THE RUNCIBLE SPOON

AN INDEPENDENT FOOD MAGAZINE
Handmade in the District of Columbia
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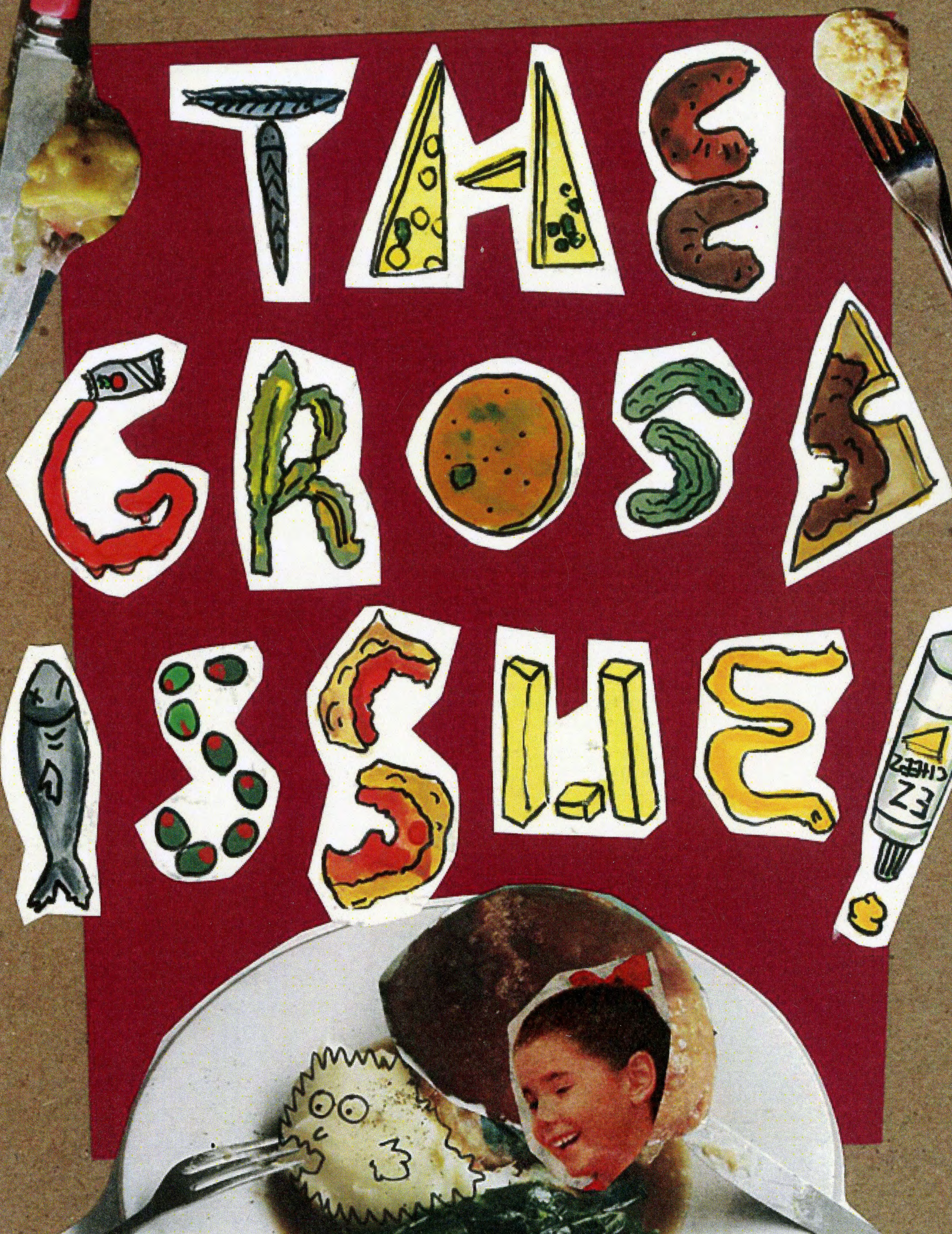

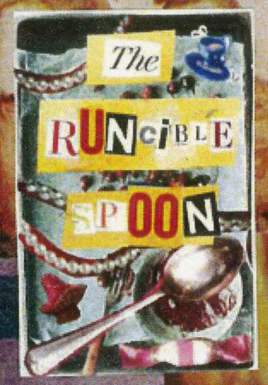

THE GROSS ISSUE
Fall 2012, Volume 3, Issue 9

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KATIE D'ANGELO IS ACTUALLY A LIFE FAN OF D'ANGELO.

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+ALISON BAITZ

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ABOUT

The Runcible Spoon is an independent food magazine based in Washington, D.C. It is published 3 to 4 times a year. The Runcible Spoon welcomes your kooky submissions, so if you have them, please send them to runciblespoonzine@gmail.com.

CASU MARZU (SARDINIAN MAGGOT C HEESE)

One wheel Pecorino Sardo DOP* aged at least 40 days (about 7 lbs.) (available at Whole Foods)

A large number of cheese fl ies (piophila casei)

**Denominazione di Origine P rotetta, for all you fancy people out there. It's an Italian label that basically scre ams, "GET THE REAL THING, ya cheapo."*

Using a sharp knife, cut the to p crown from the cheese — as if to re move its "lid" — and loosely replace . There should be enough space for th e flies to crawl inside. Place the chee se in a dark, cool space with the flies.

After a couple months, remov e the crown and check for live magg ots (dead maggots indicate the ch eese has gone "bad" and it is unsafe to eat). Scrape the soft, gooey m ass from the inside of the wheel with a cheese or butter knife. Smear onto carta da musica (recipe follow s), and serve with wine strong enoug h to kill the maggots that are now cra wling through your intestines.

CARTA DA MUSICA (SARDINIAN FLATBREAD)

Translated and adapted from Cucina Sarda by M. Giovanna Poli Pie ra Oliva

2 ¼ cups white flour
¼ cup brewer's yeast
Water
Salt

Shape the flour into a small mountain, with a shallow crater at the top. Add a generous pinch of salt and the yeast, which has been dissolved in a glass of warm water. Knead the ingredients for a long time so as to obtain a dough elastic and uniform. Cover with a damp towel and let rest a couple of hours.

Knead the dough again, then roll it out as thinly as possible into discs about 12 inches in diameter. Put the rounds in a hot oven and retrieve when they begin to swell and puff up. Divide the upper part from the bottom and put back in the oven separately so that they become crisp.

By Justin Kennedy
Illustration by Aaron Lloyd Barr

MAGGOT POOP CHEESE

Though "maggot cheese" may sound like something Joe Rogan would use to churn the stomachs of hot bods on "Fear Factor," it's actually a centuries-old delicacy made throughout southern Europe. The most celebrated version, called casu marzu, is made on the island of Sardinia from the renowned pecorino sardo, a semi-hard, salty-sweet sheep's milk cheese. A wheel of pecorino sardo is cut open and placed in a cool, dark space for several weeks while "cheese flies" infest it and lay their eggs inside. The eggs develop into larvae, which digest and excrete the cheese, scatologically transforming it into casu marzu. The result is a soft, ammoniated goop similar in texture and bite to the harshest Roquefort imaginable. In Italy, casu marzu has been illegal for more than 30 years, but using the recipe below, you can now make your very own version right at home!