

PREPARAUS

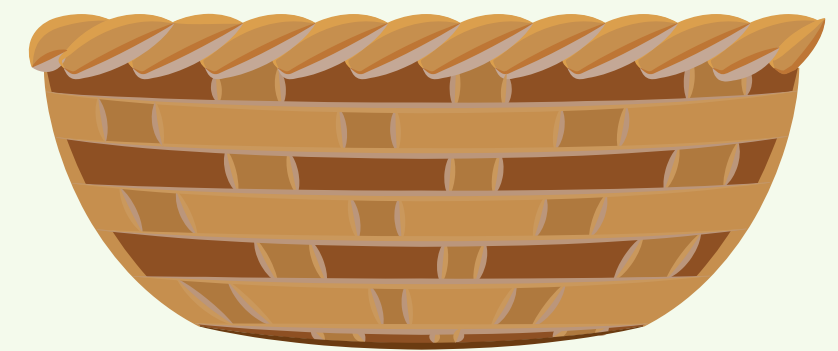
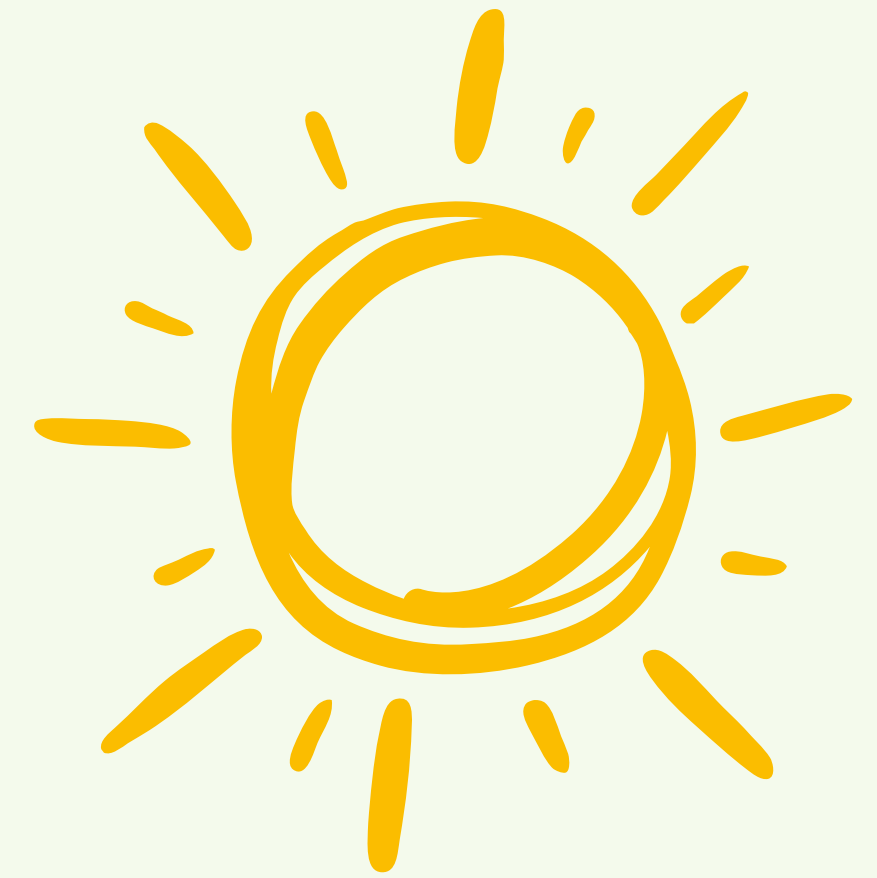
is
pàrdulas

SU DRUCI DE PASCA MANNA

Is pàrdulas funt drucis
chi si faint in Sardigna
po sa festa de Pasca
Manna.

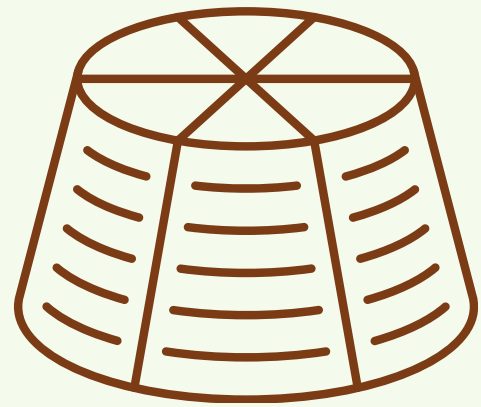


Sa forma de is pàrdulas
assimbillat a su soli o
fintzas a unu scarteddu.

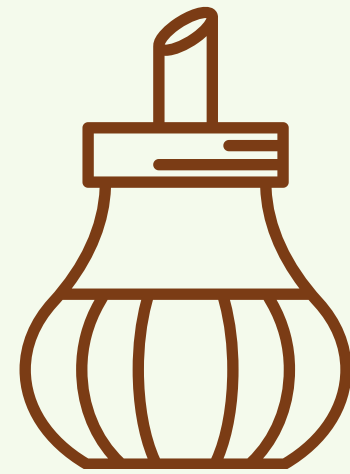


ingredientis

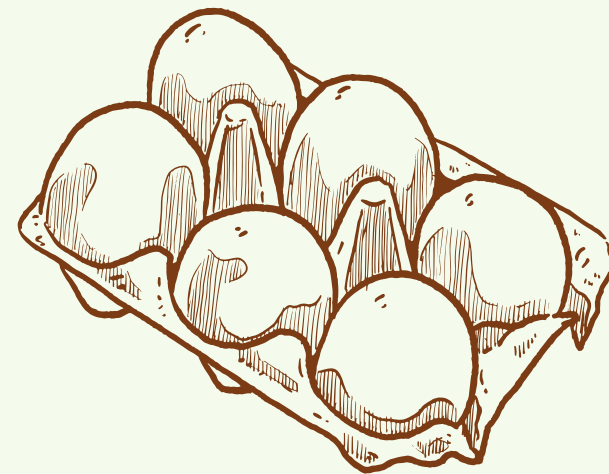
ita si serbit po sa matza



1 chilu de
arrescotu



200 grammus
de tzùcuru



2 ous
(s'arrùbiu)



