

**WALD**<sup>®</sup>

domus vivendi

**SAPORE**   
**BENESSERE**

GUIDE TO HEALTHY COOKING



FIND OUT  
THE SPECIAL  
QUALITIES OF  
YOUR POTS

EVERY DAY IN THE KITCHEN

# SAPORE BENESSERE

A collection of cooking pots made of  high quality Fire-clay fired at high temperature (1220°) and totally hand-painted with half-matt effect.



The recipes presented in the "GUIDE TO HEALTHY COOKING" have been developed by GG8 Restaurant in Gualdo Tadino (Pg). In the heart of the old town centre, "Gigiotto" represents a tradition since 1891 with the typical warm welcome of a family-run company that is the same since the beginning. Luigi Veronelli, between the 70's and the 80's, exalted in his guide Gigiotto's cooking and wine selection by writing... *"I have never seen a cook like him, I suggest to taste everything"...* Its kind of cooking goes from the traditional Umbrian flavours to the refined and delicate main courses, everything is hand-made from bread, to pasta, to the smallest crouton. The preparation of the recipes takes into strong consideration the land, the natural and genuine food and the healthy and fresh seasonal products. With the name of GG8, the restaurant continues its history with the new Angeli's generation, Gabriele and Giordano.

GG8 Restaurant & Hotel – Via Morone, Gualdo Tadino – Perugia, Italia



THE PLEASURE  
OF A DAILY  
HEALTHY  
COOKING.

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Only the heat of the flame  
and the pureness of the clay  
for a healthy and inimitable cooking.



 is a WALD®'s trademark  
All models have been registered

From the study of WALD®'s search and development laboratory comes an innovative product for a healthy cooking system with the quality guarantee that always characterizes our production. Only high quality natural materials for a safe product that is cadmium, lead and nickel free. The characteristics of the Fire-clay reach excellent results on fire while the clay doesn't absorb neither smell nor liquid.

The cooking pots are immediately ready for use. After washing, even in the dishwasher, they get dry very easily and they can be placed in a small space by stacking the different sizes. A natural and healthy cooking for daily wellness able to take into account the new culinary trends.

The heat spreads homogeneously and the steam generated with a continuous cycle inside the pot creates the right degree of humidity, gently cooking any kind of food, while keeping intact the food's taste and aroma. The result is always very good both for dishes which require a slow and long cooking (soups, stews, braised meats) and also for fast daily cooking. You always get extremely tasty dishes, even without oil or fat.

The food is kept hot for a long time, we recommend to stop the flame before the food is completely cooked. The assortment of shapes allows the cooking of any kind of food.

During the production process each item undergoes constant and specific quality controls, all made by our qualified technicians. With daily use, respecting the normal care of use, you will appreciate the characteristics of these cooking instruments, unique in their kind, for a very long time. They will accompany you for many years in the pleasure of experimenting new dishes.

Small imperfections or light color variations are the proof of the handcraft process.

# THE SINGLE-PORTION CASSEROLE TO COOK... AND EAT.



## DELICATE MEATBALLS

FOR 1/2 PEOPLE  
COOKING TIME:  
20 MINUTES  
POT Ø 18 CM

### INGREDIENTS (FOR 6 MEATBALLS)

300 gr. Of minced meat (veal or mixed meats)  
1 egg yolk  
1 spoon of grated Parmigiano Reggiano  
1 spoon of Ricotta cheese  
Crumbs from yesterday's bread  
100 gr. of milk  
Celery, carrot, onion and parsley to taste  
3/4 cherry tomatoes  
Extra-virgin olive-oil to taste  
Salt and pepper to taste  
Water and dry white wine to taste

Inside a bowl soak yesterday's bread crumbs with milk.

Thinly cut the celery, carrot and onion and shallow-fry them inside the pot with a little olive-oil, pour the white wine and reduce it.

After about 3/4 minutes add the cherry tomatoes.

In the meantime, squeeze the bread crumbs and add them to the minced meat, the egg yolk, the Parmigiano Reggiano and the Ricotta cheese.

Salt and pepper to taste. Give shape to small balls with damp hands

Add the meatballs to the cooking vegetables and simmer for 5/6 minutes adding some water if necessary and turning them from time to time.

Once turned off the flame, sprinkle with fresh, finely cut parsley.

# THE INNOVATION OF FLAVOURS WITH FAST COOKING.



## STEAMED FILLETS OF SEA BREAM WITH VEGETABLES

FOR 4 PEOPLE  
COOKING TIME:  
30 MINUTES  
SAUCEPAN Ø 27,5 CM

### INGREDIENTS

- 4 fillets of sea bream
- 1 carrot
- 4 small white onions
- 250 gr of new potatoes
- 200g of agretti (salsola soda)
- 1 courgette
- 8 branches of thyme
- Salt
- Extra-vergin olive-oil

**W**ash the vegetables and cut them into thick pieces. Pour 2 glasses of water in the pot, add the vegetables and salt. Cover with the lid. When the potatoes are nearly cooked, lay the already cleaned and off the bones fillets of sea bream over the potatoes, add some salt and cover again until cooked, after about 5 minutes, adding water if necessary.

