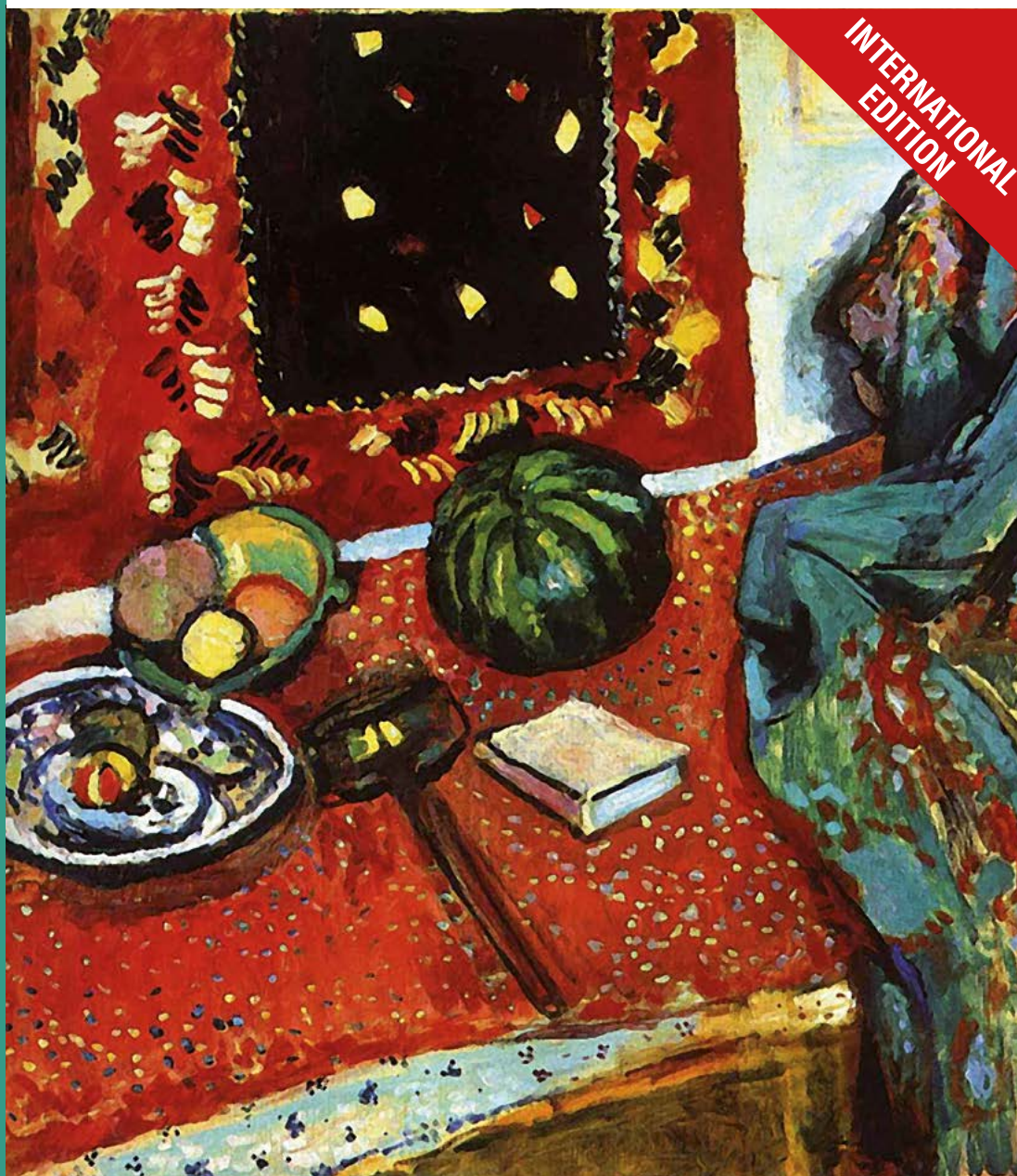


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On the cover: Graphic elaboration of a detail from *Still Life with a Red Rug (1906)* by Henri Matisse; private collection

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Summer arrives with numerous adversities but also brings an immense lust for life

by Paolo Petroni

President of the Accademia

Beyond rising prices and shortages of many raw materials, which affect everyone, restaurants are experiencing another crisis: the 'no-show' phenomenon.



