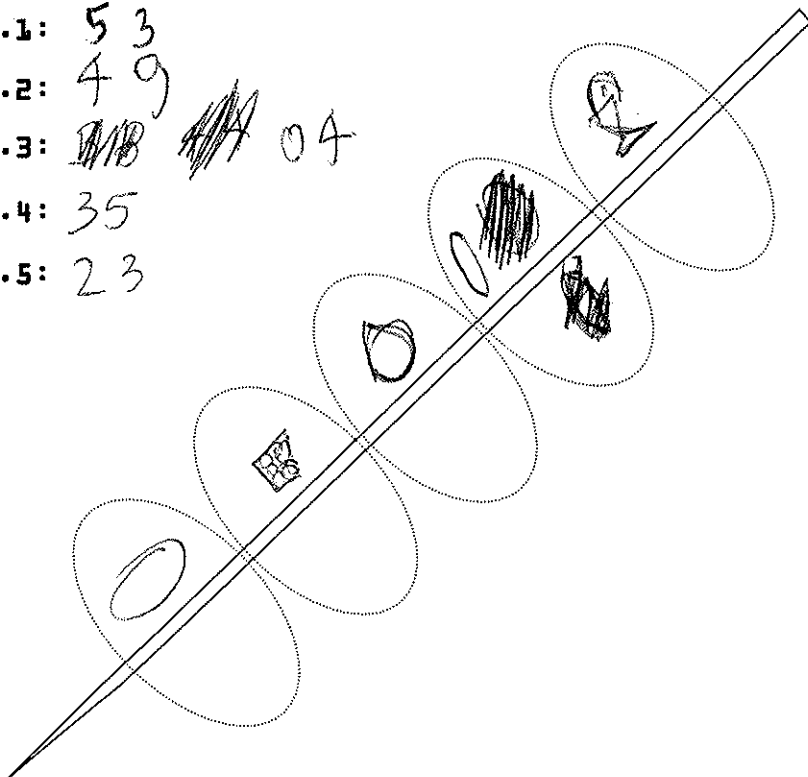
n.1: 53

n.2: 49

n.3: ~~MB~~ ~~AA~~ 04

n.4: 35

n.5: 23



WHY did you choose them?

Perché mi piacciono tanto

Your name: Carlos

Email:

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

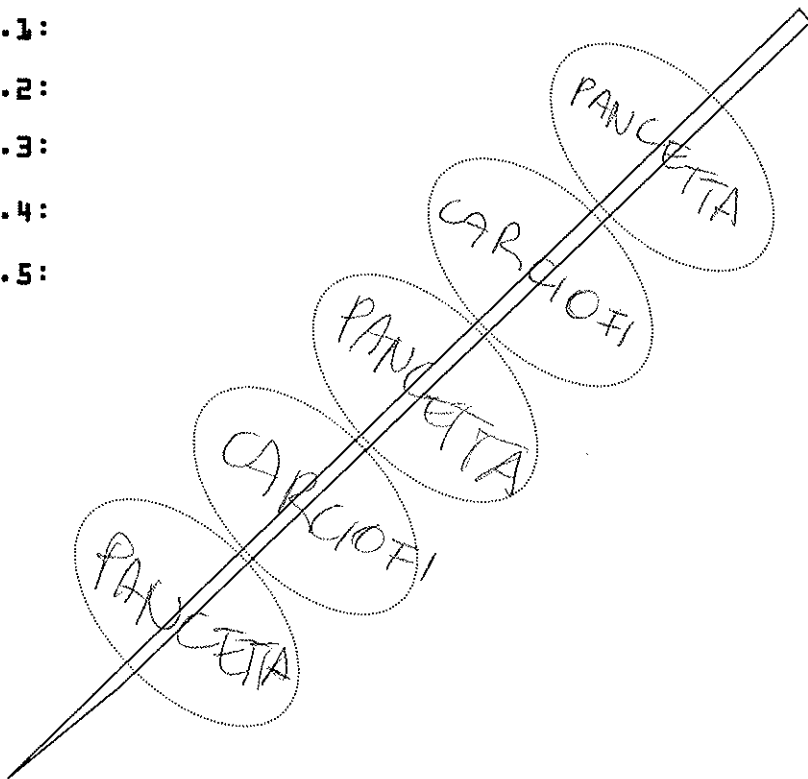
n.1:

n.2:

n.3:

n.4:

n.5:



WHY did you choose them?

