

PUGLIA

— WINE & FOOD —



[ENG]

PUGLIA

Wine & Food

Telling the story of a flavorful Puglia means telling a story of seasons, biodiversity, and top-quality raw materials yielding countless recipes from the land and sea, like the most iconic of the regional dishes: rice, potatoes, and mussels. In Polignano a Mare, the area between Fasano and Bari which boasts the world's highest rate of consumption of raw fish, this dish is revisited in a unique Japanese/Apulian version. So begins the culinary revolution of the new Puglia – a revolution enjoyed elsewhere in Italy, where a tartaruga, the typical semolina roll filled with octopus, has become a street-food must.

More than one hundred types of fine, aromatic bread, baked in wood- or straw-burning ovens, as in Orsara di Puglia. And the pasta comes in so many shapes and sizes, with orecchiette dominating over all. The women of Bari Vecchia provide a unique experience, chatting away while kneading semolina and making orecchiette of all sizes, which they dry in the open air along the street leading from the Castle to the Cathedral. Then there are the cheeses, and the real delights of the stretched-curd variety known as pasta filata, like caciocavallo and burrata. For those who want to learn their secrets, there are tasty opportunities at the agritourism establishments and Masserie Didattiche (Educational Farms) that offer a host of workshops. Food is a serious thing in Puglia, as shown by the long series of gourmet events throughout the year. Some are original, like Libando, in May, a major national event dedicated to quality street food in the heart of Foggia; others are historical, like Cantine Aperte ("open wine cellars") in late May. June is the time for sweet red fruits, then it is immediately the Cherry Festival, as at Conversano and Turi. In August, Maglie embraces Mercatino del Gusto, the "market of taste" bringing together the best of the region's wine and food. In November, we're off to hunt the king of mushrooms, the "Cardoncello," celebrated in the Murge, and the many festivals celebrating novella wine.

QUALITY WINE: RAISE A GLASS!

For centuries, people and wine have lived in an extremely close relationship in Puglia, a land of castles, farmhouses, and vineyards boasting in excess of 80 million plants, many still alberello-trained. The verses of Pliny, who tells us of Malvasia Nera, Negroamaro, and Uva di Troia, come down to us from antiquity. The Crusaders toasted at **Brindisi's** inns before setting off for the East, and in the cellars dug into the rock in **Taranto**, hectoliters of wine waited to be brought aboard. In a not so long-ago past, Puglia's wines were considered to be appropriate for blends, enriching those from northern Italy. Over the past thirty years, everything has changed, and the focus is increasingly on quality and on valorizing native varieties, like **Primitivo**, **Negroamaro**, **Nero di Troia**, as well as **Bombino bianco**, **Aleatico**, **Malvasia Nera**, **Ottaviano**, and **Susumaniello**. An itinerary through the vineyards reveals a heritage of flavors and knowledge, intertwined in a territory intimately linked to wine. The cellars – from the historic ones with wines known the world over, to the young, innovative ones where the focus is on quality and authenticity – are worth a visit. Guests may sleep in the farmhouse with a view overlooking the vineyards, join in the harvest, have lunch in a barrel cellar, and, as wine tourists, enjoy flavorful events, like **Cantine Aperte** on the last Sunday of May, or **Calici di Stelle** in August. We start from **Daunia** and from **Murgia**, between the provinces of **Foggia** and **Bari**, to savor **Nero di Troia**, from which surprising reds – complex and elegant in their hints of violet and licorice – are made. We then pay a visit to the **bassa Murgia** and **Magna Graecia** area, between **Gioia del Colle** and **Manduria**, a land dominated by **Primitivo**, which generates intensely scented and full-bodied reds, with rich notes of cherry and ripe fruit, accompanying hearty dishes. A variety widespread in **Salento**, alongside **Negroamaro**, rustic in origin and a little rough-hewn, it is a presence in a host of Apulian DOC wines – and now a harmonious one too, yielding excellent results in its pure form, and not only in blends with other softer native varieties like **Malvasia Nera**.





OIL, THE GREEN GOLD OF PUGLIA

The Puglia of the senses is discovered in the myriad nuances of color and in its accounts of history and life. White villages perched on hilltops; a blue sea extending to the horizon; copper-red earth tended by farmers; light green fields of grain, and intensely green, majestic olive trees. Between **Carovigno**, **Ostuni**, **Cisternino**, **Fasano**, and **Monopoli** lies an evocative landscape, the world's largest monumental olive grove that was already charming travelers in the sixteenth century. Age-old trees, as shown by carbon 14 dating, that the region has numbered, with gigantic, wrinkled, contorted trunks. Many bore witness to Messapians, Greeks and Romans, and continue to produce excellent oils, whose nutritional properties make it a healthy food, rich in oleic acid, carotenes, and vitamin E. The native cultivars – **Coratina**, **Ogliarola**, **Peranzana**, **Cima di Mola**, **Cima di Bitonto**, **Leccino**, and **Cellina di Nardò** – yield quality oils with different organoleptic features to be enjoyed on slices of bread and frise baked in wood-burning ovens. The ancients used it to massage their bodies, and as a balm. At MarTa – Museo Archeologico di **Taranto**, visitors may admire containers for perfumed oils, and oil amphorae for transport by sea. In his *De Re Rustica*, first-century AD Roman writer Columella described not only the Salento or Calabria variety cultivated here, but also the olive grove north of **Brindisi** with trees spaced 60 feet – nearly 18 meters – apart, just as seen here today. It can be discovered on foot, by bike, or on horseback, along the marked trails in Parco Naturale Regionale Dune Costiere, from **Torre Canne** to **Torre San Leonardo**. We traverse history, passing by way of Via Traiana, a stone's throw from **Parco Archeologico di Egnazia** and **Lama d'Antico**: precisely from here, wrote Varro, caravans with mules left for the port of Brindisi, where the oil was loaded onto the ships that carried it to every corner of the Empire. We pay a visit to the **farmhouse** if we wish to learn about life in the fields, from olive cultivation to harvesting, as well as the production once carried out in the underground presses that **Salento** is rich with.

BREAD, PASTA, AND DREAMS

The bond linking **Puglia** to the history of grain is lost in the mists of time, its roots dating to prehistory, when Homo Sapiens made his home in the Paglicci Cave in **Rignano Garganico** 32,000 years ago. The world's most ancient find of grains of oat flour was discovered here: 20,000 years before plants were domesticated in the Near East, prehistoric man had developed advanced processing techniques and for the first time subjected oat groats to thermal pre-treatment, making grinding easier. It goes without saying that evolution over time resulted in a great variety of wheats, more than 300, making it the region with the richest biodiversity. **Cerignola** is unique in the world, with 626 granary ditches – underground conservation spaces since Roman times that may be visited in Piano San Rocco at the Civic Museum Complex and Museo del Grano. **Puglia** is the number-one region in durum wheat production, with cultivation of **Senatore Cappelli** having more than quintupled. The return to the hybrid created in the early twentieth century by Nazareno Strampelli, it is among the ancient wheats par excellence. For decades, its ears, more than a meter and a half tall, formed magic waves in the golden fields. It was then discovered that diminishing the height increased yields, and new, far more productive arable lands began to be used. They have been rediscovered today, thanks to new trends preferring artisanal pasta made in Italy, and a return to cereals that express personality and provide flavor and aroma. The more than 100 types of bread in Puglia include the first European PDO for baked goods: the bread of **Altamura**. This opened the floodgates for others, from **Monte Sant'Angelo** to **Santeramo in Colle** and **Laterza**, not to mention the typical products known outside the region as well, like Bari's exquisite focaccia, pucce, pizzì, uliate, and frise. Then there are the taralli: particularly famed are those from **Palo del Colle**, where they came into being in the late eighteenth century, born from the creativity of some bakers who, using leftover pieces of leavened bread dough and adding oil and white wine, created these exquisite, crunchy rings. There are also myriad forms of pasta, all made with durum wheat and water, like the orecchiette appreciated around the world, sagne torte, minchiareddhi, lagane, and larghe e lunghe, the "broad and long" pasta excellent with legumes and also used for the ancient Salentine Mass, precursor of Ciceri e tria – the pasta and chickpeas prepared to celebrate St. Joseph.



"Puglia is a continent. Mountainous and rural in the Daunian Sub-Apennines, rocky and archaic in the Gargano promontory, it extends in a wheaty plain in the Tavoliere, it becomes drought-land on the Murgia, olive-producing and mercantile on the sea, then becoming cork and snow south of the capital and once again brittle and bitter in Salento"

Raffaele Nigro



TABLE OF CONTENTS

▶ Itinerary 1	
The scent of bread and orange blossoms	12
From Manfredonia to Rignano Garganico	
<i>Good cheer by the barrelful!</i>	23
▶ Itinerary 2	
Flavors of times gone by	24
From Foggia to Cerignola	
<i>Puglia: Vegetables fit for a king, and Markets</i>	33
▶ Itinerary 3	
Land and sea	34
From Margherita di Savoia to Corato	
<i>Milky ways</i>	43
▶ Itinerary 4	
A raw appeal	44
From Molfetta to Sammichele di Bari	
<i>Apulian Classics to recreate at home</i>	52
▶ Itinerary 5	
Autumn colors	60
From Poggiorsini to San Giorgio Ionico	
<i>Try it in Puglia!</i>	68
▶ Itinerary 6	
Delights for fine palates	70
From Fasano to Castellana Grotte	
<i>Catch of the day</i>	79
▶ Itinerary 7	
Red and blue	80
From Brindisi to Alezio	
From Porto Cesareo to San Foca	
<i>A Sweet Puglia</i>	93

	Wine		Cheese		Slow Food specialties
	Oil		Fish		Museum of Flavor
	Baked goods		Typical dishes		Flavor Events
	Beer		Vegetables		Underground Olive Presses
	Pasta		Fruit		Regional Network Info-Point
	Fresh and Cured Meats		Sweets		



Itinerary 1 The scent of bread and orange blossoms



GARGANO

"We need farmers,
poets, people
who can bake bread,
who love trees
and recognize the wind".

Franco Arminio
Cedi la strada agli alberi



LENGTH OF ITINERARY
260 Km



DURATION
5 Days



FOR
those who love sunset aperitifs,
sea or lake views, and the inebriating
scent of citrus plants





Itinerary 1

THE SCENT OF BREAD AND ORANGE BLOSSOMS

A slow journey to savor landscapes and flavors off the path beaten by tourists, along untrafficked roads, that climb from the Tavoliere to the hills of the Gargano, ending in evocative villages. We travel the ways of the pilgrims, and seek out dishes of age-old memory, like farrata, typical of the Daunian Carnival celebrated in **Manfredonia**, known for buffalo raising, mozzarella production, and cereal farming. In **Mattinata**, the age-old wine- and oil-trading port, the particular environmental and climate conditions are responsible for the production of uniquely flavor sheep's and goat's milk cheeses, fruit, and vegetables. We then ascend to **Monte Sant'Angelo**, a holy place and a UNESCO heritage site, just in time to savor the famous bread with a drop of Dauno DPO extra-virgin olive oil. From here, through the Umbra Forest, we reach **Vico del Gargano** and **Rodi Garganico**, in the middle of the citrus oasis, to stock up on PGI citrus, like the juicy Bionda orange and the Femminello lemon, one of Italy's most ancient varieties. These are Slow Food specialties, along with the Podolian cow, caciocavallo, the Gargano goat, and tender **Carpino** fava beans, cooked in terracotta cooking pots known as "pignate," to be enjoyed at the festival on 12 August, accompanied by the beer produced here and in **San Nicandro Garganico**. Seafood lovers can visit the old fishing machines known as "Trabucchi" in **Peschici**, for a sunset aperitif, or on **Lakes Lesina and Varano**, for recipes based on all kinds of eel (Slow Food specialty), enjoyed in August at the Varanea festival in **Cagnano Varano**. Calzoni filled with baby onions, raisins, and anchovies, and the sweet Cestini, small "baskets" of brittle and almond paste shaped like fruit, are typical of **Ischitella**, a beautiful Medieval village between the sea and the Varano lagoon. To discover everything about bread, with workshops, meetings, and country meals, pay a mid-June visit to **San Marco in Lamis** for Grani Futuri, and, to enjoy troccoli (rough-cut fresh pasta) with tomato sauce, a stop at San Giovanni Rotondo, where this is the typical dish, and at **Rignano Garganico** for the finest Caciocavallo Podolico, is a must.

