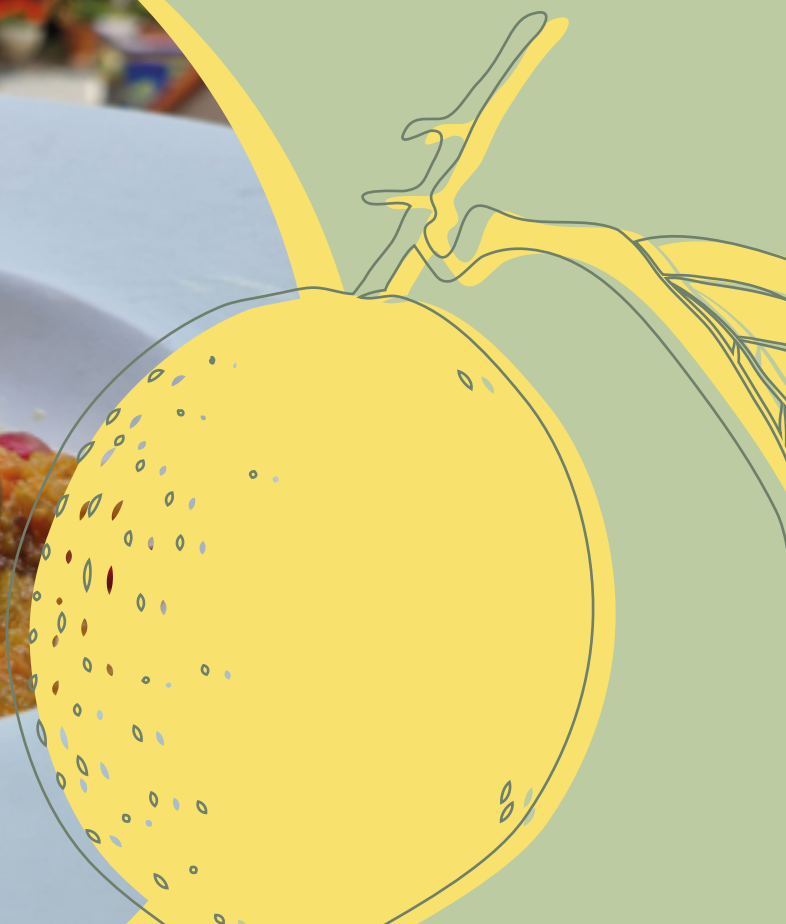
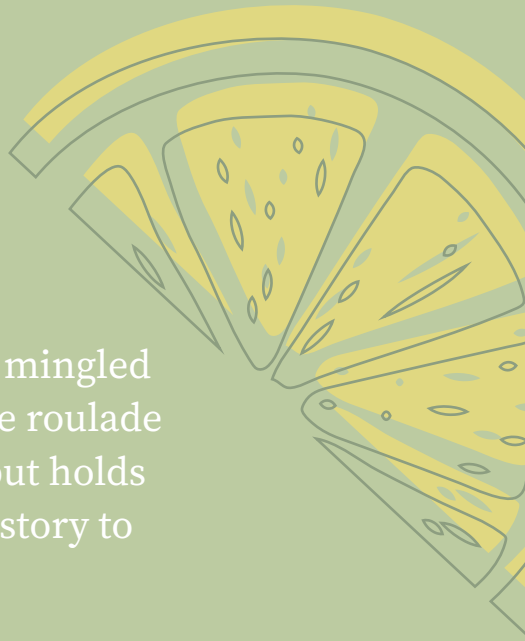





# LEMON RECIPE BOOK

Sicilian Roulade  
of Beef Falsomagro





Inspired by the culinary traditions of the Leopard era —Il Gattopardo—when sweet and savory flavors often mingled in meat and pasta dishes, we've created a Sicilian-style roulade of beef, called falsomagro that appears light at sight but holds a very rich filling disclosed once sliced, that brings history to your table.

Topped with our signature lemon cream, this dish balances the bright acidity and subtle sweetness of Sicilian lemons with the deep, savory richness of the meat—just as it was done in the kitchens of the past.

Our lemon cream is crafted from lemons grown for three generations at the foot of Mount Etna, on our family's Pozzillo Lemon Farm in eastern Sicily, a property we've proudly cultivated since 1911.

This recipe is a heartfelt invitation to bring Sicily home for Christmas —or whenever nostalgia calls for the island's most authentic flavors, carefully selected by [aterra.co](https://aterra.co).

For US customers the recipe and most of the ingredients are available at [aterra.co](https://aterra.co).