BECAUSE... IS GOOD

Your name: MICHELA

Email: MICHELAARGENTI@HOTMAIL.COM

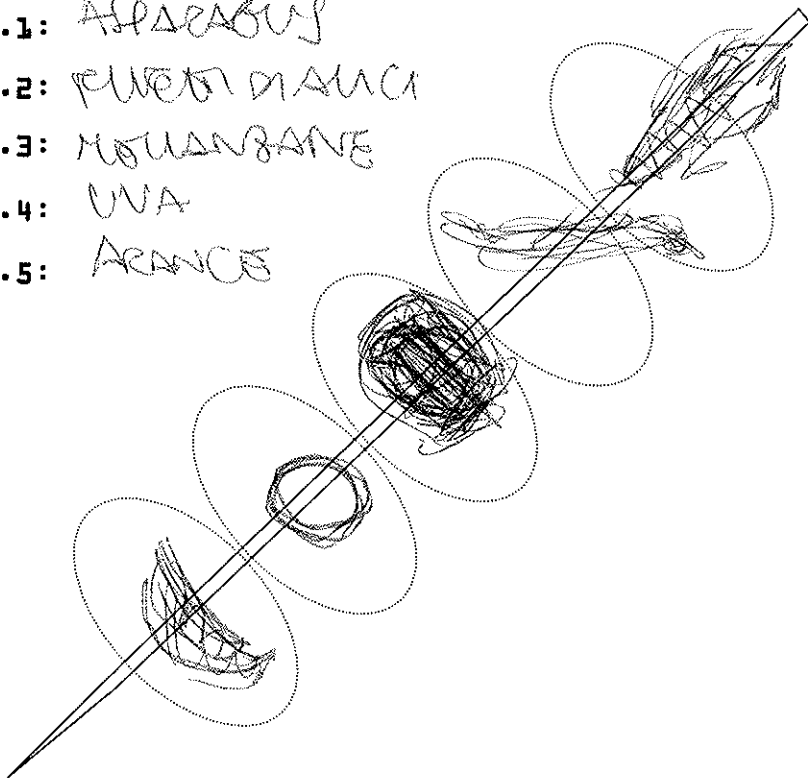
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: ASPARAGUS
- n.2: PUFFED RICCI
- n.3: MUSHROOMS
- n.4: ONION
- n.5: GARLIC



WHY did you choose them?

... SICILIAN RECIPE INSPIRATION AND
... PHOSPHORUS / VITAMIN AND VARIOUS
... GREAT BOOKS

Your name: RAFFAELLA GUIDARDI KEMEN YOUNG

Email: intoalegalleries@yahoo.it

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

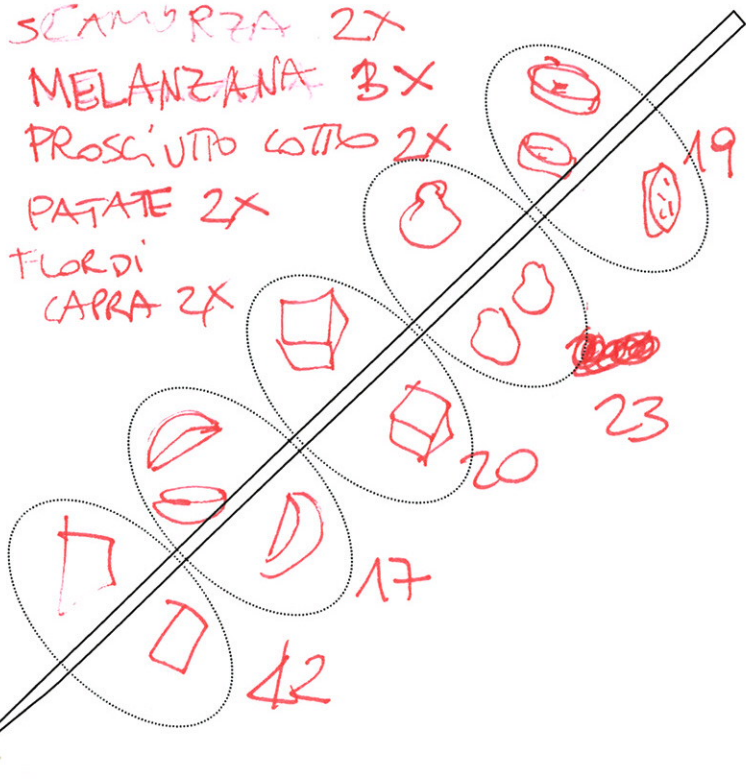
n.1: SEMOLA 2X

n.2: MELANZANA 3X

n.3: PROSCIUTTO COTTO 2X

n.4: PATATE 2X

n.5: FLORDI
CAPRA 2X



WHY did you choose them?

because the tastes hitting good
together

Your name:

NICOLETTA PERSANTELLI

Email:

nicoletta.persantelli@gmail.com

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

n.1: pomodoro 30
peperoni

n.2: carota 28

n.3: Melo Fuji 24

n.4: Champignon 22

n.5: Zucchini 20
Verde

WHY did you choose them?