MANFREDONIA

Farrata

Manfredonia is rich with legend and traditions, colors and scents, like the aroma of **Farrata**, which has enveloped bakeries since the most ancient times. This round, spelt-based savory pie is made with Gargano sheep's milk ricotta, grains of spelt or wheat, marjoram, mint, and cinnamon. Once prepared at Carnival and traditionally offered to the guests during wedding ceremonies, it is now eaten any time of year, although it is showcased at a festival in February. **Manfredonia +39 0884 581998**



MATTINATA

Oil, capers, and ricottas

This is a blessed area. With its particular environmental and climate conditions, everything here is good, starting from the **oil**, produced from the **Ogliarola Garganica** cultivar. It has the scent of tomato and is excellent on legumes and soups, but also with raw items and red meat. From the hill to the coast, olive groves cover more than 1,000 hectares, and are included in the **Dauno DPO** oil production area. Fruit and vegetables have a unique flavor, like the particularly tasty **Gargano capers** and the **Mattinata cheeses**: canestrato, ricotta, pecorino, and cacioricotta, made with sheep's and goat's milk, thanks to the knowledge of shepherds leading flocks to graze in wild, spontaneous grass, and the master cheese makers who transform milk using traditional methods. **Mattinata +39 0884 552430**

MONTE SANT'ANGELO

Bread and "filled wafers"

Compared with its more prestigious brethren in the region, bread from **Monte Sant'Angelo** is hard to find elsewhere in Italy. Made with type 0 soft wheat flour with added durum wheat flour and natural yeast, it is baked by traditional method in a wood-burning at 200°C, and makes quite an impression on the baker's counter: loaves range between a half kilo and 10 Kg. Crunchy on the outside, soft and compact on the inside, it is delicately flavored and excellent with oil and tomato.



"Blame" **Ostie Chjène** on the Poor Clares! To remedy a problem, they created one of the most unique typical sweets: two thin, oval wafers of water and flour, filled with a mixture of almonds, honey, cinnamon, and cloves poured piping hot onto the wafers, which are then closed and pressed, yielding a treat with a pleasant, intense flavor.

Monte Sant'Angelo +39 0884 562062

Gargano citrus oasis

Between Vico del Gargano, Ischitella, and Rodi Garganico, no fewer than a thousand hectares planted with citrus make up the Gargano Citrus Oasis, a can't-miss destination for those who love oranges and lemons, and a Slow Food location. There are countless terraced gardens, with production already flourishing in 1000 AD. Particularly prominent are Arancia Bionda del Gargano PGI, a small, round, intensely scented orange available from May to August; the Duretta del Gargano PGI, an ancient variety with crisp flesh; and Femminello del Gargano PGI, Italy's oldest lemon, in the tender peel variety, and oblong Femminello. They are all excellent fresh and in derived products: juice, ice cream, granita, jam, and limoncello.

INTERESTING FACTS

VICO DEL GARGANO - SAN VALENTINO

Do not miss this festival in the ancient village garlanded with citrus, scented with orange blossoms, in the week celebrating the Patron Saint (since 1618), whose relics are kept in the Mother Church. The ritual includes passing by Vicolo del bacio, after having donated an orange.



PESCHICI Trabucchi

San Lorenzo, Punta Lunga, and Molinella are just some of the giant contraptions soaring over the water on the Vieste-Peschici coastline. Trabucchi are ancient fishing machines with large platforms anchored to the rocks, and long wooden beams, ropes, and pulleys. Once, many could be seen along the coastline, and upwards of a hundred kilos of mullet, seabream, redfish, and mackerel were taken from the sea every day. Today, some have been given a new life in **Peschici**. Visitors fish and eat while seated on the rocks: octopus skewers, mackerel croquettes, cuttlefish, fried mullet, as well as raw shrimp and prawns, accompanied by a glass of wine or craft beer, against the backdrop of a breathtaking sunset. ⓘ **Peschici +39 0884 964966**



LAKES LESINA AND VARANO

Eels fit for a king

The lagoon is discovered by typical punt or by catamaran. We visit **Bosco Isola** and the Nature Reserve, making our way to the easternmost and more fauna-rich point of **Lake Lesina**; or we head to **Isola di San Clemente**, which conceals the underwater remains of a Roman villa. Housed at **Museo Etnografico** is the **Fisherman's House**, illustrating the lagoon's fishing activities. The fish market offers tilapia, bleak, seabream, and eel, the stars of so many local dishes, for sale, to be enjoyed grilled, in soups with various vegetables, or "scapece": fried and marinated with vinegar, olio, mint, and garlic. Emperor **Frederick II** himself appears to have enjoyed this fish. **+39 0882 707455, centrovisitelesina.it**

CARPINO

Fava beans

In the 1990s, after centuries of glorious production, cultivation of the *Vicia Faba Major* ecotype appeared slated for extinction, reduced to 3 hectares and farmed by only two producers. Then came the miracle. Rediscovered and valorized, they have become a **Slow Food specialty**, growing to the current 10 hectares and a production of 30,000 kilos – a small amount when once considers the 900,000 kilos once produced. How can it be recognized? From its smaller seeds, a cleft in the lower part, and a thinner skin, green if fresh, and sandy white if dried, with an intensely flavored flesh. Rich in fiber and vitamins, mineral salts and antioxidants like dopamine, a substance important to the nervous system, it is cultivated in rotation with durum wheat, barley, sugar beet, tomato, and lupin. On 12 August every year, the town celebrates the festival of Carpino fava beans. favedicarpino.it



CANT-MISS EVENTS

12
AUG

EXTRA-VIRGIN OLIVE OIL AND FAVA BEAN FESTIVAL, CARPINO

A tasty appointment with two of Carpino's star products: extra-virgin olive oil and fava beans, a **Slow Food specialty** and a legume that has broken out of the Earth's confines thanks to astronaut Samantha Cristoforetti, who took them with her into space. Great care is dedicated to the small oil market, with stands dedicated to the City of Oil and its producers, where you can sample and taste fava beans offered in homemade recipes, slow-cooked in the earthenware pots, "pignate," that enhance their flavor. **+39 338 9024989 Pro Loco**



RIGNANO GARGANICO

Caciocavallo podolico

Caciocavallo Podolico Dauno or Garganico, a **Slow Food** specialty, is a fantastic cheese: it is a pity that Podolian cows yield little milk, and consequently the cheeses are also produced in small amounts. It may be recognized by its appearance for its classic pear shape, with a testina head or fat fiaschetto. It has a thin rind and a color that ranges from straw to darker yellow, based on the maturing time, which can last up to six years, in which it increasingly acquires that classic, sharp flavor. Why is it called caciocavallo? That's simple: it takes its name from the cheeses bound together as they mature, straddling a stick and appearing as if the cheese (cacio) were riding a horse (cavallo). It is excellent paired with a fine red and with dishes from the land, and vegetables.

GOOD CHEER BY THE BARRELFUL



The Puglia of fine drink is also enjoyed in a pint of natural and genuine craft beer, excellent in cocktails, and perfect for an aperitif and tempting dishes. Pizza makers use it in dough, and innovative cooks to frost turci-nieddhri. The ferment in the Apulian brewing world snuck up on everyone: from 2002 to the present time, nearly one hundred outfits, between breweries and beer firms, have been making prize-winning beers with identity, all awaiting discovery. Bearing the scent of hops and malt, they have invaded small villages and large cities, like Taranto and Bari, which since the early twentieth century have been home to major, historic national brands. And it is in Bari (p. 50) that, between one sip and the next, between a panzerotto and a focaccia, we discover, inside a brewery, at Fiera del Levante, a small museum dedicated to craft beer, the first in southern Italy. Then there are the cooperative breweries in **Poggiorsini** (p. 67) and **Rutigliano**, those run by the bold women who are master brewers, and the region's largest in **Leverano**. Each beer has its own history, telling the story of Puglia with a wink towards tradition. The ingredients hark back to an agricultural past: from the flavor of the burnt wheat to that of stale bread, from quince cheese to vin brulé from figs. Then there are the citrus of the **Gargano**, the aromas of the **Murgia**, the watermelons of **Nardò**, and even the pleasant chance of tasting the sea itself (p.50). They transmit emotions, interpreting the classic styles in an Apulian key.



A PINT FROM THE GARGANO

Renowned for fava beans, **Carpino** is also known for beer, with a large choice, from dark to classic pale. All rigorously linked to the territory, they are simple and top-fermented in the bottle, with no filtration or pasteurization. In **San Nicandro Garganico**, we can sample a pomegranate beer, and an unfiltered, unpasteurized pale ale, in which the final fermentation process takes place in the bottle. Amber tending towards red, sweet and sour and full-bodied, it is excellent for meals.

Itinerary 2 - *Flavors of times gone by*

DAUNIA

"When I least expect it, the harvester comes in the sun-drenched afternoon, passing by the road just outside my home, heavy with the harvest, sowing wafers of earth on the asphalt. I am left dazed, drunk with its trophies. It flees, hurrying the air, its belly full of grain."

Cosimo Russo
Per poco tempo



LENGTH OF ITINERARY
332 Km



DURATION
5-7 Days



FOR
those who see themselves as searching for culinary novelties, old-time recipes, cheeses and cured meats in limited production, and underground wine cellars



Itinerary 2

FLAVORS OF TIMES GONE BY

Wild landscapes and authentic places. Simple, genuine foods: capunti, orecchiette, and cicatelli with wild vegetables or tasty soups and Dauno DPO extra-virgin olive oil. A kaleidoscope of flavors, with a rich array of cheeses and meats – especially wild boar and black pig. But also a land of wines, like **Nero di Troia**, produced pure or in blends, and of craft beers, as in **Foggia**, where a limited-production blanche is made. **San Severo**, already an important farming center in the Middle Ages, boasts Puglia's oldest DOC label, dating to 1968. As we stroll along, we admire palazzi, Baroque churches, and evocative wine cellars hidden underground. **Castelnuovo della Daunia** is home to fine natural beers, while **Carlantino** is the homeland of ricotta, to which the Annunziata festival is dedicated in May. **Lucera** is the realm of Cacc'e Mmitte DOC. From atop the Swabian-Angevin fortress, our gaze ranges over the vineyards in the plain. The name, which in dialect means "take out and put in," refers to the ancient custom of renting tubs for pressing grapes, so when one renter removed his must from the tub, another was ready to pour in his. From here, it's off to Faeto, where a Franco-Provençal language is spoken and the well-known prosciutto is made. This land of boars inspires dishes like troccoli with boar sausage and mushrooms, and others in common with neighboring **Orsara di Puglia**, whose historic center is home to an ancient straw oven from 1526 and still in operation, and which, in November, celebrates a tradition connected with the festivities of the dead. Just 20 minutes from there, **Bovino** is home to the region's only still-active water mill, dating to the nineteenth century; we then reach **Monteleone di Puglia**, famed for its excellent caciocavallo, and **Sant'Agata di Puglia** for the ciccuòtte festival on 01 November. Going on to **Ascoli Satriano** for bread, the craft beer and magnificent marbles of the Museum Complex, and **Orta Nova**, land of DOC wines, the itinerary ends in Cerignola to savor Pizza Sette Sfoglie, a treat filled with chocolate, almonds, mostarda d'uva, pine nuts, and raisins.



ANCIENT CHEESE-MAKING TRADITION

Daunia, land of pastures, is revealed with **Caciocavallo Podolico** and **Canestrato Pugliese DPO**, an age-old patriarch of southern sheep's milk cheeses connected with the transhumance along the sixteenth-century royal trail called the Regio Tratturo. From the Murge to Abruzzo and back, animals fed on aromatic herbs, transmitting their unmistakable flavor. Also excellent is **Cacioricotta caprino orsarese**, produced from Easter to October with milk from the Gargano goats that graze on the slopes of the southern Daunian Mountains. **Carlantino** is the land of ricotta, dedicating to it, on the last Saturday and Sunday in May, one of the most ancient celebrations connected to the rites of the transhumance. In **Monteleone di Puglia**, on the other hand, 13 August is the **Festival of Caciocavallo, cicatijell e acc**, the king of cheeses produced with whole cow's milk, accompanying one of the typical dishes: cavatelli with celery.