For IT and EU customers the recipe and other ingredients are available at [www.walkingeolie.com/en/shop/](https://www.walkingeolie.com/en/shop/)

For YouTube video of the recipe: [www.youtube.com/@giusimurabito43](https://www.youtube.com/@giusimurabito43)



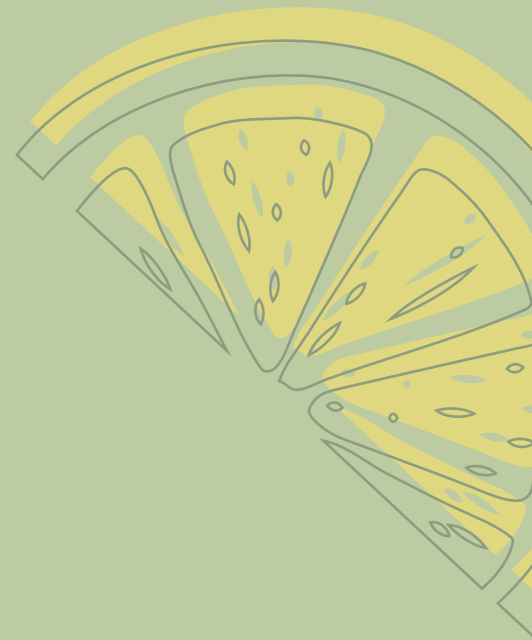


## Ingredients for 8 rolls and soffritto agrodolce Sicilian style

- Beef slices of beef round or rump roast cut for 8 meat rolls 8 - 50g/1/2 ounce each slice
- Hard boiled eggs 4
- Prosciutto cotto or Italian ham slices 8
- Caciocavallo cheese thin slices 8
- Sun-dried tomatoes 100gr/3.5ounces
- Lemon cream 1jar
- Carrots 3 regular size
- White onion 1 regular size
- Celery ribs 2
- Honey 2 teaspoons
- Apple/rice vinegar half glass
- White wine 1 glass
- Apple 1
- Salt to taste
- Extra virgin olive oil to taste
- Pomegranate/black berries to dress the serving plate

## Tools

- Tenderizer (optional)
- Baker's twine
- 2 Frying pans
- Electric chopper (optional)



## Preparation of the rolls

(watch the video <https://www.youtube.com/@giusimurabito43>):

1. Tenderize the beef slices to achieve 1/4" thickness.
2. Cut the sun-dried tomatoes in half.
3. Cut each egg vertically in half and each half in half.
4. Dress the bottom of the beef slice with the lemon cream, I used 3 teaspoons per slice to make a layer over it.
5. Cover with a slice of ham.
6. Then place a slice of cheese.
7. Then place in row: a piece of sun-dried tomato and a piece of egg, a piece of sun-dried tomato and a piece of egg and a piece of sun-dried tomato.

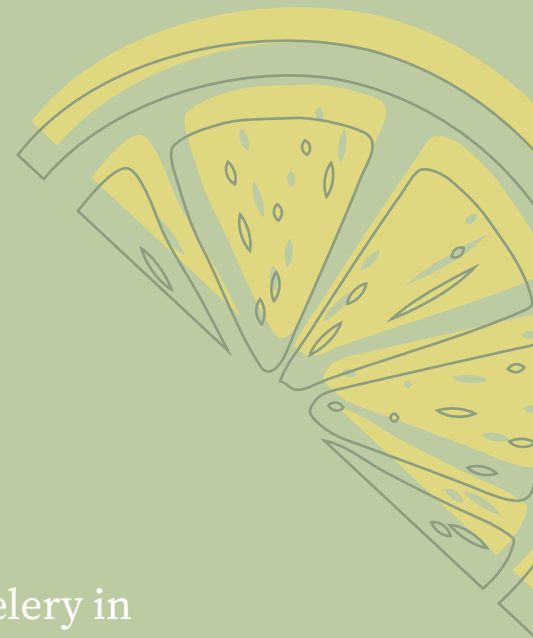


## Ready to roll

(watch the video <https://www.youtube.com/@giusimurabito43>):

8. Pull the sides towards the centre.
9. Roll from one end towards the other end.
10. Tie with the twine.





## The Sauté

11. With a chopper chop the carrots, onion and celery in 1/4" pieces and put in the pan.
12. Add a little olive oil and let it stew for a few minutes.
13. In a separate pan brown the meat rolls well on each side.
14. Transfer the rolls to the pan with the chopped vegs.
15. Pur the wine and let it evaporate. Make sure you do not smell the alcohol before covering.
16. Place the cover, low the fire, and let it cook for 20 minutes.
17. Peel and slice the apple and prepare the agrodolce sauce by mixing the vinegar with the honey.
18. After 20 minutes turn the rolls, add the apple slices and the agrodolce sauce, cover again and let it cook for other 20 minutes.

When the liquid is absorbed and the meat looks golden it is ready. Turn the fire off and let it rest for at least 2 hours before serving. You can also serve sliced. You can add pomegranate fruits or black berries on top of the serving plate.