This strange summer arrives burdened by innumerable adversities. Torrid heat, accompanied by a disastrous drought which undermines cultivation and causes **water rationing** even for drinking or washing. More than justified fears about **gas shortages** and consequent **rising electricity costs**. Exorbitant petrol and diesel fuel prices passing the 2-euro mark. Missing raw materials from the warring nations, Russia and Ukraine, alongside the ghastly images which we witness with utter horror. A terrifying rate of Covid-positive cases and, consequently, contagion, which only a few months ago would have induced our minds to barricade us at home. And yet, **everything is open, everyone roams freely, unmasked at the stadium, at mega-concerts with over 70,000 spectators**, stacked like sardines at the Palio in Siena; even the last bastion has crumbled: the few faithful attendees of the Holy Mass are almost all missing masks. Add several disasters, natural or otherwise (the Marmolada avalanche and various fires in Rome), drownings and sudden low-cost airline strikes which turn holidays into a veritable nightmare.

After so much suffering, the economy must restart

Despite all this, the desire to escape, live, go out, have fun overrides every negative event: artistic cities teeming, seaside and mountain resorts fully booked, no hotel vacancies or restaurants to eat without being mobbed. Good. We needed this. After so much suffering, the economy needs to restart. However, as noted above, **this is a critical moment for Italian restaurateurs**: rising costs, low professionalism among staff, frequently poor ingredients, monotonous menus, the urge to hoard. In these crowded times, we shout for joy when we leave a restaurant satisfied by the meal. The habitually complaint-prone category of restaurateurs now faces the painful

problem of no-shows: **a table is booked and nobody turns up. This inconsiderate behaviour is apparently on the rise**; rumours are rife that besides rude, uncouth clients, malicious competitors are also involved. Restaurateurs defend themselves by requiring names and mobile numbers, calling soon after a booking to check or a few hours before the reserved time to confirm it. The swankiest, priciest venues require credit card details, taking hefty advance payments even for waiting lists, let alone reservations. No-shows are generally charged the price of a tasting menu without the wine. Some have sued, and lost. **A booking is now a contract**, with a deposit. None of this, of course, applies to Academicians who always book and then turn up or call to apologise for being unable to sample the cuisine due to unforeseen circumstances.

In this issue of the magazine you will find, as the final items, **the new Statute and By-laws**. These are very important regulations elaborated following years of experience, and must be familiar to all Academicians. We are also having a dedicated brochure printed for inclusion in the next issue of *Civiltà della Tavola*, so that it will always be conveniently available for consultation.

President Paolo Petroni, the President's Council, the Secretariat in Milan and the Editorial Office in Rome offer all Academicians, in Italy and abroad, their best wishes for an enjoyable summer holiday.

The offices of the Milan Secretariat will remain closed from 8 to 19 August; the Editorial Office in Rome, from 1 to 31 August.



Food and upcycling

by **Maurizia Debiaggi**

Singapore-Malaysia-Indonesia Academician

When by-products turn into opportunity.

There is no Italian word for ‘upcycling’, nor is it easy to explain that concept in two words. This has inspired me to dig deeper, discovering a world of opportunities, some well-known and some less, some near and some farther.

The Italian tradition closest to ‘upcycling’ is ‘creative reuse’, which, however, does not fully cover the term’s true meaning: it is precisely the English suffix ‘up’ which indicates **elevating industrial ‘waste products’ by increasing their original value.**

The term was first used in 1994 by the German engineer **Reiner Pilz**, during an interview for a magazine on architecture and antiques. Pilz employed it **in opposition to the traditional term ‘recycling’,** which he recast as ‘downcycling’, precisely to indicate the resulting material’s reduced value.

Ever since, ‘upcycling’ has been increasingly present in the fields of food, fabrics, construction materials, design and fashion, despite expressing a concept as old as mankind itself: *if you are ingenious, you won’t waste anything!*

An important form of innovation centred on sustainability

Regarding the food sector specifically, according to the Upcycled Food Associ-

ation, formed in 2019 in Colorado, **“Up-cycled foods use ingredients that otherwise would not have gone to human consumption, are procured and produced using verifiable supply chains, and have a positive impact on the environment”.**

Through this perspective, upcycling is an important innovative practice centred on sustainability and contributing to waste reduction and efficient resource use.

