



# Culinaria<sup>★</sup>

Beyond borders

Arte Libera Editions



This book belongs to:

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Arte Libera Éditions



Dear all,

This cookbook is your cookbook. It belongs to you. Here, no long texts, just beautiful recipes and little stories with sound; this cookbook simply gives you the opportunity to experiment, to discover, to hope, because cooking has no frontiers and allows us to share without restraint.

It will be easier to find solutions to the problems and questions of everyday life around a table, standing up or cross-legged, because living well together can, thanks to your recipes, whether shared with family, friends or acquaintances, raise your achievements to the level of art and thus provide a source of boundless emotions.

**Daniel Stanca-di Marco**

Chairman of the Board of Arte Libera Foundation

*Tips: for each recipe, you can make a «checklist» of ingredients. You can also color in the emojis to give your feedback once you've tasted the recipe. Feel free to add comments in the margins or in the space provided.*

 **Scan the QR codes to listen our stories.**



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## Agnese

Agnese Z'graggen is a hands-on cook, curious about both traditional and contemporary cuisine and its many fascinating variations. She is the author of the cookbook « La Fame » published by Sa Ivioni. Having studied graphic design and Japanese painting, she brings a sense of beauty to her preparations. In 2007, she founded « l'Officina del Gusto », a made-to-measure catering service, where she offers events in the arts.

### Starter

#### A. Tris di cichettini (or bruschetta fantaisie)

Cichettini are like bruschettas, eaten while chatting at the table (ideal for children and teenagers, and a convivial way to start lunch or dinner). They are one of the most common aperitifs in Venice.

##### Ingredients for the chickpea cream (serves 4):

- ☐ 1 tin of 400 g organic chickpeas (Rapunzel), or cooked chickpeas
- ☐ Salt
- ☐ Olive oil or EVO oil

If you're using a ready-to-use tin, wash and drain the chickpeas. If using dried chickpeas: soak overnight, then boil, drain and cool.

Once you've mixed all the above ingredients, divide the chickpeas into 3 portions. These are to be incorporated with the 3 sauces prepared below.

##### Ingredients for Green Tris:

- ☐ 50 g fresh arugula
- ☐ 10 ml olive oil or EVO oil
- ☐ Salt to taste

##### Ingredients for purple tris:

- ☐ 100 g cooked beet
- ☐ Olive oil or EVO oil
- ☐ Salt to taste

##### Ingredients for yellow tris:

- ☐ 15 g turmeric
- ☐ 10 ml olive oil or EVO oil
- ☐ Salt to taste



For the 3 preparations, blend the chickpeas with the rest of the ingredients in a blender until you obtain a soft cream, reminiscent of cheese spread.

Cut small slices of bread - you can also use stale bread and blanch in the oven. Spread the cream on the bread, and decorate with sprouts, lettuces, edible flowers or other cut vegetables.

*Tip: you can make the bread yourself and color it with natural powders or juices to make the dish more original.*





## B. Colorful vegetable roulade with irresistible sauces

### Ingredients for rice rolls:

For each vegetable of your choice below, allow 5/10g

- ☐ Carrots
- ☐ Peppers
- ☐ Black radish or white radish
- ☐ Beetroot
- ☐ Bean sprouts
- ☐ Zucchini
- ☐ Celery
- ☐ Fennel
- ☐ Radishes
- ☐ Red cabbage
- ☐ Olive oil
- ☐ Salt

Wash, grate and finely chop vegetables.

Season each vegetable separately.

Soak the rice roll in lukewarm water and stuff with the vegetable mixture of your choice.

Close the roll by making strips of vegetables, and place them side by side to create a rectangle (same procedure if you do it with one of the other alternatives proposed).

Tips: you can also use other seasonal vegetables or leftovers from other preparations. Have fun with the presentation, this can also become a snack or picnic to replace the classic sandwich where, for example, zucchini and cucumber become the base of the bun.



### Ingredients for sauces:

#### Option 1

- ☐ 1 yoghurt 80 g (milk or vegetable)
- ☐ Olive oil (1 tbsp)
- ☐ Tahin (sesame cream) (1 tbsp)
- ☐ Lemon juice (1 lemon)
- ☐ Salt to taste

#### Option 2

- ☐ Olive oil (1 tbsp)
- ☐ Salt to taste
- ☐ 20 g grated ginger
- ☐ 40 ml soy sauce

#### Option 3

- ☐ 1 small ripe avocado
- ☐ 1 yoghurt 80 g (milk or vegetable)
- ☐ Olive oil (1 tbsp)
- ☐ Salt to taste

Mix all the ingredients in a bowl and add the avocado, mashing it with a fork or blending it in a blender.



 Scan me to hear a story



My notes: .....

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## Main courses

### A. Grandma's meatballs

Ingredients (serves 4):

- ☐ 200 g minced meat  
(alternatives: natural tofu or summer eggplant)
- ☐ 200 g stale bread (alternative: French toast)
- ☐ 50 g grated cheese
- ☐ 1 egg
- ☐ 50 g flat-leaf parsley
- ☐ 10 g nutmeg
- ☐ Salt

Soak stale bread in lukewarm water or milk, then mash in a sieve or colander to obtain a soft mass.

Chop parsley.

In a bowl, combine ground meat, grated cheese, chopped parsley and stale bread. Beat one egg separately and pour into the bowl with the rest of the ingredients. Season with salt and nutmeg (powdered or grated).

Cut the mixture into portions to form a round ball with each portion.

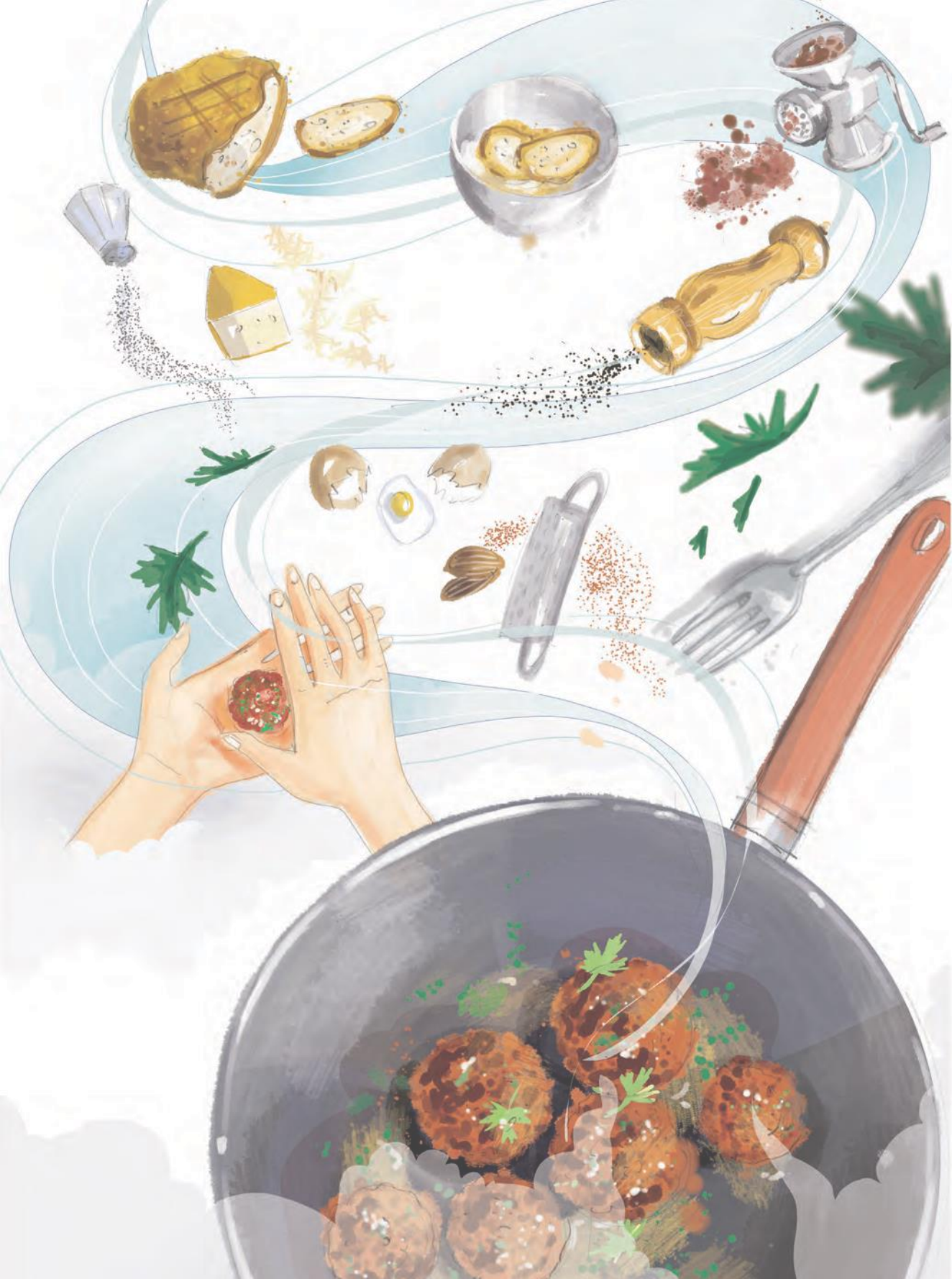
Preheat hot-air oven to 200°C. Place parchment paper on a baking tray and place the shaped balls on top. Bake for 20 minutes.

