

<https://lve-rhone.enseigne.ac-lyon.fr/spip/spip.php?article181>

# La polenta di Sara

- Ressources culturelles - Italien - L'angolo dei golosi -



Publication date: mardi 10 janvier 2012

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**La regione Veneto e la regione Emilia-Romagna hanno in comune un piatto tipico della cucina rustica : la polenta.**

**A Occhiobello, il mio paesino d'origine, la cuciniamo spesso ed è uno dei miei piatti preferiti. Mia madre mi ha insegnato come cucinarla con la pentola a pressione perché così è più veloce ed è anche più pratico !**

<https://lve-rhone.enseigne.ac-lyon.fr/spip/local/cache-vignettes/L64xH64/pdf-b8aed.svg>

**Lire la recette**

```
/* Dewplayer */ .mejs-audio-wrapper-skin-neoplayer { height:1.5em !important; }
.mejs-audio-wrapper-skin-neoplayer > audio{ height:1.5em !important; width: 100% !important; opacity: 50%; }
.mejs__container.mejs__neoplayer { background: none; height:1.5em !important; } .mejs__neoplayer
.mejs__controls { background: none; padding:0; border-radius:0.3125em; height:100%; background-color:
#e5e5e5; background-image: -moz-linear-gradient(top, #fcfcfc, #cecece); /* FF 3.6+*/ background-image:
-webkit-gradient(linear, 0 0, 0 100%, from(#fcfcfc), to(#cecece)); /* Safari 4+, Chrome 2+*/ background-image:
-webkit-linear-gradient(top, #fcfcfc, #cecece); /* Safari 5.1+, Chrome 10+*/ background-image: -o-linear-gradient(top,
#fcfcfc, #cecece); /* Opera 11.10*/ background-image: linear-gradient(to bottom, #fcfcfc, #cecece); /* Standard, IE10
*/ } .mejs__neoplayer .mejs__controls .mejs__playpause-button { font-size:inherit; margin-top: 0.125em;
margin-right: 0.75em; width: 1.25em; height: 1.25em; margin-left: 0.375em; } .mejs__neoplayer .mejs__controls
.mejs__playpause-button button { font-size:inherit; position:relative; background:
url('https://lve-rhone.enseigne.ac-lyon.fr/spip/plugins/auto/player/css/img/controls-neoplayer.svg') no-repeat left 0;
width:100%; height:100%; overflow: visible; background-size:100%; margin:0; } .mejs__neoplayer .mejs__controls
.mejs__playpause-button button::after { content:""; display: block; position: absolute; top:0; right: -0.375em;
height: 100%; width: 0; border-left: 1px solid #afafaf; border-right: 1px solid #e2e2e2; } .mejs__neoplayer
.mejs__controls .mejs__play button:hover { background-position: left 33.33%; } .mejs__neoplayer .mejs__controls
.mejs__pause button { background-position: left 66.66%; } .mejs__neoplayer .mejs__controls .mejs__pause
button:hover { background-position: left 100%; } .mejs__neoplayer .mejs__controls .mejs__time-rail { margin-right:
0.625em; margin-left: 0.625em; padding:0; height:100%; font-size:inherit; } .mejs__neoplayer .mejs__controls
.mejs__time-rail>span { height: 0.3125em; } .mejs__neoplayer .mejs__controls .mejs__time-rail .mejs__time-total {
margin-top:0.75em; border-top:1px solid #c7c7c7; background: none; } .mejs__neoplayer .mejs__controls
.mejs__time-rail .mejs__time-buffering { height: 0; background: none; border-top:1px solid #d7d7d7; }
.mejs__neoplayer .mejs__controls .mejs__time-rail .mejs__time-loaded { height: 0; background: none;
border-top:1px solid #ddd; } .mejs__neoplayer .mejs__controls .mejs__time-rail .mejs__time-current { height: 0;
background: none; } .mejs__neoplayer .mejs__controls .mejs__time-rail .mejs__time-hovered { height: 0;
background: none; border-top:1px solid #fff; } .mejs__neoplayer .mejs__controls .mejs__time-rail
.mejs__time-handle { border:0; } .mejs__neoplayer .mejs__controls .mejs__time-rail .mejs__time-handle-content {
display: block; width: 1.25em; height: 0.625em; border-radius: 0.1875em; position: absolute; margin-top:-1px;
top:-0.3125em; left: -0.625em; border:0; background-color: #a4a4a4; background-image: -moz-linear-gradient(top,
#ddd, #888); /* FF 3.6+*/ background-image: -webkit-gradient(linear, 0 0, 0 100%, from(#ddd), to(#888)); /* Safari
4+, Chrome 2+*/ background-image: -webkit-linear-gradient(top, #ddd, #888); /* Safari 5.1+, Chrome 10+*/
background-image: -o-linear-gradient(top, #ddd, #888); /* Opera 11.10*/ background-image: linear-gradient(to
bottom, #ddd, #888); /* Standard, IE10 */ -webkit-transform: scale(1); -ms-transform: scale(1); transform: scale(1); }
.mejs__neoplayer .mejs__controls .mejs__time-float { background: #ddd; border: 0; font-size: 0.625em; width:4em;
height:1.8em; margin-bottom:1em; } .mejs__neoplayer .mejs__controls .mejs__time-float .mejs__time-float-current {
width:100%; text-align:center; height:100%; line-height:1.8em; margin:0; } .mejs__neoplayer .mejs__controls
.mejs__time-float .mejs__time-float-corner { border-color: #ddd transparent transparent; } .mejs__neoplayer
.mejs__controls .mejs__currenttime-container { display: none; } .mejs__neoplayer .mejs__controls
.mejs__duration-container { display: none; } .mejs__neoplayer .mejs__controls .mejs__volume-button { width:1px;
```

visibility:hidden; } .mejs\_\_neoplayer .mejs\_\_controls .mejs\_\_horizontal-volume-slider { width:1px; visibility:hidden; }

**Ecouter l'enregistrement**