

## **Best wishes for your summer from Red Gold from Europe!**

With a refreshing recipe, Red Gold from Europe and ANICAV wish you all a wonderful summer. Golden from the Mediterranean sun and red thanks to the tomatoes that have always been able to cross borders and oceans throughout their history. Tomatoes are a globetrotter since ancient times and today, we propose using them to make your “**Spaghetti frittata**”, a simple but perfect recipe for your midsummer night’s dream to enjoy throughout the summer season.



**Time:** 35 min **Difficulty:** medium **Serves:** 4

350 g spaghetti  
200 g canned whole peeled tomatoes, drained, deseeded and chopped  
15 g extra-virgin olive oil  
1 garlic clove, finely-chopped  
2 fresh basil leaves  
Pinch of sugar  
100 g freshly grated parmesan or pecorino romano cheese or a mixture  
4 eggs  
1 mozzarella (150 g in weight)  
1 tablespoon of vegetable oil  
Salt, pepper to taste



First of all, prepare the tomato sauce. Heat the oil in a frying-pan over a medium heat and sweat the garlic for a few minutes until soft and starting to caramelize. Add the tomatoes, half of the basil and a pinch of sugar. Season with salt. Simmer over a gentle heat for at least 15 minutes.

After the sauce has been simmering for 10 minutes, cook the spaghetti in plenty of boiling salted water and drain al dente, put the spaghetti in a large heat-proof bowl and add the warm tomato sauce. Mix well and let the pasta cool slightly. Slice the mozzarella thinly. Mix the eggs in a bowl with the grated parmesan cheese, salt and pepper and add the eggs to the spaghetti when still slightly warm. Heat the oil in a non-stick, deep frying pan, take it off the heat and add half the egg and pasta mixture, spread the sliced mozzarella over it and then over with the remaining pasta. It should be 4 - 5 cm high. Put the frying pan back on a medium heat and cook the frittata evenly on one side, then slide it onto a lid. Place the frying pan on top of the lid and with one swift move, carefully flip the lid so that the uncooked side is now in the pan, and finish off cooking it until crisp and golden-brown on both sides. The frittata can be served warm but is very good cold.

**RED GOLD FROM EUROPE. THE ART OF PERFECTION, PRESERVED FOR YOUR TABLE.**

### **A thousand shades of red.**

Summer is slowly drawing to a close in the south of Europe. And on the fields exposed to the Mediterranean sun, millions of tomatoes have grown, passing through a thousand shades of colour, from the palest green to a full-bodied red: tomato red! And that is when when they are at the peak of their perfection to be picked for processing into unique products, certified by European safety standards and ready to set sail from one continent to another without losing their fragrance and flavour.

### **Bring a masterpiece to your table.**

Just open a can of tomatoes and close your eyes: you can almost hear the voices of the gossiping families that traditionally picked and prepared the tomatoes for their home-bottling: the shouts of the children playing, the pets, neighbours coming to give a hand ... This is a tradition that still continues but is now guaranteed by the most modern technology both for harvesting the tomatoes and their processing and preservation. All this brings the best European tomatoes to your table: just peeled, slowly cooked in their own juices and canned. And they hold the secret to the some of the best European dishes.

### **Discover more on our website [www.redgoldfromeurope.jp](http://www.redgoldfromeurope.jp)**

Contact us for information on our programmed events in Japan until the end of 2021!

And why not .... Create your own original recipe bringing together Japanese cooking and canned tomatoes - a European masterpiece - and send us the recipe! Send your recipe to

[K.miyaguchi@redgoldfromeurope.com](mailto:K.miyaguchi@redgoldfromeurope.com)

You will receive a gift sample of the product to try and we will include you in our list of journalists and bloggers and invite you to our programmed events over the next 3 years.

We are waiting for you!

**Enjoy! It's from Europe!**

### **The Red Gold from Europe Team**

[m.barzan@redgoldfromeurope.com](mailto:m.barzan@redgoldfromeurope.com)

[k.miyaguchi@redgoldfromeurope.com](mailto:k.miyaguchi@redgoldfromeurope.com)



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