Serve hot!



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## B. Quinoa with arugula pesto and fresh cherry tomatoes

### Ingredients:

- ☐ 400 g quinoa
- ☐ 150 g fresh arugula
- ☐ 250 g cherry tomatoes or other tomato variety
- ☐ 30 ml olive oil



Cook quinoa in boiling water, season with salt.

The quinoa should be cooked in the proportion of 500 g to 1 l of water.

Cut tomatoes into small squares, removing seeds and juice.

Blend olive oil and arugula to make a green sauce.

Season the quinoa with the chopped arugula sauce, add the cherry tomatoes and mix. The cherry tomatoes can be added as a garnish to the dish.

Place the seasoned quinoa on a plate and add the hot meatballs.

## C. World Couscous with vegetables, seeds and spiced tofu



### Ingredients:

- ☐ 300 g tofu au naturel
- ☐ 250 g instant couscous
- ☐ 250 ml water
- ☐ 200 g yellow or red peppers
- ☐ 300 g small zucchinis
- ☐ Eggplant

- ☐ 70 g olives (preferably taggiasche)
- ☐ 1 bunch fresh basil (or parsley)
- ☐ 20 g mint
- ☐ 1 lemon
- ☐ Salt

- ☐ Ground coconut, almond flakes and black sesame seeds

Cut the tofu into small cubes, heat the oil in a non-stick frying pan, blanch the tofu and season with salt.

Put the salt and oil in a saucepan and add the couscous.

Pour in the hot water, stir gradually and add the juice of one lemon.

When ready, mash the couscous well with a fork.

Cut all vegetables into small squares.

Place the cut vegetables on a baking tray lined with baking parchment.

Mix well with salt and oil. Bake vegetables at 200°C for 20 minutes.

Chop the basil and mint and add to the couscous. Toast the almonds, coconut and black sesame.

Remove the hot vegetables from the oven.

Arrange imaginative plates with a base of seasoned couscous, hot vegetables, tofu and toasted seeds for flavor and decoration.

*Tip: the secret is to play with hot, cold and warm. In summer, all ingredients can be eaten cold. Also ideal as a side dish without tofu.*

My notes:



## D. Polenta balls with Cime cheese

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### Ingredients:

- ☐ Alpine cheese from your region or surrounding area: a way of getting to know and respect nature, for example in Ticino, Campo la Tora (Vallemaggia), il Camadra (Valle di Blenio), il Fümegna (Valle Verzasca)
- ☐ 400 g polenta flour, preferably hand-selected from corn cobs (alternative: pre-cooked flour)
- ☐ 1.5 l water
- ☐ Salt

Bring 1.5 liters of well-salted water to the boil and add 400 g polenta flour a little at a time, stirring vigorously with a whisk for the first few minutes of cooking to dissolve any lumps.

Lower the heat and continue stirring with a wooden spoon. Finish cooking and leave to cool, taking care not to burn yourself.

Divide the polenta into small portions, forming medium-sized balls to suit your appetite. Cut the cheese into sticks, halve the polenta balls, place the cheese in the center and reshape.

Heat the balls in the oven at 200°C for 5 minutes, or in a frying pan (alternatively, for the lucky ones: on a wood-burning stove in a casserole dish).

Pure pleasure served on a plate!



My notes: .....

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## E. Savoury tart with vegetables from the local or neighbor's garden

### Ingredients:

- ☐ 2 rolls ready-to-use round puff pastry
- ☐ 500 g fresh spinach or cauliflower, broccoli, lion's teeth or similar
- ☐ 500 g ricotta cheese (milk or vegan)
- ☐ 6 eggs (optional)
- ☐ 100 g Parmesan cheese (36 months)
- ☐ Salt
- ☐ Nutmeg



Cook selected vegetables in a little water for no more than 5 minutes, then leave to cool.

Place the spinach in a bowl, add the ricotta, eggs, grated cheese, salt and nutmeg to taste and mix well.

Line a baking tin with parchment paper and line with the first puff pastry, covering the edges well. Prick the bottom of the tin with the tines of a fork.

Pour in the mixture evenly, cover with the other sheet of pastry, overlap the edges well and remove the excess pastry. Use to decorate the cake. You can also add vegetables for decoration.

Bake in a preheated oven at 190°C for approx. 35/40 minutes.

Remove from the oven, leave to cool and serve hot or cold.

My notes: .....

## Desserts

17

### A. The new bread cake

### Ingredients:



- ☐ 250 g day-old bread
- ☐ 8 dl milk or vegetable milk
- ☐ 150 g amaretti or dry salted cookies
- ☐ 120 g sugar
- ☐ 1 pinch salt
- ☐ 2 lemons
- ☐ 150 g apricots
- ☐ 50 g fresh apples
- ☐ 100 g coconut or 100 g toasted almonds or sesame seeds
- ☐ Ginger powder
- ☐ Cinnamon powder



Pour milk into a large saucepan, add pieces of crustless bread or French toast. Drain bread in a bowl, crumble and add cookies, sugar, salt, chopped apricots and apple, coconut (or toasted almonds or sesame seeds). Mix well.

Add lemon zest. If necessary, crush the bread pieces with a fork and mix until smooth.

Line the bottom of a round springform pan or baking sheet with parchment paper and pour in the mixture evenly.

Bake the cake in the middle of a preheated conventional oven for 60 minutes at 180°C.



## B. Woodland tiramisu (with red berries)

### Ingredients:

- ☐ 250 g fresh or frozen red fruit: blueberries, raspberries, redcurrants, strawberries, blackberries, etc.
- ☐ 500 g coconut yoghurt
- ☐ Elderberry syrup, honey syrup or agave syrup
- ☐ Organic apple juice
- ☐ Savoyard or sponge cookies (vegan or traditional)
- ☐ Grated coconut

Pour the yoghurt into a bowl and sweeten with the syrup of your choice. Whisk until smooth.

Lightly cook the berries in a saucepan with a little water, and sweeten to taste. Allow to cool.

In 4 transparent bowls or glasses, place the cookies at the bottom, add a little apple juice to soften them, then pour in the cream.

Sprinkle the red berries on top.

Toast the grated coconut and decorate as desired.

Chill before serving.

A feast for the eyes and the palate!

Tip: use mango, pineapple, strawberry, apricot, plum or baked apple cream, to protect the planet.



My notes: .....

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## Carlo

Carlo Crisci is a Swiss chef of Italian origin. He is renowned for his authentic and innovative cuisine, which highlights local produce and traditional flavors. Carlo opened his first restaurant, Le Cerf, in 1982, and it has since become a benchmark for Swiss gastronomy. He was awarded his first Michelin star in 1994 and a second in 1998. At the end of 2019, he will open the salt flower.