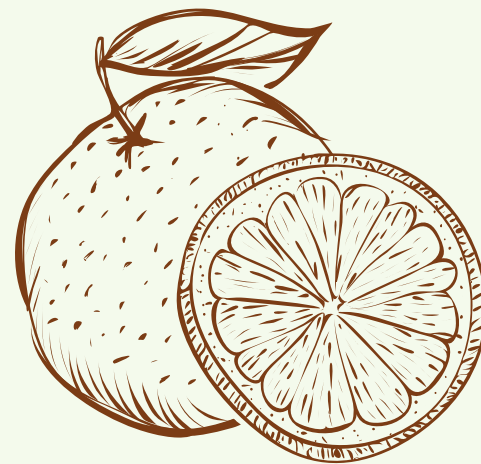
1 bustixedda
de fromentu

ingredientis

ita si serbit po sa matza



1 bustixedda
de tzafaranu



2 aràngius
(suci e croxu)



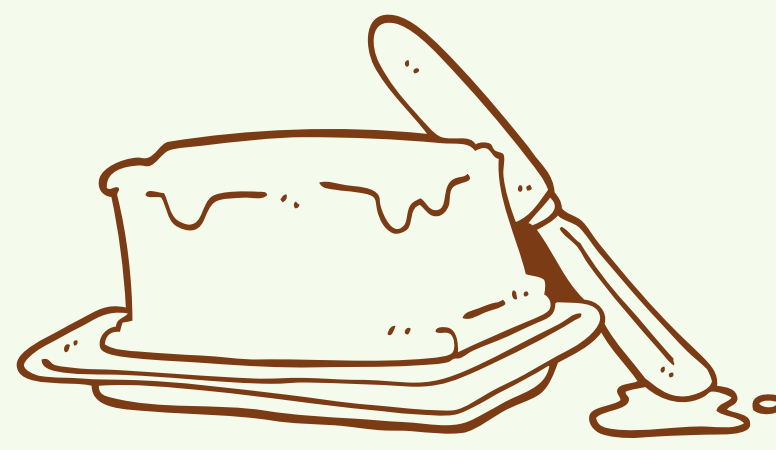
1 stìddiu de
licori

ingredientis

ita si serbit po su pillu



1 chilu de
sìmbua



80 grammus de
strutu (lardu), o
bùturu



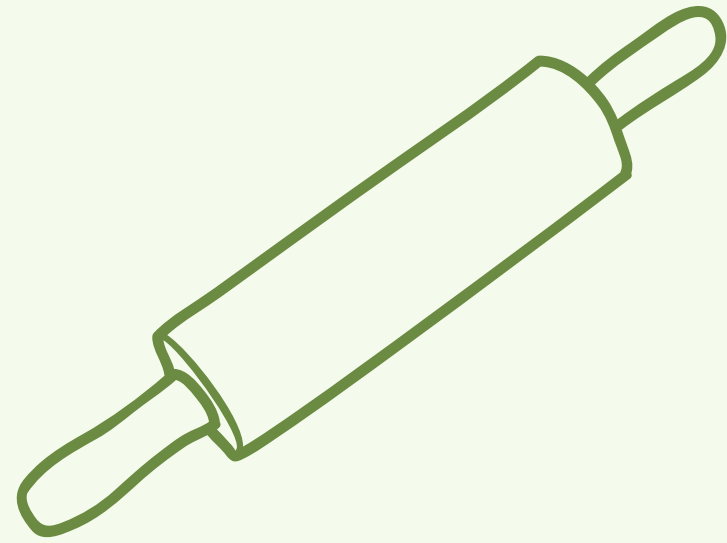
àcua



AINAS

CHI SI SERBINT PO FAI IS PÀRDULAS