FAETO

There are two can't-miss flavor events during the year: the **Black Pig festival** celebrated the first Sunday of February, with bonfires, music, dancing, and tasty dishes from the Provençal tradition, like sautéed meat, pickled peppers and potatoes, and the **Prosciutto festival** in early August. Here, it is the exquisite prosciutto that takes center stage. The forest-scented delicacy is made using meat from the Capitanata black pig, aged in fir vats for a whole year. Along with delicate Faeto lardo, it is a real artisanal treat. comune.faeto.fg.it



DAUNO DPO OLIVE OIL

On the coastline and inland, the entire province of Foggia produces it, above all from Peranzana, Coratina, Ogliarola, and Rotondella olives. How is it paired with dishes? There are four types, and the choice depends on personal tastes. **Gargano Daunian**, with a greater presence of Ogliarola Garganica, is a fruity oil with a slight almond aftertaste, suitable for seafood and salads, while **Sub-Apennine Daunian**, produced from Coratina, Ogliarola, and Rotondella, provides hints of fruit. Its color ranging from yellow to green, it pairs well with fried food and traditional sweets. **Alto Tavoliere**, the realm of Peranzana or Provenza, because it came from Provence in the eighteenth century thanks to the Prince of San Severo, produces an oil with hints of fresh fruit and sweet almond, with the flavor balanced between tomato, arugula, radish, and artichoke; unobtrusive, it is perfect for crudité, bruschetta, and fish. Lastly, **Basso Tavoliere**, with its strong presence of Coratina, is a fruity and slightly spicy oil, to accompany soups, cooked vegetables, and grilled meat.

ORSARA DI PUGLIA

Fucacoste and cocce priatorje

An ancient tradition of the **Bonfires and heads from Purgatory** enlivens 1 November on the occasion of the Day of the Dead. The road is lined with a great number of jack-o-lanterns, with small lamps inside lighting the way for the souls of the deceased on their way back home, and bonfires as a sign of purification. Symbolic dishes are prepared, like boiled wheat with nuts and vincotto.



San Severo Doc

There is a strong bond between wine and the inhabitants of San Severo, cradle of Puglia's oldest DOC denomination. It includes harmonious reds, paired with aged cheeses and cured meats; rosés to be enjoyed with pasta courses and pork; and white and dry spumante wines, excellent with seafood and dairy products.

Cacc'e Mmitte di Lucera Doc

With its enveloping flavor, it is perfect with legumes, grilled meats, sheep's milk cheeses and tocchetto, a typical salami, made with fillet of pork and spices, which shepherds already carried with them during the transhumance in the eighteenth century.

Orta Nova Doc

Versatile and well-structured in its red and rosé versions, it is made from Sangiovese, with the possible addition of Uva di Troia, Montepulciano, Lambrusco Maestri, and Trebbiano Toscano.

Rosso di Cerignola Doc

Perfect for well-structured dishes based on meats and cheeses like caciocavallo, this DOC offers a full-bodied red, in which the Nero di Troia grape is the star.

Tavoliere delle Puglie Doc

It embraces not only the province of Foggia, but also part of the Barletta-Andria-Trani area. The rosé is delicate and fruity, and the red is dry in flavor.

Foggia

Interesting craft beers may be discovered, made with malt, hops, and 100% Senatore Cappelli durum wheat farmed in the in-house supply chain. A flavorful treat is the limited-series blanche, whose most important ingredient is Gargano PGI orange peel.

San Severo

In Capitanata, beers are produced that are low in alcohol content, unfiltered, and top-fermented in the bottle, whose particular feature is the use of Senatore Cappelli wheat. The method used is All Grain – employing malt in grains, to which Gargano orange peel and flowers are added, yielding spicy notes for the palate. More forceful are the slightly sweet carob beers, which go well with meat.

Castelnuovo della Daunia

This is the home of natural beers, with no added spices and flavors. Just hops, barley, and wheats raised in the surrounding countryside. These are unfiltered Pilsners, low in alcohol content. Undemanding but good, because they are genuine.

Ascoli Satriano

The style used is Apulian Pale Ale, for straw-colored beers paying homage to the wheat of the Tavoliere plain. Also appreciated is a rather bitter, herbaceous, amber beer: full-bodied flavor and a long-lasting head.



PUGLIA: VEGETABLES FIT FOR A KING



Perhaps it is due to its geographical position, and favorable climate. Perhaps it is the mineral-rich earth and the beneficial influences from sea currents: Puglia is one of the most generous regions, where the products of the land attain their highest expression, resulting in a cornucopia of fruit and vegetables: varied, aromatic, and packed with flavor. The whole region boasts countless productions bearing the **DPO** label, like the **Bella della Daunia** olive, weighing up to 18 grams, perfect with aperitifs. Cultivated for more than 600 years, it appears to have been introduced around the year 1400 by feudal lords of foreign origin. The world's largest table olive, it is as big as a plum, with meaty, tasty flesh. It was so good that it was already known and appreciated in America in the late nineteenth century. It is told that everything that is produced in nearby **Margherita di Savoia** (p. 41), in particular along the seashore patiently reclaimed by farmers – a coastal strip 200 meters wide and 30 kilometers in length, stretching from **Ofanto** to **Candelaro** – is perfect and marvelous. Here, the cultivation of white onions, carrots, potatoes, and all seasonal fruits seems to reach such a degree of perfection, harmony of color and flavor, that these items make an excellent addition to the tables of British royals.



IT'S OFF TO THE MARKET!

The weekly market is surely an experience to be had in order to savor traditional Apulian living: a riot of colors, scents, voices, and stories. Each town has its own: **Lucera** on Wednesday, **Foggia** on Friday, and so on. There, we encounter the warmth of the local people and purchase fresh local products, fruit, vegetables, oil, honey and cheeses, and typical dishes; there are also stands selling apparel and household and kitchen utensils. A whole world of flavors and regional varieties also awaits us at the colorful farmers' markets of Campagna Amica, meeting near the beaches or on the occasion of festivals and celebrations. The biodiversity of Apulia's produce species can be discovered.

Itinerary 3 - Land and Sea

FOGGIA



IMPERIAL PUGLIA

"The grapevine coexists with the olive tree, cereals, produce and fruit trees, giving origin to a biodiversity so opulent that we have our fill."

Andrea Zanfi

Le Puglie, storie di terre e vini



LENGTH OF ITINERARY
170 Km



DURATION
3 - 4 Days



FOR
those who love authentic flavors, simple, tasty dishes, wines with character and voluptuous cheeses, like burrata di Andria

Andria

km 11,7 - h 0.17

Barletta

km 12,8 - h 0.19

Trani

km 10,5 - h 0.16

Bisceglie

km 16,2 - h 0.27

Ruvo di Puglia

km 97,5 - h 0.15

Corato



LAND AND SEA



Imperial Puglia stands out for its attractive locations, for the light and colors of its fields and the sea, and for the strong marriage of art and nature, wine and food. It all makes for a tasty itinerary straddling the boundary between country cooking with the strong flavors of the **Murgia**, and the sea-based cuisine in the villages where fishing tradition dates back to the Middle Ages. The absolute stars are turnip greens and wild vegetables like cardoon and the small, slightly bitter onions known as lampascioni, but also the perfect produce farmed in the sand of **Margherita di Savoia** and Zappone-ta, and continuing inland towards **Trinitapoli** and **San Ferdinando di Puglia**, famed for the Violetto artichoke, and **Canosa di Puglia**, a preferred destination for those who love archaeology. Our shopping basket proudly carries the flavorful percola peach, the famed Rosso Canosa DOC wine, and DPO extra-virgin olive pressed from coratina olives, excellent for soups with vegetables or legumes. Then there is the cardoncello mushroom, which rules the table at **Minervino Murge** and throughout the Alta Murgia area, and is a synonym for culinary excellence. Dotted with farmhouses, way stations, and sheep shelters called jazzì, it is renowned for exquisite sheep and goat meat, but also for wines. One of the oldest wine districts, with the imposing **Castel del Monte** built by Emperor Frederick II and a UNESCO site since 1996, it has lent its name to DOC wines and the territory's DPO extra-virgin olive oil. It is a place for real gastronomists who love dairy products like mozzarella and burrata, as well sweets, from **Andria's** Jordan almonds to the sospiri of **Bisceglie**, a city also known for its grapes and cherries. Then there are diavulacce, almond- and chocolate-based sweets from **Ruvo di Puglia**, accompanied by **Moscato di Trani**, from the city famed for the Cathedral of St. Nicholas, which appears to emerge from the sea. With nearby **Barletta**, it shares marine landscapes and excellent DOC wines, like Rosso Barletta, and cuisine with two souls, boasting dishes from the land and sea. It is the ideal place to roam in search of wine cellars, olive presses, and dairies, and to taste delicacies directly in the places of production. In **Corato**, for instance, visitors may purchase extra-virgin oil made from coratina olives, DOP Apulian canestrato cheese, taralli, and beers created with organic Senatore Cappelli durum wheat.

MURGIA

Cardoncello mushroom

It is in this harsh land that we find its highest concentration: it may be recognized in the fields for its dark color. This is why it is defined as "honest": it is not confused with poisonous ones. Its flesh is firm and meaty, with an unmistakable flavor that makes it a culinary favorite raw, roasted, au gratin, fried, sautéed, served with pasta, meat, fish and legumes, elegantly enhancing every dish.

CARDONCELLO MUSHROOM FESTIVAL



Every autumn, from late October to mid-November, a traveling festival is dedicated to the mushroom, involving a different municipality each week, including **Minervino Murge**, **Spinazzola**, and **Ruvo di Puglia**. In addition to tastes of typical products, visitors enjoy music, shows, and excursions into the Alta Murgia park.

ANDRIA

A passion for Jordan almonds

Boasting more than 100 years of history, they have been the result of tradition, quality, and craftsmanship since 1894. These are the classic Jordan almonds, enjoyed in 1930 at the marriage between Umberto II of Italy and Maria José; the colorful treats are evocative of the carnival tradition, Petresciata, in which fiancés or their relatives toss Jordan almonds over betrothed women's heads to bring on fertility. Then there are the famous Tenerelli, treats with a tender heart of almonds and hazelnuts, coated in a double layer of chocolate, in countless variants of shape and flavors. The historic factory is home to the Jordan Almond museum: Museo del Confetto "Mucci Giovanni." museodelconfetto.it ⓘ Andria +39 0883 290231/0883 290229



BISCEGLIE

Sospiri

Soft and sensuous like few other treats, they melt in your mouth. The foamy dough, reminiscent of sponge cake, is filled with aromatic custard and coated with a thin sugar icing and decorated with a cherry. A **Slow Food specialty**, its shape brings to mind a woman's breast: perhaps the pastry-maker's beloved? Or is there any truth to the legend linking sospiri to the Duchess Lucrezia Borgia? ⓘ Bisceglie +39 080 3968554

Castel del Monte DOCG

There are three wines bearing the DOCG label, and they pair perfectly with specialties made with meat and spontaneous vegetables from the Murge. In the Rosso Riserva, the dominant variety is Nero di Troia, in a percentage of no less than 65%; Nero di Troia Riserva DOCG contains the same variety, but at 90%. Bombino Nero, a variety of age-old cultivation, dominates Castel del Monte Bombino Nero, also at a percentage of 90%.

Rosso Canosa Doc

Ruby red and well structured, it is a wine for all meals, made from Nero di Troia with an addition of Sangiovese and Montepulciano.

Castel del Monte Doc

There is white (from Chardonnay, Pampanuto, Sauvignon, or Bombino Bianco grapes), rosé, or red, from Nero di Troia, with Aglianico, Montepulciano, or Bombino Nero.

Rosso Barletta Doc

The Nero di Troia variety dominates this harmonious, well-structured wine, with the possible addition of Montepulciano, Sangiovese, and Malbec.

Moscato di Trani Doc

Moscato bianco grapes yield this natural, sweet, and highly aromatic wine, with a velvety note in the mouth, pairing well with the sweets typical of neighboring Bisceglie.

DPO Extra-virgin olive oil

The coratina olive, called "racioppa di Corato," yields an oil with a decisive flavor, slightly bitter with a hint of spice, typical of the area.

Margherita di Savoia

In addition to its salt marshes, Margherita is also known for its perfectly shaped vegetables and the PGI white onion cultivated along the beaches, which farmers have gradually reclaimed from the marsh. Its sweetness makes it excellent when cooked, but also when eaten raw in salads. ⓘ **Margherita di Savoia +39 8836 54012**

San Ferdinando di Puglia

A sweet flavor and intense aroma. The famous Violetto artichoke is eaten from September to April, raw or cooked, in a multitude of variants. The smallest heads are preserved in oil.

