



Soncino Pro-Loce Association

ROOTFESTIVAL



The roots of Soncino.
Bitter taste...
...natural health

53rd root festival 2019
OCTOBER 27th 2019
(ALWAYS THE FOURTH SUNDAY OF OCTOBER)

Do you love your health?
We will help you to preserve it!

The roots of Soncino belong to the family of the “Composites”, of which other types of salad are part, too.

In addition to being a good side dish, rich in vitamins and that stimulates some organs, the roots also produce, through the chlorophyll function of the leaves, a mixture of glucose, fructose and sucrose.

The bitter root contains raw substances, like cellulose, lignin, hemicellulose and pectine, whose lack is responsible for several bowel diseases, also known as “civilization diseases”. In particular, these substances are recommended for constipation, bowel swelling, meteorism, diabetes, etc...

S w e e t - t o o t h , w e w i l l t e a c h y o u h o w t o c o o k r o o t s !

Boiled roots: Scrape and cut into small pieces or wheels. Add some vinegar and salt to boiling water and then soak the roots. After about fifteen minutes, drain and dress with some oil and lemon; if you want, add parsley and chopped garlic.

Roots au gratin: Scrape, slice and boil in salted water with vinegar or lemon. Cook al dente, drain and put the roots in a buttered baking dish. Add cheese slices or fontina and put them in the oven for 15 or 20 minutes.

Roots in camicia: Peel the roots and boil them in water and vinegar for about 15 minutes. Cut them into strips, warm up a pan with oil and garlic and cook the roots in it. Pour some water and let it evaporate. A minute before serving, add the egg yolks mixed with lemon juice and salt, and let them bind together. Sprinkle some chopped parsley and add salt if it's necessary.

Root jam: Peel the roots, cut them into small pieces and boil them for 7 minutes. Drain, warm up a pan with some water, add the roots and some sugar (for 1 kg of roots, 400gr of sugar). Keep stirring for about 15 minutes. Make them cool and keep them in the fridge.

Roots in oil: Scrape and cut the roots into small pieces. Boil salted water and vinegar in equal parts. Put the roots in boiled water and let them in it for about 4-5 minutes. Drain and dry them on a towel. Put them in glass jars and cover them with olive oil and, if you want, add garlic, pepper, basil and laurel.

Roots in bagna cauda: Boil the roots and dress them with bagna cauda. Ingredients for bagna cauda: 2 hg of anchovies, garlic and olive oil. Chop garlic

and anchovies finely, then add oil and cook the mixture on slow fire until it's ready (in about 2 hours).

Scorzanera all'acciuga: Boil the roots, drain and put them in a salad bowl. Add some salt. Desalt and remove the fish bones of the anchovies. Heat up 80 gr of oil and then add the slices of anchovies (previously cut into small pieces) and make them melt. Add $\frac{1}{2}$ of chopped capers and $\frac{1}{2}$ of whole capers, 2 spoons of vinegar and boil. With this sauce, dress the vegetables and serve them.

Root grappa: Let macerate some pieces of raw roots with some grappa of good quality for two or three months. Distill the infusion by capillarity. Add a spoon of honey to each liter of grappa in order to mix the flavor (Recipe of The Restaurant Rumì in Crema)

Sweet root wine: Use Bonarda Dell'oltrepo' Pavese and Marsala. Add some pieces of raw roots. Warm up the infusion for some hours until it reaches 90 degrees. Let it cool. It's a tasty natural purifier.

Root honey: Put some pieces of raw roots to macerate in the honey. Remove the pieces already used and replace them with others of fresh roots..



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It has been for more than 50 years that, on the fourth Sunday of October, the Pro Loco organizes this festival dedicated to a product of the local agriculture, unique in the world: **the bitter root**.

It is eaten as a vegetable and it's very tasty; at the same time it is also very good for your health, it's like a medicine. In fact, it's a purifier that contains inulin and that has benefits on the intestine and blood.

It has the shape of a carrot and its harvest is in autumn – winter in order to reach the tables of all the food lovers of Italy and Europe.

During the festival, a group of volunteers cook the roots in big pots (the roots have already been prepared the day before: they have been put in water and lemon) and serve them with sausages and traditional wine at the tables, placed under the arcades of the beautiful Town Hall of Soncino.

Along the streets of the village, stalls exhibit gastronomical products but there are also artisans of iron and other kinds of material.



Soncino Pro Loco - Infopoint
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