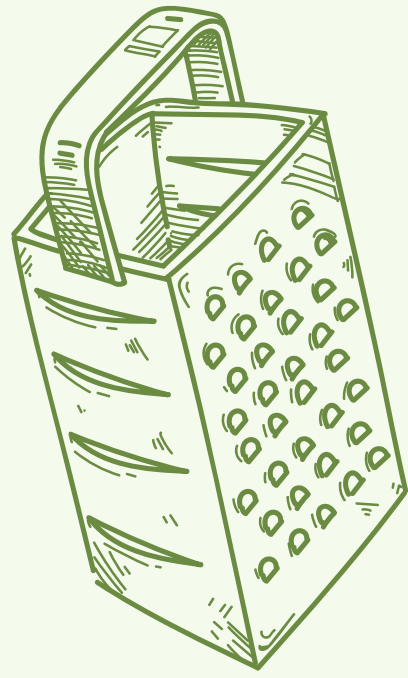
TÙTURU



MÀCHINA PO FAI
SA PASTA



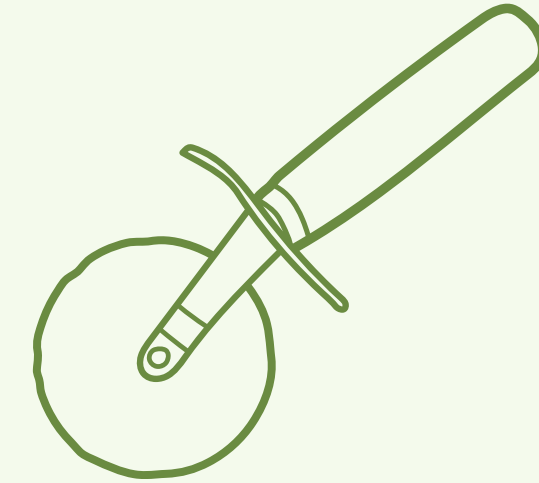
SCIVEDDA



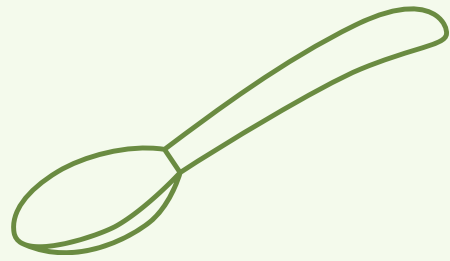
TRATACASU



SERRETA



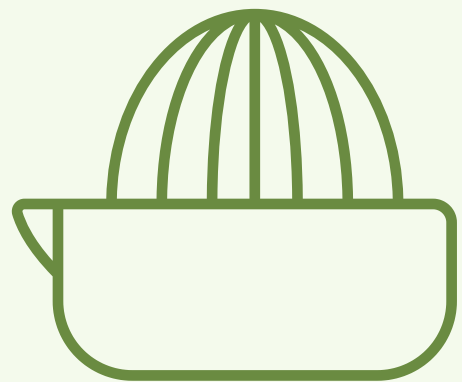
COCERINU



CRAGALLU



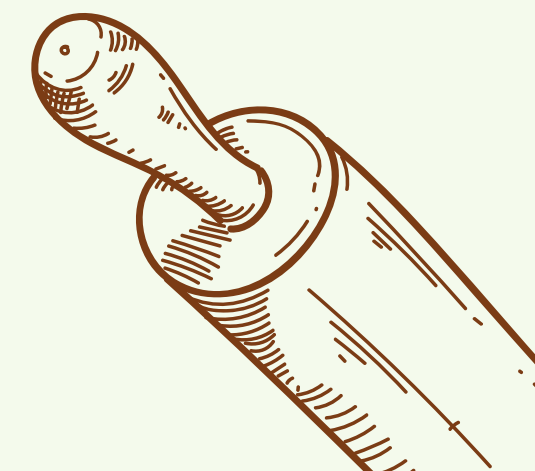
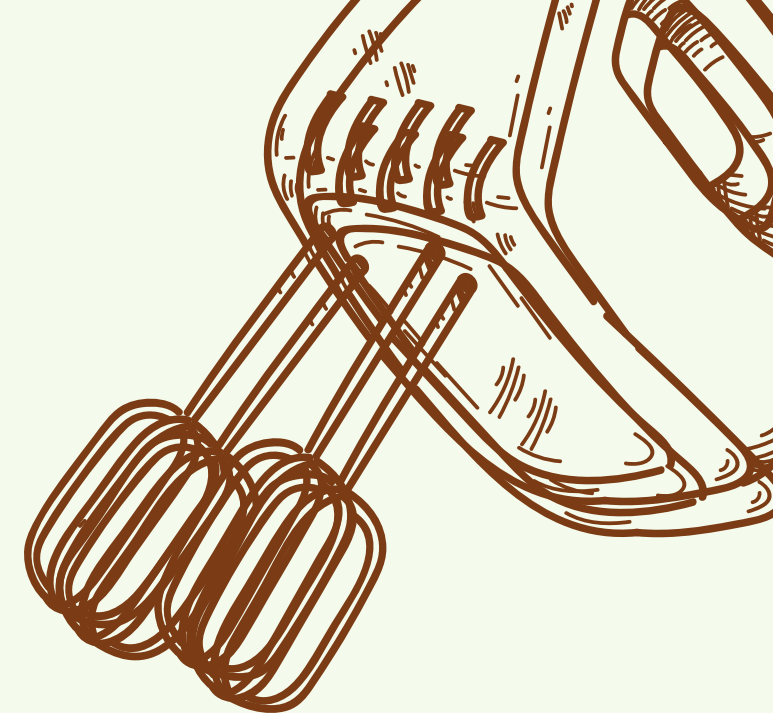
SPREMIARÀNGIU

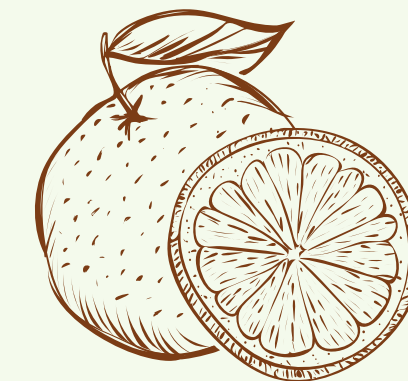
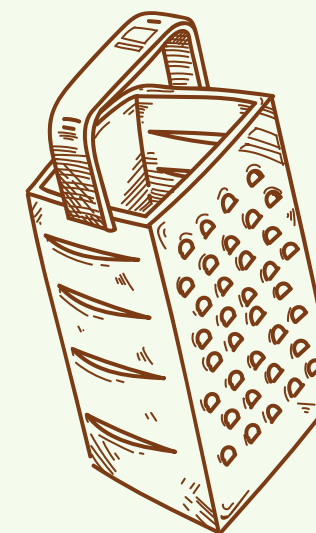