### Starter

#### A. Veal carpaccio with artichoke friole and crispy broad beans



Ingredients (serves 4) :

- |   |  |
|---|--|
| <input type="checkbox"/> 300 g veal fillet    | <input type="checkbox"/> 20 g olive oil      |
| <input type="checkbox"/> 2 prickly artichokes | <input type="checkbox"/> Salt flower         |
| <input type="checkbox"/> 8 broad bean pods    | <input type="checkbox"/> Ground black pepper |

Trim the veal fillet and cut into thin slices. Place the slices on a sheet of baking paper, forming a square, and cover with another sheet of paper. Using a rolling pin, roll out the thin veal cutlets into a large veal sheet. Cut the sheet into 16 squares or rectangles to your liking, then chill.

Tear off the stems from each artichoke and remove the large leaves, leaving only the tender ones. Cut the artichokes in half and slice finely. Place in a bowl of water with a pinch of vitamin C, or a dash of lemon juice.

Shell the broad beans and remove the skin from each, setting aside.

In a frying pan, sear the artichokes with 10 g olive oil, season with salt flower and freshly ground pepper, add the broad beans and set aside.

Remove a sheet of paper from each veal square, season with salt and pepper, brush with olive oil and place two squares on each plate with the paper on top. Then remove all the paper, season with salt flower and freshly ground pepper, and place the fried artichokes on top.

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#### B. Saffron rice with scallops and crispy Catalonia



Ingredients (serves 4) :

- |  |   |
|--|---|
| <input type="checkbox"/> 8 Saint-Jacques     | <input type="checkbox"/> 40 g olive oil       |
| <input type="checkbox"/> 240 g rizoni        | <input type="checkbox"/> saffron pistils      |
| <input type="checkbox"/> 1 shallot           | <input type="checkbox"/> 40 g Parmesan cheese |
| <input type="checkbox"/> 600 g chicken stock | <input type="checkbox"/> 1 Catalan chicory    |

Remove the leaves and separate the catalogue fingers.

Cut into quarters and set aside.

Peel and chop shallot. In a saute pan, saute the chopped shallot, add the rizoni, continue sauteing, deglaze with the white wine, reduce, then moisten with the chicken stock, add the saffron and cook. When the rizoni is cooked through (approx. 10 minutes), remove from the heat and stir in the olive oil and Parmesan, set aside.

Blow up the Catalonia quarters in olive oil, cover and braise for 1-2 minutes, then set aside.

Season the scallops and roast in 10 g olive oil, arrange the rizoni in a thin layer, place the scallops and Catalonia quarters on top.



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## Main courses

23

### A. Pike-perch in beluga lentil curry

Ingredients (serves 4):



- ☐ 400 g pike-perch fillet
- ☐ 20 g grey salt
- ☐ 10 g Madras curry powder
- ☐ 30 g olive oil
- ☐ Flower of salt
- ☐ 120 g beluga lentils (or green lentils)
- ☐ 2 dl chicken or vegetable stock
- ☐ 1 dl white wine
- ☐ 1 shallot

Peel and chop the shallot and saute in 10 g olive oil. Add the lentils and curry powder, stirring for a few minutes, then deglaze with 1 dl white wine. Reduce and moisten with vegetable or chicken stock. Cook the lentils for around 20 minutes, until they are slightly crunchy. Finish seasoning with a little flower of salt. Set aside.

Wash the pike-perch fillet, pat dry, cover with grey salt and leave to cook for 10 minutes, then rinse in cold water and pat dry.

Brush the pike-perch fillet with olive oil, place in a gratin dish and cover with cellophane paper. Bake at 120°C for around 20 minutes. Or, if you have a steam oven, at 52°C, approx. 35 minutes.

Once cooked, remove the skin and slide each shell between your fingers, add a little olive oil and serve with the curried lentils.





## B. Vacherin fribourgeois ravioli with Jerusalem artichoke consumed

25

### Ingredients (serves 4) :

- ☐ 200 g noodle dough
- ☐ 250 g vacherin fribourgeois cheese
- ☐ 6 dl poultry consumed
- ☐ 4 Jerusalem artichokes
- ☐ 2 medium shiitake mushrooms
- ☐ 10 g truffle juice (optional)

Remove the rind from the vacherin, cut into small cubes then blend to form 24 small quenelles, set aside.

Roll out the noodle dough to 1 mm thickness, cut into 24 8 cm squares, moisten the edges, place a small quenelle of grated Vacherin cheese in the center, close to form a ravioli or tortellini as you prefer, set aside.

Cover the ravioli with a cloth to prevent them from drying out.

Peel the Jerusalem artichokes and cut into small cubes, wash and slice the shiitake mushrooms into thin strips, cook the Jerusalem artichokes and shiitake mushrooms in the poultry consumed, add the truffle juice, adjust the seasoning and set aside.

Cook the ravioli in plenty of salted water for 2 minutes, then carefully place them in the poultry consumed, leave to simmer for 1 minute and serve.



My notes: .....

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## C. Valais asparagus and morel tagliatelle with scallops

### Ingredients (serves 4):

- |   |  |
|---|--|
| <input type="checkbox"/> 12 white asparagus | <input type="checkbox"/> Flat parsley, celery leaves |
| <input type="checkbox"/> 24 scallops nuts   | <input type="checkbox"/> Salt flower                 |
| <input type="checkbox"/> 20 g olive oil     | <input type="checkbox"/> Black pepper                |
| <input type="checkbox"/> 8 fine morels      |  |

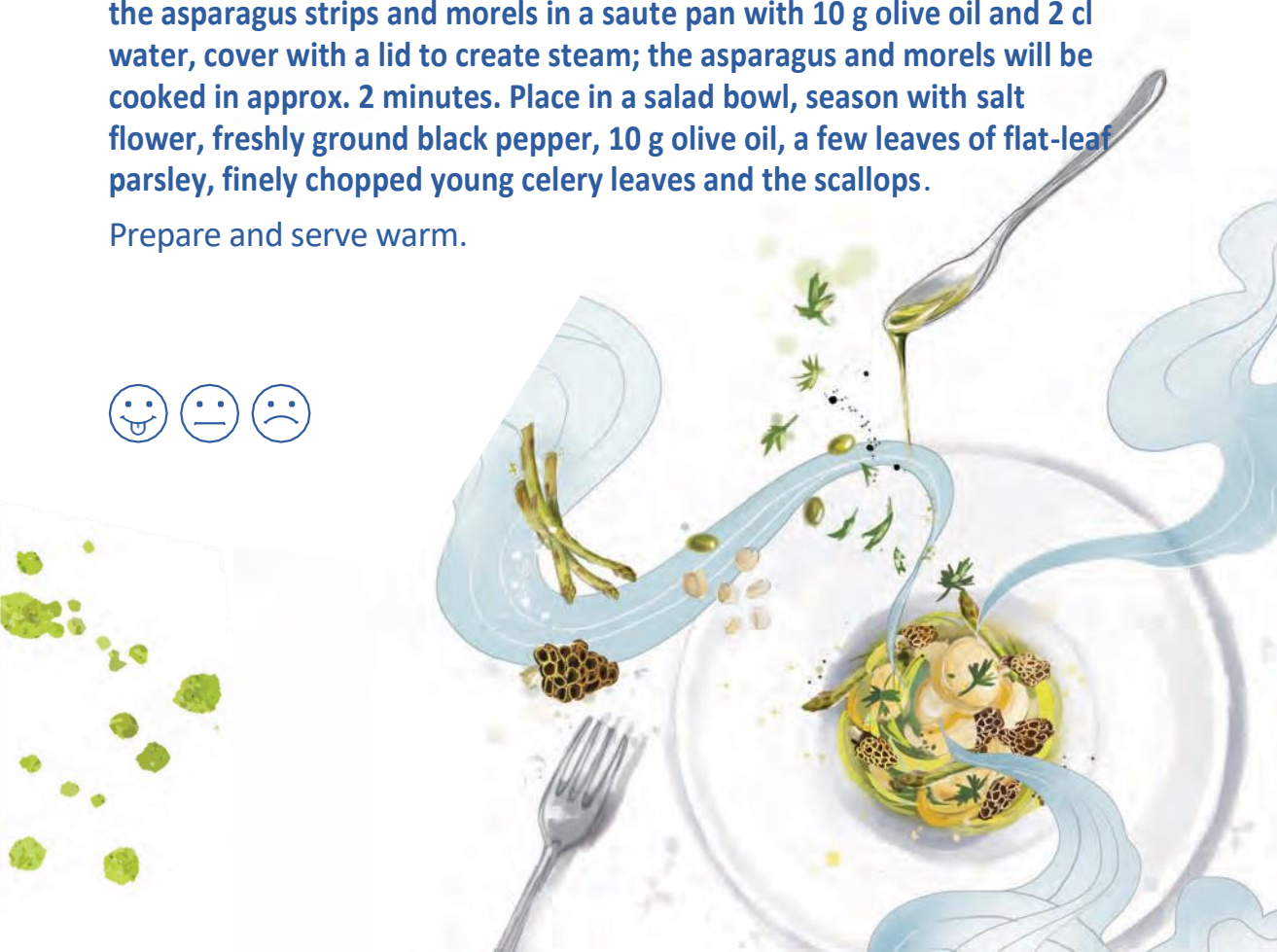
For the scallops, ask the fishmonger to remove them from their shells.