..... oli Sagnione
..... Vegan Agro dolce

Your name: Pierre

Email: PIERRE.LEBRIN@LAPOSTE.FR

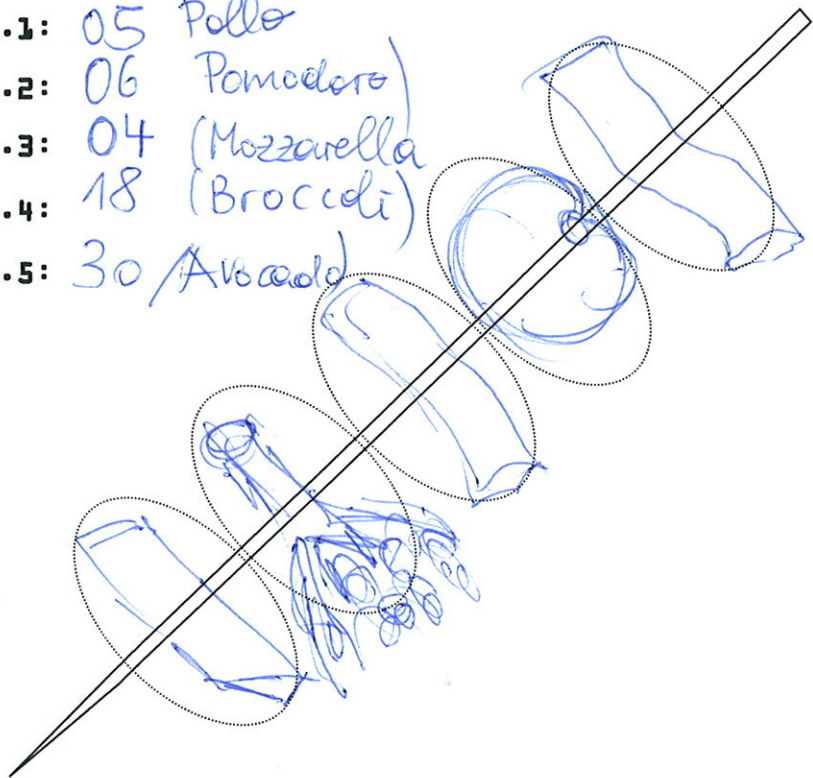
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: 05 Pollo
n.2: 06 Pomodoro
n.3: 04 (Mozzarella)
n.4: 18 (Broccoli)
n.5: 30 Avocado



WHY did you choose them?

Because I like these ingredients and did not get it yet in combination

Your name: MONIKA DARMANN

Email: moa.darmann@pmx.at

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

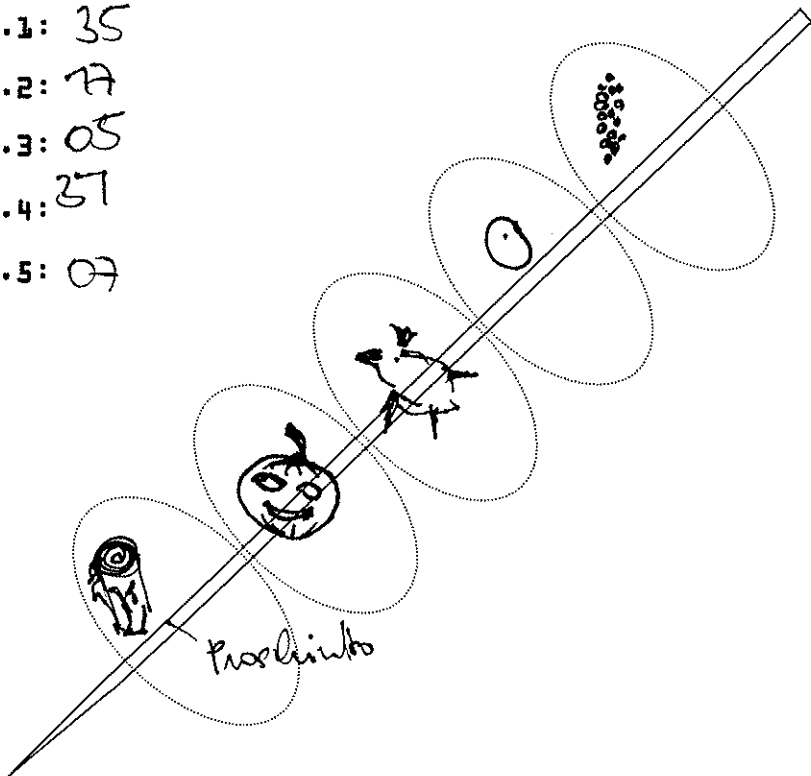
n.1: 35

n.2: 17

n.3: 05

n.4: 27

n.5: 07



WHY did you choose them?