PROCEDIMENTU

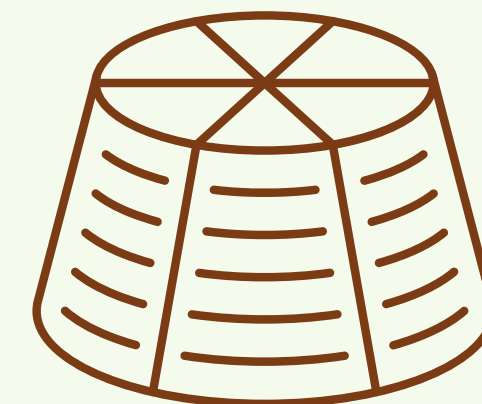
CUMENTI FAI SA MATZA





CUMENTI FAI SA MATZA

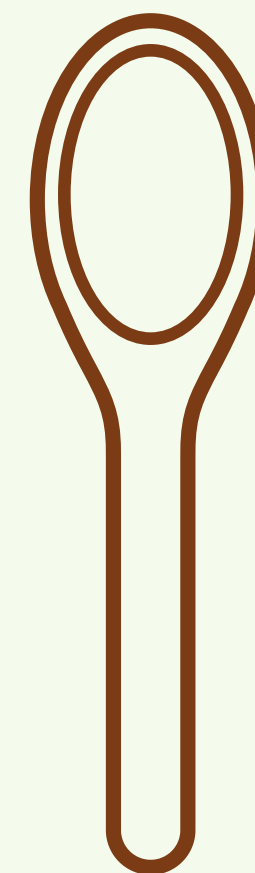
LASSA COLAI BENI S'ARRESCOTU IN UNU
COLADORI, PONIDDA IN UNA SCIVEDDA,
ACIUNGI SU TZAFARANU, SU CROXU E SU SUCI
DE S'ARÀNGIU.