Cut the scallops into 3 mm-thick slices and set aside.

Cut the morels into small quarters and wash thoroughly, set aside.

Peel the asparagus and cut into strips using a mandolin or peeler. Brown the asparagus strips and morels in a saute pan with 10 g olive oil and 2 cl water, cover with a lid to create steam; the asparagus and morels will be cooked in approx. 2 minutes. Place in a salad bowl, season with salt flower, freshly ground black pepper, 10 g olive oil, a few leaves of flat-leaf parsley, finely chopped young celery leaves and the scallops.

Prepare and serve warm.



## D. Sausage and cabbage parmentier 27

### Ingredients (serves 4):

- |  |
|--|
| <input type="checkbox"/> 2 cabbage sausages    |
| <input type="checkbox"/> 2 leek whites         |
| <input type="checkbox"/> 20 g butter           |
| <input type="checkbox"/> 20 g butter flakes    |
| <input type="checkbox"/> 700 g potatoes        |
| <input type="checkbox"/> 50 g olive oil        |
| <input type="checkbox"/> 2 dl milk             |
| <input type="checkbox"/> Flower of salt        |
| <input type="checkbox"/> Nutmeg                |
| <input type="checkbox"/> 30 g slivered almonds |



Wash and steam the potatoes, peel them, dry them, sieve them, stir in the hot milk and olive oil, season with salt flower and nutmeg and set aside.

Cut the sausages into 3 sections and cook for 20 minutes on the grill, turning every 5 minutes; or if you have a spit, skewer the sausages and cook for 20 minutes on a low heat.

Remove the skin and flake lightly between your fingers, set aside.

Cut the leek whites into 5 mm peasant shapes, wash, spin-dry and drop into 20 g butter, set aside.

Arrange half the leeks in a gratin dish, cover with sausage meat, then cover again with leeks and top with apple puree, sprinkle with flaked almonds and a few flakes of butter, then place in the oven for 30 minutes at 190°C.

Serve with a green salad or mesclu.

My notes: .....

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## Desserts

### A. Vanilla-flavored crème brûlée with consumed mandarin

#### Ingredients (serves 4):

- |   |  |
|---|--|
| <input type="checkbox"/> 2 dl cream 35 %  | <input type="checkbox"/> 4 mandarins           |
| <input type="checkbox"/> 2 dl 45% cream   | <input type="checkbox"/> 20 g sugar            |
| <input type="checkbox"/> 3 egg yolks      | <input type="checkbox"/> 1 lime                |
| <input type="checkbox"/> 80 g sugar       | <input type="checkbox"/> 20 g mandarin liqueur |
| <input type="checkbox"/> 1 vanilla stick  | (optional to soften the full-bodied taste)     |
| <input type="checkbox"/> 50 g brown sugar |  |

Split the vanilla pod and remove the seeds, mix the two creams with the sugar, add the egg yolks, pour into the molds, place a small dish in the center of each crème brûlée, cover with baking paper and bake in a bain-marie at 80°C.

Peel the mandarins and remove the segments, add the mandarin juice and the juice of half a lime, add the sugar and mandarin liqueur, reduce the juice and add the segments.

Once cooked, place the crèmes brûlées in the fridge.

Sprinkle the crèmes brûlées with brown sugar and burn with a blowtorch or salamander.

Place the mandarin orange segments and a little juice in the hollows left by the bowls.



My notes: .....

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### B. Pan-fried cherries with port, pistachio financier and cinnamon ice cream 29

#### Ingredients (serves 4):

- |   |   |
|---|---|
| <input type="checkbox"/> 400 g cherries             | <input type="checkbox"/> 50 g pistachios      |
| <input type="checkbox"/> 20 g butter                | <input type="checkbox"/> 80 g almonds         |
| <input type="checkbox"/> 100 g port wine (optional) | <input type="checkbox"/> 50 g flour           |
| <input type="checkbox"/> 20 g sugar                 | <input type="checkbox"/> 125 g powdered sugar |
| <input type="checkbox"/> 1 lime                     | <input type="checkbox"/> 4 egg whites         |
| <input type="checkbox"/> 125 g butter               | <input type="checkbox"/> pinch of salt        |

#### Ingredients (cinnamon ice cream):

- |                                      |   |
|--------------------------------------|---|
| <input type="checkbox"/> 1 l milk    | <input type="checkbox"/> 220 g egg yolks  |
| <input type="checkbox"/> 200 g cream | <input type="checkbox"/> 1 cinnamon stick |
| <input type="checkbox"/> 180 g sugar |   |

Wash and pit the cherries. In a saute pan, saute the cherries in 20 g of butter, deglaze with the port wine, add the juice of half a lemon, cook for a few minutes and set aside.

Preheat oven to 220°C.

Melt the butter until nutty, set aside.

Blend pistachios and almonds, add flour and powdered sugar. Beat egg whites until stiff.

Using a spatula, fold in the egg whites in three batches, add the beurre noisette, pour into the molds and bake for 15 to 20 minutes.

For the cinnamon ice cream, heat the milk with the cream, half the sugar and cinnamon.

Blanch the egg yolks with the remaining sugar.

Pour the hot milk over the yolks and cook to a maximum temperature of 85°C, leave to cool and place in an ice-cream maker.

Serve the pan-fried cherries with the financier and a scoop of cinnamon ice cream.

## Federico

Federico Bertozzini is a passionate chef, renowned for his creativity and expertise in Italian cuisine. He is the (top) chef of the restaurant de la Gare in Le Locle, better known as Chez Sandro. He took over from his father. Today, he is considered by many to be a talented Italian chef.

### Starter

#### A. Revisited Neuchâtel sausage with pistachio

##### Ingredients (serves 4) :

- ☐ 180 g Neuchâtel sausage
- ☐ 30 g pistachios
- ☐ 50 g butter
- ☐ 40 g butter, cut into small cubes
- ☐ 50 g fine breadcrumbs
- ☐ Sufficient quantity of wholegrain mustard
- ☐ Seasoning: salt, pepper, cayenne pepper powder, smoked paprika powder

Steam the Neuchâtel sausage at 80°C for 35 minutes.

Cool completely and soak in a pan of hot water. This will make peeling easier.

Place the sausage, cut into small pieces, the 50g butter in a blender and season with salt, pepper, cayenne pepper and smoked paprika.

Blend as finely as possible.

Taste and adjust seasoning.

Add the 40 g butter, diced and frozen beforehand, and the pistachios, and mix well with a wooden spatula.

Using parchment paper, shape into a sausage 4 to 5 cm in diameter and refrigerate for one hour.

Pan-fry the breadcrumbs for a few minutes, then cool.

Just before serving, remove the sausage from the fridge and roll it in the toasted breadcrumbs (this will give it the appearance of skin), then cut into slices about 1 cm thick.

Serve very cold and garnish with old-fashioned mustard.

Enjoy with a piece of toast.



