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SPECIALITY & FINE FOOD FAIR
9–10 SEPT 2025
OLYMPIA LONDON

9 - 10 SEPT 25
Stand N° 1830

Cooking Sessions

Chefs **ADRIANA CIOBANU & CINZIA DI MAIO**

ANICAV
Associazione Nazionale Industriali Conserve Alimentari Vegetali

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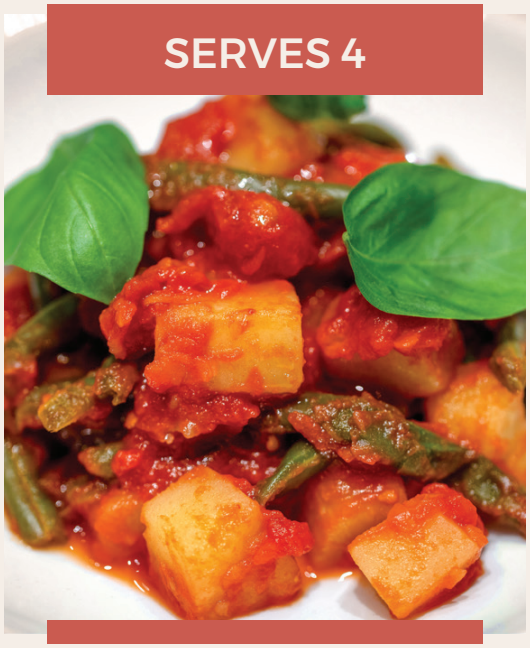
Green beans and potatoes in tomato sauce

10.09.2025
From 1:30pm to 3:30pm

RECIPE COURTESY OF

Metelliana · Organic Foods · Pancrazio

SERVES 4



This delicious vegetable dish is suitable for vegans too – perfect when green beans are in season!

INGREDIENTS:

- 600g green beans
- 250g canned whole peeled tomatoes, crushed or pureed in a blender
- extra virgin olive oil, as needed
- 1 white onion
- 1 fresh chili pepper
- 340g potatoes
- salt and pepper
- basil leaves, to garnish

METHOD:

Clean the green beans under cold running water, top and tail and cut in half. Clean and peel the potatoes.
Fill a saucepan with water, add a pinch of salt and bring to the boil. Add the potatoes and after 10 minutes, add the green beans: cook for another 10 minutes until the green beans are tender and the potatoes cooked. Drain and leave to cool a little, after a few minutes, separate the potatoes and cut them carefully into slices.
In the meantime, prepare the tomato sauce: cut the onion and chili pepper thinly. Drizzle a little oil in a large frying pan and sauté the onion and chili pepper for a minute. Add the crushed tomatoes, season with salt and pepper and cook over a low heat for 10 minutes until the sauce is creamy and smooth.
Add the green beans to the tomato sauce and cook for a minute over a low heat, stirring well to combine them. Then add the potatoes, stirring carefully so they do not break up.
Garnish the green beans and potatoes in tomato sauce with a few basil leaves and serve with a drizzle of extra virgin olive oil.

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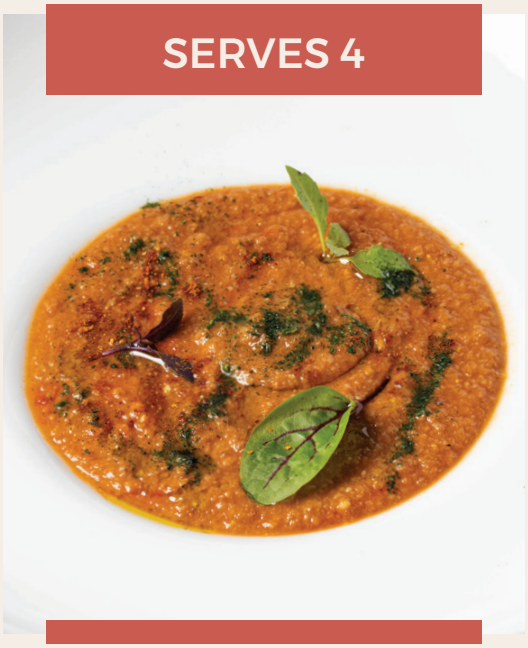
Pappa al pomodoro (bread and tomato soup)

09.09.2025
From 12:30am to 2:00pm

RECIPE COURTESY OF

Metelliana · Organic Foods · Pancrazio

SERVES 4



This simple Italian vegan bread soup is comforting, flavourful, and simple to make, bringing all the flavours of summer to your table!