CUMENTI FAI SA MATZA

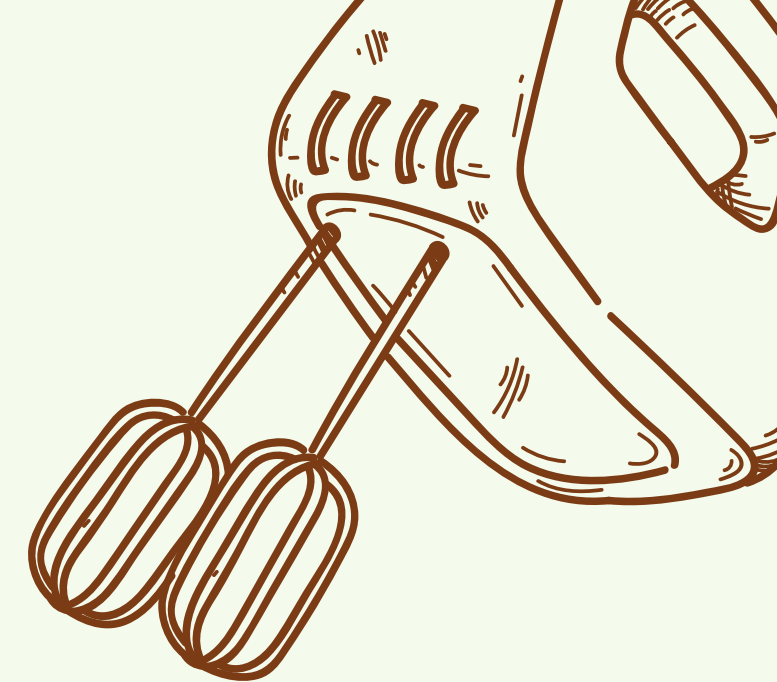
ACIUNGI SU TZÙCURU





CUMENTI FAI SA MATZA

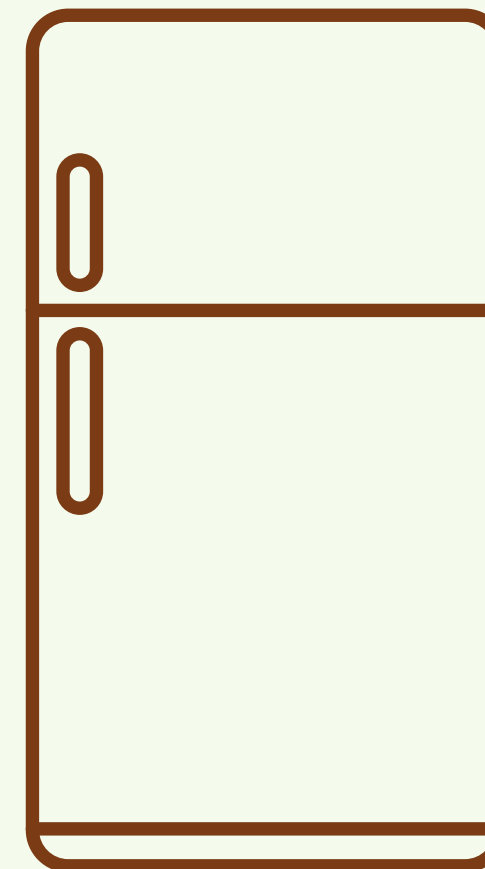
ACIUNGI S'ARRÙBIU DE IS OUS





CUMENTI FAI SA MATZA

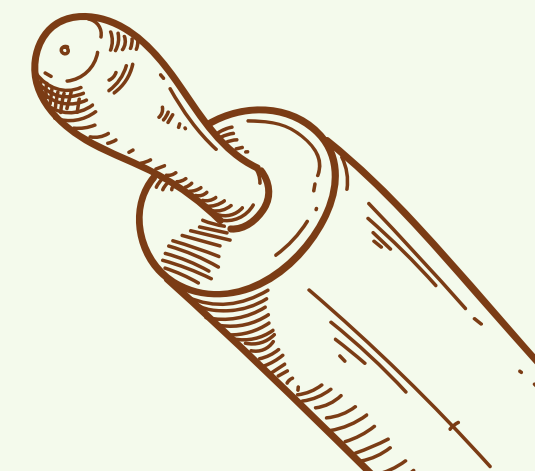
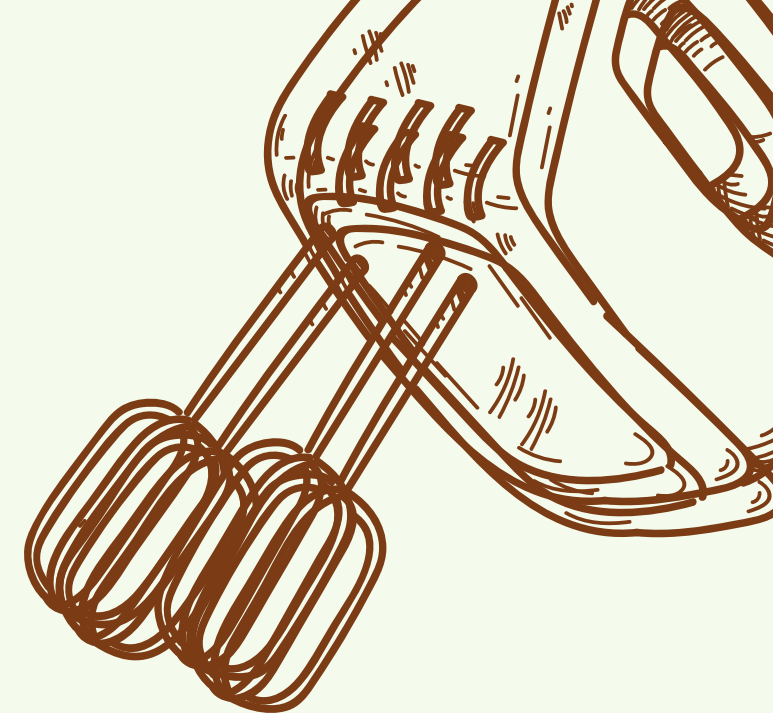
IMPASTA BENI CU SU CRAGALLU O CUN IS
FRUSTAS FINTZAS A CANDU BESSIT UNA
CREMA, COBERRI-DDA CU SA PELLÌCOLA E
PONI-DDA IN FRIGU.