##### My notes:



## B. Smoked féra stick



Ingredients (serves 4) :

- ☐ 250 g smoked féra fillets
- ☐ 50 g horseradish puree
- ☐ 160 g butter
- ☐ 50 g fine breadcrumbs
- ☐ Lemon juice
- ☐ Seasoning: salt, pepper, cayenne pepper powder

Remove as many fish bones and skin as possible.

Place the fish fillets, horseradish puree and butter in a blender.

Once the mixture is smooth, add the lemon juice and season with salt, pepper and cayenne pepper.

Blend again and adjust seasoning.

Mould in a baking tray to a height of around 1.5 cm.

Set aside in the refrigerator. Meanwhile, fry the breadcrumbs for a few minutes, then cool.

Once the mixture has set, cut into 2 x 6 cm rectangles and roll in the roasted breadcrumbs.

Serve very cold and garnish with mashed horseradish.

Enjoy with a piece of toast.

My notes: .....



## Main courses

33

### A. 7-year aged risotto with raspberries, basil and lemon shrimps, burrata cheese

Ingredients (serves 4) :

- |   |   |
|---|---|
| <input type="checkbox"/> 350 g 7-year-old Acquarello rice               | <input type="checkbox"/> 1/10 l 35% cream     |
| <input type="checkbox"/> 40 g shallots                                  | <input type="checkbox"/> 20 g butter          |
| <input type="checkbox"/> 80 g fresh raspberries                         | <input type="checkbox"/> 50 g parmesan        |
| <input type="checkbox"/> 125 g burrata                                  | <input type="checkbox"/> Lemon juice and peel |
| <input type="checkbox"/> 1/10 l prosecco extra-dry                      |   |
| <input type="checkbox"/> 1,2 l vegetable broth/hen/water                |   |
| <input type="checkbox"/> 10 shrimps cooked and peeled                   |   |
| <input type="checkbox"/> Fresh basil (sufficient quantity)              |   |
| <input type="checkbox"/> Seasoning: salt, pepper, cayenne pepper powder |   |



Sweat the finely chopped shallot in a knob of butter. Add the rice and saute, stirring, until translucent.

Deglaze with a little water and add the hot broth, then gradually pour in the rest of the broth.

Meanwhile, prepare the shrimps by boiling in hot water. Remove the tails and carefully remove the shells.

Cut the tails into 1 cm pieces and marinate for 10 minutes in the refrigerator with a pinch of salt, a little cayenne pepper, a little lemon juice, olive oil, lemon zest and basil cut into small squares.

Cook the rice for 15 to 18 minutes. At the end of the cooking time, stir in the raspberries, butter, cream and Parmesan cheese. Season with salt and pepper.

Arrange risotto on a flat plate. Arrange the shrimp and the burrata, cut into small pieces. Garnish with a few whole raspberries and fresh basil leaves.

## B. Neapolitan potato gnocchi with burrata



### Ingredients (serves 4) :

- ☐ 400 g floury potatoes
- ☐ 130 g flour flower
- ☐ 2 egg yolks
- ☐ Salt, pepper, nutmeg (sufficient quantity)
- ☐ 800 g peeled tomatoes in jars
- ☐ 1 bunch basil
- ☐ 20 g grated Parmesan cheese



- ☐ 125 g burrata

### **Preparing the gnocchi**

Cook the potatoes in salted water for around 20 minutes. Peel and mash while hot.

Mix the potatoes, flour and egg yolks on a work surface and season with salt, pepper and nutmeg. Form tubes from the mixture and cut into 1 cm-wide gnocchi. Set aside.

Heat tomato sauce and season. Blend the burrata into a liquid.

Place the gnocchi in a large pot of boiling salted water.

As soon as they rise to the surface, drain.

Mix the gnocchi with the tomato sauce, adding a little olive oil.

On a plate, draw a line of burrata and place the gnocchi on one side.

Garnish with basil and sprinkle with Parmesan.

My notes: .....

## C. Chicken breast with Parma ham crust and autumn salad

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### Ingredients for the poultry (serves 4) :

- ☐ 4 skinless chicken breasts
- ☐ 8 slices Parma ham
- ☐ 1 roll of pure butter puff pastry
- ☐ 1 whole egg
- ☐ 400 g cream
- ☐ Mustard (sufficient quantity)

### Ingredients for the salad:

- ☐ 250 g arugula
- ☐ Virgin olive oil
- ☐ Balsamic vinegar
- ☐ Seeds for salad
- ☐ Old-fashioned mustard
- ☐ Salt, pepper

### **Preparing the chicken**

Place the chicken breasts on a board, season and wrap in the slices of Parma ham. Once the birds are wrapped tightly in the Parma ham, repeat the same operation in the puff pastry.

Beat the egg with a dash of cream and brush over the puff pastry. Refrigerate for 10 minutes and repeat.

After 10 minutes, decorate with a knife and sprinkle with flower of salt.

Bake in the oven at 200°C for 10 minutes, fan assisted. Remove and let stand for 8 minutes before slicing. In a saute pan, reduce the cream with a tablespoon of wholegrain mustard and a tablespoon of traditional mustard, adjust the seasoning and set aside.

### **Salad preparation**

Wash the arugula and prepare a vinaigrette with 3 tablespoons olive oil, 1 tablespoon balsamic vinegar, 1 tablespoon old-fashioned mustard, salad seeds, salt and pepper.

Slice the puff pastry into 3 or 4 pieces, arrange on a plate with a nice bunch of salad and the sauce in a sauceboat.



## D. Winter minestrone with parmesan bread crust



Ingredients (serves 4) :

### Minestrone

- ☐ 1 celery stalk
- ☐ 50 g pancetta
- ☐ 50 g onions
- ☐ 50 g leek
- ☐ 100 g kale
- ☐ 50 g celery apple
- ☐ 100 g carrot
- ☐ 30 g tomato paste
- ☐ 1,5 water
- ☐ 100 g potatoes
- ☐ 50 g borlotti beans
- ☐ Salt flower, salt, pepper (sufficient quantity)

### Bread crust

- ☐ 250 g flour
- ☐ 10 g butter
- ☐ 2 egg yolks
- ☐ 100 g water
- ☐ 7 g salt
- ☐ 20 g grated Parmesan

### Preparing the bread crust

Combine all ingredients in the bowl of a mixer and mix.  
Refrigerate for at least 6 hours.

### Preparation of minestrone

The day before, soak the borlotti beans in cold water and cook them separately in unsalted water.

Peel and chop onions.

Cut pancetta into small cubes. Finely dice all other vegetables (do not mix) except celery, which should be very finely chopped.

Brown the pancetta in olive oil, then sweat the onions.

Add the leek and cabbage, then the other vegetables, except for the potatoes and celery.

Tomato with the concentrate and moisten with the broth.

Bring to the boil, skim and cook. 10 minutes before end of cooking time, add potatoes. Chill.

Place minestrone, borlotti beans and finely chopped celery in an ovenproof casserole dish.


Roll out the bread dough very thinly and place it on the pan, sealing tightly around the edges without tearing.

Brown, sprinkle with black sesame seeds and grate a little Parmesan.

Bake at 180°C for 18 minutes without ventilation.

Cut off the puffed-up bread crust and share with guests.

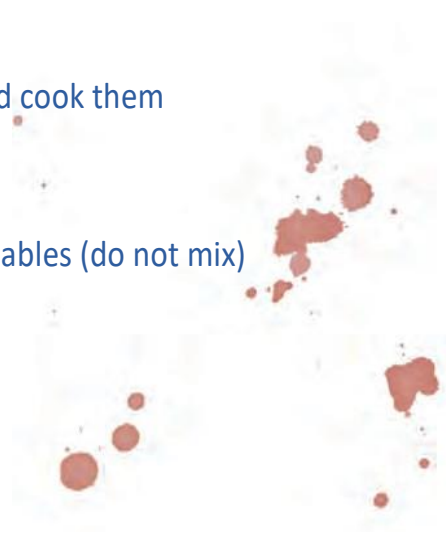


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My notes: .....

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Mes notes: .....