.....
..... *lecker lecker lecker*

Your name: *Pi.A.*

Email:

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

n.1: Dattel

n.2: Salame

n.3: Sardine

n.4: Gorgonzola

n.5: Mais



WHY did you choose them?

..... Mi fanno piacere le forme ed i
..... colori e probabilmente anche il gusto
..... Gerhard Weber

Your name:

Email: gerhard.weber@bluewin.ch

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

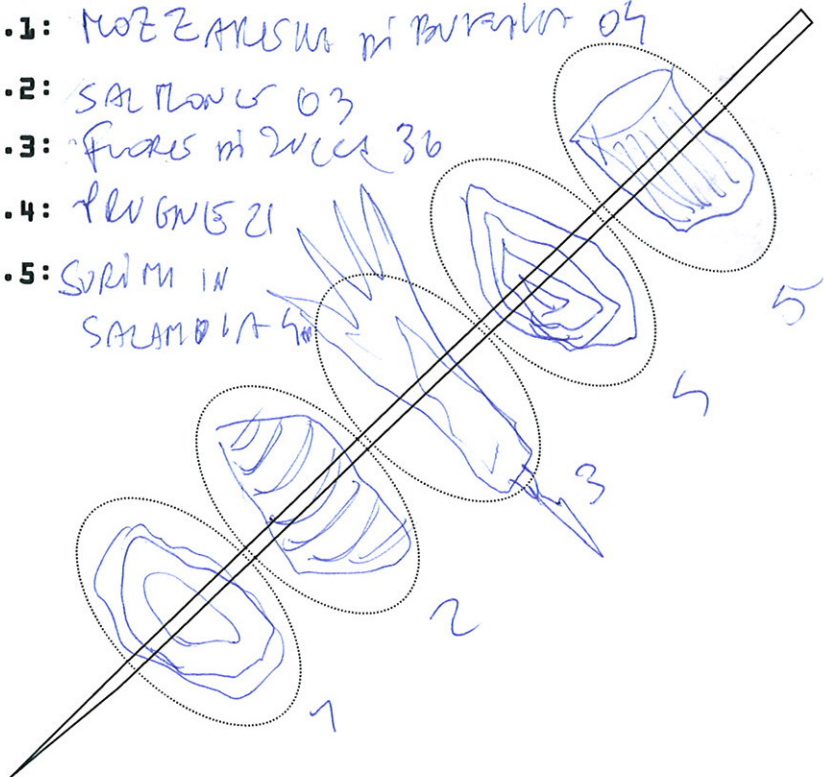
n.1: MOZZARELLA in BURRATA 04

n.2: SALAMON 03

n.3: FUNGHI in SUGCO 36

n.4: TRUGNIZI

n.5: SORRINI IN
SALAMONIA 40



WHY did you choose them?

Do you want to try?

