

The recipe of *Turcinieddhi*



Figure 1: A painting probably representing a piece of *Turcinieddhi* on a gridiron.

The nightmare of vegetarians

Turcinieddhi are one of Salento's most typical recipes.

Their ingredients are those parts of lamb's meat once regarded as less good, and so less expensive. In the rural age, poor people used these parts of the lamb to prepare that very special, tasty dish. Slightly bitter, Turcinieddhi are not a dish for all tastes. Maybe, they are also not for very impressionable people, as the consistence of the meat (of which they are made of) remains often soft and quite elastic, even after cooking.

How to prepare them

Ingredients

- lamb's meat like heart, lungs, liver...Typically, everything which is not muscles (and skin or bones, of course);
- some pieces of lamb's intestine;
- some laurel leaves;
- salt and pepper to taste, persil.

For those who are really afraid of getting fat, we provide here some nutritional informations:

Total calories for 100 grams	2000
Carboidrates	60%
Proteins	30%
Fat	10%

Table 1: Nutrition facts about turcinieddhi.

As you can see, it is not a fat dish at all!

For those who are in love with mathematics, we can estimate the average montly calories that we get by eating two pieces of turcinieddhi a day:

$$N. of calories = \frac{\sum_{j=1}^{30} \sqrt[2]{(n of turcinieddhi for day j)}}{30} \quad (1)$$

Good news: the square root dependence from the daily number of turcinieddhi can actually wipe out any sense of guilty after eating a lot of them. However, not many scientists nowadays agree with this formula.

Preparation

1. First open the intestine pieces and wash them many times under hot water. Then rub them with salt, and wash again. Dry them.
2. Cut the intestine into bands at least 20 cm long, and put inside each one a laurel leaf, salt, pepper, a little bit of persil.
3. Finally add the meat, cut into small rectangular pieces: liver, lung, heart.
4. Use the piece of intestine to wrap all that it contains. As it must be roasted, it is wise not to make this kind of roll not too thick, to make the cooking more omogeneous and to prevent the meat pieces from falling into the fire...
5. Grill them on a gridiron. Mind that they often seem well done after some minutes, but they are really cooked only when the outer part (the intestine wrapper) starts to seem almost coaled.