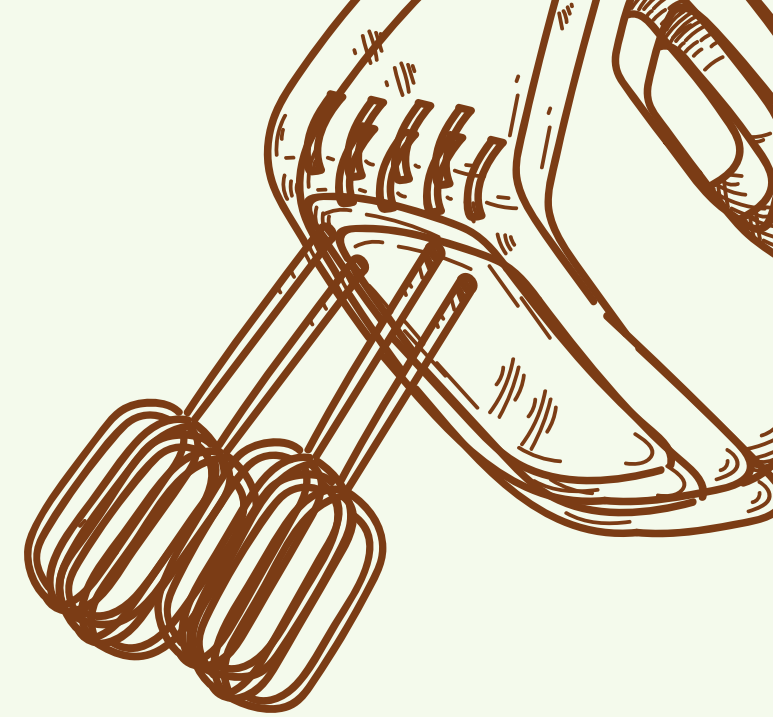




PROCEDIMENTO

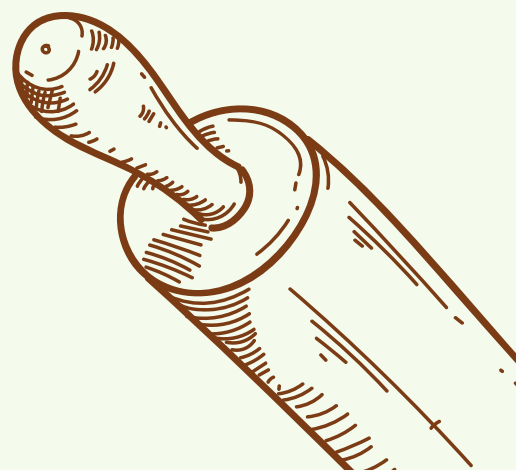
CUMENTI FAI SU PILLU





CUMENTI FAI SU PILLU

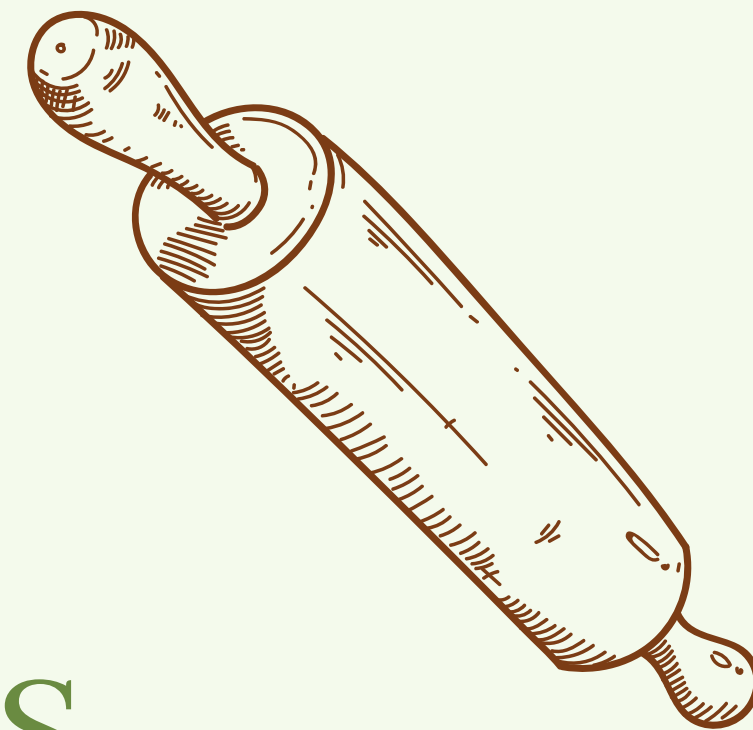
PONNI IMPARI SA SÌMBULA E SU STRUTU E
AMESTURADDU ABELLU ABELLU CUN S'ÀCUA.
ACIUNGI PAGU PAGU DE SALI.
FAI PASIAI S'IMPASTU PO MESU ORA.





CUMENTI FAI IS PÀRDULAS

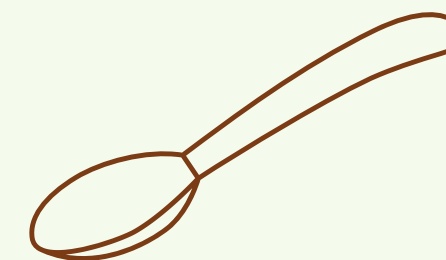
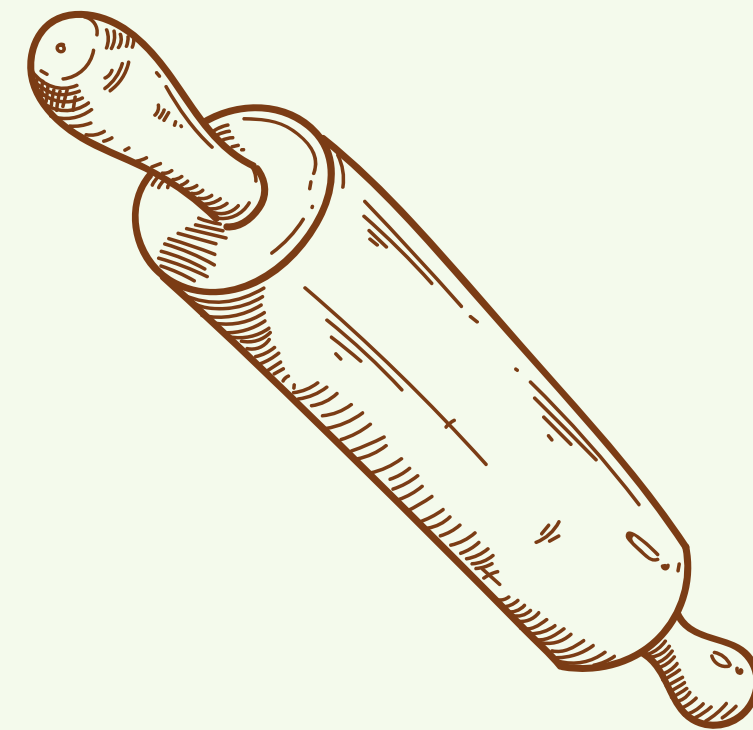
STERRI SA PASTA CUN SU TÙTURU (O CUN SA
MÀCHINA) E SEGA IS CIRCUS DE PASTA CUN
UNA TASSA.





