



LAZIO'S AGRI-FOOD HERITAGE

BETWEEN BIODIVERSITY AND TRADITION



ARSIAL

Agenzia Regionale
per lo Sviluppo e l'Innovazione
dell'Agricoltura del Lazio

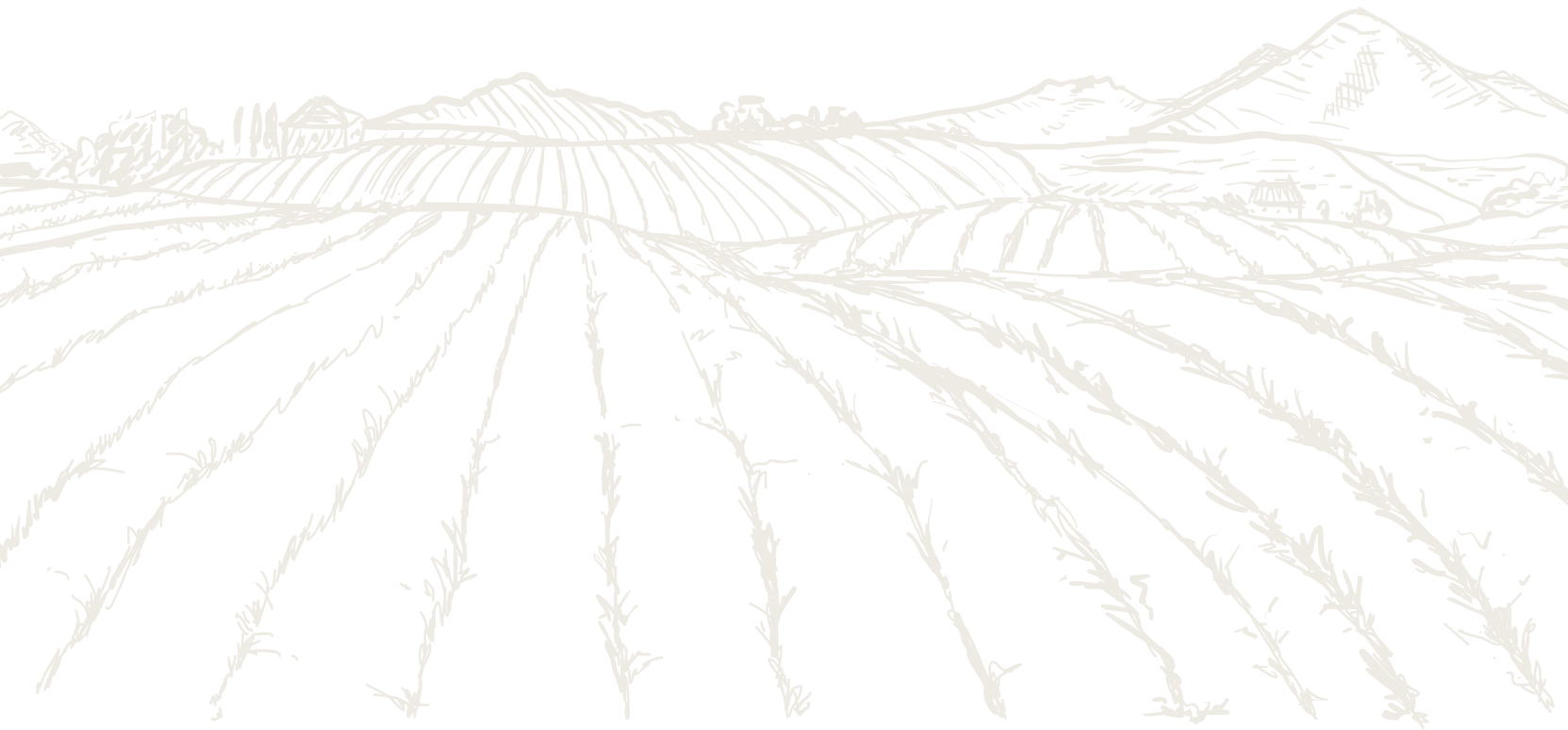


**REGIONE
LAZIO**



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Lazio Region

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Biodiversity that makes local communities protagonists

The heritage of values and benefits guaranteed by biodiversity does not only concern the agricultural sector, but it is also one of the main gateways to a more balanced, sustainable and lasting development of territories. It is one of the main tools for putting local communities back at the centre, making them the protagonists in a widespread process of enhancing the value of traditional products and wealth, as well as protecting them. "Overcoming the separation between biological and socio-economic factors" and linking agricultural biodiversity and collective knowledge is the message behind this research study by Vincenzo Padiglione, carried out in collaboration with Sapienza University of Rome and Arsial, which has been studying these areas for years.

We need to think about the integration of sectors: on the one hand, the recovery of knowledge and vocations, the promotion of traditional agri-food products, the enhancement of native animal breeds and plant resources and, on the other, the improvement of public services, the rediscovery of places, the re-appropriation of space and the challenge of eco-sustainable tourism. It is only by making the territories and the people who live in them the protagonists that we will be able to transform our commitment to defending our natural and cultural heritage into a perspective of long-term growth. A perspective that will contribute to the development of the entire region, starting with the revitalisation of inland areas and the agri-food heritage, which are one of the elements that make our country unique and inimitable.

President of the Lazio Region
Mr. Nicola ZINGARETTI

A unique agri-food heritage in our Region

Being a player in local development in a region such as Lazio implies a constant relationship with complexity: an irrigated coastline, oriented towards the international market with its dairy and fruit and vegetable production, is surrounded by dozens of small rural districts, each with its own specialties: from legumes to sheep and goat cheeses, pork products, olive oils, wines from indigenous vineyards, meat from pasture-raised breeds, ancient varieties of fruit and vegetables.

This volume, which is a compendium of our regional agri-food heritage, attests to a wealth of traditional production based on two major relationships: on the one hand, between agricultural biodiversity and the land; and, on the other, between material culture and product preparation methods.

This unsuspected heritage, which includes hundreds of references, makes Lazio one of the richest regions in terms of traditional agri-food productions, which all too often have, in the small scale of production, the limitation to be removed in order to approach the most profitable markets.

The efforts that many small agricultural and agri-food enterprises are making to emerge, show that the processes of abandonment of production are not inevitable.

Alongside the diversification of businesses, which are committed to short supply chain models and wine and food tourism centred on local products, the regional administration is also firmly committed to new strategies to enhance local production, which counteract the processes of abandonment of inland areas and revitalise a model of sustainable agriculture, in the knowledge that one is part of a very precious whole.

*Councillor for Agriculture, Supply Chain and Food Culture
Promotion, Environment and Natural Resources*

Ms. Enrica ONORATI

Arsial for local systems

Lazio is a region that, due to the particular geological and climatic characteristics of its territory, is able to offer a wide variety of typical products, which have their roots in ancient times and tell us about places, traditions and flavours of inestimable historical, artistic and social value.

This volume, which has been produced thanks to the invaluable work, expertise and professionalism of our technicians, aims to tell these stories of passion to make the general public, and especially young people, aware of the agri-food excellence and traditions typical of our land.

Indeed, one of ARSIAL's missions is to catalogue, preserve and disseminate Lazio's genetic heritage and to protect the biodiversity of those animal and plant species that have such special characteristics as to make them unique and unrepeatable. Without forgetting support for improving the quality of production.

