



Salted lipidomic chatters (chiacchiere)



Rye: valuable raw cereal

Rye, still relatively slightly consumed in Italy, is a cereal with many properties and different uses in the kitchen. Let's take a closer look at what it is, what its nutritional properties are and its many uses in the kitchen.

What is rye?

Rye is a cereal belonging to the gramineous family; it belongs to the same family as wheat and therefore contains gluten (even though in a lower percentage than other cereals).

Beneficial properties of rye

Rye is for all intents and purposes considered to be a highly nutritious food. Among its beneficial properties we can list

- Low glycemic index: with a glycemic index of 45, rye is among the foods recommended for people with diabetes
- Aids digestion and regularizes intestinal function
- Restorative: a kind of 'super food'. Its richness in components makes it perfect as a food in all diets
- Regularizes blood pressure
- Helps control flatulence.

Nutritional values of rye flour

For a precise description of the nutritional values, a distinction must be made between light and dark rye.

Indeed, 100 grams of dark rye contain: 14 g protein, 2.6 g fat, 68.8 g carbohydrates and 2.4 g fiber. Whereas, 100 grams of light rye flour contain: 9.8 g protein, 1.3 g fat, 76.8 g carbohydrates and 8 g fiber.

Compared to 00 wheat flour, rye flour is lower in calories and contains higher doses of potassium, phosphorus and calcium.

Mix of cultures and flavors: what is taramosalata sauce?

If you have been reading our blog for a while, you know that we love to offer recipes that are not only tasty and fun, but above all balanced in fat.

With today's recipe we want to give it a twist that is not only interesting from a gastronomic point of view but also healthful for a healthy, balanced diet. This is why we are proposing taramosalata sauce to go along with the salted chatter, a typical sauce of Greek, Israeli and Turkish cuisine, traditionally prepared with tarama, pickled carp eggs. In modern cooking, however, cod, salmon or lumpfish eggs are used also.

Fish eggs as an omega-3 alternative

From a dietary point of view, fish eggs, particularly salmon eggs, are a potential nutritional resource as they have a high content of polyunsaturated and essential omega-3 fatty acids. They also provide significant amounts of B vitamins, especially thiamine, riboflavin and niacin, vitamin D and E.

NUTRI-LIPIDOMIC RECIPE: SALTED RYE CHATTERS WITH TARAMOSALATA SAUCE

Ingredients for the chatters (for 4 people)

- 75 g 00-type flour
- 50 g whole meal rye flour
- 1 medium egg
- 2 tbsps. cold sparkling white wine
- 1/2 teaspoon bicarbonate of soda
- 1 tablespoon extra-virgin olive oil
- fine salt
- 1 tablespoon oregano (optional)
- black pepper
- ½ liter of olive oil (if you want to use frying as a cooking method)

Ingredients for the taramosalata sauce (one cup)

- 250 g fish eggs (salmon, lumpfish or roe)
- 1/2 small white onion
- 200 ml of evo oil
- 2-3 tbsps. lemon juice
- 100 g rye bread without crusts
- black pepper and black olives for garnish



PREPARATION:

Step by step preparation for the chatters:

- Place the flours in a bowl and break the egg into the center. Add the oil, wine, bicarbonate of soda, about half a teaspoon of salt, a pinch of pepper and a small pinch of oregano (as desired).
- Start mixing with a fork, then continue with the hands. Transfer the mixture to the work surface and knead for a few minutes.
- If necessary, add another pinch of flour or a drop of wine. You should obtain a smooth and uniform dough. Wrap the dough with cling film and leave it to rest for 30-40 minutes.
- After this time, roll out the dough with a sheeter to a thickness of about 2 mm, or even thinner if you prefer. You can also use a rolling pin; it will just take a few extra minutes.
- Cut the pastry into rectangles or lozenges and make an incision in the center of each rectangle or lozenge.

- If you want to fry: heat plenty of oil, preferably olive oil, in a large pan. Immerse the chatters, turning them to cook on both sides. As they are ready, drain them and place them on the oil-absorbing cooking paper.
- As an alternative to frying: place the chatter on a baking tray with baking paper. Bake in a preheated ventilated oven at 180° for about 20 minutes, turning the chatters halfway through cooking. Obviously, using the oven mode baking, they will be less bubbly and less crumbly.
- Salt a little more and serve hot.

Step by step preparation for the taramosalata:

- Cut the bread and soak it in water for a few minutes; wring it out well.
- In a blender, blend fish eggs with lemon juice, bread and oil until it forms a cream.
- Pour the cream into a bowl and garnish with a drizzle of oil, black pepper, oregano and olives.

Learn more:

- fish consumption and omega-3 intake:
www.lipinutragen.it/en/fish-omega3-rich-food/
- How to cook food (frying, baking, etc.):
www.lipinutragen.it/en/cooking-food/

Another nutri-lipidomic recipe with natural omega-3:

www.lipinutragen.it/en/sardines-natural-omega-3s/

Article by the Lipinutragen Editorial Group

*Recipe by Andreea Popa, Data Entry and Customer Care Account,
passionate about cooking.*

*The dietary advice in the article is not intended as a substitute for a
personalized diet plan and is to be adapted to specific cases.*

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