CUMENTI FAI IS PÀRDULAS

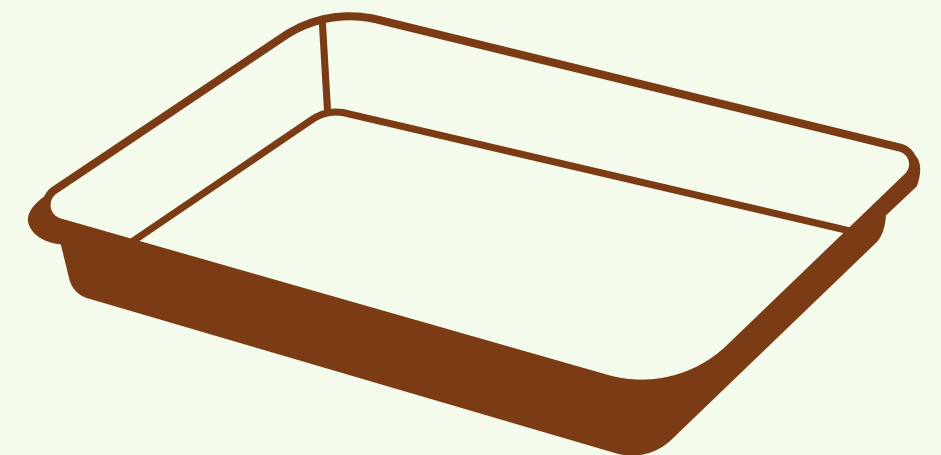
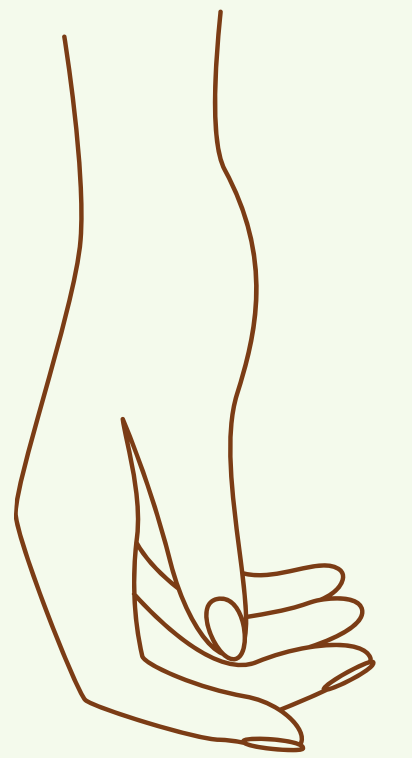
PONNI SA MATZA IN MESU A IS CIRCUS DE
PASTA CUN SU COCERINU