Hence we can now understand the **difference between a ‘recycled’, or ‘down-cycled’, product, derived from food preparation ‘leftovers’, and an ‘upcycled’ food, which uses the ‘waste products’ created by producing the ingredients themselves.** At its base there is always the concept of ‘salvaging’, which in **upcycling** involves different and more substantial modalities and engagement levels.

Some examples of food scrap reuse

In **‘downcycling’, ‘leftovers’** are used in the same productive process, or in any case **yield a similar but less valuable product** than the original one. In an industrial context, we can provide the example of the **meat trimmings incorporated into hot dogs, croquettes** or other products such as meatballs or stuffings. In cheese-making, an obvious example is that of **processed cheese slices**, a fused cheese product obtained from recycling various milk derivatives considered otherwise unsuitable for retail.

However, in ‘upcycling’, ‘discarded’ ma-





materials ascend to a clearly different and higher product status than their original one. Analysing companies and start-ups that have joined the USA's Upcycled Food Association, we can find examples of **extremely creative products** with high added value, such as **drinks made from avocado seeds**, rich in antioxidants and without added sugars; **flours obtained** from the by-products of plant milk production, such as **soya, oat or almond pulp**; and the beneficial and thirst-quenching **cocoa water**, derived from the plant's fruits which are a 'waste product' after the cocoa has been extracted from their seeds.

Without a shadow of a doubt, **through upcycling, 'scraps' receive not only a new lease on life, but also a splendid opportunity**, finding concrete roles in the circular economy: reducing food waste, saving on raw materials and producing new foods.

Therefore many start-ups and other companies worldwide are now studying upcycled food production.

An Italian example, and initiatives in Singapore

An Italian upcycling example is the start-up 'Biova Project', which **produces beer from unsold bread** and snacks, or rather, 're-snacks', from the spent grain left over from beer production, still rich in proteins, fibre and minerals.

A clear victory for sustainability, as these snacks save 40% in raw materials: truly scrumptious, crunchy 'scraps'! Let us continue to **Singapore**, emerging as an 'upcycling hub' with **joint-venture initiatives**.

The At-Sunrice GlobalChef Academy has successfully launched the **WellSpent programme**, whereby 'spent' food gains a new and useful life: thus, **eggshells, natural calcium sources, enrich aromatised salt**; orange peels are transformed into delicious, healthy marmalades; and okara, **spent soya pulp**, still rich in prebiotic fibres, proteins, phytonutrients and minerals, **enriches the**

nutritional value of bread and breadsticks.

However, though it seems established by now that a sustainable bioeconomy requires the reintroduction of agricultural and food processing waste products into a 'value-adding' cycle, **how will consumers accept the new 'scrap-derived' foods in the future?** According to a recent study by the Centre for Research on Customer Relations in the Food Sector in the University of Aarhus, important factors in accepting such products include environmental concerns and communicating the benefits of upcycling.

The practical implications? The prospect of upcycled food is that what we recently considered waste products can become **a profit-yielding resource, with two-fold environmental advantages:** expanding raw material availability and consequently reducing energy consumption, atmospheric and water pollution and greenhouse gas emissions; and reducing waste disposal costs.

Can we expect that in the near future, Italy could offer upcycled foods using the by-products of some of its signature foods, such as olive oil, tomato products and wine?

Perhaps the time is ripe...

Maurizia Debiaggi





Cannoli: a Sicilian delicacy

by Rosalia Sorce
Syracuse Academician

*A classic of the island's
pastry art, crunchy on
the outside and creamy
on the inside.*

The *cannolo* (singular of 'cannoli'), an extraordinary dessert in its simplicity, ranks among the world's best-loved Sicilian specialities, serving as an icon of Italian pastry art. It is one of those traditional foods that nourish both body and soul: besides being nutrient-rich, it contributes to the release of endorphins, the 'feel-good hormones', because it **involves all five senses**. It can be considered a veritable masterpiece of Sicilian culinary tradition, and was born through the **happy marriage between a crunchy, delicately fragrant wheat pastry shell and a creamy filling of sweet ricotta sheep's**

cheese, enriched with currants and chocolate drops.

