



TERRE<sup>®</sup>  
DI CHIESA



TYPICAL PRODUCTS  
QUALITY

MADE IN SICILY

## BLACK LENTIL FROM LEONFORTE

The Black Lentil, grown in the province of Enna, is an ancient cultivation which is typical of this land. Its properties make it an extremely appreciated and refined legume, it includes an higher percentage of proteins and a lower fat content but nonetheless starting on the end of the Second World War a significant decrease in production occurred because other cultivations were born, made more productive and profitable by mechanical manufacturing. The black lentil plant has a horizontal development short stem nearly touching the ground, this makes the crop mechanisation and the following stages of processing almost impossible, in order to cope with this condition methods uncovering the ancient Sicilian rural tradition were employed.



PACKAGE SIZE:  
250g



## WHITE LENTIL FROM LEONFORTE

The White Lentil is sown between the middle of November and the beginning of January depending on the type and exposure of the land.

The harvest takes place in the period between June and July and the bundles are left to dry for about 5 days on the ground.

Lentil is characterized by a high protein content, low phosphorus and potassium content and a high iron content.



PACKAGE SIZE:  
250g



## BLACK CHICKPEAS FROM LEONFORTE

The Black Chickpeas represent an indigenous variety on the Sicilian territory, they are rough to the touch and have a very irregular shape which resembles the head of a ram.

This kind of lesser-known legume is rich in fiber and iron.

Unlike the White Chickpeas, the Black ones require longer cooking times and have a heavier flavor.



PACKAGE SIZE:  
250g



## WHITE CHICKPEAS FROM LEONFORTE

This ancient variety of White Chickpeas is rich in carbohydrates and proteins, as well as in fiber and vitamins, they represent the third most commonly consumed legume in the world. This happens also because White Chickpeas can be digested better than other legumes, such as for example beans.

The chickpeas cooking follows a particular methodology to make them taste at their best. Dried chickpeas need to be soaked from 12 to 18 hours and then moved on a low heat at least for 3 hours.

These chickpeas are genuinely round and medium-size shaped and have a more tender compactness than the black ones, they boast a vegetable taste of great character but well-balanced as well.



PACKAGE SIZE:  
500g



## CICERCHIA FROM LEONFORTE

The Cicerchia, like other legumes,  
has a high protein content.  
It is a particularly important crop in areas  
prone to drought and famine,  
known as a crop of subsistence as it provides  
a good harvest when other crops fail.  
It also has a high fiber content.



PACKAGE SIZE:  
250g

## LARGE BROAD BEAN FROM LEONFORTE

Nowadays this legume  
is considered a typical product  
of the Mediterranean Diet  
but it boasts highly ancient origins,  
dating back even to 5.000 years ago.

The Large Broad Bean represents a rich source  
of minerals and proteins with high nutritional  
value so that it has been given the name  
of "meat of the poor".

Sowing is about in the middle of November  
so to pick fruits in May and the Large Broad Bean  
growing area includes Leonforte together  
with other municipalities such as Assoro,  
Nissoria and Enna.



PACKAGE SIZE:

Large Broad Bean 500g

Peeled Large Broad Bean 250g



## FRASKATULA FROM LEONFORTE

Frascatula,  
a tasty peasant dish, is an ancient recipe  
typical of the Sicilian hinterland.

It is a cream (polenta) based on legume flour  
(cicerchia, chickpeas, lentils, broad beans)  
gluten free, cooked in the water in which  
different vegetables have previously been boiled,  
from which it will take taste and color.

Born as a poor preparation, of real survival,  
with time and improved living conditions, sausages,  
lard or bacon were added to the frugal ancient  
dish to enrich its taste. A widespread and greedy  
habit is to cut the advanced frascatula  
and fry it: a delicious external crust is formed  
while inside it remains soft and tasty.



PACKAGE SIZE:  
250g



## EXTRA JAM - NECTAR - SYRUP OF PEACHES PGI FROM LEONFORTE

The late Peach of Leonforte PGI, also called "Settembrina" is a fruit grown in Leonforte and in the territories of neighboring municipalities, whose late harvest, between late summer and early autumn, follows a particular cultivation technique.

The main feature that distinguishes peaches in Leonforte is the practice of bagging individual fruits, still on the tree, starting from the second half of June. The fruit is naturally protected inside its parchment paper bag that will accompany it until it is completely ripe.

This practice avoids having to intervene with antiparasitic products ensuring the production of fruits free from defects or external imperfections.

The fruit is yellow, with red streaks, with a very sweet pulp, which lends itself to the preparation of Jams and Syrup Peaches.



PACKAGE SIZE:  
Extra Jam 300g  
Syrup Peaches 200g  
Nectar 500 ml



The history and the taste of **"Terre di Chiesa"** legumes are old as time itself. In the cold winters, in fact, during nearly the year one thousand, some monks located in the humble church of Contrada Piano Comune started, as well as in many other abbeys, to grow legumes as a source of livelihood and to turn their kitchens into places of food experimentation.

It is precisely this centuries-long tradition throughout which **"Terre di Chiesa"** legumes were born, as products inseparably linked to the region of production, free of artificial additives and totally genuine and organic.

Tradition, today synonymous of quality, which is embodied in the hands of those who work raw materials, **"Azienda Agricola Mulinello"** which still preserves intact the quality, genuineness and rigor of this unforgettable product.

Thanks to the passion and attachment to the territory, **"Mulinello"** has decided to expand its product portfolio aiming at enhancing the products based on Leoforte's peach.

The Settembrina peach in fact is characterized by its intense aroma and the genuineness that gives it the maturation inside the bag, unique in its kind.



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