As soon as cooked, serve with a little olive-oil.

*The natural taste of this easy and fast recipe is being exalted by the exclusive properties of the "Sapore & Benessere" pots.*



YOUR LIFE HAS  
A DIFFERENT  
TASTE

## FILLETS OF SPICED CHICKEN

FOR 4 PEOPLE  
TIME: 10 MINUTES  
SAUCEPAN Ø 27,5 CM

### INGREDIENTS

1 breast of chicken  
50gr of butter  
100gr of flour type 00  
(pastry flour)  
Dry Marsala

### MIX OF SPICES:

Ginger  
Pink pepper  
Black cumin  
Fenugreek seeds  
Fleur-de-lis flowers  
Coriander leaves  
Chill , Parsley

Take the breast of chicken and cut the fillets into stripes of the same size. Melt the butter in the pot and add the floured fillets browning them at medium flame. Once cooked, add half a glass of dry Marsala and simmer until reduced, then add the mix of spices and petals and finally the parsley.

*Quick dish, full of colors and aromas. The spices may vary according to your taste.*



BRING TO YOUR  
TABLE THE TASTE  
OF THE SEASONS.

## RISOTTO WITH COURGETTE FLOWERS AND GREEN BEANS

FOR 5 PEOPLE

TIME: 20 MINUTES

SAUCEPAN ø 27,5 CM

### INGREDIENTS

500 gr of carnaroli rice

15 courgette flowers

200 gr of green beans

1 onion

Butter

200 ml of white wine

Grated Parmigiano Reggiano

Thinly cut the onion, wash and dry the courgette flowers, take off the ends of the green beans and cut them into small pieces. Separately, prepare a pot with hot salted water. Put some butter in the pot, add the onion and gently fry it. Add the rice, let it roast for a minute while mixing, then pour the wine and reduce it. Add 3 ladles of hot water and the green beans, keeping the flame low. Keep mixing the rice all the time while adding water ladle by ladle when necessary. When nearly cooked, add the courgette flowers. Once cooked, add some butter and abundant parmesan cheese, mix, cover with the lid and wait for one minute or two until creamy.

*To make this dish without fats, replace the butter with some water at the beginning and at the end of the cooking.*



THERE'S  
A NEW TRADITION  
IN YOUR FUTURE.

## CEREALS AND MIXED BEAN SOUP

FOR 6 PEOPLE

TIME: 7 HOURS

COOKING POT ø 28,5 CM

### INGREDIENTS

1 onion

30 gr of butter

60 gr of tomato purée, salt

### CEREALS:

Pearl barley, Pearl spelt

### DRIED BEANS:

borlotti beans, lentils, chick  
peas, cannellini (white) beans  
red beans, red lentils, green  
azuki beans, black beans  
black eyed peas

Prepare a 500 gr blend of your favorite beans and cereals. Put them in a bowl adding abundant water where they should stay for at least 6 hours. Thinly cut the onion; put it in a pot with some butter and shallow fry it at low flame. Drain all the water from the cereals and beans and place them in the pot, add 1.7 lt of water, the tomato purée and salt, then cover with the lid for about 1 hour. During cooking, mix every 10 minutes adding water if necessary.

*If you do not want to use fats, then do not put butter, but just water to shallow-fry the onion.  
You can add a little rosemary if you like.*



TAKE ALL  
THE TIME  
YOU WANT.  
IT'S YOURS.

## TAJINE OF BLACK ANGUS WITH DICED VEGETABLES

FOR 4 PEOPLE  
TIME 1 HOUR AND A HALF  
TAJINE ø 31,5 CM

### INGREDIENTS

600 gr shank of black angus  
2 artichokes  
2 carrots  
1 cauliflower  
1 broccoli  
A garlic clove  
50 gr of extra-virgin olive-oil  
200 ml of white wine  
Salt and pepper

Cut the meat into medium sized cubes. Pour the olive-oil in the tajine, add the garlic and brown it at medium-to-high flame. Take off the garlic, brown the meat and add salt and pepper. Pour the wine and reduce it, cover with the lid and lower the flame. Wash and dry the vegetables, artichokes, carrots, cauliflower and broccoli and cut them into thick cubes. After about one hour add the vegetables, salt and some hot water if necessary. Cover until cooked. This dish can be made on all seasons, using the fresh, available vegetables and locally grown.