*Its history is steeped in myths
and legends both sacred
and profane*

The history of Sicilian cannoli is steeped in myths and legends both sacred and profane. Without much written evidence, **the origins of this masterpiece can be reconstructed through various assumptions** and one textual source: *Siciliani a tavola* (*Sicilians at the Table*,



1970) by Duke **Alberto Denti di Pirajno**, a physician, military man and cultivator of gastronomy. In the book, he reports that in 70 BC, during a trip to Sicily, **Cicero** was enchanted by a "*Tubus farinarius dulcissimo edulio ex lacte fartus*": a very sweet dough tube filled with milky cream.

Among the various hypotheses regarding the birth of cannoli, three are the most credible. The first is associated with **Arab rule** over Sicily, and specifically Caltanissetta, the ancient *Castra Nicia*, rendered in Arabic as *Qal'at al-Nisā'*: the Fortress of Women. The concubines in the city's innumerable harems occupied their time by preparing sweetmeats for their Emir, and are said to have reworked a traditional Saracen sweet by adding typical Sicilian ingredients. Indeed, the Arabs are **credited with the idea of mixing sugar into ricotta**, giving rise to the delicious cream at the core of Sicilian pastries.

Another hypothesis, of which **Gaetano Basile**, Honorary Academician for Palermo, is a strong proponent, narrates that the cannolo was born as a typical Carnival sweet, initially an irreverent creation devised with humorous intent.

One of the most substantiated hypotheses attributes the birth of cannoli to the convent of Santa Maria di Monte Oliveto, in Palermo. This, too, was a Carnival prank, wherein the cloistered nuns filled a bathtub with ricotta cream and replaced its taps with pastry tubes.

Its etymology derives from the reeds around which the pastry was initially rolled

The term 'cannolo' etymologically derives from the reeds - *canna, cannello* - around which the dough was initially rolled to create its typical cylindrical form before frying. Cannoli are certainly a typical Carnival sweet, though they can be enjoyed at any time of year. **Their wonder begins with their outer layer** (*scorcia*, 'bark', in dialect): **a flour dough made from wheat and ancient grains** (Timil-



ia or Tumminia and Maiorca wheat varieties), lard (*saimi* in dialect), sugar, salt, and wine (white wine, vinegar, Marsala). The dough, after resting in the fridge, must be rolled out very thinly, cut into squares or circles, shaped using cylinders, formerly reeds and now made of aluminium, and fried in lard or oil. **The crucial ingredient for the filling is sheep ricotta. The only exception to this rule is the cannolo made in the environs of Ragusa, filled with cow's milk ricotta. The filling can be enriched with dark chocolate drops, various types of candied fruit, or cinnamon.** Once ready, the cannolo is **lightly dusted with icing sugar.**

Each province has its own filling and style of decoration

However, **there is not merely one Sicilian cannolo; there are two schools of thought**, similar but not identical, and each province has its own filling and style of decoration. **Catania** cannoli are flaky, only slightly flared, light-coloured and subtly flavoured with cinnamon. Their ricotta is 'smoothed' by being sifted, and may be enriched with coloured cubes of candied pumpkin (*zuccata*), chocolate praline or ground Bronte pistachios. **Palermo** cannoli are crunchier, more flared and dark, because their classic dough includes dark cocoa and white wine, while chocolate drops lurk in the ricotta filling. The ends are deco-

rated with candied orange peel or candied cherries (*cirase*). There are now many variants of this dessert; its standard size ranges from 14cm to 16cm.

Palermo is also the birthplace of *cannolicchi*: finger-sized cannoli, smaller in size but identical in flavour. Conversely, the area of **Piana degli Albanesi** gave rise to **giant cannoli**. This is also the territory which **annually celebrates the 'Cannolo Festival' during the Carnival period.**

Dattilo and Fulgatore, both in the province of **Trapani**, generally produce large cannoli whose **ricotta is rougher**, less 'worked' and with less sugar. Other areas use neither chocolate nor candied fruit.

A brown variant of the filling, prepared by **mixing bitter cocoa into the sheep's milk ricotta** and then decorated with **ground hazelnuts**, was invented in **Messina**. In **Syracuse**, a noted pastry master made cannolo consumption his 'life's philosophy', thus creating **cannolo therapy** (*cannoloterapia*), thereby further contributing to general awareness of this delicacy. What is indubitable is that the principal ingredients in cannoli are the shell and the ricotta cream filling, which may be presented and assembled idiosyncratically as a ***cannolo scomposto*** ('deconstructed' cannolo).