We are convinced that defending typical quality products, traditional to our villages, is in itself an important factor in the development of the territory and for this reason we would like to thank all those producers who tenaciously continue to preserve these particular varieties of products, as well as the world of universities and research that supports them daily in this effort. In short, we want to combine tradition and innovation, to encourage development by focusing strongly on the agri-food sector. This is our challenge.

Our concern is to create the conditions for harmonious and sustainable development, looking to the future. We want to produce wealth by opening up to the world, but always remaining anchored to our roots.

If, as you leaf through every single page of this publication, you feel an emotion, smell a different fragrance or discover a new flavour, then we will be satisfied with our work.

Introduction

The publication of this volume on the agri-food products with PD/GI, traditional and biodiversity in Lazio coincides with the 20th anniversary of DM 350/99 which, by regulating the identification of PAT (Italian Traditional Agri-Food Products), has contributed to the paradigm shift in local development models, increasingly focused on the food and wine basket of the territories rather than on commodities, exposed to competition from non-EU countries even in the most competitive coastal areas of the irrigated plain, due to the progressive opening of markets. On the basis of the regional mandate, the Agency has developed over time a pool of technical, historical and anthropological competences, and started collaborations with the research system, to ensure that the recognition of traditional products, the characterization of typical ones, the recovery of agricultural biodiversity meet scientific criteria extended to the entire territory. This was done in order to objectify a package of services for local systems, including:

- the preparation of dossiers for the PD/GI characterisation of quality food and wine production;
- the PAT census, enhancing the local ecotype-cultivation-product relationship, which also led to the first regional repertory of traditional products of agricultural biodiversity published in Italy so far;
- access to hygiene and health derogations for the maintenance of traditional methods, with the support of scientific bodies, notifying the EU, through the Ministry of Health, of more than 100 derogations for 91 PATs;
- the recovery of autochthonous plant varieties which, in particular for the wine sector, constitute the basis for the renewal of the regional ampelographic platform and, for the horticultural and fruit sector, a strong diversification tool;
- the support of small producers for the labelling of products according to the current EU regulations.

A quick examination of the work developed by ARSIAL allows us to outline a wide range of opportunities/threats: if, on the one hand, there is objective evidence of the ability of many PATs to remunerate work even in mountain districts historically oriented towards self-consumption, it is worth remembering, however, that at least 1/3 of traditional products are “relict” products, i.e. not claimed by producers holding the appropriate health authorisation, and need a substantial revitalisation of the business functions, which are considerably weakened in marginal areas, subject to depopulation and ageing. It is no coincidence, in fact, that the ‘deposits’ of the traditional are crowded on the slopes of the Apennines, where the orientation to self-consumption has guaranteed the survival of production models with little sectoral interdependence (a goat farmer allocates less than 20% of his turnover in non-farm production factors, a dairy farmer more than 90%); the refractoriness of these models to the pathways of patentable innovation and energy-intensive inputs, the presence of animal and plant resources able to resist environmental stresses, guarantees that resilience to climate change that is now so much in demand for the entire production system.

At the same time, however, there are structural fragilities that are no longer compatible with a market system based on the documentation of processes: a supply chain centred on supplier accreditation, health safety, traceability and retraceability implies a full implementation of standards and controls: If the processing of raw milk cheeses is now a must for the preservation of the specific microflora and the aromatic profile of the plant essences, breeders are called upon to document systematic control levels on bacterial load and somatic cells, which can no longer be waived: tradition cannot renounce food safety, except for health derogations that are recognised as being compatible. When it is not health safety, it is the preservation of flavour profiles that requires structural adaptations: a cold chain from field

to consumption, or the integration of services for vegetables for fresh consumption, particularly in the case of non-climacteric fruits (cherries, table grapes, strawberries, raspberries, figs, etc.) which must only be harvested when ripe and which have a reduced shelf-life, often only compatible with short supply chain models.

At the same time, the destiny of the products of the most valuable livestock sectors is increasingly influenced by naturalistic planning: alongside the need to allocate the pastures of the public domains to native breeds that are increasingly threatened by predation, there is a delay in implementing the traditional agricultural model in the conservation strategies of the Natura 2000 network.

One example above all: while the regional production of pork for cured meats does not even cover 1% of the consumption of the city of Rome alone, the semi-wild grazing of black pigs, which for 15 centuries, from the end of the Roman Empire to World War II, characterised the subsistence of the communities on the Apennine ridge, has been banned because of the damage that rooting can cause, but could be recovered if mobile fencing were adequately encouraged to ensure grazing with tight rotations over large areas. The abandonment of the breeding model, which is in any case critical to manage, has in recent decades handed over the climax vegetation belts at medium altitudes, of the *quercetum* and *castanetum*, to the devastating proliferation of the wild boar, according to the principle that in nature no ecological niche can be emptied without consequences. No hypothesis for combating wild boar can ignore assessments of the semi-natural trophic chains it uses. Similarly, the ban on sheep and goat grazing in the summit areas affected by the primary predators (eagles, wolves, bears, etc.) has led to a considerable

simplification of vegetation, with a rarefaction of the characteristic brome grass clearings, and a further loss of natural biodiversity, as well as a compression of the already limited productive potential of extensive livestock activities.

The recovery of a wide range of plant resources, from beans and lentils to vegetable resources, monovarietal oils and, in particular, autochthonous vineyards, for which the incessant work of characterisation and registration in the national and regional registers of wine grapes, which had never been registered before, has allowed the reactivation of production, which began in the past, has enabled a reactivation of production that began 15 years ago with Moscato di Terracina, now among the PDs that best pay for the grapes in Lazio, which is also the vine that marks the historic boundary between the Greek culture of the Alberello vineyard and the Etruscan model of the festoon vineyard. The work developed by institutions and wineries on a dozen or so native grape varieties, particularly in Ciociaria, is the most vivid sign of the potential that native resources can bring to the revitalisation of supply chains.

For the thousands of technical and social implications, for the considerable opportunities linked to nutritional profiles and for the role that wine and food tourism is playing on an international level, the field of traditional productions, their link with biodiversity, on the one hand, and with the PDs/GIs on the other, remains a great diversification opportunity for a renewed agri-food entrepreneurship, which takes charge of the transition of entire territorial systems from self-consumption to the market.

*Head of the Resources Protection, Supervision
and Production Quality Area*

Mr. Claudio DI GIOVANNANTONIO



PRODUCTS PDO - PGI - TSG

PDO - Protected Designation of Origin

It is a name identifying a product:

- a) originating in a specific place, region or, in exceptional cases, country;
- b) the quality or characteristics of which are essentially or exclusively due to a particular geographical environment and its inherent natural and human factors; and
- c) the production stages of which take place in the defined geographical area.

PGI - Protected Geographical Indication

It is a name identifying a product:

- a) originating in a particular place, region or country;
- b) to whose geographical origin a given quality, reputation or other characteristic is essentially attributable; and
- c) at least one stage of whose production takes place in the defined geographical area.

TSG - Traditional Speciality Guaranteed

It is a name designating a specific product or foodstuff:

- a) obtained by a method of production, processing or a mix that corresponds to a traditional practice for that product or food; or
- b) obtained from traditionally used raw materials or ingredients.