Trinitapoli

We visit this authentic hamlet ("Borgo Autentico d'Italia") to taste unusual, complex beers, top-fermented in wooden barrels, their ingredients including the territory's fruit and spices.

Bisceglie

Bisceglie is famous throughout Italy for its table grapes, the most well-known varieties of which are Cardinale and Regina, but also for its crisp cherries. Between May and June, these red gems bring color to tables throughout Europe.

ⓘ **Bisceglie +39 080 3968554**



MILKY WAYS



Cheese-making Puglia is an unbelievable surprise, with a variety of fresh and aged products, forgotten cheeses, and small DPO and PGI treats, bearing witness to a region that leaves room for discoveries. Imperial Puglia expresses itself in that explosion of fresh goodness – **Burrata di Andria PGI** – and in other specialties: mozzarella, stracciatella, scamorza, butter-filled manteche and **DPO Canestrato pugliese** from **Corato** (p.37), made with sheep's milk and aged for up to ten months in natural caves. Those looking for fresh cheeses find an embarrassment of riches in Puglia: soft **Fallone** to be eaten before the day is out, typical of **Gravina in Puglia**; the hard-to-find **Pampanella** in the Brindisi area, a cow's milk cheese whose rennet rests in a fig leaf giving it sweet, penetrating notes; **Giuncata** in the Salento, soft and delicate, similar to primo sale, with a slight flavor of milk. We can trace our own original journey in search of the milky ways, passing by way of artisanal and non-artisanal dairies to savor the products on site and to delight before the goodness of a warm ricottina or the squelchy texture of **DOP Gioia del Colle Mozzarella** (p. 65). Alternatively, we can attend taste workshops organized by the many Masserie Didattiche ("educational farms"). The master cheese maker follows us from milking to the intoxication of handling the stretched curd or pasta filata, as we try for ourselves the art of making certain cheeses to be enjoyed even at home.



THE QUEEN OF ANDRIA

In its thin little shell of fresh, pasta filata cheese, **Burrata di Andria PGI** encloses a soft, creamy heart of shreds of mozzarella soaked in cream – stracciatella. It came into being by accident, from the inventiveness of a master cheese-maker, who, one cold winter, to protect the product during transport, had the idea of preserving it in this way. How can you tell if it's fresh? It's easy: from the smooth, shiny white surface. It used to be conserved by being wrapped in asphodel, a leaf from local plants typical of Murgia. The leaf signaled the freshness: the burrata was good so long as the leaf did not wilt.

Itinerary 4 - A raw appeal



Molfetta	km 6,8 - h 0.14
Giovinazzo	km 17 - h 0.17
Terlizzi	km 26 - h 0.33
Bitonto/Bitetto	km 8,6 - h 0.12
Toritto	km 33 - h 0.39
Adelfia/Rutigliano	km 21,4 - h 0.24



BARI AND THE COAST

"All of Puglia is a land of winds passing through and of clouds galloping from one sea to the other. The grapevine, the olive and almond tree are Puglia's plants, and also its main wealth".

Guido Piovene



LENGTH OF ITINERARY
201 Km



DURATION
4 - 5 Days



FOR
those who cultivate fine food and love raw fish, good oil, homemade orecchiette, and cherries plucked from the tree

Bari	km 40 - h 0.40
Mola di Bari/Polignano a Mare	km 8,8 - h 0.15
Monopoli	km 12,7 - h 0.16
Triggiano	km 7,7 - h 0.10
Conversano	km 10,7 - h 0.13
Turi	km 8,5 - h 0.11
Sammichele di Bari	





Itinerary 4

A RAW APPEAL

The sea takes center stage in the dish, as does the landscape, in the stretch of coastline to the north and south of **Bari**. In these places of ancient tradition, fishermen's tales may be discovered, and excellent seafood cookery may be enjoyed, as in **Molfetta**, the largest fishing center on the lower Adriatic, where the quaint fish auction takes place every Thursday night, and in **Giovinazzo**, with its evocative harbor and colorful skiffs. The countryside is right around the corner, as we pass through olive and almond groves on our way to **Terlizzi**, city of flowers, famed for Quartcedd, the roll with strong, salted anchovies, dressed with Cima di **Bitonto** extra-virgin olive oil from that city of oil; neighboring **Bitetto**, on the other hand, is known for its Termite, an exquisite, sweet table olive that is celebrated in a festival in early October. A stone's throw away are **Toritto**, the realm of almonds, and **Adelfia** and **Rutigliano**, known for table grapes. In twenty minutes' time, we are in **Bari**, a real joy for lovers of raw fish. Here, shellfish, plus octopus, anchovies, calamari, and the essential cuttlefish called allievi, are enjoyed in the city's most iconic location, at N-dèrre la lanze, the small harbor right by Teatro Margherita. Strolling in the ancient village, between the Castle and the Cathedral of San Sabino, we see women making orecchiette, and are enveloped by the scent of focaccia, which, with the panzerotto and the octopus roll, are the touchstones of the most typical Apulian street food. Also excellent are the offerings in **Mola di Bari**, which is remembered for its historic Octopus Festival, and **Polignano a Mare**, the can't-miss destination for those who love fish and artisanal ice cream, as in **Monopoli**. Not far from here, perched on a hill, is **Conversano**, which along with **Turi** is the land of Ferrovia cherries, whose flowers dot the surrounding highlands with pink during the spring, and to which the famous festival is dedicated every year. The final stop is in **Sammichele di Bari**, to enjoy the hearty zampina roasted over the fire, in one of the year's most flavorful events, held on the last Saturday of September: the festival of zampina, bites of meat, and good wine (Sagra della Zampina, del bocconcino e del buon vino).

BARI

PGI Bari Focaccia

This is Puglia's favorite street food, and it is impossible to imagine a true citizen of Bari without a piece of focaccia in his or her hands, eating it hot, perhaps washed down with an ice-cold beer. There are myriad variants and recipes: thin, thick, with or without potatoes, all preferably baked in a wood-burning oven. All are made with common wheat flour and remilled durum wheat bran, water, natural yeast, and many tomatoes, squeezed open between the fingers and crushed onto the dough, with olive baresane, oil, and oregano. Bari's focaccia is thin and crispy, and there is potato in the dough. It rises in a round, iron pan that forms the various slices, giving it its name: ruota, or "wheel."



Panzerotti

The symbols of Apulian food, they are irresistible when eaten as soon as they are fried. How are they made? According to tradition, the disks of dough made from flour, yeast, and extra-virgin olive oil are filled with pieces of mozzarella, peeled tomato, salt, pepper, and grated pecorino, and sealed in a half-moon shape before being dropped into boiling oil.

📞 **Bari +39 080 5242244**

TORITTO

Almonds

Small in shape and soft shelled, mellow and fragrant, intensely scented and balanced in flavor, with finishing notes of butter. This main ingredient of nougat, Jordan almonds, and marzipan, ideal for almond milk, it enjoys protection as a Slow Food specialty, and is among Europe's finest. In the countryside of Toritto, the selected cultivars bear the names of illustrious citizens like Antonio de Vito and Filippo Cea.

INTERESTING FACTS

Toritto is also famous for **cervellata**, a special pork and beef sausage, whose final preparation is a ritual repeated for centuries in the town's butcher shops.



CONVERSANO E TURI

Cherries

With the province of Bari alone, Puglia is Italy's leading producer of ruby-red, crispy cherries. The fruit is inseparably linked to the history of **Conversano**, according to a document from 1684. The Ferrovia variety, cultivated in **Conversano** and **Turi**, is the undisputed queen of cherries, and among the most flavorful. It appears to have been introduced by the Germans in the 1940s.

CAN'T-MISS EVENT

SAGRA DELLA CILIEGIA FERROVIA DOP

It is hard to resist the red cherry elected Italy's finest. Turi devotes 3 days of celebration to it in early June every year, with tasting booths and wine & food itineraries. sagraciliegiaferrovia.it

Craft brewery

Bari is home to Puglia's first craft brewery, and among the few to produce aged, dark Oud Bruin beers. There is also one of Italy's rare women master brewers, creating beers with local spices.

Bitonto

We can enjoy a pint in Apulian saison style: aromatic, spiced, with hints of citrus, to be paired with cured and fresh meats. The town of Mariotto is home to a beer whose ingredients include vin brulé from figs.

Triggianello

The interesting production follows the gose style of salty beers, among the first to be made in Italy. A light beer, it releases in the taster's mouth the iodine of the Adriatic, whose water is micro-filtered and sterilized beforehand.

Terlizzi

The *Quartcedd*, a roll with strong, salted anchovies or tuna and anchovies, is eaten on 02 November, on the occasion of the Day of the Dead. The strong flavor exorcises death, and the ricotta brings to mind tombs disinfected with lime.

Conversano

Conversano is known for spumone, made in layers with hazelnut ice cream or with coffee and chocolate, cream, caramelized almonds, and drops of sweet liqueur.

Bari

All it takes is a few ingredients to make orecchiette as the women of old Bari do: water, salt, and durum wheat flour. Round and slightly hollowed, they are excellent with tomato sauce or with turnip greens. ⓘ **Bari +39 080 5242244**

Bitonto

Obtained from the Cima di Bitonto and Coratina cultivars, Terra di Bari DPO extra-virgin olive oil has average fruitiness, with notes of almond and fresh herbs. Low in acidity and harmonious in flavor, it is excellent on vegetables, legumes, and roasted meats.

Bitetto

The Termite, a native cultivar, yields an exquisite table olive, highly appreciated for its fragrance and the texture of its flesh.

Adelfia and Rutigliano

Along with Noicattaro, it is Puglia's golden valley for the production of Vittoria grapes and of other table varieties exported around the world: Imperatore, Italia, Black Magic, Red Globe.

Polignano a Mare

Multicolored and extraordinarily tasty, Polignano carrots, a Slow Food specialty, may be yellow, orange, and purple. Bitten into when just harvested, they leave a pleasant sensation of sapidity and freshness in the mouth.



Apulian classics to recreate at home



Orecchiette with turnip greens



A symbol of Bari's cuisine and one of the Apulian dishes most famous in Italy is a specialty from the peasant tradition with a very decisive flavor. The slight bitterness of the turnip greens is wed to the saltiness of anchovies and the spicy flavor of chili pepper. It's easy to make: when the turnip greens are half cooked, you add the orecchiette to the same, salted water. As soon as they are ready, they are mixed into a flavorful sauté of anchovies preserved in oil flavored with a minced garlic clove. Ground chili pepper at the end provides a touch of spice.

Rice potatoes and mussels



Tiella alla barese is a tasty, widely appreciated dish. Meticulous preparation is as important as the cooking itself. At the bottom of an aluminum or terracotta pan, make a bed of potatoes and sliced zucchini, drizzle it with oil, then add small tomatoes cut in half, a few slices of onion, salt, pepper, and pecorino cheese flavored with parsley and minced garlic. Arrange the half-open black mussels in spokes to cover the potatoes, spreading the rice evenly over. The procedure is repeated with all the ingredients, ending with a layer of well-dressed potatoes, then adding water or fish stock to cover the rice by the thickness of one's finger. Bake at 180° for 45 minutes, until the surface is golden and crunchy.





Ciambotta del Gargano



The name appears to derive from the English “jam-boat,” the term American soldiers at the end of the Second World War used to indicate the fishermen’s rich soup. The most well-known is the one from **Manfredonia** with squid, gurnard, John Dory, redfish, monkfish, black mussels, and murex, to which onion, garlic, tomatoes, and basil are added, drizzled with extra-virgin olive oil and decorated with warm croutons. There is no shortage of variants, based on vegetables and meat, from the Daunian hinterland, such as Ciambotto di **Orsara**, with aged sausage, the one from **Ascoli Satriano** to which egg is added, and the one from **Castelluccio Valmaggiore**, with egg and cheese.



Pasta with mussels



This is among the Apulians’ favorite dishes: spaghetti, but also tubettini, orecchiette, and fresh pasta with mussels, naturally those from Taranto. With or without tomato, or with added legumes or cheeses: in all the recipes, it is the flavor of the sea that triumphs. For a half kilo of spaghetti, open 2 kilos of mussels, setting their water aside. Heat 1 dl of extra-virgin olive oil with 2-3 cloves of garlic, and sauté the mussels over a high flame. Then add the mussel water and cook down almost entirely. At the end, dress the spaghetti cooked al dente and serve with parsley and ground black pepper.