The secret to enjoying a fragrant Sicilian cannolo is always the same: **add the ricotta at the end, so the shell always remains crunchy**, creating a delightful contrast with its filling's luscious creaminess.

Rosalia Sorce



Great Italian summer dishes

by **Morello Pecchioli**

Honorary Academician for Verona

From the classic prosciutto and melon to vitello tonnato, caprese, pasta salad...

"Benedetto sia il ghiottone/ che unì il prosciutto col melone" ('Blessed be the glutton who united prosciutto and melon'): this couplet, cited in order to start with a flourish, celebrates one of the happiest, easiest and most ubiquitous marriages in all of summer gastronomy. Those wondering, in vain, who invented this pairing include Academician **Renzo Pellati** in his book *La storia di ciò che mangiamo (The history of what we eat)*: "Who first thought of associating these two superlatively delicious foods? An overwhelming majority of summer menus in restaurants, trattorie, diners and fast food establishments throughout Italy include **prosciutto and melon**, a dish beloved of families but equally suitable for singletons". Italian by birth, this dish has become international.

A classic: the duo of prosciutto and melon

Achille Campanile, from whose pen absurd humour flowed, maintained in *Gli asparagi e l'immortalità dell'anima (Asparagus and the immortal soul)*: "Prosciutto and melon are among those iconic international duos before which we all bow, without attempting to plumb their mysteries. Why melon with prosciutto and not with boiled beef?". Prosciutto and melon. Nothing more delicious; nothing easier to prepare. When the sun blazes,

we perform the ritual: removing the cantaloupe from the fridge where it has been chilling for at least an hour, slicing it into crescents and draping them, as with royal vestments, with paper-thin slices of flavoursome Parma, sweet San Daniele or savoury PDO Tuscan prosciutto.

Everything hinges on **selecting raw materials of the utmost quality**. **Francesco Sforza**, the first Duke of Milan (1401-1466) and a melon enthusiast, was wont to repeat that "Choosing a good horse, taking a good wife and buying a good melon are the most difficult things to do". This may hold for wives and horses, but in matters cucurbitaceous, the difficulty is only due to the dizzying variety of competing delights offered by our generous peninsula. **The famed Mantova melon** was given by the Gonzagas to allied courts in the 16th century. **Similarly excellent are the cantalupo and retato varieties and the melon of Erbè, in the province of Verona**. Indeed, we shall never know who first blessed the union of melon and prosciutto, but we may have identified an instigator. 2,500 years ago, **Heraclitus of Ephesus** theorised the law

of opposites: sweet and salty are destined for mutual attraction, and one cannot long endure without the other. He spoke of the secret law that keeps the world together. Let him not loathe us if we confine his golden rule to the gastrosophic realm.

Summer is the season of cold cuisine

Foodwise, summer demands a low-calorie diet, cookers left idle, quick assembly, cold dishes and chilled wines. It is the season of classic cold dishes. These include the enduringly popular **vitello tonnato** (veal with tuna sauce), a 'Made in Italy' creation as evergreen as the songs of Lucio Battisti, the pullovers of Ottavio Missoni and the goals of Gigi Riva. Those who consider it French merely because occasional aspiring toffs order *vitel tonnè* are simply wrong: **that is not French, but Piedmontese dialect**. The Alpine region rightly claims its genesis. The Veneto, Lombardy and Emilia Romagna may cat-fight over the thinly sliced *fassona* beef





smothered in tuna sauce and capers, but it's a losing battle. The dish **arose in the Savoy domains in the 18th century**. Alluring and eternally fashionable with its irresistible creamy mantle, it is the runner-up in the pageant of cold dishes. In the 19th century, the age of sauces, it was among the expected appetisers on aristocratic and wealthy bourgeois tables. In his *La scienza in cucina e l'arte di mangiar bene* (*The science of cooking and the art of eating well*, 1891), **Pellegrino Artusi**, the father of modern Italian cuisine, recommended using veal silver-side (*culaccio*) and adding "two anchovies, abundant fine oil, the juice of one lemon and a fistful of capers squeezed of their vinegar" to the tuna for the sauce. In *L'Abbuffone* (*The Glutton*, but also a play on *buffone*, 'jester'), the unforgettable actor, refined gourmet and superb cook **Ugo Tognazzi** presented *maial tonn * ('porky tuna'). "Fear not", he wrote; "it is *vitel tonn *, except that instead of the veal, I suggest pork loin".