PDOs and PGIs
production area
in the region



FRESH MEAT (AND OFFAL) AND MEAT PRODUCTS (cooked, salted, smoked, etc.)



FRESH MEAT Category (AND OFFAL)

1. 'Abbacchio Romano' PGI
2. 'Agnello del Centro Italia' PGI
3. 'Vitellone Bianco dell'Appennino Centrale' PGI



MEAT PRODUCTS Category (cooked, salted, smoked, etc.)

1. 'Mortadella Bologna' PGI
2. 'Porchetta di Ariccia' PGI
3. 'Prosciutto di Amatrice' PGI
4. 'Salamini Italiani alla cacciatora' PDO



ABBACCHIO ROMANO PGI



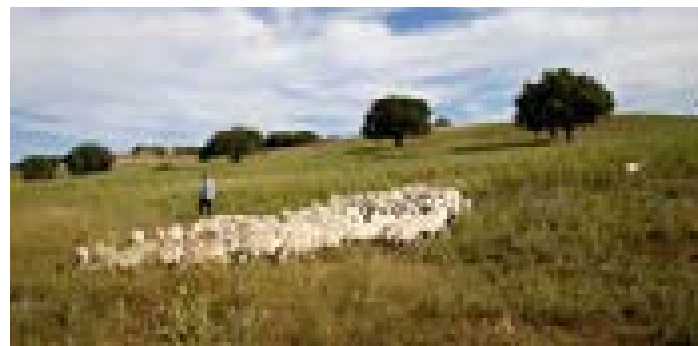
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(SOPRAVISSANA
SHEEP)



PRODUCTION AREA The production area of 'Abbacchio Romano' PGI covers the whole of the Lazio region which, thanks to the nature of its relief (limestone and volcanic mountains, hills, alluvial plains), an average annual temperature varying between 13 and 16° C, annual rainfall (ranging from a minimum of 650 mm along the coastal strip and 1,000-1,500 mm in the inland plains up to 1,800 mm in the Terminillo and Simbruini mountains), makes it possible to exploit the best conditions for sheep farming, without causing any stress to the animals. The natural factors allow the sheep to make use of the natural meadows and pastureland to give particular qualities to the milk used to feed the lambs and, consequently,



to the meat, resulting in a synergy that is exceptionally favourable not only in terms of quality but also in terms of the homogeneity of its characteristics.



PRODUCT DESCRIPTION The designation 'Abbacchio Romano' is reserved exclusively for male and female lambs born and reared in the wild and semi-wild belonging to the Sarda, Comisana, Sopravissana, Massese, Merinizzata Italiana breed and their crosses. The meat of the 'Abbacchio Romano', marketed in different cuts (whole, half-carcase, shoulder, leg, ribs, head and offal), is light pink in colour with white fat cover, fine texture, firm consistency, slightly marbled with fat. Moderate fat cover on the outer surface of the carcass, not excessively on the kidneys. A distinctive characteristic of 'Abbacchio Romano' is the low-fat content, both covering and infiltrated, which makes it particularly suitable for children's food. 'Abbacchio Romano' meat is one of the tastiest white meats, tender and very digestible with a low-fat content.

PRODUCTION METHOD The suckling lamb, 'Abbacchio Romano', is fed on its mother's milk; however, grazing supplementation with natural feed and wild herbs is permitted. The sheep graze on natural pastures, meadow pastures and grasslands typical of the Lazio Region, although supplementation with dry fodder and concentrates is permitted, excluding the use of synthetic substances and genetically modified organisms. The pasture may be natural, but sometimes the shepherd cultivates grasslands that he rotates to graze because of the vegetative discontinuity of natural pastures, which does not allow a constant availability of fodder. Lambs and sheep must not be subjected to forced feeding, environmental stress and/or chemical or hormonal adulteration in order to increase production. Traditional summer grazing is practised, allowing the animals to escape the summer heat and the sheep to feed on fresh forage. Under these conditions, the ewes, which are not subjected to any environmental or nutritional stress, positively influence, with their milk, the quality of the 'Abbacchio Romano' meat. The lambs, no

more than 20 days after birth, are identified by affixing to their left ear a band or ear button containing on the front the identification code of the farm, complete with letters and numbers, and on the back, the progressive number of the animal. The lambs are slaughtered at an age varying (suckling lamb) between 28 and 40 days, at a dead weight of up to 8 kg. Slaughter takes place within 24 hours of delivery to the slaughterhouse. In Lazio the lambing season starts in autumn and ends in spring. The lambing season lasts throughout spring, beginning at Easter and ending on St. John's Day (24 June).

HISTORY BACKGROUND *"Abbacchio"* is the Roman term for a young, suckling lamb slaughtered for sale, which plays a fundamental role in the history of Roman and Lazio cuisine. According to Chiappini Dictionary of Roman dialect *"'abbacchio' refers to a suckling lamb or a lamb that has recently stopped suckling and 'agnello' a lamb of almost one year of age that has been shorn twice already"*. This is an exclusively Lazio denomination, so much so that, continues Chiappini, *"in Florence, no distinction is made, both are called lambs"*. The ancient Romans preferred kid but, according to Giovenale, the very young lamb was: *"... the tenderest of the flock, a virgin of grass, more filled with milk than with blood ..."*. The Roman Forum, which became Campo Vaccino in the 15th century as the site of the cattle market, was the place where, as early as 300 A.D., the market for lambs, castrated lambs and sheep was held. After the fall of the Roman Empire, the Popes banned sheep from grazing throughout the Roman Campagna before Sant'Angelo di settembre (29 September) and imposed the exit of the entire territory on Sant'Angelo di maggio (3 May); the cattle then set out again to reach the cool pastures of the Apennines and escape the summer heat. The market for lamb and mutton, which had become big business, was regulated by very strict rules, such as customs, the *grascia* (the supplies) for the meat trade, the *annona* (section of the public administration dealing with foodstuffs), edicts and taxes. In an edict dated 17 October 1768, signed by Cardinal Carlo Rezzonico, Cardinal Carmelengo of the Holy Roman Church, which was issued to regulate the sale of lambs *"... from the usual harassment, monopolies and deception of dealers or those commonly known as bagarini"* (which already existed at the time), sheep farmers were required to sell whole lambs exclusively in the city squares and public places of Rome. Whole parcels but not *"less than six pounds, nor abortive, nor deadly"*, otherwise fines would be imposed on them. Everything had to take place in daylight and scalpers who tried to hoard lambs were sentenced to three stretches of rope, as were the hoarders and their accomplices. To track them down, they even resorted to spying with a reward. The accuser would then receive half the fine and the value of the seized goods. Father Zappata, in his es-



say on *abbacchio*, taken from the book *Roma che se va*, published in 1885, describes the struggles that took place in previous centuries between country merchants who wanted to *abbacchiare* (kill the lamb) and the papal government, which wanted to at least curb or even prohibit the initiative, from the month of September until Passion Week. Among the reasons for the Pontiffs' refusal was Rome's absolute need for abundant and good quality wool to dress cardinals, prelates, abbots, friars and the entire curia.