Charcoal grilled zampina and bombette



Zampina is a sausage typical of **Sammichele di Bari**, spiral shaped and encased in the intestine of a kid or lamb, and charcoal-grilled. A dish from the humble tradition, it is a mix of minced beef, pieces of pork and lamb, to which tomato, cheese, chili pepper, black pepper, salt, and wild thyme or basil and parsley are added. **Bombette**, on the other hand, are succulent pieces of thin, pork capocollo. The famous ones are from **Martina Franca**, stuffed with canestrato pugliese, black pepper, and salt. Pancetta or spicy salami, and thin strips of caciocavallo podolico, can be added. Excellent grilled or baked.

Ragù di brasciole



This is the Sunday dish, eaten with orecchiette. Made strictly in meat sauce, brasciòle are veal rolls (traditionally horse, or ass, in the **Santeramo** and **Gioia del Colle** variants). The filling is simple, with pecorino, parsley, garlic, and black or chili pepper, but some also add bacon, lard, or gaddùse – the cartilage strips also referred to as nervetti. In a large pot, heat oil and onion and brown the brasciòle, then pour in red wine. Once the wine has evaporated, add tomato purée and concentrate, and simmer for three to six hours. The sauce will be dense and the meat tender enough to melt in your mouth.





Ciceri e tria



This is an example of culinary archaeology: a simple yet very flavorful dish based on chickpeas, partially fried. To prepare it, you need dry sheets of homemade semolina pasta, chickpeas, extra-virgin olive oil, small tomatoes, celery, garlic, parsley, bay leaf, ground black pepper, and salt. Once cooked, the chickpeas are mixed with the pasta cooked in boiling water, to which strips of pasta fried in oil are added. There is no shortage of variants: some prefer onion to garlic; others add breadcrumbs or pieces of fried bread, or mix in salted anchovy.

Fava beans and chicory



An ancient recipe for a nutritious, easy-to-digest dish, popular in Salento homes and served in many restaurants. Dry, peeled fava beans are soaked for about ten hours, then cooked, covered in water in a terracotta pignata, with some herbs and extra-virgin olive oil. As soon as they become a purée, they are served with boiled wild vegetables and fried cubes of homemade bread, drizzled with oil. In **Gallipoli** they are often accompanied by boiled and shredded fennel tops.



Itinerary 5 - Autumn colors



MAGNA GRAECIA, MURCIA AND THE GRAVINE

To be good, bread,
like man, needs heart,
care, heat, attention and love.

It grows and rises
if pampered in the warmth, like
a baby in his mother's arms."

Maria Grazia Lauro
Le Puglie, storie di terre e vini



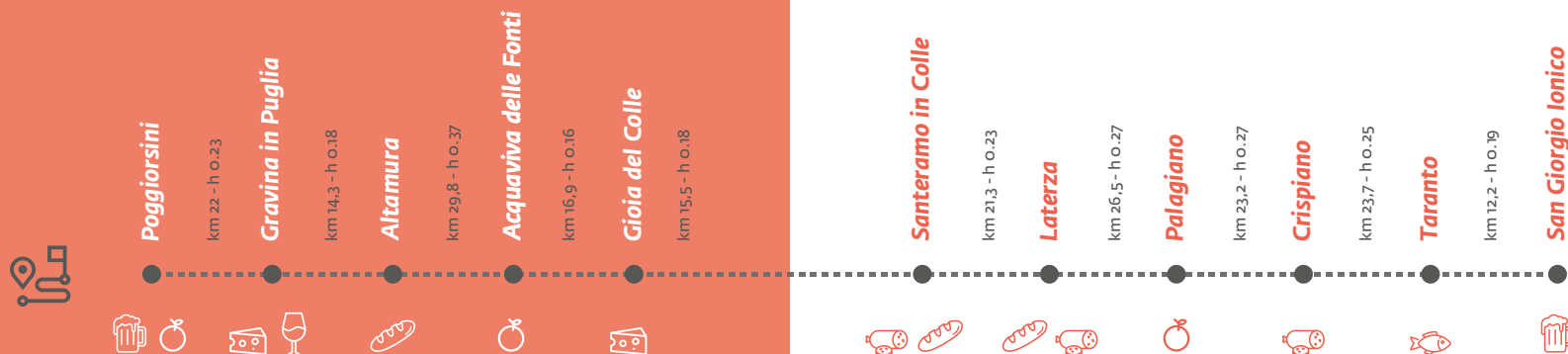
LENGTH OF ITINERARY
205 Km



DURATION
4 - 5 Days



FOR
those who love tasting and sampling, from products in
the peasant tradition to seafood cookery, from
cheeses to DPO bread, from mussels to clementines





Itinerary 5

AUTUMN COLORS

This itinerary winds its way through the lunar landscapes of Parco Nazionale dell'Alta Murgia, rich with woods, jazzi (sheep shelters), and farmhouses. It is the realm of the cardoncello mushrooms appreciated in so many dishes, but also of lampascioni onions and wild asparagus. We start from **Poggiorsini**, famed for its mushrooms and beer, and **Gravina in Puglia**, with a historic center facing over the marvelous cliff village, where it is an absolute must to taste Pallone, a pasta filata cheese and **Slow Food specialty**. It can be enjoyed paired with a slice of DPO bread from **Altamura**, a city that boasts the region's first bread museum, inside an ancient bakery. From here, we reach **Acquaviva delle Fonti**, the village of onions which triumph in two festivals: the Red Onion Festival during the summer, and the Calzone Festival in October. In **Gioia del Colle**, the next stop on our journey renowned for its primitivo wine and for the production of fresh pasta filata cheeses, we can savor the legendary DPO mozzarellas, nodini, trecce, and stracciatella; and in **Santeramo in Colle**, we can enjoy bread made with common wheat flour and horse and ass meat in the numerous town ovens, prepared in rolls, braciòle, carpaccio, meatloaves with potatoes and roasted onions, or with raw, seasonal vegetables. We continue for the Land of the Gravine and its frescoed caves and lush canyons, like that of **Laterza**, a city famed for its ceramics and aromatic bread, large in size and slightly acidic in flavor. This can be paired with a harmonious DOP Terre Tarantine oil. A few kilometers further and we come to **Palagiano**, the city of PGI clementines, to which a festival is dedicated in mid-December, and along the entire Ionian arch to Taranto, we can have our fill of juicy citrus fruit. We then proceed to **Crispiano** to enjoy gnummredde, rolls with lamb entrails, at the fornelli pronti establishments, and the journey ends in Taranto, home to an ancient seafood culture, prominently featuring the **Taranto** mussel, exquisite in countless preparations: peppered, with spaghetti, and in a tiella of rice, potatoes, and mussels, as well as oysters and shellfish. They can be paired with DOC Colline Joniche Tarantine white and rosé wines, or the fresh, summer beers made in **San Giorgio Ionico**.



GRAVINA IN PUGLIA

Pallone

Similar to caciocavallo, but headless, it contains all the aromas of this land, transferring the aroma of Murgia's herbs to its own flavor of raw milk from cows raised semi-wild. A **Slow Food** specialty since 2012, its golden curd and slightly spicy flavor accompanied by hints of herbs and caramel make it unique.

ALTAMURA

DPO bread

This is Europe's first baked good with a DPO label. Dating to the Middle Ages, it is prepared with sourdough starter and 4 varieties of remilled durum wheat bran from the Murge. Baked in a stone, oak-burning oven, it weighs no less than 0.5 kg and comes in a variety of shapes: u Scquanét, or tall (overlapped bread), a cappidde de prvete – shaped like a priest's hat – or low, and u puène muedde (soft bread). www.panealtamuradop.it

ACQUAVIVA RED ONION

Round and somewhat flattened in shape, it has a sweet flavor that allows it to be eaten even raw, with a drizzle of extra-virgin olive oil. In June, the traditional **Sagra** dedicated to this Onion is held. It is an important ingredient in local recipes, like that of the calzone, which is celebrated in the month of October.

GIOIA DEL COLLE

DOP Mozzarella

This cheese differs from Campanian mozzarella for its milk, which is rigorously cow's milk, and for the production technique with added whey, which bans milk enzymes and citric acid. The milk is from cows that are put to pasture for at least 150 days every year, with 60 percent of their diet coming from feeding on local grasses and hay. Light and delicate in flavor, it has a soft texture and comes in a variety of shapes: round, braided, in small pieces. Like burrata and buffalo mozzarella, it is best enjoyed at room temperature. In addition to its dairy products, Gioia is also famed for its excellent caciocavallo.



LATERZA

Bread

The panedd of remilled durum wheat bran, with water, salt, and sourdough starter, is considerable in size, with diameters of up to 40 cm and loaves weighing 1, 2, and 4 kg. Left to rise for 6 hours, it is then baked for two hours in stone ovens burning bundles of aromatic wood. Once there were only public ovens run by 4 women: the three fraschere who prepared the wood, picked up the dough from the homes and delivered it when baked, and à funnele, the baker who ran the oven. ⓘ [Laterza +39 099 8296793](tel:+390998296793)

CRISPIANO

Gnummaredde

This is the typical roll made with lamb entrails (liver, heart, and lungs), wrapped and bound with intestine. They are chosen at the counter and served roasted in establishments attached to butcher shops – the famous fornelli pronti.

Gravina DOC

A fresh and harmonious white, it is born from a blend of grapes: Greco di Tufo, Bianco d'Alessano, and Malvasia del Chianti, at times with an addition of Bombino bianco, Verdeca, and Trebbiano toscano. Straw-colored, it is dry or sweet. Produced as a spumante, it pairs with fish and mushroom-based dishes, but also with typical calzoni.

Gioia del Colle DOC

A wine for all meals, harmonious and with just the right amount of tannins, it pairs with red meats and cheeses. Made in 16 municipalities in the province of Bari, it comes in red, rosé, white, primitivo, sweet aleatico, and sweet liqueur-like aleatico versions.

Colline Joniche Tarantine DOC

With its various types, this DOC has wines suited to every kind of meal. White, Spumante, and Verdeca are perfect with fish recipes and aperitifs. The Rosé and Red, also in the Novello and Superiore types, Primitivo and Primitivo Superiore, pair with roasted or grilled meat, and are sipped in large goblets.

Terre Tarantine DOP

An oil mostly from Leccino, Frantoio, Coratina, and Ogliarola, it is light green in color, with a fruity and slightly spicy flavor – decisively harmonious, striking the right balance between bitter, sweet, and spicy.

Poggiorsini

Natural beers are made here: unpasteurized and micro-filtered, their ingredients are combined with the herbs, spices, and wild flowers of Murgia, like chamomile, whose presence is shrewdly balanced for complexly flavored Pilsner and Saison.

San Giorgio Ionico

Beers are made with well-defined characteristics that innovate in tradition, while making taking inspiration from the most ancient malt houses. From fresh, summer Cream Ales to meditative Strong Scotch Ales, and winter chestnut beers. Also of interest is the first beer made with Apulian malt and Primitivo grapes.