INGREDIENTS:

- 500g canned passata (pureed, strained tomatoes)
- 2 thick slices of bread
- 2 garlic cloves
- chilli (optional)
- extra virgin olive oil to taste
- fresh basil to taste
- salt and pepper to taste

METHOD:

Pour in enough oil to cover the bottom of a saucepan, add the crushed garlic and, if using, the chilli. Fry for a few moments, add the passata and cook over medium heat for 20 minutes. Season to taste. In the meantime, take two slices of bread – about 2cm thick – and soak in water for 10 minutes. Squeeze the bread well, then add it to the tomato sauce as it cooks, adding a little water too. Continue cooking the tomato soup for about 15 minutes, stirring occasionally. Towards the end, use a whisk to make the consistency creamier and smoother. Add the fresh basil and a drizzle of oil. Serve the tomato soup hot but not boiling.

Meatballs in tomato sauce

09.09.2025
From 2.00pm to 3.30pm

RECIPE COURTESY OF

Ciao IL POMODORO DI NAPOLI

Solaria l'Arte del Sole

SERVES 4



A perfect weekday lunch
or dinner dish for the family.

INGREDIENTS:

- 500g lean beef mince
- 400g stale crustless bread
- 1 large egg
- 60g freshly grated Parmesan cheese
- 2 tbsp flat-leaf parsley, chopped
- 200 ml milk
- 1 clove of garlic
- 80g sultanas and pine nuts
- vegetable or sunflower oil, for frying
- 600g canned whole peeled tomatoes, crushed or pureed in a blender
- 1 small onion, finely chopped
- 20 ml extra virgin olive oil
- salt and freshly ground black pepper

METHOD:

Soak the bread in a little milk. Squeeze gently to remove any excess liquid and place in a bowl with the mince, parsley and garlic. Mix well and add the egg, a pinch of salt, black pepper, the parmesan and sultanas and pine nuts. Combine thoroughly with your hands and shape into meatballs.

Heat the vegetable or sunflower oil in a large heavy pan and fry the meatballs over a medium heat for 25–30 minutes. Keep turning them carefully to prevent them catching on the bottom of the pan. Remove from the pan, drain on kitchen paper and set aside.

Meanwhile, make the tomato sauce. Sweat the onion in a little olive oil in a heavy pan over a medium heat until soft and translucent. Add the tomatoes and season with salt and black pepper. Transfer the meatballs to the sauce and cook for 10 minutes to heat through.

Serve piping hot.

Spaghetti with Tomato Sauce

10.09.2025
From 11:30am to 01:30pm

SERVES 4

RECIPE COURTESY OF

Ciao IL POMODORO DI NAPOLI

Solaria L'Arte del Sole



The most classic of all pasta dishes: Spaghetti with Tomato Sauce! If you order this in Naples, your waiter may ask if you want cheese; and when you say "no", which you should do because that's the way the locals eat it, your waiter will say: "Ah, yes, it's better to taste the delicious tomatoes this way".

INGREDIENTS:

- 400g spaghetti
- 400g canned whole peeled tomatoes, drained and coarsely chopped (reserve the juices to add later or for another use)
- 30g extra virgin olive oil
- 2 cloves of garlic, chopped finely
- pinch of red chilli flakes
- 5/6 fresh basil leaves
- pinch of sugar, optional
- oregano to taste
- salt

METHOD:

Heat the oil in a frying-pan over a medium heat; add the garlic and red chilli flakes and cook together over medium low heat for a few minutes until soft and starting to caramelize.
Add the coarsely chopped tomatoes, half of the basil and a pinch of sugar if using. Season with salt and oregano.
Simmer over a gentle heat for 15-20 minutes. Taste for seasoning.
Meanwhile, bring a saucepan of water to the boil, salt and cook the spaghetti until al dente.
Drain, reserving a little bit of the cooking water, and mix with the sauce. Over a medium heat, toss the pasta and sauce, adding a little bit of the reserved tomato juices from the can and the reserved pasta water.
When the sauce and pasta has come together, serve immediately, garnished with the remaining basil leaves.