ABBACCHIO ALLA ROMANA

Ingredients: for 4 people: a 1 kg leg of 'Abbacchio Romano' PGI; 3 spoons of extra virgin olive oil; 1 glass of white wine; 1/2 glass of white vinegar; 4 potatoes; 3 sprigs of fresh rosemary; 4 sage leaves; 1 garlic clove; flour, salt and pepper.

Method: cut the leg of 'Abbacchio Romano' into pieces and flour them. Heat the oil in a large pan and brown the lamb on high heat for about 10 minutes. Season with salt and pepper. Add the sprigs of rosemary and sprinkle with the chopped sage and garlic. Turn the pieces several times to allow them to take on flavour. Pour in the wine mixed with the vinegar and allow it to evaporate almost completely. Add a ladleful of boiling water and the potatoes, peeled and cut into wedges. Cover and bake in a preheated oven at 180°C for half an hour. Arrange the Abbacchio on a serving dish and serve piping hot.

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AGNELLO DEL CENTRO ITALIA PGI



LINK WITH
BIODIVERSITY
(SOPRAVISSANA
SHEEP)



tained from the slaughter of lambs less than 12 months old, in three types of carcass characterised by their fat content and conformation, as defined by the Community rules in force: *light lamb*, weighing between 8.01 and 13.0 kg; fat cover status within classes 1, 2, 3 as defined in the “Community scale for the classification of carcasses of light lambs”; *heavy lamb*, weighing 13.01 kg or more; conformation within classes: U, R, O; fat cover under classes: 2, 3, 4, as defined in the “Community scale for the classification of carcasses of ovine animals”; *castrated lamb*, weighing 20.0 kg or more; conformation under classes: E, U, R; fat cover under classes: 2; 3; 4; as defined in the “Community scale for the classification of carcasses of ovine animals”. Light and heavy lambs may also be traditionally packaged with the peritoneum adherent to and closing off the thoracic cavity. The pH of the meat is between 6.15 and 6.80 when measured after all slaughter procedures have been completed and before chilling of



the carcasses begins; or between 5.15 and 5.80 when measured 24 to 30 hours after slaughter. The pH shall be measured on the *Longissimus thoracis* muscle, which shall be performed at the portions of the muscle whose anatomical basis is the 10th to 13th thoracic vertebrae.

PRODUCTION METHOD The ‘Agnello del Centro Italia’ is made from the carcasses or meat of lambs born and reared in the geographical production area and belonging to the following genetic types, breeds and crosses thereof: Appenninica, Bergamasca, Biellese, Fabrianese, Merinizzata Italiana, Pomarancina, Sopravissana, Zerasca; Comisana, Cornella Bianca, Cornigliese (Corniglio), Garfagnina Bianca, Gentile di Puglia, Massese, Pagliarola, Pecora delle Langhe. Male lambs may be subjected to sexual neutralisation. Lambs must be fed exclusively on mother’s milk until weaned. Thereafter, the food base is made up of fodder consisting of wild

PRODUCTION AREA The geographical area in which the ‘Agnello del Centro Italia’ is reared includes the territories of the following regions: Abruzzo, Lazio, Marche, Tuscany, Umbria, Emilia-Romagna (limited to the whole of the provinces of Bologna, Rimini, Forlì-Cesena, Ravenna) and, in part, the provinces of Modena, Reggio nell’Emilia and Parma, delimited by the A1 Bologna-Milan motorway from the border of the province of Bologna to the junction with the A15 Parma-La Spezia motorway and from the latter to the border with Tuscany.

PRODUCT DESCRIPTION The ‘Agnello del Centro Italia’ is ob-



meadow and pasture grasses, cultivated legumes and grasses, feed, mineral and vitamin supplements up to a maximum of 0.4 kg/day/head. Lambs must be slaughtered (by cleanly cutting the jugular vein) within two days of leaving the farm and when they have not yet developed permanent incisors in their teeth, even at



an early stage. Carcass evaluation is carried out at the abattoir after slaughter and weights are recorded “hot”. Alternatively, it is possible to assess the carcass “cold” after chilling, taking into account a weight loss due to chilling of 1% for light and heavy lambs and 2% for castrated lambs. The basic presentation is obtained by freeing the carcass from the skin and intestinal tract, including the removal of the gall bladder and thymus; without head, separated from the carcass at the atlanto-occipital joint; without legs, separated at the carpometacarpal or tarsometatarsal joints; without tail, separated at a height between the sixth and seventh caudal vertebrae; without udders and genitals; without crown, heart, spleen, liver, diaphragm, lungs or trachea. Kidneys and kidney fat are part of the carcass. In order to relate the recorded gross weight to the basic presentation of the carcass and excluding the “mutton” type, where the anatomical parts of the head, including the tongue, and/or the

pluck have not been separated from the carcass, a correction factor of 8% for the presence of the head and 12% for the presence of the pluck must be applied to the weight.

HISTORY BACKGROUND The reputation of the ‘Agnello del Centro Italia’ has been well-established since 1961 and was first mentioned in a document published in September of that year by the Associazione Nazionale della Pastorizia (National Association of Sheep and Goat Breeders) in the context of the Inter-Regional Sheep Show held in Castelluccio di Norcia (Perugia), which stated that *“the aim is to improve living conditions in mountain areas by providing them with the necessary conditions for the development of sheep-farming and lambing in central Italy in particular”*. Further proof of this reputation can be found in the proceedings of the first meeting organised by the National Association of Sheep and Goat Breeders in Verona in 1976 on *“Problems and prospects of sheep and goat breeding in Italy”*. A breeder pointed out that *“In Umbria, in addition to the Sopravissana breed, which is mainly present in the Norcia and Spoleto areas, we have the Appenninica breed, which are two native breeds that produce the Central Italian lamb”*. In the same document, the breeders’ representative from Umbria also spoke, pointing out that there had been a decrease in the number of sheep being reared and pointing out that *“The areas affected by this phenomenon are large and suitable and belong to the vast swathe of central Italy where, among other things, transhumance was practised to the maximum, given the large availability of natural meadows and pastures; these are Umbria, Lazio, Marche, Abruzzo, Romagna and Tuscany”*.

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VITELLONE BIANCO DELL'APPENNINO CENTRALE PGI



PRODUCTION AREA The geographical area of production of the 'Vitellone Bianco dell'Appennino Centrale' is the territory of the provinces located along the Apennine ridge in central Italy. More precisely, the production area covers the territories of the following provinces: Bologna, Ravenna, Forlì-Cesena, Rimini, Ancona, Ascoli Piceno, Fermo, Macerata, Pesaro-Urbino, Teramo, Pescara, Chieti, L'Aquila, Campobasso, Isernia, Benevento, Avellino, Frosinone, Rieti, Viterbo, Terni, Perugia, Grosseto, Siena, Arezzo, Firenze, Prato, Livorno, Pisa, Pistoia; Rome (only the municipalities of Arcinazzo Romano, Camerata Nuova, Cervara di Roma, Jenne, Mazzano Ro-

mano, Ponzano Romano, Sant'Oreste, Subiaco, Vallepietra, Valinfreda, Vivaro Romano); Latina (only the municipalities of Campodimele, Castelforte, Fondi, Formia, Itri, Lenola, Minturno, Monte San Biagio, Prossedi, Roccasecca dei Volsci, Santi Cosma e Damiano, Sonnino, Spigno Saturnia); Caserta (only the municipalities of Ailano, Alife, Alvignano, Baia e Latina, Bellona, Caianello, Caiazzo, Calvi Risorta, Camigliano, Capriati a Volturno, Castel Campagnano, Castel di Sasso, Castello del Matese, Ciorlano, Conca della Campania, Dragoni, Fontegreca, Formicola, Francolise, Gallo Matese, Galluccio, Giano Vetusto, Gioia Sannitica, Letino, Liberi, Marzano Appio, Mignano Monte Lungo, Pastorano, Piana di Monte Verna, Piedimonte Matese, Pietramelara, Pietravairano, Pignataro Maggiore, Pontelatone, Prata Sannita, Pratella, Presenzano, Raviscanina, Riardo, Rocca D'Evandro, Roccaromana, Rocchetta e Croce, Ruviano, San Gregorio Matese, San Pietro Infine, San Potito Sannitico, Sant'Angelo d'Alife, Sparanise, Teano, Tora e Piccilli, Vairano Patenora, Valle Agricola, Vitulazio).