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## Desserts

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### A. Revisited Cassata with pistachio, candied fruit and mountain honey

Ingredients (serves 4) :

#### Iced cassata

- ☐ 450 g artisanal ricotta
- ☐ 120 g 35% cream
- ☐ 50 g candied fruit
- ☐ 30 g chocolate drops
- ☐ 50 g whole pistachios
- ☐ 50 g pistachios chopped
- ☐ 30 g water
- ☐ 30 g cane sugar
- ☐ 90 g Neuchâtel mountain honey
- ☐ ½ vanilla stick

#### Maraschino chocolate sauce

- ☐ 200 g 35% cream
- ☐ 150 g white chocolate
- ☐ 20 g butter
- ☐ 20 g maraschino



#### Preparing the cassata

In a frying pan, combine the sugar, honey, water and vanilla, dissolve and cool.

In the bowl of a mixer, combine the cream and ricotta. Beat at medium speed. The mixture should rise like whipped cream. Once ready, set aside in the fridge.

Roast the whole and chopped pistachios (separately) in the oven at 160°C for 6-7 minutes, then chill.

In a bowl, combine all the ingredients (except the chopped pistachios) and fold in gently.

Line a mold of your choice with parchment paper and fill. Place in the freezer for at least 6 hours.

Unmold and drizzle a little liquid honey over the cassata before coating with chopped pistachios. Return to the freezer.

Remove 5 minutes before serving and slice into 2 cm-thick slices.

### Preparing the chocolate sauce

Combine all the ingredients (except the maraschino) in a bowl and melt in a bain-marie, stirring constantly. The sauce should become homogeneous once the ingredients have dissolved, but do not overheat.

Add alcohol and set aside.

Garnish with red berries, chocolate sauce and mint leaves.

## B. Basil sorbet and chocolate chip tuile



Ingredients (serves 4):

### Basil sorbet

- ☐ 1,5 l water
- ☐ 100 g basil
- ☐ 1 cinnamon stick
- ☐ ½ lemon
- ☐ 350 g sugar
- ☐ 160 g glucose
- ☐ Green food coloring (sufficient quantity)

### Chocolate chip tuiles

- ☐ 50 g sugar
- ☐ 50 g butter
- ☐ 50 g egg whites
- ☐ 50 g flour
- ☐ 30 g chocolate chips

### Preparing the sorbet

In a saucepan, combine all the ingredients except the basil and bring to the boil. Cool to around 80°C and add the basil to infuse for around 15-20 minutes.

Taste. If the taste of basil is strong enough, strain, otherwise prolong infusion.

Add 4 drops of colorant and place in ice-cream maker until desired consistency is reached.

### Preparing the crispy tuiles

Melt butter and leave at room temperature.

Add all ingredients and mix well.

Refrigerate for at least 2 hours.

Using a spatula, shape 15 cm tiles on baking paper and sprinkle with chocolate chips.

Place in the oven and bake at 180°C for approx. 5 minutes.

Quickly remove the tiles from the oven and place them in a trough or on a rolling pin to give them a U shape.

Garnish the tuile with a quenelle of basil sorbet and decorate with a few fresh strawberries.

Add a twist of pepper mill and a few fresh basil leaves to the sorbet.

My notes:





## Zineb

Zizi Hattab is a Moroccan-born chef who grew up in Spain. In recent years, she has become a star of the international culinary scene. She focuses on plant-based foods and has become one of the few vegan chefs in the world to receive a Michelin star. Her culinary style embraces diverse cultural influences and is characterized by creativity and a passion for sustainability. In 2020, she opened K LE, her Zurich restaurant, which has since been awarded a red and green Michelin star.

### Starter

#### A. Ensaladilla rusa

Ingredients (serves 4) :

- ☐ 200 g potatoes
- ☐ 200 g carrots
- ☐ Salt
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon gherkins
- ☐ 2 tablespoons green olives
- ☐ 100 g shelled peas
- ☐ 2 tablespoons vegan mayonnaise
- ☐ 1 tablespoon white wine vinegar
- ☐ 1 pinch Kala Namak (South Asian black salt)

Peel potatoes and carrots and cut into 1 ½-2 cm cubes.

Place on a baking sheet lined with parchment paper and sprinkle with a little salt and olive oil.

Roast in a preheated oven at 175°C for 15-20 minutes, until the vegetables are al dente.

Cut gherkins into ½ cm cubes and olives into slices. Blanch the peas in salted water, then plunge them into an ice bath.

Place potatoes, carrots, gherkins, olives and peas in a bowl. Add mayonnaise and mix well.

Season with white wine vinegar, a pinch of salt and Kala Namak to taste.



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My notes: .....

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## C. Gazpacho



Ingredients (serves 4) :

- ☐ 750 g tomatoes
- ☐ 200 g cucumber
- ☐ 150 g watermelon
- ☐ 1 garlic clove
- ☐ 1 teaspoon salt
- ☐ A little sherry vinegar and extra-virgin olive oil

Some people eat gazpacho with a spoon, but I pour it into a glass filled with ice and drink it.

Dice the tomatoes, cucumber and watermelon. Put them in the blender with the garlic and mashed.

Season with salt, sherry vinegar and olive oil.

Mes notes:

## B. Pa amb tomàquet

Ingredients (serves 4) :

- ☐ 2 tomatoes
- ☐ Olive oil
- ☐ Salt
- ☐ 1 focaccia
- ☐ 1 garlic clove



Grate tomatoes using a vegetable grater. There's no need to peel them - the skin comes off automatically.

Add 2 tablespoons olive oil and salt.

Slice the focaccia, brush with a little olive oil and toast in the toaster.

Peel and halve the garlic, then rub it into the toasted bread.

Spread a thin layer of the tomato mixture over the bread.

I recommend using focaccia for this recipe.

Of course, you can use any other bread.

The important thing is that it's toasted. This will make it easier to grate the garlic onto the crusty bread, which will absorb the flavor.

Don't forget to be generous with the olive oil!



## Main courses

### A. Harira

History: Harira means "silky". During Ramadan, people fast during the day and are allowed to eat after sunset.

The breaking of the fast is often celebrated with a harira. It prepares the empty stomach for all the food to come.

Ingredients (serves 4) :

- ☐ 100 g green lentils
- ☐ 100 g chickpeas
- ☐ 800 g ripe tomatoes (San Marzano or heart of beef)
- ☐ 1 onion
- ☐ 1 stalk celery
- ☐ 1 hand parsley
- ☐ 1 handful coriander
- ☐ A little rapeseed oil for frying
- ☐ 1 teaspoon turmeric
- ☐ ½ teaspoon ginger powder
- ☐ 1 bay leaf
- ☐ 750 ml vegetable stock
- ☐ Salt and pepper

Soak lentils and chickpeas in water overnight.

Grate the tomatoes using a vegetable grater; there's no need to peel them, as the skin comes off automatically.

Cut onion and celery into small cubes. Coarsely chop parsley and coriander. Drain lentils and chickpeas.

Saute the onion and celery in a little rapeseed oil over medium heat until translucent.

Add turmeric and ginger powder and saute briefly.

Add the grated tomatoes, lentils, chickpeas, coriander, parsley and bay leaf.

Pour broth over all.

Simmer for 1 hour, or until chickpeas and lentils are tender.

Season with salt and pepper.



My notes: .....

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## B. Potato tortilla



Ingredients (serves 4) :

- |   |  |
|---|--|
| <input type="checkbox"/> 200 g chickpea flour | <input type="checkbox"/> ¼ tsp. ground pepper            |
| <input type="checkbox"/> 400 ml water         | <input type="checkbox"/> 1 pinch Kala Namak (black salt) |
| <input type="checkbox"/> 125 g smoked tofu    | <input type="checkbox"/> 2 teaspoons baking powder       |
| <input type="checkbox"/> 350 g waxy potatoes  | <input type="checkbox"/> Approx. 500 ml rapeseed oil     |
| <input type="checkbox"/> 2 onions             |  |
| <input type="checkbox"/> 1 tsp. salt          |  |

Add the chickpea flour to the water, stir briefly and leave to stand overnight.

The next day, place the water and flour mixture in a blender with the tofu, baking powder, salt, pepper and a pinch of Kala Namak and blend until smooth.