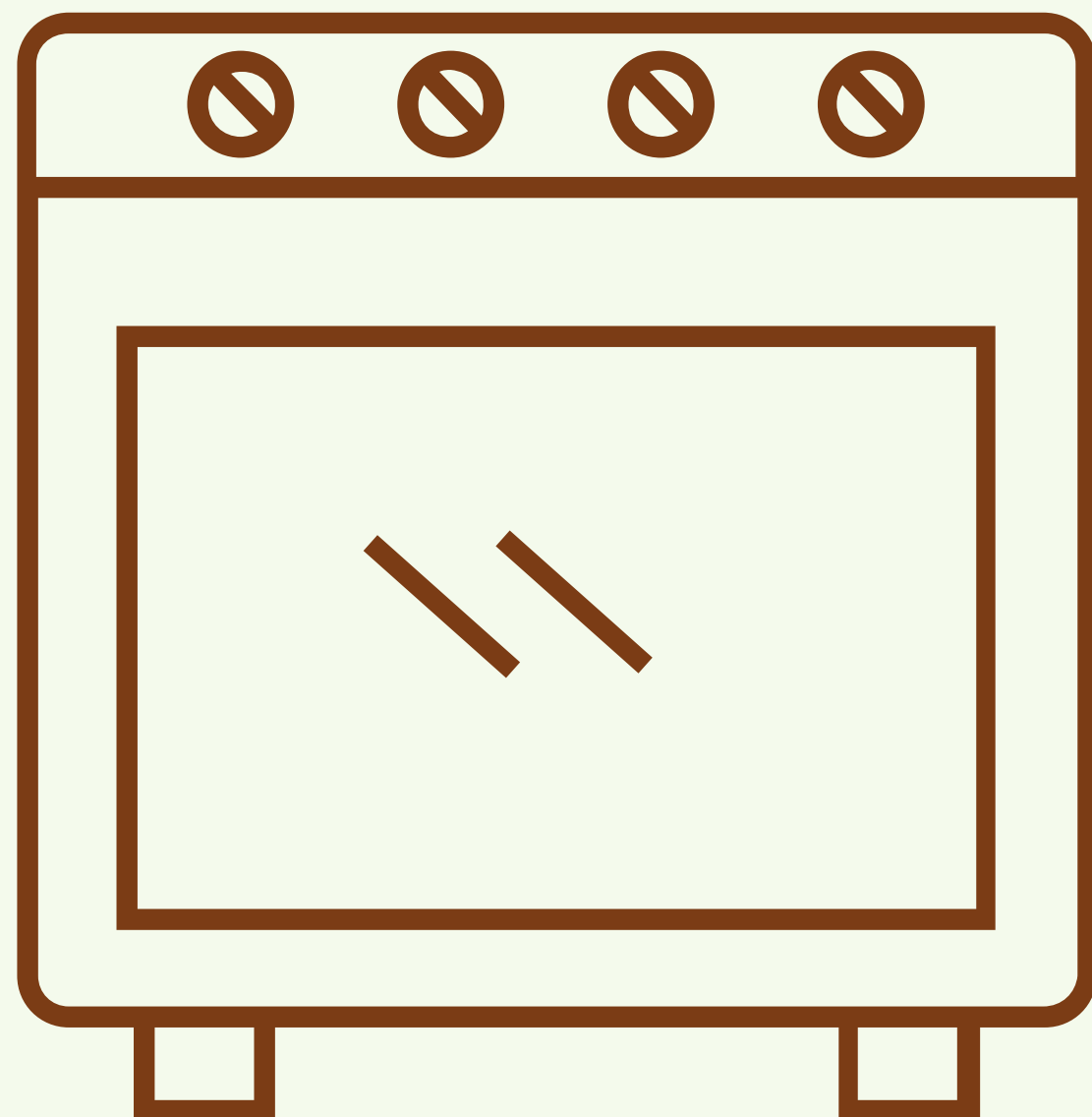




CUMENTI FAI IS PÀRDULAS

PÌTZIA SA PASTA CUN IS DIDUS, E PONNI IS
PÀRDULAS IN UNA TÈLLIA
(STREXU LARGU E BASCIU)





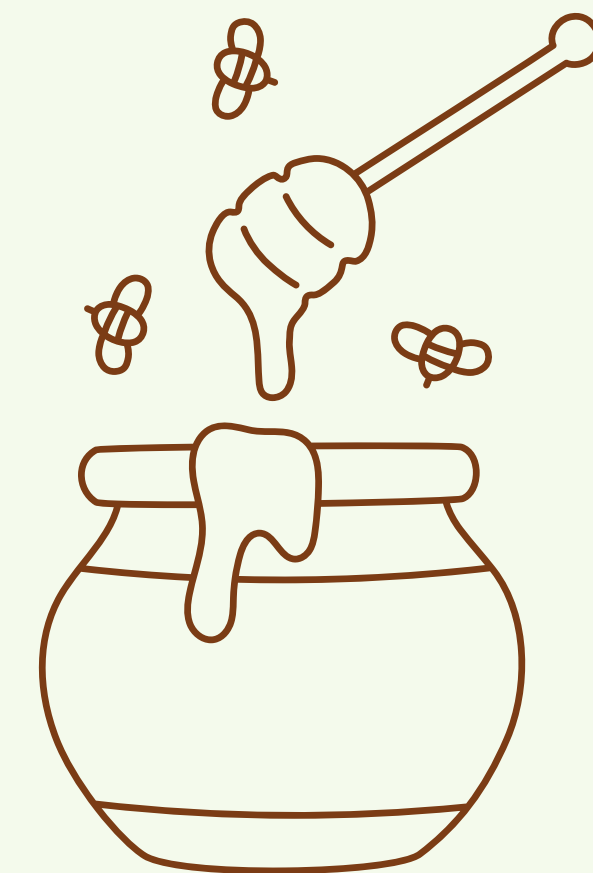
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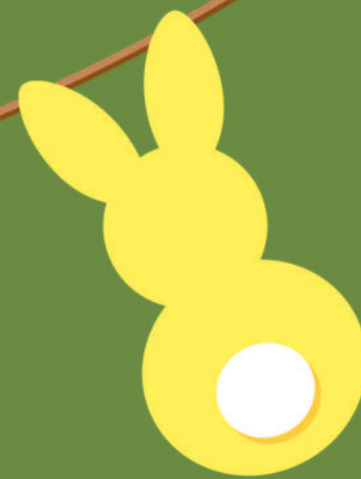
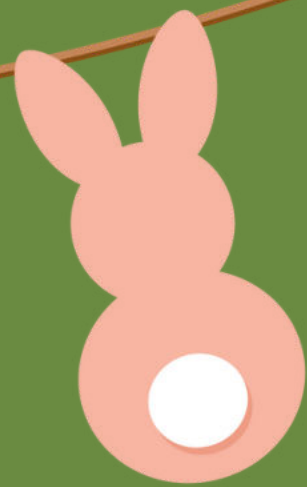
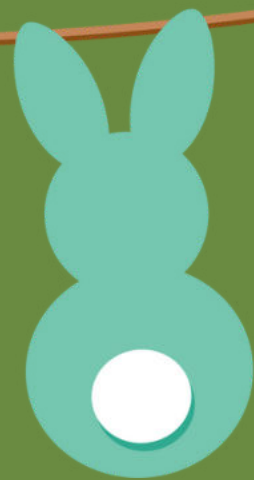
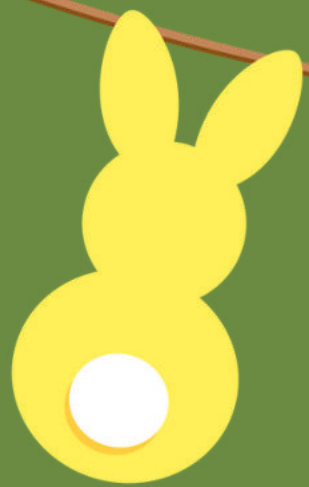
PONNI IN SU FORRU A 180 GRADUS PO A SU
MANCU 20 MINUTUS.



CUMENTI FAI IS PÀRDULAS

PONNI ASUBA MELI E TZÙCURU COLORAU





BONA PASCA MANNA!

UFÌTZIU DE SA LÌNGUA SARDA DE IS COMUNUS DE GONNOS E ARBUS
PROGETU IMOI ETOTU



BONA PASCA MANNA!



REGIONE AUTÒNOMA
DE SARDIGNA



COMUNU DE
ARBUS

PROGETU IMOI ETOTU