PRODUCT DESCRIPTION 'Vitellone Bianco dell'Appennino Centrale' PGI meat is obtained from pure-bred male and female cattle of the Chianina, Marchigiana and Romagnola breeds aged between 12 and 24 months. The cattle must be the product of selective breeding and properly entered in the Young Livestock Register within the National Herd-Book. These breeds, which have similar characteristics in terms of somatic conformation, black pigmentation of the snout, tongue and palate, white pigmentation of the coat and excellent slaughter yield (62-64%), make it possible to obtain excellent, lean, tasty meat with a low cholesterol content. The carcasses, according to the Community evaluation grid, must comply with the following values: conformation not less than R; state of fat cover excluding 1 and not more than 3. The meat, which is particularly nutritious and appreciated by consumers, has a bright red colour, a fine grain, small fat infiltrations and a firm but elastic consistency. The exposed meat parts on the carcass must not have any abnormal colouration (magenta or tending to black). The visible fat must not be a colour tending towards ash yellow, nor may it have any veining of a colour tending towards deep yellow. Male carcasses must be matured for at least four days for forequarters and 10 days for hindquarters. Average qualitative parameters: pH between 5.2 and 5.8; ether extract (on a wet basis) under 3%; ash (on a wet basis) under 2%; protein (on a wet basis) over 20%; cholesterol less than 50 mg/100 g; uns.-to-sat. fatty acid ratio greater than 1.0; natural shrinkage under 3%; cooking loss less than 35%; hardness (raw) less than 3.5 kg/cm²; hardness (cooked) less than 2.5 kg/cm²; colour (daylight 2667K); L greater than 30; C greater than 20; H between 25 and 45).



PRODUCTION METHOD From birth to weaning, the animals may be reared on pasture, on loose housing or on fixed housing. After weaning and up to slaughter, the animals must be reared exclusively on pasture, free range or permanent housing. Calves must be suckled naturally by their mothers until they are weaned, after which the food base is fresh and/or preserved fodder from natural or artificial meadows and herbaceous crops typical of the geographical area; in addition, the use of simple or compound concentrated feed and the addition of mineral and vitamin supplements is permitted. In any case, the ration must be calculated in such a way as to ensure high or medium-high nutritional levels (more than 0.8 F.U./kg of DM for males and more than 0.7 F.U./kg of DM for females) and a protein quota between 13% and 18% depending on the animal's stage of development. In the four months prior to slaughter, it is forbidden to feed the cattle with silage and industrial by-products. Slaughter must take place in suitable abattoirs located within the production area and, in order to prevent the onset of stress in the animal, particular care must be taken during transport and at the holding point before slaughter. In order to preserve and protect the muscle masses from oxidation during maturation, the carcass may not be totally defatted during slaughter, i.e., the complete removal of the fat covering the fillet and the fat covering (internal and external) the muscle masses which are covered in fat at the time of slaughter. In accordance with the regulations in force, carcasses must be chilled in such a way as to avoid the phenomenon of cold contracture.

HISTORY BACKGROUND The breeds of the 'Vitellone Bianco dell'Appennino Centrale' now bred as beef breeds, the Chianina, the Marchigiana and the Romagnola, belong to the ancient genetic heritage of Italian animal husbandry and their origins date back to Etruscan times. Already in the pre-Roman era, in vast areas of the central Apennines, animals similar to the above-mentioned breeds were bred, characterised by having a white coat, a remarkable somatic development suitable above all for work in the fields, and other affinities and similarities due both to the common phylogenetic origin and to the homogeneous breeding area. The three breeds are of Podolica stock, descending, in fact, from the *Bos Taurus Primitivus*, a primitive and wild bovine, with a white coat, tall stature and highly developed horns. Both the Chianina and the Romagnola breeds have contributed to the improvement of the Marchigiana breed, therefore, with good reason, over time, they have come to be considered as a single "type of animal". The Chianina meat, bred mainly in Tuscany and Umbria, for its intrinsic qualities, also due to centuries of selection work, was exported in the last century to Latin

America, the United States and Canada and is rightly the most famous beef breed in the world. The Romagnola beef, which originates from the fertile lands of Romagna and part of the Bolognese area, is also the fruit of laborious selection work on the ancient animals bred by the barbarians in the sixth-seventh century A.D., with results of great value, above all as regards the quality of the meat produced. The history of the Marchigiana breed, the most widespread beef breed in Campania and other neighbouring central-southern regions, is different: it is in fact the result of cross-breeding between the first two breeds carried out around the middle of the 19th century by breeders in the Marche region, supplemented by subsequent selection work in the last century. The effect of these cross-breeds was an evident transformation of the initial cattle: better muscular development, lighter coat, shorter horns and lighter head; the stature was lowered, to make the breed even better suited to work in the fields, remaining however, the calves, particularly suited to the production of meat of absolute quality.



ARTICHOKE STEW

Ingredients for 6 people: 1 kg of 'Vitellone Bianco dell'Appennino Centrale' PGI, a bottle of dry white wine, 10 artichokes peeled and cut into wedges, 2 coarsely sliced onions, 2 small celery stalks, extra virgin olive oil to taste, 2 cloves of garlic, parsley, salt and pepper.

Method: Marinate the meat in the wine with half of the artichokes, the onions, celery and garlic for about 8 hours. Drain the meat, dry it, tie it to keep it in shape, then seal it carefully in hot oil; salt it, add the marinade with all the vegetables and cook slowly for about 3 hours. Remove the meat and keep warm. Blend the marinade, put it back on the heat, adjust the salt and let it reduce a little. Meanwhile, fry the rest of the artichokes in oil and parsley, starting cold. Serve the meat on a warm tray, surrounded by the fried artichokes and drizzle with the sauce obtained from the marinade.