**Gulf of Taranto oranges
PGI Clementines**

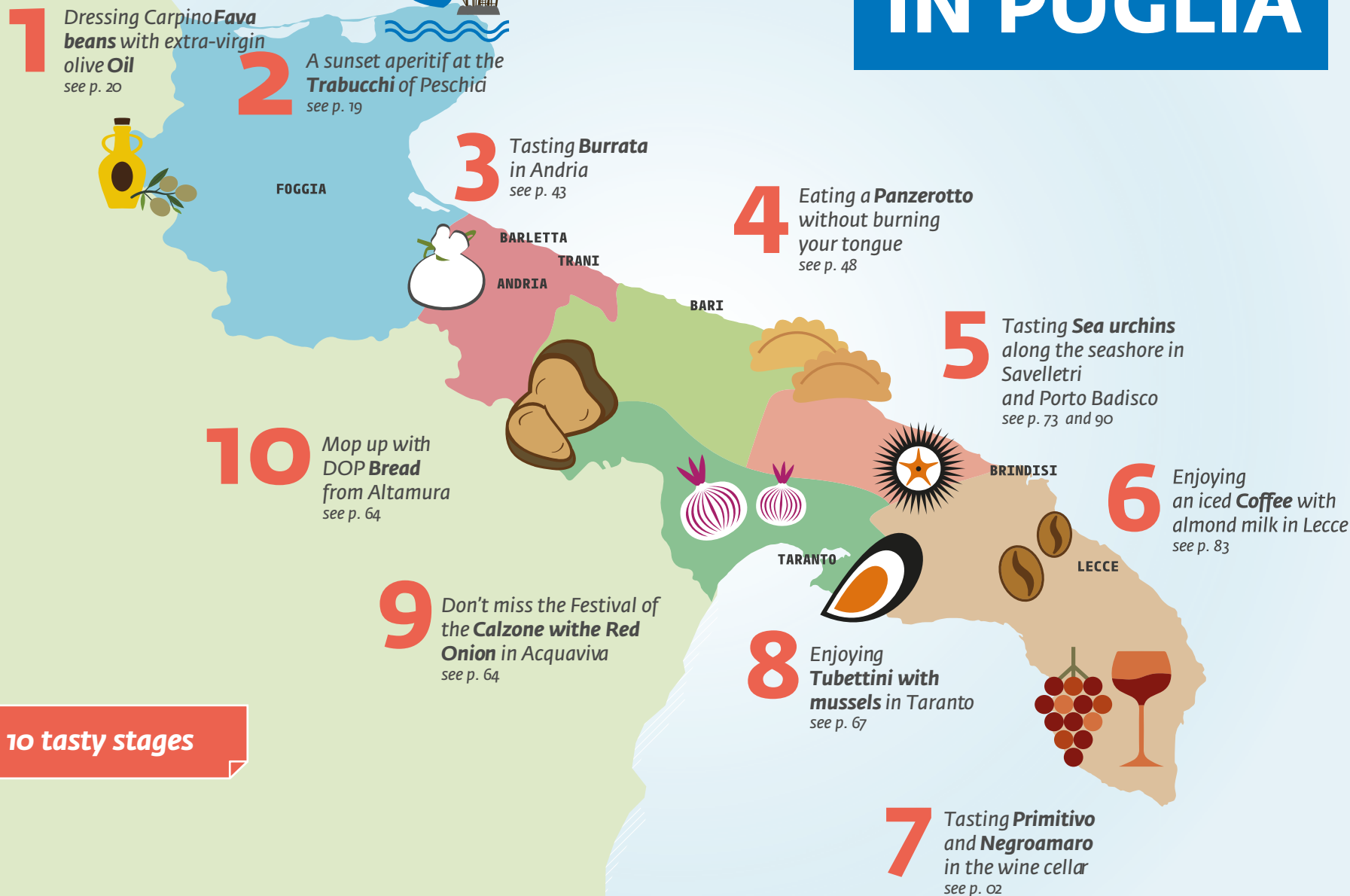
Both sweet Gulf of Taranto oranges and PGI Clementines are sweet, aromatic, juicy, and thirst-quenching: seedless, they stand out for their high concentration of vitamin C.

Mussels

Taranto mussels are black, smooth, small, and unbelievably flavorful: when eating them, one can taste the sea. They are raised between Mar Grande and Mar Piccolo in Taranto, and are the base of the local cuisine: don't miss tubettini with mussels.



Try it IN PUGLIA



10 tasty stages

Itinerary 6 - Delights for fine palates



ITRIA VALLEY

"The white way between walls and the dry.
The olive tree spouses, on large stumps, similar to those of the Bay of Itea...
The grass burns in the shade, the color of tawny velvet.
...A few black goats, with yellow eyes.
A small crowd of semi-nude farmers, like certain groups of Boeotian terracotta ..."

Gabriele D'Annunzio
Taccuini



LENGTH OF ITINERARY
165 Km



DURATION
4 Days



FOR
those who consider food an authentic life philosophy, prefer earthy cuisine, cured meats, and meat roasted at the "fornello," but who would not turn down a feast of sea urchins in Savellettri

Martina Franca

km 11 - h 0.16

Cisternino

km 9,7 - h 0.14

Locorotondo

km 8,7 - h 0.10

Alberobello

km 11 - h 0.15

Noci

km 10,2 - h 0.14

Putignano

km 5,6 - h 0.8

Castellana Grotte

A woman with short red hair, wearing a light green cardigan over a white blouse and a long pink skirt, is seated at a wooden table in a rustic kitchen. The room has white walls adorned with various kitchen items: round wooden sieves, a woven basket, and a small wooden frame. On the table, there are several small bowls and a tray of food. A wooden bench is visible in the foreground, and a broom leans against the wall on the left. The floor is made of stone tiles.

Itinerary 6

DELIGHTS FOR FINE PALATES

We go from the blue of the sea to the bright colors of the red earth, from the plain of Puglia's age-old olive trees to the green of the Itria Valley. This is the region's heart, rich with delicious pleasures and rediscovered flavors, with a strong presence of Slow Food specialties. After visiting **Fasano's** Museo dell'Olio d'Oлива, the olive oil museum in an eighteenth-century press, we continue along the coast for a dive near the Egnazia Archaeological Park and an aperitif accompanied by sea urchins in the many kiosks on the rocks in **Savelletri**. We have our fill of products for the winter, like the Regina Tomato of Torre Canne, a Slow Food specialty farmed in Parco Naturale Regionale Dune Costiere from **Torre Canne** to **Torre San Leonardo**. Neighboring Ostuni produces DOC wines of the white and Ottavianello types, and natural lager and double-malt beers; further south, the **Torre Guaceto** Reserve is home to two Slow Food specialties: Piccola Pesca in the Marine Protected Area, and the Fiaschetto Tomato. Those with a sweet tooth can make a stop in **San Michele Salentino** to taste almond filled dried figs, and **Ceglie Messapica**, the undisputed city of flavors, which offers the traditional biscotto Ceglieese, a Slow Food specialty. We stroll through the elegant historic center of **Martina Franca**, home to Capocollo, the most prized of cured meats, and Martina Franca DOC wine. **Cisternino** is home to many fornelli pronti – establishments at butcher shops where diners can enjoy bombette, succulent breaded rolls and sausage grilled at the tip of the knife; then there is **Locorotondo**, one of Italy's most beautiful hamlets, famed for gnumeredde seffuchete made with lamb entrails, and for its excellent DOC wine. We continue for **Alberobello** with thousands of trulli that have been declared a UNESCO World Heritage Site, to visit interesting museums in the Rione Aia Piccola quarter, and then **Noci**, known for its dairy production, whose historic center in the autumn hosts "Bacco nelle Gnostre," celebrated with mushrooms, novello wine, and chocolate. The itinerary leads to **Putignano**, with Europe's most ancient Carnival and the rediscovery of age-old dishes like "farinella," and **Castellana Grotte**, a speleological jewel with its evocative caves where interesting beers are made.



CISTERNINO

Bombette

The legendary slices of veal, simple or filled with caciocavallo, rolled and skewered, they are enjoyed at the many fornelli pronti attached to butcher shops.

EVENTI DA NON PERDERE

Making its punctual return on the second weekend of August in the Carranna neighborhood is the long-awaited **Orecchiette Festival**, where the pasta is served in the typical ceramic dish, in a host of variants: with turnip greens, with brasciòle sauce, or with puréed fava beans and bell peppers. sagraorecchiette.it

During the first days of September, the hamlet of Casalini celebrates the grape harvest at the **Grape Festival**, with a parade of floats and a tasting of wines and typical recipes. 📞 **Cisternino +39 080 4446751**

MARTINA FRANCA

Capocollo

Already during the Kingdom of Naples in the eighteenth century, Martina Franca was appreciated for its capocollo, a Slow Food specialty since 2000. To prepare it, the finest meat from local pigs is chosen, marinated in vincotto, flavored with Murgia herbs, encased in natural intestine for about 15 days, then smoked and left to age for at least 3 months. The sausage and rolled pancetta are also excellent.

PUTIGNANO

Farinella

This flour, bearing the name of the mask symbolizing Putignano's Carnival and obtained from toasted chickpeas and barley, was the humble lunch that farmers ate in the fields, with dried figs and wild herbs, or at dinner with polenta-like fava bean macco, while the lords ate it with pasta in tomato sauce. It is also used in baking.



Taralli

Ideal as a snack, one leads to another. Brittle and knot-shaped, in some areas they are boiled before being baked. The ones from Putignano have a smooth crust; in addition to the classic ones made with flour, extra-virgin olive oil, and white wine, are the "alla pizzaiola" version with fennel seeds, as well as the chili pepper and onion versions. 📞 **Putignano +39 080 4056555**

NOCI

Dairy products

Famed for the artisanal production of quality dairy products, mozzarella, burrata, and stracciatella, it is a mandatory destination for those who love wine and food, especially during the second week of November, at **Bacco nelle Gnostre**, a major festival dedicated to the Murgia's quality products. bacconellegnostre.it

Locorotondo DOC

A delicately-scented white wine and a spumante, perfect for antipasti. It is obtained from Verdeca and Bianco di Alessano grapes, with an addition of Fiano, Bombino Bianco, and Malvasia Toscana.

Martina Franca DOC

Pleasant and dry, this white, produced with the same blend as Locorotondo DOC, also has a Spumante version, and pairs with light dishes.

Colline Brindisine DPO

The oil produced in the area of the large, monumental, age-old olive trees, which stretches from the hills to the sea, is herb scented and sweet to the palate, with a hint of artichoke and fresh almond, slightly bitter and spicy.

Biscotto Ceglie

This jewel of local pastry-making is truly exquisite: a small cube of almond paste with cherry jam and lemon peel, covered with a brown icing based on sugar and cocoa.

San Michele Salentino

For centuries the humble sweet for many families, the almond filled dried fig is a typical product: it is dried, cut in half, stuffed with toasted almond, fennel seeds, and lemon rind, and oven baked.

Alberobello

In the Rione Aia Piccola quarter, inside 15 trulli we may visit Museo del Territorio Casa Pezzolla, an interesting dive into old trades and popular traditions; on the weekends, it becomes a living museum with educational/artisanal and figurative workshops. Nearby, we may discover the small oil museum, Museo dell'Olio, with olive pressing equipment from the nineteenth and twentieth centuries.

Info +39 380 41273 artecalberobello.it

Fasano

The eighteenth-century olive press at the fortified farmhouse of Sant'Angelo de Graecis is home to Museo dell'olio d'oliva, the olive oil museum displaying olive processing tools, the millstone, presses, mats, and all working utensils.

i Fasano +39 080 4394182;

Parco Naturale Dune Costiere

Here way may purchase organic products like oil, honey, Senatore Cappelli wheat, and the Regina Tomato, a Slow Food specialty. Small and round, it is farmed in brackish land, which gives it a sweet, acidic flavor.

Riserva Naturale Torre Guaceto

Sweet and juicy, small Fiaschetto tomatoes were farmed until the 1960s, and then forgotten. Now recovered, they have become a Slow Food specialty. It is excellent for tomato purée, alongside the production of organic extra-virgin olive oil.

riservaditorreguaceto.it



CATCH OF THE DAY



In Puglia, the days are enriched with emotions when we are in contact with those who experience the sea daily, who have grown up there, and have come to know its strength. It is a beautiful experience to admire the coastline aboard a boat, in the company of real fishermen, ready to tell anecdotes and fantastic stories, and to teach us how to recognize fish, to respect them, and to release those that are not yet fully grown, as well as protected species like the bluefin tuna. The rich Apulian fleet still includes **small-scale fishing using artisanal catch systems**. This is sustainable fishing, thanks to the use of compliant nets and non-invasive equipment that varies based on the seasons for the selective catch, respecting minimum sizes. As they do with the Trabucchi (p.18) between **Vieste** and **Peschici** or at **Torre Guaceto**, **Slow Food** fishermen, once a week and weather conditions permitting, fish in the Marine Protected Area. Further south, Otranto provides a rich and varied catch, such as grouper, seabream, snapper, saddled seabream, and cuttlefish, while **Tricase Porto** offers fishing tourism and a visit to the Harbor Museum. On the Ionian, **Gallipoli** (p.89) has the region's richest fleet. Here, there is fishing with drift-nets for bottom fishes, sole, mullet, and cuttlefish, and using creels called nasse, an ancient and sustainable method that allows unsuitable fish to be released. Two Slow Food specialties involve **Porto Cesareo** and **Ugento** (p. 88). A new addition is fishing, only on Saturday and Sunday, beneath the walls of the Taranto castle, on the pier by the navigable channel, where bream is caught in September.