Caprese: the Italian flag on a summer table

And how delectable is a cold rice salad?

It remains among the most popular summer dishes. Enriched with finely diced vegetables, pickles and cooked ham and frankfurter roundels, it is a favourite. Setting down his recipe for "Rice salad my way", the inventive Tognazzi recommended "an exotic touch": cubelets of Swiss Emmentaler cheese.

And yet, the standard-bearer of Italian cuisine when the mercury spikes is caprese. The spectacle of a broad white china tray adorned with alternating **red tomato slices, white mozzarella medallions and emerald-green basil leaves** is touching, even patriotic. One

should stand to attention before such a dish. Caprese is a paradigm, an archetype, an axiom. It is to summer food what **Audrey Hepburn's** figure-hugging black dress is to fashion or daiquiris are to the novels of **Ernest Hemingway**.

Other classics? Pasta salad, roast beef, the 'big salad' (tuna, mozzarella bites and mixed vegetables), **cold frittata, carpaccio** with rocket and grana cheese, seafood salad, bresaola, **chicken salad...**

Corrado Benedetti, a cheese refiner and cured meat specialist with a workshop near the masterpiece of nature that is the Ponte di Veia, Europe's largest natural bridge in the Lessinia area near Verona, suggests the 'salted meat' **carne sal ** with flakes of **Monte Veronese cheese aged 12 months**, or of equally aged grana padano cheese. "Drizzled with *olio extravergine d'oliva* (extra-virgin olive oil), it is a dish which allows us to forget the humid heat", he guarantees. The journalist and food and wine specialist **Paolo Massobrio** agrees: "I adore salted meat. I prefer it seasoned with lovage and good oil. In Valle d'Aosta I recently ate it drizzled with walnut oil: delicious: It is a **gastronomic treasure born from the heroic 'preservation cuisine'**".

Thoughts from some illustrious guardians of Italy's food and wine heritage

Here are some thoughts on the great Italian summer dishes from some illustrious guardians and defenders of our food and wine heritage. What do they eat in summer? Which dishes unite flavour with freshness? As a good Tuscan, **Paolo Petroni**, President of the Italian Academy of Cuisine, has no doubts: "My favourite summer food is **cold pasta e fagioli** (pasta with beans). It is a dish fit for a Pope. It should be cold, not

fridge-cold of course, and seasoned with pepper and good extra-virgin olive oil. No cheese. Tuscan-style. **Cold spaghetti with tomato and basil**, which we call *crudaio-lio*, is also delicious. Cubed peeled fresh tomatoes are infused with basil in a soup tureen for an hour or so, and then cold pasta is added and it's ready to serve. Also excellent is **panzanella**. It is made of stale bread soaked in water and vinegar, mixed with tomato, anchovies and good oil. A delight".

Antonello Maietta, national president of the AIS (Italian Association of Sommeliers), is from Liguria and loves the classics: "I like *vitello tonnato* and rice salad with its full complement of vegetables, little pickles and cooked ham. The rice is a pretext: in a sea of vegetables one occasionally encounters a grain of rice. I pair it with a subtle ros , a Cerasuolo d'Abruzzo which mitigates the exuberance of the pickles. **Traditional cold Ligurian dishes include vegetable minestrone** with some added pasta, and **cima alla genovese** [a complex meat loaf with eggs, cheese, peas etc]. We Ligurians will add a ladleful of pesto to anything".

The famous journalist and gastronomist **Edoardo Raspelli** is faithful to the '3T' slogan: Terrain, Territory, Tradition. "For Pasolini, territories were differentiated by dialects; for me, this is done by food. My suggestion for summer is to take advantage of the holidays to discover delicious things. Let's be **intelligent gastronomic tourists**, exploring a territory and its edible treasures. An emblematic dish which represents the summer for me is **prawns and cheese**: mozzarella or burrata from Andria, and red prawns from Mazara del Vallo. But those from Santa Margherita Ligure will also do: raw, freshly shelled, accompanied by a little goblet of chilled white wine".

Morello Pecchioli



Fonio and teff: *emerging cereals*

by **Flavio Dusio**
Novara Academician

In reality, they are among the world's most ancient grains, but new horizons are opening for them because they are adapted to arid climates.