(recipe by Ms. Susanna Badii)

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MORTADELLA BOLOGNA PGI



PRODUCTION AREA The production area of 'Mortadella Bologna' PGI covers the entire territory of the regions: Lazio, Marche, Veneto, Lombardy, Emilia Romagna, Piedmont, Tuscany and the province of Trento. The 'Mortadella Bologna' PGI is a true traditional Italian delicacy, which has long been produced in the geographical area referred to in the product specification. From the 19th century onwards, mortadella increased its presence on Italian and foreign markets, thanks in part to the appearance of the first semi-industrial pork-processing businesses, which adopted and consolidated the recipe and tradition of this sausage as an essential part of their heritage. Following the spread of trade in food products and thanks



consistency. When cut, the surface is velvety and uniformly bright pink in colour. The slice must contain at least 15 % of the total mass, with pearly-white squares of adipose tissue well distributed and adhering to the mixture, and there must be no pockets of fat or jelly and the fat film must be contained. It is characterised by a slightly spicy aroma, while the taste is full and well-balanced due to the presence of the fatty parts which sweeten the flavour of the meat. The chemical and chemical-physical characteristics are: total protein minimum 13.5%; collagen/protein ratio maximum 0.20; water/protein ratio maximum 4.10%; fat/protein ratio maximum 2.00; pH minimum 6.

PRODUCTION METHOD The components of the meat, which have been thermally conditioned beforehand, are subjected to roughing and homogenisation. In addition to the above ingredients, the following may be used to prepare the mixture: pork stomachs stripped of their mucous membranes; hard pork fat; water according to good industrial practice; natural flavourings, excluding smoke flavourings; spices and herbs; pistachio nuts; sugar up to a maximum of 0.5 %; sodium and/or potassium nitrite up to a maximum

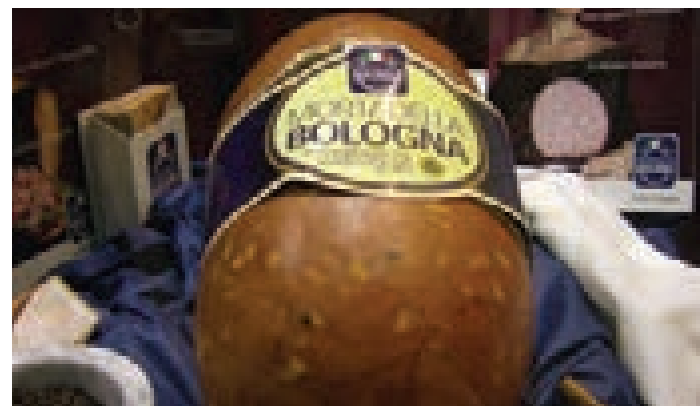


of 140 parts per million; ascorbic acid and its sodium salt. No mechanically separated meat may be used. The resulting mixture is fed into the mincing plant in order to reduce the particle size of the various components by passing through a series of plates with holes of decreasing diameter, each preceded by a knife. The type and sequence of the cutting elements are linked to the composition of the mixture, the feed temperature and the characteristics of the shredding plant. The outlet plate must have holes with a diameter of no more than 0.9 mm. The refined mass thus obtained cannot be subjected to other grinding processes and its temperature must not exceed 1°C. The fat component, on the other hand, consists of pork fat lard from the throat, which is diced, heated, washed in water and drained. The mixture of all components is made in vacuum or atmospheric pressure machines. The mixture is stuffed into natural or synthetic casings. The product is then baked in dry air ovens, taking into account the diameter of the product; however, the temperature at the core of the product must not be below 70°C. This is the most delicate phase, capable of giving the mortadella all its characteristic aroma and softness. This is followed by showering with cold water and a period in the cooling room which allows the product to “stabilise”. During this phase, the core temperature must not be lower than 10°C.

HISTORY BACKGROUND ‘Mortadella Bologna’ PGI has a centuries-old history, although it is only mentioned in sources from the 16th century onwards. The term “mortadella” comes from the Latin “mortarium”, a tool used to pound pork with salt and fat. Mortadella is already mentioned in a Bolognese writing of 1348, and in the same years the term “mortadella” is mentioned in Giovanni Boccaccio’s *Decameron*, by Tommaso Garzoni da Bagnacavallo in his *Piazza universale di tutte le professioni del mondo* of 1585. In the 15th century, the Viscounts of Milan were happy to offer the city of Bologna a fatted ox every year in exchange for fragrant mortadella. In the early Middle Ages, as we learn from a statute dating back to 1242, the manufacture and application of the required seals of guarantee were the responsibility of the Corporation of Salaroli, one of the oldest in Bologna, which already in 1376 had a mortar and pestle as its coat of arms. Mortadella immediately made the Corporation of Salaroli one of the highest paid corporations, so much so that in 1397 it was taxed at 360 *lire*, a considerable sum at that time. The mortadella of the Bolognese salaroli was highly praised and described by the Englishman Veryard who, at the end of the 17th century, wrote in his *Ricordi di viaggio* (“Travel Memories”):

“They cut pork into small pieces and season it with common salt, pepper and garlic and fill the guts of steers, sheep and pigs with it, boiling it in

water, taking care to cook it a little rather than too much, and then hang them on the chimney hoods until they are dry. Packaged in this way, they keep for a year or two”. The typical name “Bologna” dates back to 1661, the year in which Cardinal Farnese published a proclamation codifying its production in the Emilian capital in order to safeguard its high quality, anticipating, in some respects, the current specifications in force. In the Bologna lapidary there is a funerary stele from the Roman imperial period, in which the image of a mortar is juxtaposed with that of pigs. The explanation for this juxtaposition is probably the use of the mortar to prepare a sausage. A product called mortadella was already known in the time of Augustus and Tiberius (1st century A.D.). From the late Renaissance period to the following eras, there are more and more historical and literary traces and evidences associated with this product.



CROUTONS WITH PINK MOUSSE

Ingredients for 4 people: 300 g ‘Mortadella Bologna’ PGI, 1 dl cooking cream, 40 g ricotta cheese, 30 g grated Parmesan cheese, 1 teaspoon of Brandy, 4 slices of homemade bread.

Method: Blend the mortadella to a smooth, creamy consistency, add the brandy and ricotta and blend briefly again. Whip the cream and gently stir it into the mortadella and ricotta mixture together with the Parmesan cheese. Put the mousse in the fridge and leave it to firm up. When it is time to serve, spread it on toasted bread slices.

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PORCHETTA DI ARICCIA IGP



PRODUCT DESCRIPTION The raw material used to produce 'Porchetta di Ariccia' PGI comes from female porks registered with the Landrace, Large White and Pietrain breeds and their hybrids. Carcasses arriving at the plant must comply with classes S, E and U in accordance with the provisions of current Community legislation. The name 'Porchetta di Ariccia' PGI is accepted for the whole piglet and the log. For whole porchetta, the weight of the eviscerated carcasses ranges from a minimum of 60 kg to a maximum of 90 kg. Whole pork carcasses must have front and hind limbs and/or a head. For the production of log, the weight of the half-carcass portion at the time of delivery must be a minimum of 14 kg and a maximum of 25 kg. When released for consumption, 'Porchetta di Ariccia' PGI must have the following characteristics: weight of the whole porchetta between 27 kg and 45 kg; weight of the log between 7 kg and 13 kg; the upper part of the crust must be crispy, brown and tasty; the lower part, i.e., the underbelly, may be soft. The taste must be of pork flavoured with rosemary, garlic and black pepper. Chemical-physical properties (free water) Aw: < 0.98; Relative humidity: < 57%; Fat: < 33%; Protein: > 20%.

