



CERVIA BIKE TOURISM

*biking
with taste*

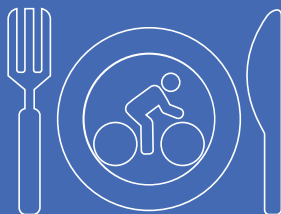


A nice day of biking in Cervia must be marked with an optimal nutrition.

Both to prepare us physically to our favourite activity, both to delight us with tasty zero-mileage food that this land offers its guests.

All sportsmen know how much important is to calibrate currently nutrient intake before, during and after the sport activity.

In Romagna and especially in Cervia we can do this with a genuine gastronomy and – why not – which contributes to make our biking ride a day to remember.





breakfast



We cyclists dedicate to breakfast as much attention as the preparation of the bike. In the morning are useful and welcomed light nutritious and easy to digest. On the quantity we can be generous, considering the expenditure calories what await us.

The local tradition proposes the Ciambella, one of the typical sweets of Romagna, whose origin is lost in the mists of time. With the contribution of eggs, sugar and butter ensures prolonged energy for each pedal stroke.



ciambella of Cervia

INGREDIENTS

*1 kg flour – 500 gr sugar – 2 sachets of
baking powder – 6 whole eggs – zest of
grated lemon – 250 gr butter – enough milk*

PREPARATION

*Melt the butter in water bath, then mix
all the ingredients trying to obtain a soft
dough. Divide into 3 pieces, sprinkle them
with granulate sugar and bake in the oven
for about 45 minutes.*

Before tasting ciambella leave it cool down.

BEFORE



ciambella of Cervia



KCAL



452



snack



Feed yourself biking, easily and continuing is fundamental to have always “the quick leg” and keep the fatigue away. At this stage experts recommend carbohydrate consumption: we propose to bring you by bike the piadina romagnola. Cut it into wedges and stuff it simply as you like. Who prefer salty can stuff it with row ham and bresaola. Those who loves suites can use honey or jam.

Wrap the segment in aluminium foil and you will always have energy ready in your pocket.



piadina romagnola

INGREDIENTS

*100 ml water - 300 gr of flour type 00 –
10 ml of extra vergin olive oil – 4 gfr salt –
40 (1 tablespoon) lard.*

PREPARATION

Pour in a bowl flour, salt, oil and previous melted lard. Add 100 ml water. Stir until it forms a smooth even ball. Wrap the dough in transparent film and leave rest for half an hour. Cut it into 4 parts and with a rolling pin lay it in a thin disc. Cook the PIADINA in a very large pan with fire not too high for 2-3 minutes turning them often.

DURING



piadina romagnola



KCAL



371



lunch or dinner



After the sport activity along with carbohydrates, the contribution of proteins is essential to recover quickly, ensuring the muscles the full reintegration. A meal based of good fish is best suggested in a seaside town like Cervia.

On the table of people from cervia the blue fish is a must which brings more digestible proteins than meat, as well as being a source of mineral salt and vitamins. Once considered the “poor fish”, the blue fish has been currently revaluated by the Chefs.



sardines with Cervia salt

INGREDIENTS

300 gr of sardines – 200 gr of white flour – 100 gr of yellow flour – 400 gr of breadcrumbs – 4 eggs – oil – flavoured Cervia Salt – lemon wedge.

PREPARATION

Clean the fish of the head and offal by removing the central bone.

Pass them in white and yellow flour, previously mixed, then in the beaten eggs and in the breadcrumbs. Fry for 10 minutes in extra vergin olive oil and serve hot with lemon wedges after dusting them with Cervia salt.

AFTER



*sardines with
Cervia salt*



KCAL



199



CERVIA BIKE TOURISM

*enjoy
your
meal!*

