

FUNGI: TRUFFLES

LOG IN!

1 Read the information about truffles and answer the following questions.

Biological name: Tuber spp

Family: Tuberaaceae

Season: all year round depending on the species

Characteristics

Truffle is a rare subterranean mushroom growing in symbiosis with the roots of trees like oak, hazel, pine and lime. There are several species of truffles, but the most notable are:

- white truffle, the most valuable, particularly the Alba white truffle, found in the autumn. With an irregular, corrugated shape; a whitish, yellowish or greenish-white colour; it grows up to 10 cm in diameter and weighs up to 500 g;
- black truffle, black throughout and highly perfumed.

The most renowned type from Norcia, is harvested in the winter and is the most valuable black truffle and the best truffle for cooking;

- bianchetto truffle also called 'marzaiolo' (of March) because found in the springtime, is a small, amber-coloured truffle, less intense in flavour compared to white truffles;
- summer truffle has black flaky skin and creamy flesh streaked with white veins. A less valuable truffle, its perfume less intense; found in summer and autumn;
- burgundy truffle is similar to summer truffle and grows in chalky or clayey soil; it has a very lumpy appearance and thick skin and can be found from September to December.

Nutritional facts

Truffle is an excellent source of potassium and iron.

Use

Truffles should be firm and unbruised. Smaller ones can be used whole, while larger ones are sliced, diced, julienned or puréed. They can be eaten raw, cooked or alone. They lend their flavour to pasta or as stuffing for meat and fish. White truffle is always used raw and is excellent sprinkled on pasta, risotto and eggs before serving; whereas black truffle can also be cooked and works particularly well with crustaceans, white meat and game dishes.



	for 100 g of raw product
water	76%
protein	6 g
fat	0.5 g
calories	37

Which truffle...

- 1 grows in chalk or clay?
- 2 has black flaky skin and creamy flesh?
- 3 is always eaten raw?
- 4 is amber-coloured?
- 5 is highly perfumed and the best for cooking?
- 6 is the most valuable of all?

ON THE NET!

2 Have a look at the video *Linguine with Urbani Truffle Oil* with British celebrity chef Nigella Lawson and answer these questions.

- 1 What does Nigella need a lot of with her pasta?
- 2 Does she prefer fresh or dried pasta and why?
- 3 What does she love about Italian cooking?
- 4 How long does the egg linguini take to cook?
- 5 What does Nigella put in her sauce?
- 6 Why does she mix butter and cooking water?



LOG OUT!

3 Write an indulgent pasta recipe you would prepare for yourself as a treat. Don't worry about cost!