PRODUCTION METHOD Female pork carcasses arrive at the processing plant at a temperature of between 0° and + 4°C and are stored in cold storage at the same temperature. The carcass undergoes manual boning in the preparation plant, which involves: the removal of all bony parts, except for the tibia and fibula of the hind limbs and the bony parts of the head, where present; the cutting off of the hind and fore limbs and the removal of excess meat at the level of the hams, shoulder, neck and fillet, in order to ensure adequate cooking of the porchetta. The hind limbs are cut at the tarsal joint and the forelimbs at the joint between the ulna and radius. The pig is then salted with fine sea salt in a proportion of 15-30 g/kg of raw material and then rested for between 5 minutes and 1 hour from the start of the operation to ensure that the salt is properly absorbed by the carcass or log. After resting, a manual massage is carried out on all parts of the carcass or log where the salt has been distributed for 30 seconds to 5 minutes to remove excess salt. Manual spicing is carried out using a mixture of black pepper, powdered or coarsely ground, rosemary and garlic in quantities of 150 to 250 g/100 kg of raw material. The tying stage, which is a significant element in the preparation of 'Porchetta di Ariccia' PGI, is a manual operation that must ensure, both during and after cooking, that the whole porchetta and the log remain compact. It is carried out according to a traditional process handed down from generation to generation. The boned and seasoned carcass, which is intended for the production of the whole porchetta, is tied and sewn around a food-grade aluminium or stainless steel tube in order to ensure that the

PRODUCTION AREA The area in which 'Porchetta di Ariccia' PGI is produced is the territory of the municipality of Ariccia, which has a temperate-maritime climate with Mediterranean influences and sylvan air, which, combined with the action of the winds, ensures a gradual and uniform reduction in the moisture content of the cooked porchetta meat, resulting in the maintenance of a crispy crust and promoting the characteristic pink colour. It is therefore thanks to all these well-combined aspects that 'Porchetta di Ariccia' is known and appreciated.



heat is evenly transmitted and diffused internally during cooking; in addition, four to eight food-grade aluminium and/or stainless steel tubes/rods may be inserted at the neck, shoulders and thighs. The remaining part of the hind limbs, the bony bases of which are the tibia and fibula, is lifted and tied with steel wire over the tube by means of a double loop of string; the string is passed over the neck and pulled to reduce the length of the whole piglet and to compact it. To tie the thoracic trunk, the twine is passed both inside and outside the carcass, in a circular pattern, running through the ventral and dorsal parts. The boned and seasoned carcass, intended for the production of the log, is rolled up and sewn with a needle and natural fibre twine along its length. The log is then shortened and compacted by passing the string along its length and crossing it. Finally, 6 to 8 bindings are made around the circumference, which both contain the cross binding and keep the meat compact during cooking. The 'Porchetta di Ariccia' PGI, prepared in this way, is placed in the oven only when the internal temperature of at least 200 °C has been reached. The porchetta is cooked at a temperature of between 160 °C and 280 °C for 3 to 5 hours after being placed in the oven so as to obtain a crispy crust. The log must be cooked at a temperature of between 160 and 280 °C for three to six hours after placing in the oven. Once the porchetta and log are taken out of the oven, they are placed in the cooling room to allow the fat and residual liquid to drain off.

HISTORY BACKGROUND Ariccia is one of the best known and most popular towns not far from Rome, where, unlike other neighbouring towns, the link with porchetta and its production boasts a thousand-year-old tradition, presumably dating back to the pre-Roman era of the Latins. Indeed, not only is Ariccia thought to be the birthplace of the priests who worked and prepared the pork meat to be offered as a sacrifice in the temple of Jupiter Latium on nearby Monte Cavo, but it is also believed that the presence of Roman nobility, who used to move to Ariccia during the summer season or to organise hunting trips, led to the development of a craftsmanship in the preparation of porchetta that is still going and continues to be handed down in Ariccia families from father to son. The reputation of 'Porchetta di Ariccia' has been documented to this day since 1950, when the "porchettari" (pork butchers) organised the first "Sagra della Porchetta di Ariccia" (Feast of the 'Porchetta di Ariccia'), with the aim of celebrating this product, which is as tasty as it is well known at the time. Since then, every year this suggestive and characteristic event takes place in Ariccia, where the porchetta is offered on stalls decorated with traditional Ariccia clothes. Testimony to this is the "Extract from the Register of the acts of the Municipal Council, dated 14 September 1962, relating to the contribution

for the feast of the Patron Saint Apollonia and the Porchetta Festival", found in the archives of the Municipality of Ariccia and demonstrating the decades-long importance of 'Porchetta di Ariccia' PGI in local popular traditions. The producers of 'Porchetta di Ariccia' PGI have kept unchanged over the years the artisanal tradition of preparing porchetta, handing down from generation to generation the art of seasoning, flavouring, tying and preparing the porchetta for roasting. Particularly important is the professionalism and experience of the Ariccia "porchettari" (pork butchers) who work daily to produce 'Porchetta di Ariccia'. There are many "historic families" who still work on 'Porchetta di Ariccia' using traditional methods. The children or grandchildren of these "porchettari" keep the production alive in the town of Ariccia and the same term is still used today to apostrophise the members of the families of porchetta producers. In 1957, the writer Carlo Emilio Gadda, in his novel *Quer pasticciaccio brutto de via Merulana*, gave a detailed description of how 'Porchetta di Ariccia' was sold in Rome and clearly illustrated the product's well-known reputation. A porchetta seller exclaims: "La porca, la porca! We have porchetta, folks! The beautiful pork from Ariccia with a forest of rosemary in her belly! Fine and delicate meat, just for the gentlemen! Taste it and you will try it, I tell you, sister brides: fine and tasty meat! ... Roast suckling pork with rosemary and potatoes in season...".



The best way to appreciate the tastiness and the typical crunchiness of the crust of the 'Porchetta di Ariccia' PGI is to taste it cut into slices and traditionally served cold. It is an excellent second course but the "porchetta sandwich" is more appreciated.



PROSCIUTTO AMATRICIANO PGI



PRODUCT DESCRIPTION 'Prosciutto Amatriciano' is characterised by a pear shape, excluding the trotter, a front face characterised by a large uncovered part extending vertically to more than half the height of the thigh (high trimming) and a minimum weight of not less than 8 kg. It is matured for a minimum of 12 and a maximum of 20 months from the date of the first salting. The colour is red/pink interspersed with the pure white of the marbling fat, the flavour on the palate is savoury but not salty with a pleasant, sweet but intense aroma, even in needle testing. The texture is elastic and compact with excellent slice retention. From the point of view of the chemical-physical characteristics, this cured meat is characterised by a moisture content of no more than 60% of the dry matter and a protein content of at least 25% of the dry matter. A distinctive feature of 'Prosciutto Amatriciano' is the particularly high trimming method: thanks to this operation, the exposed surface not protected by rind and fat increases, useful first for absorbing the saline tanning and then for air drying.

