

✦ Marinade

This term means many different things, but they all have one thing in common: to give meat that special something. You can marinade it with lemon juice, like anchovies in Liguria or South American "chevices". You can marinade meat by soaking it in wine and herbs, such as with game for example.

We also use the term marinade when we sprinkle oil, salt and herbs over the meat.

But for cooking over an intense heat (spit or barbecue) we recommend a particular marinade. About 24 hours before cooking, put the Gallettos into a container with salt and water - enough water to cover the Gallettos and 70-80g of salt for every litre of water.

Keep cool, preferably in a fridge. Before cooking, remove the Gallettos from the water, let them drip and proceed with cooking. The meat will be juicier and more tender.

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