*Using the same procedure, (but changing the cooking time) you can replace the shank of black angus with mixed meats according to your taste.*



## NEW MEETINGS IN THE KITCHEN.

### TAJINE OF CHICKEN, ASPARAGUS AND PRAWNS WITH CURRY AND BASMATI RICE

FOR 4/5 PEOPLE  
TIME: 30 MINUTES  
TAJINE Ø 31,5 CM

#### INGREDIENTS

300 gr of prawns  
500 gr of breast of chicken  
250 gr of asparagus tips  
1 onion, 1 celery stalk, 1 carrot  
180 gr of whole milk yoghurt  
2 spoons of powder curry  
Extra-virgin olive-oil, Salt

#### FOR THE RICE:

300 gr of basmati rice  
1 small onion, 4 cloves

Cut the breast of chicken into cubes of similar shape. Pour the olive-oil in the tajine and add the chicken to brown it. Thinly cut the onion, celery and the carrot, put them with the chicken, add salt and 2 ladles of hot water, then add the asparagus tips and cover with the lid for about 10 minutes. Cooking the rice: pour some olive-oil in a pot and shallow fry a whole onion and the cloves. Add the rice and roast it, then hot salted water until cooked. Open the tajine, add the curry and one ladle of water if necessary; put the lid back and let simmer for another 6 minutes. When the asparagus tips are ready, add the prawns and cook them for 3 minutes. Pour the yoghurt and mix to blend the sauce. Put the rice at the center of a serving plate and lay the chicken all around together with the asparagus tips and the prawns, topping up with its gravy.



## FISH SOUP

FOR 4 PEOPLE

TIME: 30 MINUTES

COOKING POT ø 23,5 CM

### INGREDIENTS

Cuttlefish, squid, small octopus, 2 mantis shrimps  
2 prawns, 2 tiger prawns  
1 lobster, 150 gr of tub gurnard  
150 gr of rockfish  
150 gr of dogfish  
150 gr of blue shark  
200 gr of monkfish  
Extra-virgin olive-oil  
Wine vinegar, 1 onion  
2 garlic cloves  
200 gr of tomato purée  
Salt and pepper

Clean the fish. Thinly slice one onion. Pour some oil in the pot and add some garlic (according to your taste), the onion and shallow-fry them. Add the vinegar and reduce it, then pour the tomato purée and a glass of water. Start to cook the fish which requires longer times: cuttlefish, squid and small octopus: put the lid and cook for ten minutes. Keep adding the fish: tub gurnard, rockfish, dogfish, blue shark and monkfish cover again and let simmer for about 15 minutes. Open the lid and add the remaining fish: mantis shrimps, prawns, tiger prawns and the lobster. Add salt and pepper and finish the cooking for another 5 minutes.

*You can use the fish that you prefer. You must take off the bones before cooking and if you cut it in small pieces, then the cooking time will be considerably reduced.*



## CHICKEN WITH GREEN CURRY

FOR 2/3 PEOPLE  
TIME 20 MINUTES  
COOKING POT ø 20 CM

### INGREDIENTS

½ chicken  
1 green pepper  
400 ml of coconut milk  
Fresh ginger  
Curry mix  
(turmeric, fenugreek, mustard grains, coriander, paprika, pepper cumin)  
1 spoon of brown sugar  
1 spoon of oyster sauce  
Salt  
1 spoon of sunflower oil

Put the oil in the saucepan, add the pepper that has been minced in the mixer and the curry mix. After 3 minutes, add the coconut milk and boil for at least 7 minutes. Cut the half chicken into 6 pieces, put salt and the grated ginger. Lay the chicken over the sauce, cover with the lid and cook for at least 10 minutes. Open the saucepan letting the green curry densify. To finish the plate pour the oyster sauce and the brown sugar. You can add the spices that you prefer or replace the pepper with green chilies to make the dish hotter!

*You can add the spices that you prefer or replace the pepper with green chilies to make the dish hotter!*



## ROYAL SALAMI

FOR 6/8 PEOPLE

TIME: 1 HOUR

COOKING POT ø 28,5 CM

### INGREDIENTS

1 kg of calf's flank

4 eggs

200 gr of mortadella

basil

½ liter of white wine

Salt and pepper

Kitchen string

Extra-virgin olive-oil

**M**ake 2 omelettes. Spread the calf's flank, add salt and pepper, cover it with the omelettes, the mortadella and the basil. With the basil, form 2 stripes for the whole length of the meat. Roll the flank and tie it with the kitchen string. Put the olive-oil in the pot and when hot, add the rolled flank. Brown it, then add abundant wine and let it reduce. Before covering the pot with the lid add 1 glass of water. Cook with the lid for at least 1 hour, turning the flank every now and then.

*The taste of this very simple dish can be completely changed varying the ingredients inside the flank. You can add a mix of chopped herbs to the omelette, complete the stuffing with ham or the vegetables that you prefer.*



SO MANY  
GOOD  
REASONS TO  
CHOOSE...

**SAPORE**   
**BENESSERE**



Conventional oven  
Microwave



Flame  
Electric plate



Dishwasher



Fridge  
Freezer

**IT IS IMPORTANT TO KNOW THAT...**

all pots, except the potato baker,  
**MUST NOT BE USED DRY**  
**OVER THE FLAME**, but always  
with oil or a little water together  
with the other ingredients.