Your name: PHILIP

Email: philip@rome.com

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

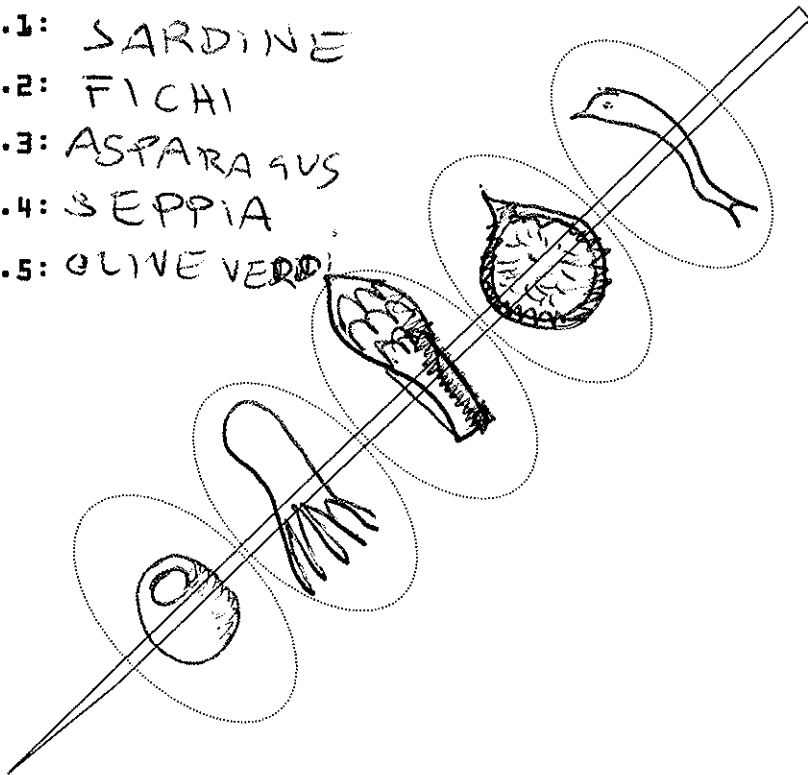
n.1: SARDINE

n.2: FICHI

n.3: ASPARAGUS

n.4: SEPPIA

n.5: OLIVE VERDI



WHY did you choose them?

.LIFE IS BITTERSWEET.....

LA VITA E' ASADOLLE.....

Your name: CRISTIANO.....

Email: CRISTIANO@CRISTIANO.MINO.IT

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

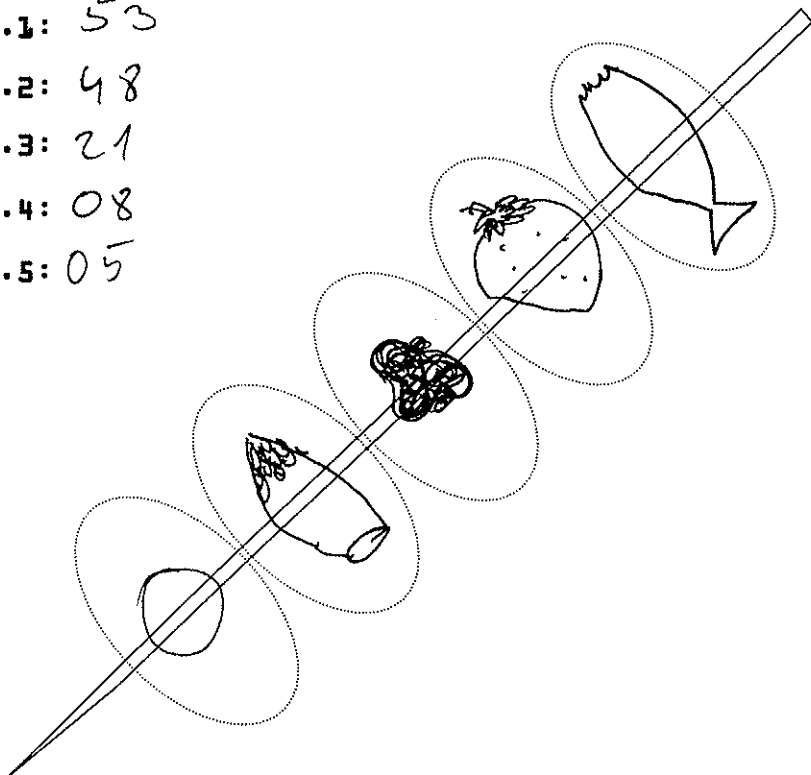
n.1: 53

n.2: 48

n.3: 21

n.4: 08

n.5: 05



WHY did you choose them?

... BECAUSE ... OF THE COLOURS.

Your name: GANSEGER MICHAELA

Email: micha.la.g@swisses.ch

(we will send you a copy of the complete recipe book)