FISHING IN THE NATURE RESERVE

Upon requesting permission from the Park Authority, sport fishing is available at Torre Guaceto – strictly in area “C” and only by rod, from September to May. Those who love fishing can make a reservation to go aboard the vessels from Società Cooperativa Emma, and observe the fishermen's work, or fish with them using their own line. To purchase, visit the Santa Sabina or Specchiolla piers. riservaditorreguaceto.it

Itinerary 7 - Red and blue



SALENTO

“The hope of repairing
lost vital rhythm
and of seeing adults
and children running
in the countryside, chasing the seasons”

Francesca Casaluci, Tommaso Faggiano
Guida Salento_KMØ. Coltivatori di cambiamento



LENGTH OF ITINERARY

252 + 207 Km



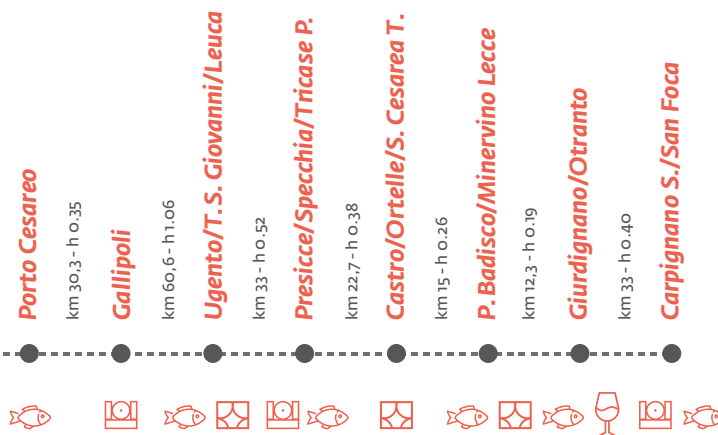
DURATION

7 Days



FOR

those who love drinking well, visiting wine cellars and
eating at the farmhouse, adore festivals and snacking,
and have a weakness for red prawns and sea urchins





Itinerario 7

RED AND BLUE

Red like wine, tomatoes, and chili pepper. Blue like the sea, and humble fish. An itinerary of flavor in **Salento**, with Primitivo and Negroamaro vineyards rooted in history, and a countryside that offers extraordinary fruits: Otranto chicory, Tiggiano parsnip, the baby peas and fava beans of Zollino, and Sieglinde potatoes from Galatina. A host of farmhouses serve legumes cooked in the pignata and homemade pasta, sagne and minchiareddhi. We leave from **Brindisi**, land of the violet artichoke that also becomes an ingredient in farm beers, and of the renowned DOC wine. This land extends to **Mesagne**, with reds and rosés, mostly Negroamaro. We pay a visit to **Francavilla Fontana** for sugar-coated almonds, and **San Pancrazio Salentino** for beers with notes of citrus. The journey winds quickly amid the vine rows leading to **Lizzano** in the province of **Taranto**, home of another DOC wine, and then **Sava and Manduria**, the land of the full-bodied Primitivo and of a thematic museum, continuing among the vineyards in the municipalities of Brindisi and Lecce, where Negroamaro is prominent; from the **Squinzano** and **Salice Salentino** DOC offerings, to those south of Lecce: **Leverano**, **Copertino**, **Nardò**, **Galatina**, **Matino**, **Alezio**, Negroamaro di Terra d'Otranto and Terra d'Otranto. Amid Baroque palaces and churches, **Lecce** deserves a visit for an iced coffee with almond milk, pasticciotto pastries or savory pies and craft beers, made in the many microbreweries between **Lecce** and **Galatina**. There is an endless variety of breads, frise, taralli, and pucce, baked in wood-burning ovens and drizzled with excellent DOP Terra d'Otranto oil, processed until the early twentieth century in the underground presses that were so common in Salento. They can still be visited, for instance in **Presicce**, **Specchia**, **Scorrano**, **Giurdignano**, **Carpignano Salentino**, and **Gallipoli**. There is a party atmosphere, with culinary festivals and events traversing villages and ports, as in **Ugento**, **Maglie**, and **Santa Cesarea Terme**. Tasty seafood dishes, cooked and raw, may be enjoyed along the coastline, from the Ionian to the Adriatic, starting from **Porto Cesareo**, which with **Torre San Giovanni** is a **Slow Food specialty** for artisanal small-scale fishing, passing by way of **Gallipoli**, the realm of red prawns, and arriving in **Leuca**, **Tricase Porto**, **Castro**, **Porto Badisco**, and the stretch between **Otranto** and **San Foca** for our fill of sea urchins and shellfish on the rocks protruding from the sea.

PRIMITIVO

The most famous of Apulian reds, strong, robust, and intensely scented, it pairs perfectly with hearty dishes, like aged cheeses, legume soups, grilled lamb, and almond-paste sweets. A high-octane tour starts from the ancient Messapian city of Manduria, which gives its name to **DOC Primitivo di Manduria** and to **DOCG Primitivo di Manduria Dolce Naturale**, and involves about twenty municipalities in the provinces of Taranto and Brindisi, where this native variety is farmed, giving life to seductive wines. But Manduria offers not just wine, but Italian Grape Ale beers using Primitivo must, an Imperial Stout with a dry taste of licorice, and beer using Alessano white, with intense notes of linden on the palate.



NEGROAMARO

This is the main variety, the one most farmed in Salento, with more than 30,000 hectares planted in the three provinces of Lecce, Brindisi, and Taranto, and a presence in a great many DOC wines. A wine is produced that is dark in color, as confirmed by the name's etymology. Vigorous yet harmonious, it is dry in flavor, while fruity and velvety at the same time. The best way to discover it is to visit the wine cellars, stroll through the vineyards, and listen to the winegrowers' stories. Excellent in pure form, both red and rosé, it is surprising when produced in its white version. It is perfect with dishes from the Salento tradition: *sagne 'ncannulate*, horse "pieces" in tomato sauce, and charcoal-grilled *turcinieddhri* (lamb or goat rolls), but also with seafood first courses and shellfish.



FRISE & PUCCE

The undisputed queen of summer dinners, **Friseddha** is a crunchy loaf of durum wheat or barley, baked twice after being cut into two. Softened in water, it is dressed with small tomatoes, extra-virgin olive oil, and oregano. Food lovers can choose from a host of varieties, with cucumbers, tuna and chili pepper, as well as gourmet offerings. The bread-making leftovers from *friselle* gave rise to **'mpille e pizzi** – tasty, soft rolls with black olives, onion, tomato, zucchini and bell peppers, their names and ingredients varying from one area to the next. Also highly appreciated is **Puccia**, pizza bread made with durum wheat bran. Round in shape, soft on the inside and with a golden crust, it is excellent on its own, filled with grilled vegetables or pieces of horse meat. An alternative is **Uliata**, puccia filled with black olives, while **Puddica Salentina** is composed of two disks of dough, one on top of the other, filled with onion, tomato, black olives, and anchovies. 📞 **Lecce +39 0832 246517; +39 0832 242099**

CANT-MISS EVENTS

In late July, **Specchia Gallone**, a hamlet of **Minervino di Lecce**, hosts the **Friseddha Festival**, where the specialty can be sampled with a variety of ingredients: fried eggplant, roasted peppers, small tomatoes, and arugula.



Lecce's savory pie

A delight of Salento street food is a disk of puff pastry filled with béchamel, fior di latte mozzarella, tomato pulp, and black pepper; baked for a few minutes, it is served golden and crunchy, and must absolutely be eaten hot, taking care not to be burned.

Vincotto Salentino

A tasty condiment with a sweet and sour flavor, it is obtained from the long withering of Negroamaro and Malvasia Nera. The must that is produced is set to boil for a whole day, and preserved in oak barrels with vinegar starter, in which it rests for four more years.

Masserie Didattiche (Educational Farms)

From seed to bread, from bee to honey, from milk to cheese: a host of workshops for getting close to nature and discovering the production chain. These are fun experiences for the whole family: visitors can take part in preparing homemade pasta, and taste warm ricotta. In the summer, Masserie sotto le stelle is a special white night dedicated to the rural world. www.viaggiareinpuglia.it

Galatina

Not just the land of Pasticciotto, it is also home to the Africano, a zabaglione (egg yolk and sugar) cookie invented in 1793. Crunchy to bite into, it then melts in your mouth.

Lecce and its province

Salento boasts a high number of artisanal breweries and beer firms. The beers are inspired by Anglo-American styles adapted to the territory, like the double-malt fruit beer flavored with quince, and the golden Tripel with artisanal thyme honey, or beers with yeasts in which the malt and hops are joined by stale bread, produced in Castromediano, and Blonde Ale with added organic hemp in Galatina.

Leverano

Vino novello takes center stage in early November, at the lively Novello in festa, an appointment rich with events, typical recipes, and picturesque shows.

 **Leverano +39 0832 923455**

Ugento

In early August, there is a festival dedicated to Salento's most ancient dish, mentioned by Horace in 35 BC: ciceri e tria ccu lli frizzuli, which is to say short tagliatelle, part of which fried, joined by chickpeas.  **Ugento +39 0833 555476**

Ricotta Marzotica

The name refers to the period when it is most produced, in March or at any rate during the spring, when sheep and goats graze in the green fields, nibbling on the fresh grasses that make the milk richer. Similar to ricotta forte, it is aged for 15 to 30 days and is enjoyed on its own, with fava beans, or grated on orecchiette with tomato sauce.



PORTO CESAREO

This is a Marine Protected Area and Slow Food location for **small, artisanal fishing**, adhered to by vessels and cooperatives of fishermen who also organize fishing tourism outings. Mackerel, painted comber, moray eel, redfish, weaver, gobies, grills and striped mullet are the humble fishes, the basis for the recipes offered in the area's restaurants, like **Quatàra**, a typical soup that takes its name from the copper bottom boiler used to cook it. It is prepared as in days of old: onion is sautéed, and sauce is added, then water, and then, in order, cuttlefish, slipper lobsters, and, lastly, the fish. **Info +39 0833 560144, ampportocesareo.it.**

TORRE SAN GIOVANNI

Here, the **traditional fishing of the Ugento shoals**, a Slow Food specialty, is practiced with Società Cooperativa Pescatori Padre Pio. The nets are thrown into the water the evening before, and in the morning they are pulled back out. During the summer, seabream, curled picarel, and mullet can be found; autumn is for oily fish, like mackerel, skipjack, yellowtail, while winter is for octopus and cuttlefish. Visitors may enjoy a fishing tourism experience by boat while listening to the fishermen's stories, and enjoying an onboard aperitif; then it's on to the ancient Messapian city of Ugento. Fish is purchased on the dock at the harbor of **Torre San Giovanni**. **Info +39 328 1808089**



GALLIPOLI

Zuppa alla gallipolina, scapece, octopus cooked in the pignata: a host of recipes to make your mouth water. These are humble yet exquisite dishes. Just stroll through the alleyways of the old city to smell their aromas: that of small chunks of **octopus** stewed in the terracotta pignata with oil small tomatoes, onion, parsley, and freshly ground black pepper; that of the **soup** obtained from a mix of soup fishes, to which pieces of monkfish, grouper, conger, bream, mussels, prawns, and cuttlefish are added. Then there are the **red prawns**, slightly sweeter than the classic ones, excellent raw and drizzled with extra-virgin olive oil, or with spaghetti and grilled. A real street food, found only during the Patron Saint's festivities, is **scapece**: oily fish fried and marinated in tubs, between layers of the soft part of bread soaked with vinegar and saffron, which gives it its yellow color. **Info Gallipoli +39 0833 262529**

The oil capital

The heart of Gallipoli hides a dense network of underground olive presses that until the mid-twentieth century had a yield famous for the trade in lamp oil which lit Europe's great capitals from London to Saint Petersburg. Of the 35 presses, only a few may be visited, and the seventeenth-century one at Palazzo Granafei is the most representative, with a large millstone, the storage spaces called sciave, Calabrian-style screw presses, olive presses, and the various decantation tanks.

Info +39 0833 264242 Associazione Gallipoli Nostra

Sea urchins

The philosophy of Salento cuisine is to enhance the humblest products, elevating them to become true specialties, like the slightly sweet sea urchins. Common along the entire coast, they are eaten by the sea, especially at Porto Badisco and San Foca. They are excellent raw as antipasti, but also with pasta – spaghetti or linguine. To safeguard their survival, biological rest periods are imposed in May and June.

