



AGRILATINA

6. SOME RECIPES



|| Purple dumplings

Peel the **AGRILATINA PURPLE SWEET POTATOES**, cut them into little pieces and steam cook them: when they're soft, mash them with a fork and add enough flour to obtain a ball of dough. Divide the dough into little cylinders and then cut them to form the dumplings, that you'll boil. The purple dumplings can be dressed with a classical tomato sauce, or with butter, parmesan cheese and sage.

|| Tricolour dumplings *(beautiful and tasty)*

Peel the **AGRILATINA PURPLE SWEET POTATOES**, cut them into little pieces and steam cook them: when they're soft, mash them with a fork and add enough flour to obtain a ball of dough. Divide the dough into little cylinders and then cut them to form the dumplings, that you'll boil. The purple dumplings can be dressed with a classical tomato sauce, or with butter, parmesan cheese and sage.

|| Duchess Purple Sweet Potatoes *(an easy and elegant side dish)*

Peel and steam cook **AGRILATINA PURPLE SWEET POTATOES**: when soft, mash them with a fork and add parmesan cheese, egg yolks, melted butter, black pepper and turmeric. Using a piping bag with a large star point, pipe the potatoes onto a cookie sheet: bake in the oven at 200° until nicely browned (about 15 minutes).

|| Delicious Agrilatina purple sweet potatoes croquettes

Steam cook the **AGRILATINA PURPLE SWEET POTATOES**, mash them and add eggs, parmesan cheese, turmeric and salt. Form the croquettes with the help of a spoon, then put them in the fridge for about ten minutes. For the breading, beat eggs in a bowl with milk and black pepper; place breadcrumbs in another bowl with some parmesan cheese. Dip the croquettes in the egg, then roll in breadcrumbs. Fry them in e.v.o. oil, turning often until golden brown and crisp. Drain on paper towels.



|| Purple and Red sweet potatoes pasta

Put in a large pan e.v.o. oil with garlic and half an onion. Add red and **AGRILATINA PURPLE SWEET POTATOES** cut into little cubes, and let them stew. Meanwhile, cook the pasta – whatever size and shape you like, but al dente! Add the pasta to the sweet potatoes and finish cooking with rosemary, a touch of chilly pepper or black pepper, and parmesan or pecorino cheese.



|| Cold and warm ice-cream *(a tasty fill of energy!)*

Bake or boil a **AGRILATINA PURPLE SWEET POTATOES**, then mash it with a fork or in the mixer. While mixing, add an Agrilatina yellow or red kiwi, or some lemon juice, until the color changes to a light purple/red. You can add whatever spice you like, before putting the cream in the fridge for almost a day: but even warm it is a tasty treat.



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7. WARNINGS

Everything you read comes as the result of analysis and researches all over the world, from universities and research institutes, and from publications in official scientific magazines.

None of what you read is intended as a substitute for regular medical therapies, but as a precious help for wellness, prevention, and as a nutritional support to medical therapies, that in any case must be prescribed by authorized professionals.

AGRILATINA BIODYNAMIC PURPLE SWEET POTATOES

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