PINCHO ITALIANO

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

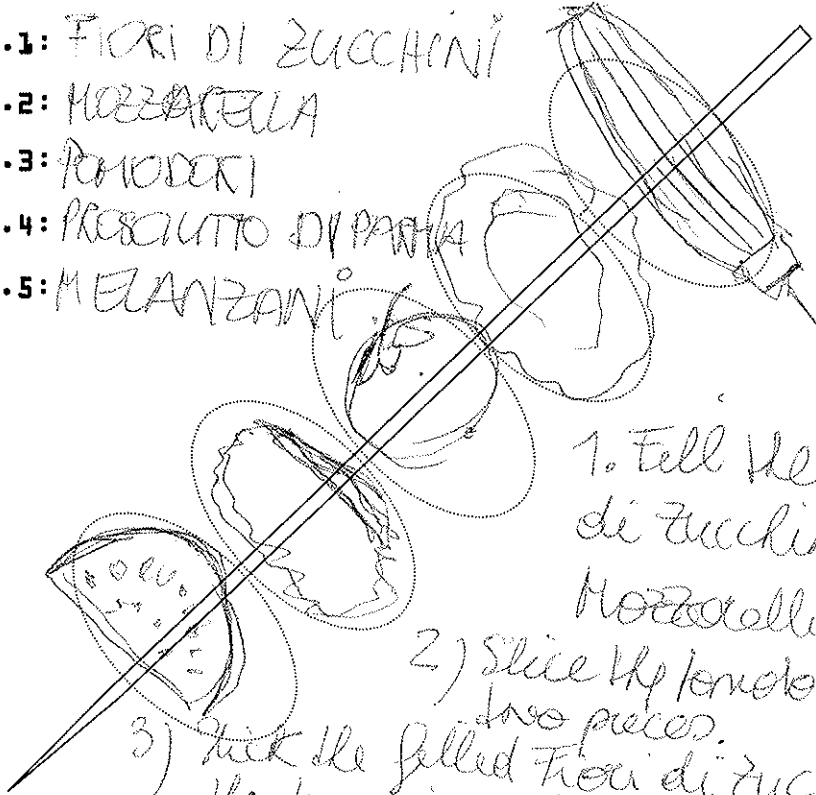
n.1: FIORI DI ZUCCHINI

n.2: MOZZARELLA

n.3: POMODORI

n.4: PROSCIUTTO DI PARMA

n.5: MELANZANI



1. Fill the Fiori di Zucchini with Mozzarella

2) Slice the tomato in two pieces.

3) Stick the filled Fiori di Zucchini, the two pieces of tomato and the Melanzani into the Pincho

WHY did you choose them?

Because I am so happy to be in Venice for the first time!

Your name: STEFAN

Email: STEFAN.KLAUWIK@GMAIL.COM

(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA is a project from Stiftung FREIZEIT www.stiftungfreizeit.com

4) Wrap the whole Pincho with Prosciutto?

↑ Grill cake to become with the roll done!

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

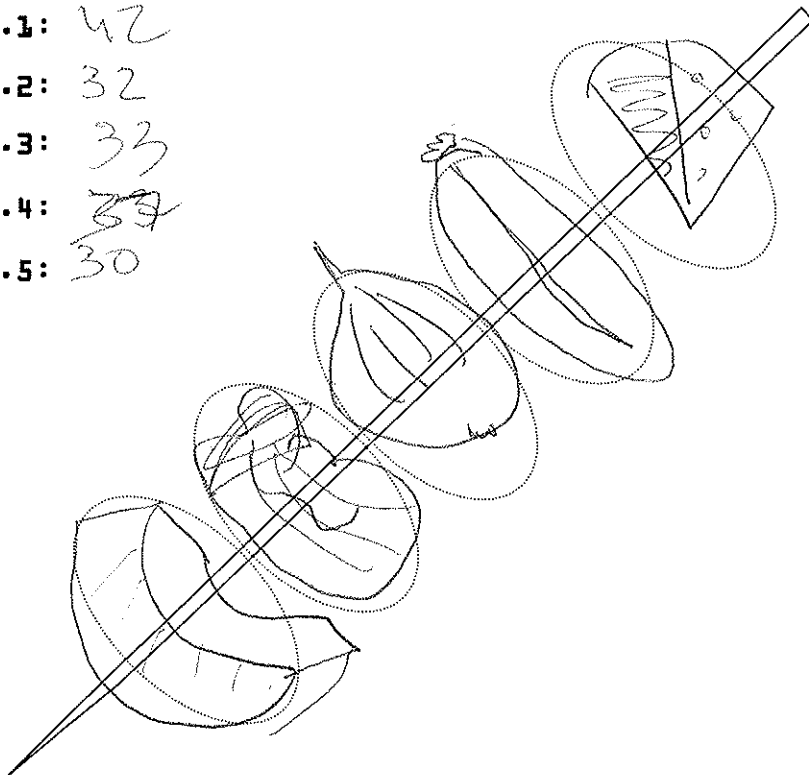
n.1: 42

n.2: 32

n.3: 33

n.4: ~~37~~

n.5: 30



WHY did you choose them?

..... FRUITS Y QUESO
..... SAÑE A PESO
.....

Your name: Carmen P.