Santa Cesarea Terme

In late July, the Fish Festival near Torre di Porto Miggiano is the occasion to have one's fill of scapece, shellfish, mussels cooked over the flame ("a vampa"), granu stumpatu, cuttlefish with potatoes, and oily fish.

 **S. Cesarea Terme +39 0836 944043**

The Tables of St. Joseph

On 19 March, the day of St. Joseph, Giurdignano, Uggiano La Chiesa, Casamassella, Minervino di Lecce, San Cassiano, and other Salento towns host the ancient ritual of the symbolic tables, laid out in the Saint's honor. The banquet includes the Holy Family enlarged to at most 13 diners (once the city's needy, now it is open to all) and a sequence of nine courses of humble foods, including massa di San Giuseppe (based on pasta, chickpeas, and *mugnuli*), lampascioni onions, fried fish, stockfish, cartellate, and large votive breads.

Meloncella

Oblong in shape with a slight, green fuzz and a fresh, delicate flavor, this Salento variety derived from melon is eaten raw and known by various names, like *pupuneddra* and *cummarazzo*.

Giurdignano

Appearing along the megalithic path leading to the discovery of dolmens and menhirs, is Trappitello del Duca, the underground olive press operative from the sixteenth to the mid-twentieth centuries. Inside, visitors may see the base of the millstone, the presses, the olive storage places called *sciave*, and the various settings for the stables and for the olive press workers to rest. **Info +39 339**

8456093

Carpignano Salentino

An example of industrial archaeology, at the underground olive press in Piazza della Madonna delle Grazie, two Calabrian and Genoese-style olive presses have been reconstructed, and visitors may see the sleeping and dining areas where olive press workers spent many months of the year.

Info +39 349 5643026

Or. Vi. suckling pig

In late October, the San Vito Fair in Ortelle is a major market exhibition with popular music, conferences, and tastings, especially renowned for the boiled and roasted pig, accompanied by bread, local wine, and "cecore a menesta," wild chicory boiled in broth with fresh pancetta. The initials Or. Vi. guarantee the origin and processing chain, with absolute respect for genuineness.



SWEET PUGLIA



Here, pastry is an experience to be lived, an experience that tells age-old stories, has roots in the peasant tradition, and uses unique ingredients like intensely flavored and slightly buttery Toritto almonds. They are excellent for the **almond paste** with which festive sweets and fruttini marzipan are made, as well as marzipan Christmas fish and Easter lambs, filled with brittle, a layer of sponge cake soaked with Strega or Amaretto, faldacchiera, and pieces of pear or quince jam. A concentration of flavors that explode in the mouth and are discovered in the classic **Fruttoni salentini**, filled with jam and coated in dark chocolate, while the shortcrust pastry **Pasticciotto**, made with lard, is filled with custard. **Purceddhuzzi** are a Christmas treat; fried and immersed in warm honey or vincotto, brittle and citrus-scented they are decorated with pine nuts and anise seeds. Then there are **Cartellate**, a constant presence on Apulian tables and always linked to Christmas. Shaped like a rose or a halo, they consist of thin strips of puff pastry made with flour, oil, and white wine, fried and immersed in vincotto made with figs, or in honey. The same dough and procedure is used for Bari's **Calzoncelli** or calzengiidae, also called Cuscini degli Angeli ("angel pillows"), small panzerotti filled with ricotta and chopped almonds, or grape jam and quinces, while in the Foggia area the filling is based on hazelnuts or a cream of chickpeas and chocolate. Then there are **Apulian Sosomelli** or **Sasanelli**, soft and spiced, with almonds, cloves, and cinnamon. In the Bari area, they are typical of Christmas; in Salento they are called **Mostaccioli** and are coated with chocolate icing, while in the Foggia area they share the circular shape of black vincotto Taralli. Also exquisite is **Passionata di Troia**, whose shape brings Bisceglie's sospiri to mind, and the Sicilian cassatina in the ricotta cream or biscuit variety, all coated with almond paste. Lastly, there is **Scarcella**, an Easter treat, known as cuddura or puddhica throughout Salento. Savory in origin, with the arrival of sugar it became a shortcrust pastry, round or shaped like a dove, doll, rooster, or horn, with a hard-boiled egg symbolizing life. Ideal for accompanying traditional Apulian pastry, **Aleatico di Puglia DOC**, at least 85% obtained from aleatico grapes with an addition of Negroamaro, Malvasia Nera, and Primitivo, is vigorous to the nose, and pleasantly sweet and balanced to the palate.

Index of places

A Acquaviva delle Fonti p. 60-63-64-68; **Adelfia** p. 44-47-51; **Alberobello** p. 71-73-77; **Alezio** p. 80-83; **Altamura** p. 6-60-63-64-68; **Andria** p. 35-37-39-43-68; **Ascoli Satriano** p. 25-27-31-55; **B** Bari p. 2-23-45-47-48-50-51-52-53-69; **Barletta** p. 35-37-40; **Bisceglie** p. 35-37-39-41; **Bitetto** p. 44-47-51; **Bitonto** p. 44-47-50-51; **Brindisi** p. 5-43-80-83; **Bovino** p. 25-27; **C** Cagnano Varano p. 13-15; **Canosa di Puglia** p. 34-37-40; **Carlantino** p. 24-27-28; **Carovigno** p. 5; **Carpignano Salentino** p. 81-83-91; **Carpino** p. 13-15-20-23-68; **Castel del Monte** p. 34-37-40; **Castellana Grotte** p. 71-73; **Castelluccio Valmaggiore** p. 55; **Castelnuovo della Daunia** p. 24-27-31; **Castro** p. 81-83; **Ceglie Messapica** p. 70-73-76; **Cerignola** p. 25-27-30; **Cisternino** p. 5-71-73-74; **Conversano** p. 45-47-49-50; **Copertino** p. 80-83; **Corato** p. 35-37-41-43; **Crispiano** p. 61-63-65; **E** Egnazia p. 5; **F** Faeto p. 24-27-28; **Fasano** p. 5-70-73-77; **Foggia** p. 2-24-27-31-33; **Francavilla Fontana** p. 80-83; **G** Galatina p. 80-83-86; **Galatone** p. 80-83; **Gallipoli** p. 59-79-81-83-89; **Gioia del Colle** p. 2-43-57-60-63-65-66; **Giovinezza** p. 44-47; **Giurdignano** p. 81-83-90-91; **Gravina in Puglia** p. 43-60-63-64-66; **I** Ischitella p. 12-15-18; **L** Laterza p. 6-61-63-65; **Lecce** p. 69-80-83-86-87; **Lesina** p. 13-15-19; **Leverano** p. 23-80-83-87; **Lizzania** p. 80-83; **Lucera** p. 24-27-30-33; **Locorotondo** p. 71-73-76; **M** Maglie p. 3-80-83; **Manduria** p. 2-80-83-84; **Manfredonia** p. 12-15-16-55; **Margherita di Savoia** p. 33-34-37-41; **Martina Franca** p. 56-71-73-74-76; **Matino** p. 80-83; **Mattinata** p. 12-15-16; **Mesagne** p. 80-83; **Minervino Lecce** p. 81-83-85-90; **Minervino Murge** p. 34-37-38; **Mola di Bari** p. 45-47; **Molfetta** p. 44-47; **Monopoli** p. 5-45-47; **Monte Sant'Angelo** p. 6-12-15-17; **Monteleone di Puglia** p. 25-27-28; **N** Nardò p. 23-80-83; **Noci** p. 71-73-75; **O** Orsara di Puglia p. 25-27-29; **Orta Nova** p. 25-27-30; **Ortelle** p. 81-83-91; **Ostuni** p. 5-70-73; **Otranto** p. 79-81-83; **P** Palagianò p. 61-63-67; **Palo del Colle** p. 6; **Parco Naturale Dune Costiere** p. 70-73-77; **Peschici** p. 12-15-19-68; **Polignano a Mare** p. 45-47-51; **Poggiorsini** p. 23-60-63-67; **Porto Badisco** p. 69-81-83-90; **Porto Cesareo** p. 79-81-83-88; **Presicce** p. 81-83; **Putignano** p. 71-73-75; **R** Rignano Garganico p. 6-13-15-21; **Riserva Naturale Torre Guaceto** p. 70-73-77-79; **Rodi Garganico** p. 12-15-18; **Rutigliano** p. 23-44-47-51; **Ruvo di Puglia** p. 35-37-38; **S** Salice S. p. 80-83; **Sammichele di Bari** p. 45-47-56; **San Ferdinando di Puglia** p. 34-37-41; **San Foca** p. 81-83-87; **San Giorgio Ionico** p. 61-63-67; **San Giovanni Rotondo** p. 13-15; **San Marco in Lamis** p. 13-15; **San Michele Salentino** p. 70-73-76; **San Severo** p. 24-27-30-31; **S.M. Leuca** p. 81-83; **San Nicandro Garganico** p. 13-15-19-23; **San Pancrazio S.** p. 80-83; **Sant'Agata di Puglia** p. 25-27-26; **S.Cesarea Terme** p. 81-83-90; **Santeramo in Colle** p. 6-57-61-63; **Sava** p. 80-83; **Savellietri** p. 69-70-73; **Scorrano** p. 80-83; **Specchia** p. 81-83; **Spinazzola** p. 38; **Squinzano** p. 80-83; **T** Taranto p. 5-54-61-63-66-67-69; **Terlizzi** p. 44-47-50; **Toritto** p. 44-47-49; **Torre Canne** p. 5; **Torre San Giovanni** p. 81-83-88; **Trani** p. 35-37-40; **Tricase Porto** p. 79-81-83; **Triggianello** p. 45-50; **Trinitapoli** p. 34-37-41; **Turi** p. 45-47-49; **U** Ugento p. 79-81-83-87; **V** Vico del Gargano p. 12-15-18; **Z** Zollino p. 80-83.

Photo Credits

Roberto Rocca: photo reporting and cover

Vittorio Giannella **Olives** p. 4, **Citrus - Rodi Garganico** p. 14, **Products - Gargano** p. 16, **Lake Varano** p. 19, **Caciocavallo** p. 21, **San Severo** p. 26, **Canestrato** p. 28, **Oil-Daunia** p. 29, **Small tomatoes** p. 32, **Orecchiette** p. 36, **Cardoncelli Mushrooms** p. 38, **Turnip greens** p. 40, **Olives-Artichokes-Grapes** p. 41, **Ferrovia Cherries** p. 49, **Orecchiette-Vittoria grapes** p. 51, **Ciambotta** p. 55, **Acquaviva Onions** p. 66, **Spumante** p. 76, **Mackerel** p. 78 / Carlo Elmiro Bevilacqua **Filled wafers-Monte Sant'Angelo** p. 17 / Zeta Code **Beer** p. 50, **Meloncelle** p. 91 / PugliaPromozione **Carrots -Polignano** p. 51, **Ciciri e tria** p. 58 / Andrea Ruggeri **Trabucco-Peschici** p. 18, **La Burrata** p. 43, **Orecchiette with turnip greens** p. 52, **Charcoal-grilled sausages** p. 56 / Giorgia Esposito **Braid of mozzarella** p. 42, **Pasta with mussels** p. 54-67/F.Ili Tartaglione **Ragù di brasciole** p. 57, **Clementines IGP- Gulf of Taranto** p. 67, **Fiaschetto Tomato - Torre Guaceto** p. 77 / Pietro Crivelli **Regina Tomatoes** p. 77 / Nick Warner **Castro** p. 78 / Giuseppe Tricarico **Grape harvest** p. 84 / Helmut Berta **Savory pies Lecce** p. 86

Editorial and graphic coordination by **Pugliapromozione**

Historical research and texts by **MP Comunica**

©Copyright PUGLIAPROMOZIONE – 2020 Edition



PUGLIA

UNEXPECTED ITALY

A PUGLIAN MASSERIA
VALLE D'ITRIA

#WEAREINPUGLIA
f t y o i n

As you seek awareness in nature, you can set your mind
at peace in a farmhouse amid age-old olive groves.

WEAREINPUGLIA.IT
Fly to BARI and BRINDISI





UNEXPECTED ITALY

WEAREINPUGLIA.IT

FLY TO **BARI** AND **BRINDISI**



UNIONE EUROPEA

PO **PUGLIA**
FESR-FSE
2014/2020

Il futuro alla portata di tutti
Asse VI - Azione 6.8



REGIONE PUGLIA



PROMOZIONE
Agenzia Regionale del Turismo