Peel the potatoes and onions, cut into 2 mm-thick slices and place in a cold frying pan. Pour enough rapeseed oil into the pan to cover everything, then fry over low heat until the potatoes are cooked. Pour the oil into a heat-resistant container and store. Set aside.

Mix potatoes and onions with tortilla mixture. Heat a little of the collected oil in a Teflon pan (20 cm in diameter). Pour the tortilla mixture into the pan.

Reduce the heat and fry the tortilla on one side until the mixture sets a little and a golden crust forms. Turn the tortilla over with a plate and fry the other side until golden.

To serve, cool the tortilla and cut into pieces.

My notes: .....

## C. Bulgur kefta with tomato sauce

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Ingredients Bulgur Kefta (24 pieces):

- ☐ 250 ml water
- ☐ 150 g canned peeled tomatoes (pelati)
- ☐ 2 tablespoons tomato paste
- ☐ 50 g medium bulgur
- ☐ 200 g bulgur extra-fine
- ☐ 100 ml olive oil
- ☐ ½ onion

- ☐ 1 handful coriander, fresh parsley and fresh mint
- ☐ 1 ½ teaspoons paprika powder
- ☐ 1 teaspoon salt
- ☐ 1 pinch ground black pepper
- ☐ ½ teaspoon cinnamon
- ☐ ½ teaspoon ground ginger
- ☐ ¼ teaspoon Ras el-Hanout

Ingredients for the tomato sauce:

- ☐ ½ red onion
- ☐ 1 clove garlic
- ☐ 200 g tomatoes (e.g. San Marzano or heart of beef)
- ☐ 20 ml extra-virgin olive oil
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon tomato paste
- ☐ ½ tablespoon harissa
- ☐ 1 pinch ground pepper
- ☐ 1 pinch ground cumin
- ☐ 250 ml vegetable stock





For the bulgur kefta, place the water in a saucepan with the peeled tomatoes and tomato paste and bring to the boil.

Place both types of bulgur in a large bowl with the olive oil and mix well. Pour the hot tomato mixture over the bulgur.

Cover the bowl with a lid or clear plastic film to prevent steam escaping.

Dice the onion and chop the herbs. Keep a little mint for garnish. Mix with the bulgur. Then add all the spices.

Blend in a blender until the mixture is coarse, with the bulgur grains still visible.

Form 35 g balls from the mixture.

Place on a baking sheet lined with parchment paper and steam in an oven at 100°C for 20 minutes.

Alternatively, you can cook the bulgur kefta in a bamboo steamer basket over a hot water bath, or using a steamer insert.

For the tomato sauce, chop the onion and garlic. Chop the tomatoes.

Heat the olive oil in a saucepan and saute the garlic and onion with a little salt until tender.

Add the tomato paste, harissa, pepper and cumin and saute for 1 minute. Add the tomatoes and deglaze with the vegetable stock.

Simmer over medium heat for 30 minutes until slightly thickened. Allow the sauce to cool and puree using an immersion blender. You can blend the sauce finely or leave it coarse, depending on your taste. Season with salt.

To serve, place the tomato sauce on a plate, place the bulgur kefta on top and garnish with the remaining finely chopped mint.

My notes: .....

## D. Trinxat

Ingredients (serves 4) :

- ☐ 1 small savoy cabbage
- ☐ Salt
- ☐ 1 kg waxy potatoes
- ☐ 2 cloves garlic
- ☐ 250 g smoked tofu
- ☐ 1 tablespoon rapeseed oil

Cut savoy cabbage into quarters and cook in boiling salted water. Peel potatoes and cut into 3 cm pieces. When the savoy cabbage is half-cooked (about 10 minutes), add the potatoes and cook until tender.

Drain the water and roughly mash the potatoes and savoy cabbage.

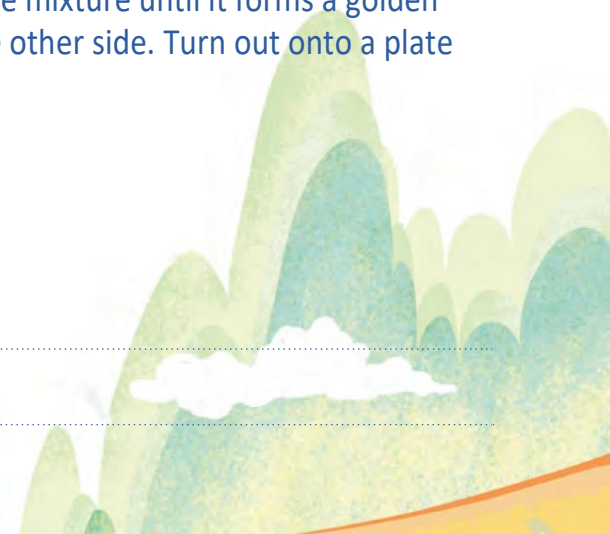
Chop the garlic and dice the tofu. Heat rapeseed oil in a frying pan (20 cm diameter) and fry tofu until cubes are crispy on both sides. Add the garlic to the pan and saute.

Add the garlic and tofu to the mashed potatoes and cabbage and mix.

Heat a little more oil in the pan and fry the mixture until it forms a golden crust. Turn the trinxat over and fry on the other side. Turn out onto a plate and serve like a rösti.



My notes: .....



## A. Cinnamon buns

### Ingredients for the pastry (serves 4) :

- ☐ 100 g butter
- ☐ 500 g flour
- ☐ 100 g cane sugar
- ☐ 1 sachet dry yeast (7 g)
- ☐ 2 teaspoon salt
- ☐ 230 ml warm almond milk

### Ingredients cinnamon butter:

- ☐ 150 g soft margarine
- ☐ 150 g cane sugar
- ☐ 1 teaspoon cinnamon



For the dough, melt the butter and leave to cool.

Combine the flour, cane sugar, baking powder and salt in a food processor.

Add the warm almond milk and melted butter and knead to a smooth dough. Cover the bowl with a damp cloth and leave to rise until doubled in size.

For the cinnamon butter, mix all ingredients until smooth.

Transfer the dough to a smooth, clean surface and knead again lightly.

Using a rolling pin, roll out the dough into a rectangle (approx. 30 x 50 cm); the dough should be about ½ cm thick.

Spread the cinnamon butter evenly over the dough.

Roll up the dough on its long side and cut into twelve equal slices using a sharp knife.