Email:

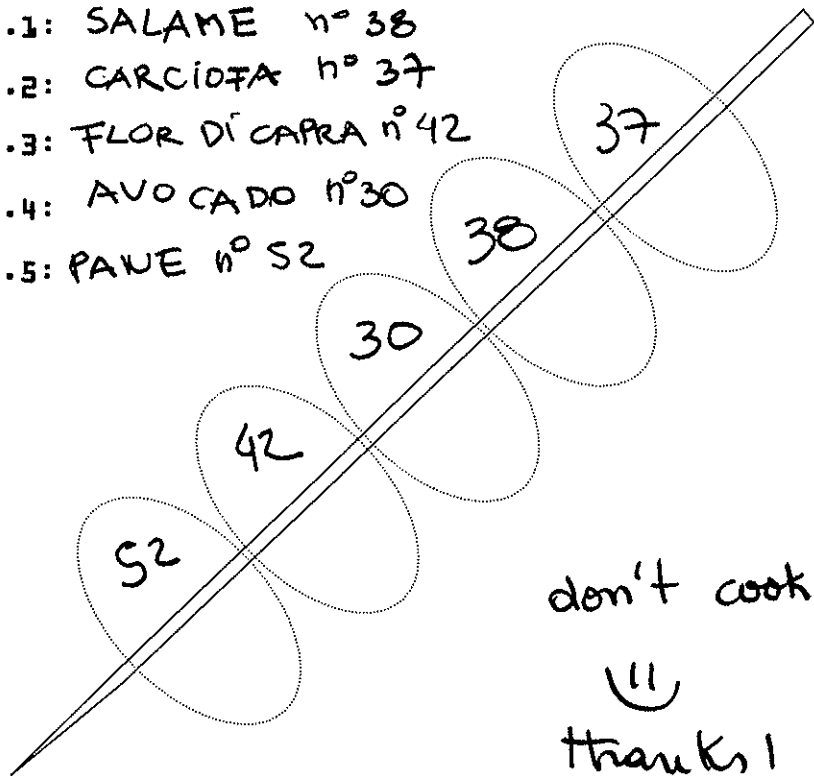
(we will send you a copy of the complete recipe book)

CUCINA PUBBLICA

think - choose - eat

Draw your 5 selected ingredients in the Pincho:

- n.1: SALAME n° 38
- n.2: CARCIOFA n° 37
- n.3: FLOR DI' CAPRA n° 42
- n.4: AVO CADO n° 30
- n.5: PAVE n° 52



don't cook it!



thanks!

WHY did you choose them?

... It is an appet pincho ...

Your name: .. VICTORIA DIAZ SARAVIA ..

Email: VICTORIADS @ HOTMAIL . COM ..

(we will send you a copy of the complete recipe book)



TRANSPARITY - 9/12
PRICE - 125 €/cup
PROGRAMING - 12/1
COLOR - 00, 040, 1400, 140
SIZE - 0, 1, 2, 3, 4, 5
PROPERTIES - 100% natural, 100% organic, 100% healthy, 100% delicious, 100% amazing.

02 COZZA (Cottus scorpius)
TYPOLOGY - MIDGE PUCKLE ALLIAGE
ADDITIONAL VALUES - 127 kcal, 20% fat, 10% protein
CALORIES
 Pulp - 100 kcal
 Bone - 100 kcal
 Dried - 100 kcal
 Milk - 100 kcal
 Fat - 100 kcal
 Salt - 100 kcal
 Sugar - 100 kcal
 Protein - 100 kcal
 Fiber - 100 kcal
 Fat - 100 kcal
 Sugar - 100 kcal
 Protein - 100 kcal
 Fiber - 100 kcal

03 SALMONE (Salmo salar)
TYPOLOGY - 60% fat, 40% protein, 10% fiber
ADDITIONAL VALUES - 100 kcal, 20% fat, 10% protein
CALORIES - 100 kcal
PROPERTIES - 100% natural, 100% organic, 100% healthy, 100% delicious, 100% amazing.

TRANSPARITY - 9/12
PRICE - 125 €/cup
PROGRAMING - 12/1
COLOR - 00, 040, 1400, 140
SIZE - 0, 1, 2, 3, 4, 5
PROPERTIES - 100% natural, 100% organic, 100% healthy, 100% delicious, 100% amazing.

