

WALD[®]

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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 homogenously 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

Wash 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

Make 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.