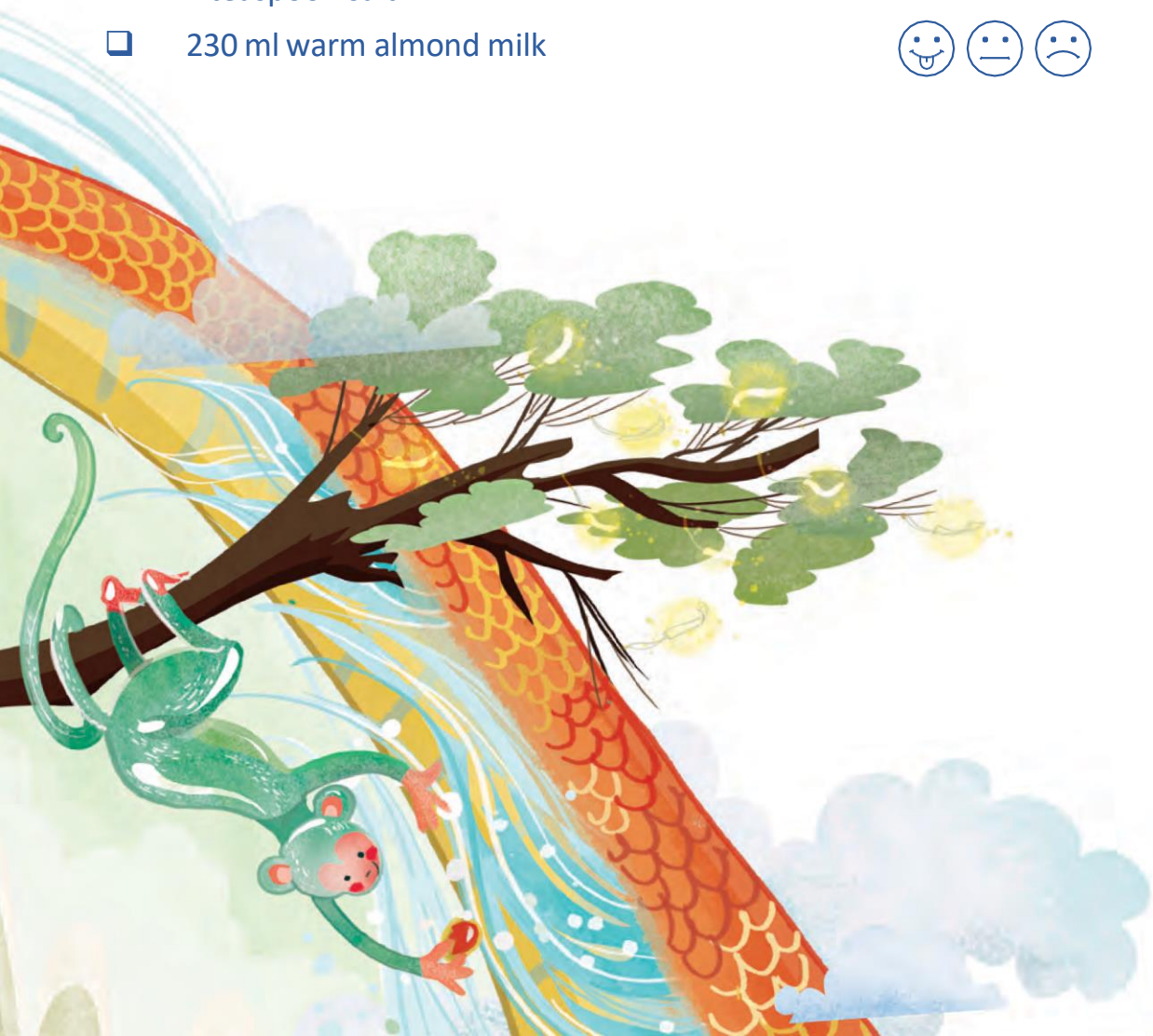
Place the rolls in a baking dish (three rows of four rolls each). Cover with a dry cloth and leave to rise again.

Bake the cinnamon buns in a preheated oven at 180°C for approximately 25 minutes.

If you want fresh cinnamon buns for breakfast, prepare the dough the day before.

Cover the rolls in the gratin dish with cling film and leave to rise in the fridge overnight. Remove from the fridge the next morning. When at room temperature, bake as indicated.

### My notes:





## B. Chocolate mousse



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### Ingredients (serves 4):

- ❑ 150 ml soy cream (min. 31% fat)
- ❑ 100 g dark chocolate (70% cocoa)

Bring the soy cream to the boil in a saucepan.

Break the chocolate into large pieces and place in a bowl.

Pour the hot soy cream over it.

Stir with a whisk until the chocolate melts and a homogeneous mass forms.

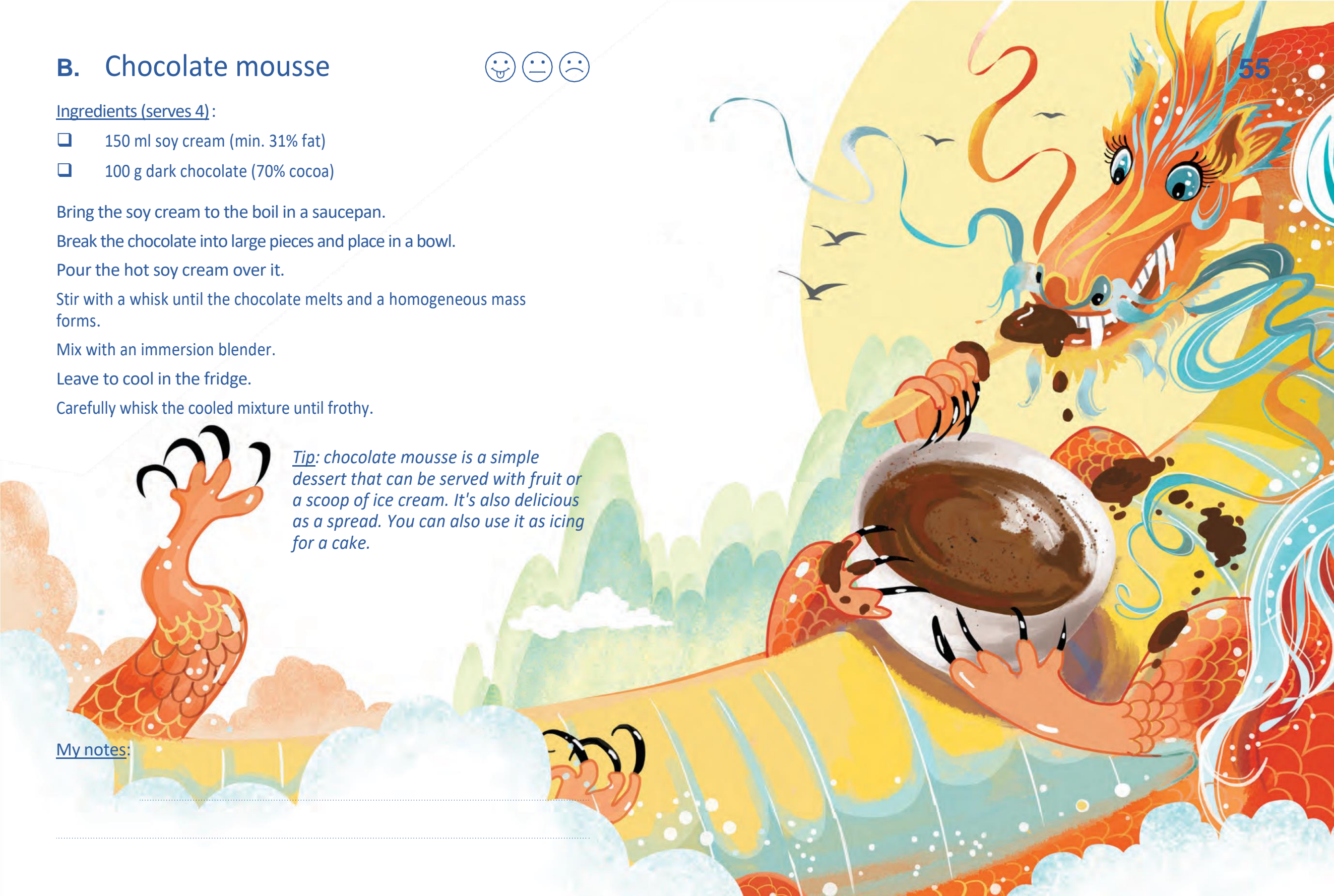
Mix with an immersion blender.

Leave to cool in the fridge.

Carefully whisk the cooled mixture until frothy.

*Tip: chocolate mousse is a simple dessert that can be served with fruit or a scoop of ice cream. It's also delicious as a spread. You can also use it as icing for a cake.*

My notes:





## A big THANK YOU!

### To our participating chefs and their brigades:

Agnese Z'graggen, food designer – [www.agnesezgraggen.ch](http://www.agnesezgraggen.ch)

Zineb Hattab, cheffe – [www.restaurantkle.com](http://www.restaurantkle.com)

Carlo Crisci, chef – [www.lafleurdesel.ch](http://www.lafleurdesel.ch)

Federico Bertozzini, chef – [www.chez-sandro.ch](http://www.chez-sandro.ch)

### To the production team:

Project: Sophie Tambini

Texts: Priscilla Lanzarotti

Graphics: Thierry Häusermann – [www.thisisnot.ch](http://www.thisisnot.ch)

Illustrations: Camille Bellet

Digital design: [www.wavemind.ch](http://www.wavemind.ch)

Educational file: Nicolas Ryser

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Patrick Engisch, philosopher – [www.patrikengisch.com](http://www.patrikengisch.com)

Julien Aly, brand builder – [www.avectact.ch](http://www.avectact.ch)

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