05 POLLO (Gallus gallus)
TYPOLOGY - 100% natural, 100% organic, 100% healthy, 100% delicious, 100% amazing.
ADDITIONAL VALUES - 100 kcal, 20% fat, 10% protein
CALORIES
 Pulp - 100 kcal
 Bone - 100 kcal
 Dried - 100 kcal
 Milk - 100 kcal
 Fat - 100 kcal
 Salt - 100 kcal
 Sugar - 100 kcal
 Protein - 100 kcal
 Fiber - 100 kcal
 Fat - 100 kcal
 Sugar - 100 kcal
 Protein - 100 kcal
 Fiber - 100 kcal

05 POMOIRO CILENDO
TYPOLOGY - 100% natural, 100% organic, 100% healthy, 100% delicious, 100% amazing.
ADDITIONAL VALUES - 100 kcal, 20% fat, 10% protein
CALORIES - 100 kcal
PROPERTIES - 100% natural, 100% organic, 100% healthy, 100% delicious, 100% amazing.

TRANSPARITY - 9/12
PRICE - 125 €/cup
PROGRAMING - 12/1
COLOR - 00, 040, 1400, 140
SIZE - 0, 1, 2, 3, 4, 5
PROPERTIES - 100% natural, 100% organic, 100% healthy, 100% delicious, 100% amazing.

TRANSPARITY - 9/12
PRICE - 125 €/cup
PROGRAMING - 12/1
COLOR - 00, 040, 1400, 140
SIZE - 0, 1, 2, 3, 4, 5
PROPERTIES - 100% natural, 100% organic, 100% healthy, 100% delicious, 100% amazing.

TRANSPARITY - 9/12
PRICE - 125 €/cup
PROGRAMING - 12/1
COLOR - 00, 040, 1400, 140
SIZE - 0, 1, 2, 3, 4, 5
PROPERTIES - 100% natural, 100% organic, 100% healthy, 100% delicious, 100% amazing.

CUCINA PUBBLICA

Ingredients Rankings

Most eaten at Cucina Pubblica

- + n.1: Salmone
- n.2: Fragole
- n.3: Mango
- n.4: Gamberone
- n.5: Flor di Capra

- n.50: Cipolla
- n.51: Zucca verde
- n.52: Fondi
- n.53: Suino
- n.54: Bovino Adulto

GLOSSARY

An **accessory fruit** is a fruit in which some of the flesh is derived not from the ovary but from some adjacent tissue exterior to the carpel.

The botanical definition of a **berry** is a fleshy fruit produced from a single ovary, in which the entire ovary wall ripens into an edible pericarp. The seeds are usually embedded in the flesh of the ovary.

The **caryopsis** is popularly called a grain and is a simple dry fruit that is monocarpellate and indehiscent (not opening at maturity).

In the context of the plant sexuality of flowering plants, there are two forms of **dichogamy** (sequential hermaphroditism): protogyny-female function precedes male function-and protandry-male function precedes female function.

A **drupe** is an indehiscent fruit in which an outer fleshy part surrounds a shell of hardened endocarp with a seed inside.

Flower head is a special type of inflorescence, in which several flowers are grouped together to form a flower-like structure.

A **fruit** is a part of a flowering plant that derives from specific tissues of the flower, mainly one or more ovaries. Fruits are the means by which many plants disseminate seeds.

Infructescence is defined as the ensemble of fruits derived from the ovaries of an inflorescence. It usually retains the size and structure of the inflorescence. One example is Ananas.

A **mushroom** is the fleshy, spore-bearing fruiting body of a fungus, typically produced above ground on soil or on its foodsource.

GLOSSARY

Summer squash are harvested when immature, while the rind is still tender and edible. The name refers to the short storage life of these squashes.

Superfood is an unscientific marketing term used to describe food with high nutrient or phytochemical content that may confer health benefits, with few properties considered to be negative.

A **taproot** is an enlarged, straight plant root that grows downward. It forms a center from which other roots sprout laterally.

Tubers are various types of modified plant structures that are enlarged to store nutrients. There are both stem and root tubers. They are used by plants to survive the winter or dry months and provide energy and nutrients for regrowth during the next growing season.

Winter squash is a summer-growing annual vegetable, representing several species within the genus *Cucurbita*. It differs from summer squash in that it is harvested and eaten in the mature fruit stage, when the seeds within have matured fully and the skin has hardened into a tough rind. At this stage can be stored for use during the winter.

Zest is a food ingredient that is prepared by scraping or cutting from the outer, colorful skin of citrus fruits. In terms of fruit anatomy, zest is obtained from the flavedo (exocarp). The white thread-like material attached to the inside of the peel is called **pith**. The flavedo and white pith (albedo) of a citrus fruit together makes up its peel.





Recipe Book
CUCINA PUBBLICA

More infos and photos
www.stiftungfreizeit.com