Fonio and teff grow in a **specific area of Africa called Sahel**. This is a vast geographic region whose name derives from the Arabic *sahil*, meaning 'coast' or 'shore'. It extends eastwards from the Red Sea to the Atlantic Ocean in the west, spanning over six thousand kilometres. From north to south it develops from the Sahara desert until the Sudanese savannah, crossing nine countries: Senegal, Mauritania, Mali, Burkina Faso, Niger, Chad, Sudan and Eritrea. **Fonio has been the best-known cereal in this area for over 5000 years.** It is related to millet. It is nutrition-

ally comparable to rice; indeed, compared with more familiar grains (wheat, spelt etc), **it contains more carbohydrates (77%) but less protein (8%).**

Fonio requires very little water to grow, and is gastronomically versatile

This grain requires very little water to grow, since it can find water as deep as three metres underground and **can provide three harvests a year**. Its long root apparatus also helps to combat soil erosion, common in arid areas with scarce precipitation.

A legend of the Dogon people in Mali attributes the creation of the universe to the explosion of a single egg, the 'world germ': none other than a fonio seed. It is very small (under 1.5mm) **and is therefore treated in its entirety**: it is a versatile whole-grain cereal, suitable for preparing **soups and salads, fried or boiled, and its flour can yield croquettes, bread, sweets and even beer**. It exists in **two versions**: white and black fonio. **Neither contains gluten**; both are therefore suitable for coeliac patients. Fonio contains more fibre and iron than rice and couscous, and has a **lower glycaemic index**. Cooked in water with a proportion of one to three, it prodigiously increases in volume.

Teff grains are the smallest in the world

Teff, originating in Ethiopia and Eritrea, is also very ancient. Its grains are the





smallest in the world (measuring only 0.8mm). To understand its real size, consider that a grain of superfine short-grained Carnaroli rice is 6.9mm long, and 3000 grains weigh about 100 grammes, roughly the amount necessary for a good serving. Teff, instead, is tiny enough to earn its name, deriving from 'lost': 3000 seeds only weigh 1.5 grammes.

It has less carbohydrate than fonio (73%), but is high in protein (13%) and is the only cereal to contain all eight essential amino acids, making it a highly nutritious food. **Teff seeds resist mould, heat and dehydration.**

In the Ethiopian Amharic language, **the term 'teff' derives from the word 'lost', precisely because it's impossible to retrieve if dropped**, and trying to find it is a waste of time.

Its various components cannot be separated by grinding; hence it is milled whole, yielding **a high-fibre whole-grain flour** prebiotically useful for the gut microbiota and for controlling glycaemia in diabetic individuals. **Teff seeds exist in two colours, white and red**, yielding two types of flour of which the lighter variety is more prized and also more costly because it requires more painstaking culti-

vation methods. In Ethiopian, Eritrean and Somali cuisine, **teff flour is used in manifold ways**, but especially for making the flatbread known as *injera* or *enjera*. This bread is obtained through acidic bacterial fermentation which increases its proportion of protein while substantially reducing that of carbohydrates. It resembles a large, slightly sour-tasting spongy pancake.

Ivory-coloured teff flour has a delicate aroma reminiscent of chestnut

Ivory-coloured teff flour has a delicate aroma reminiscent of chestnut; **the darker variety has a more pronounced aroma which recalls dried fruit.**

All in all, teff is a nutritionally extraordinary cereal, almost single-handedly capable of guaranteeing the survival of populations vulnerable to nutritional deficiencies. It is an **excellent energy source** due to its complete amino acid profile and its carbohydrate content. It acts as a resistant starch, prebiotically stimulating the growth of bifidobacteria

in the colon with production of short-chain fatty acids (particularly butyric acid), which exercise **a trophic anti-inflammatory effect on the intestinal epithelium**, reducing its permeability. It has **more calcium** than other cereals and a **higher concentration of iron** (especially the red variety), which, of course, is indispensable for oxygen transport by the haemoglobin of red blood cells, reducing the risk of anaemia. **Highly satiating**, with its high insoluble fibre content it favours healthy peristalsis, facilitating intestinal transit. Finally, being gluten-free, it is a safe energy source for coeliac patients.

Flavio Dusio

