



Press Release

Like most Italian celebrations, food is center stage in party planning

How to Host a Traditional Italian New Year's Eve Dinner

Every country and culture celebrate New Year, Italy is no exception. The majority of Italians continuing to hold into traditional customs and superstitions which they hope will bring wealth and banish bad luck.

In Italy, a traditional New Year's Eve meal is all about expressing abundance. **The Consorzio Zampone and Cotechino Modena PGI** is the custodian of two ancient Italian gastronomic specialties that, although enjoyed all throughout the year. They are the main protagonists in all Italian homes during New Year's Eve dinner. The *cotechino** or *zampone*** is served with lentils, symbolizing wealth and good fortune. When either one is sliced, the pieces resemble coins which is meant to bring prosperity.

Italian folklore suggests that eating cotechino or zampone before midnight is a good omen for the New Year. These specialties which include pig's trotters are considered a treat and are very tender. They also contain the right fat content which connotes wealth. When eaten alongside the lentils, which are believed to bring good luck and prosperity. The diner's financial forecast for the upcoming year is predicted to increase in respect to the previous one.

Also, let's not underestimate their nutritional qualities: they have a high content of proteins, more unsaturated fats than saturated, lose part of their fat after cooking and are rich in B vitamins and minerals, especially iron and zinc.

Why not surprise your friends and family this year with a New Year's Eve dish that will evoke the joy and culinary pleasure of being in Italy.

Here is the recipe:

Cotechino or Zampone with lentils

Yields 6 servings

Ingredients:

Cotechino or Zampone Modena PGI, pre-cooked

2 tablespoons extra virgin olive oil

1 onion

500 g lentils

50 g chopped bacon

200 dl of vegetable broth

2 stalks of celery



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Rinse the lentils, then soak them in a bowl of cold water overnight or for 12 hours. Boil the lentils in salted water with 2 stalks of celery and ½ onion. As soon as they are cooked, drain them and remove the celery and onion

Simmer the cotechino or zampone without removing from the pouch and place enough water to cover for about 20-30 minutes.

Peel and dice the onion. Place a frying pan over medium heat. Add a little olive oil and add the onion and bacon. Once the onion is translucent, but not yet brown, add the lentils and 2 ladles of vegetable broth. Bring to a boil, then simmer until the lentils are soft. Once done cooking, carefully remove the cotechino or zampone from the pouch by cutting open up one side. Move the cotechino or zampone to a cutting board and cut into ½ to 1-inch slices. Pour the lentils still warm on the serving plate and arrange the slices of of Zampone or Cotechino Modena PGI on top.

Enjoy!

Consorzio Zampone and Cotechino Modena PGI

The Consorzio Zampone and Cotechino Modena PGI was established in 2001, with the aim of protecting, enhancing and promoting Cotechino Modena PGI and Zampone Modena PGI. 14 companies are part of the consortium which represent the main producers of these two deli meats.

* Cotechino Modena PGI consists of noble parts of pork and rind, as required by the traditional recipe. The meat is gently minced and flavored with spices and herbs (cloves, pepper, nutmeg, cinnamon and wine) and then stuffed into casings.

**Zampone Modena PGI is obtained from carefully selected pork meat combined with pork rind, according to the dictates of the ancient recipe. The ground meat can be delicately flavored with pepper, nutmeg, cinnamon, cloves and wine.

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