PRODUCTION METHOD The raw material for the production of 'Prosciutto Amatriciano' is the fresh leg of porks of the traditional Large White Italiana and Landrace Italiana breeds, as improved by the herd-book for pure-bred breeding pigs, or offspring of boars of the same breeds; porks offspring of boars of the Duroc Italiana breed, as improved by the herd-book for pure-bred breeding pigs; pigs offspring of boars of other breeds or hybrid boars. The porks are sent for slaughter no earlier than 9 months and no later than 15 months after birth. The fresh leg, weighing between 12.50 and 16.00 kg, must have a white rind and a bone base consisting of part of the coxal (hip), femur, tibia, patella and the first row of tarsal bones. The thickness of the fat on the outside of the freshly trimmed leg, measured vertically at the head of the femur (sub-thigh bone), must be between 15 and 30 mm including the rind. The procedure for processing fresh pork legs includes the following stages: trimming, which consists in removing fat and rind so as to give the ham its classic rounded "pear" shape, with the inner part of the leg largely "uncovered". Selection and cooling: the fresh hind legs are subjected to selection in order to divide the individual lots into two weight classes: class I between 12.50 and 14.00 kg, class II between 14.01 and 16.00 kg. The selected hind legs are placed in a special cell at a temperature of between 0 and +4 C°. Salting: first salting of the legs, which are massaged to remove residual blood; rubbed manually or mechanically with sea salt on the rind; salted by sprinkling with sodium chloride and, if necessary, with sucrose and potassium nitrate in accordance with the quantities permitted by current regulations. Finishing is always done manually, taking care to cover the area of the dot with salt. The salted hind legs are

PRODUCTION AREA The production area of 'Prosciutto Amatriciano' PGI is made up of the following municipalities in the Province of Rieti: Amatrice, Accumoli, Borgovelino, Antrudoco, Cantalice, Castel Sant'Angelo, Cittaducale, Cittareale, Confini, Contigliano, Colli sul Velino, Cottanello, Greccio, Labro, Leonessa, Micigliano, Morro Reatino, Petrella Salto, Poggio Bustone, Posta, Rieti and Rivodutri. This is an area characterised by a pedoclimatic situation favourable to the success of the product: the altitudes up to 1200 metres above sea level, the rigid climate in the high mountain areas and relatively rigid in the low and valley areas of the mountain area, the fresh and clean air and above all the relative humidity of less than 70%, act in a positive way during all the processing phases.



placed in a special room at a temperature not exceeding 6°C where they remain for between 4 and 6 days. After this period, the hind legs undergo the repassing phase (second salting) and are then placed in a cell at a temperature not exceeding 6°C, where they remain for a period varying between 8 and 10 days for the first weight class and between 11 and 14 days for the second weight class. De-salting: at the end of the salting period, the salt is removed from the outer surface of the legs, the massage is repeated and the hams are hung upright, tied with string. Grooming and resting: after de-salting, the hind legs are placed in resting rooms at a temperature of between 0 and +6°C. Washing: after resting, the legs undergo a final washing process using water jets. Drying: the hind legs are placed in chambers and ventilated with hot air at a temperature of between 16 and 24°C. Smoking is not permitted. Pre-curing and the addition of lard: during this phase the meat is tempered/acclimatised at a temperature of at least 10 °C. At the end of this stage, the individual batches of ham undergo a lard treatment with a paste consisting of pork and/or lard and/or lard finely minced with sea salt, spices (black pepper and/or white pepper and/or garlic) and cereal flour and/or cream of rice. Maturing: The hams are stored for at least 12 months from the date of initial salting in rooms at a minimum temperature of 10°C.

HISTORY BACKGROUND The reputation of 'Prosciutto Amatriciano' dates back to the late nineteenth and early twentieth centuries, when the product began to be identified with Amatrice. Indeed, this town can be considered the centre of an area running along the high valleys of the Velino and Tronto rivers and characterised by an ancient production of hams. Proof of this can be found in the text on *Civiltà amatriceana*, dated 1932, in which Cesare De Berardinis describes the preparation of the "delicious hams", attributing it "to the hands" and "care" of the tireless women of Amatrice. Specifically, it says: "*The whole economy of the family is in their hands (the women) and it is they who have to provide ... for the keeping ... of all the farmyard animals, including porks ... in winter for the supplies for the summer, and in summer for the winter. They are the ones who prepare the salted pork and from their hands and cares come out the delicious hams...*". However, the reputation and distinction of 'Prosciutto Amatriciano' has roots that are lost in time. An important production of hams can be traced back to the Middle Ages. The documents examined show that, because of the high value attributed to it, hams were used as a bargaining chip, as if they already had a commercial value: in 1327, 60 pairs of hams a year were the

price that the inhabitants of Capradosso were prepared to pay to those who helped them to take possession of properties adjacent to their territories but falling under the rule of the Benedictine abbey of S. Salvatore Maggiore. Moving on to more recent times, the *Statistica del Regno di Napoli* (Statistics of the Kingdom of Naples), promoted by Joachim Murat and published in 1811, is of considerable importance. It already refers to an "industry" of pork products "*in Cicolano, Amatrice and elsewhere in the province*" and specifically mentions "*hams...*" and other products exported "*in the neighbouring provinces, and again in Naples*". He also praises the product, saying that "*their goodness depends more than anything else on the good quality of the meat and the purity of the air*". Professor Piccinini, who was commissioned to write the *Monograph on the Cittaducale District*, also mentions the production of hams in the Jacini Enquiry, drawn up between 1877 and 1885, and in the chapter on Pork Breeds, he says: "*... most porks are raised by families ... in fact, all families (of the municipalities in the district) raise one or more porks exclusively for their own needs. Everything about porks is used and they are conserved fresh or salted. Hams are made from them*". This shows unequivocally how the Amatriciana basin has been and continues to be a place of great tradition in the preparation of hams.



PROSCIUTTO AMATRICIANO DISCS

Ingredients for 4 people: 700 g potatoes, salt, 1/2 glass milk, 1/2 cube brewer's yeast, 2 eggs, 50 g flour, 200 g 'Prosciutto Amatriciano' PGI, 1 glass olive oil.

Method: peel, wash and boil the potatoes; then mash them with a potato masher and put them in a saucepan on the stove. Transfer the mashed potatoes into a bowl and add the warm milk, in which you have dissolved the yeast; add the eggs, the flour and the finely chopped 'Prosciutto Amatriciano' PGI. Stir the mixture to make a ball, which you leave to rest for 40 minutes. Roll out the mixture on a floured pastry board in a layer one finger thick. With a glass cutter, cut out several discs. Heat the oil in a frying pan and fry the discs in it, turning them over so that they are golden brown on both sides.



SALAMINI ITALIANI ALLA CACCIATORA PDO



PRODUCTION AREA The production area of 'Salami Italiani alla Cacciatora' covers the entire territory of the Friuli-Venezia Giulia, Veneto, Lombardy, Piedmont, Emilia-Romagna, Umbria, Tuscany, Marche, Abruzzo, Lazio and Molise regions. It began in the hilly areas of Lombardy and the production of 'Salami Italiani alla Cacciatora' spread first to the neighbouring northern regions and then to central Italy, also due to the presence of important preparation industries. The area, which is quite large, undoubtedly coincides with the breeding area of the Italian heavy pork from which the raw material (meat and fat) for the production of the salami is derived. The area is characterised by two very similar climatic zones:



the subcontinental temperate climate and the sublittoral temperate climate, with average annual temperatures of between 10 and 14.5°C. The uniformity of other environmental conditions, such as light, rainfall, wind and temperature ranges, is also significant. The climatic and environmental aspects, in addition to having favoured the development of Italian heavy pork farming, play a fundamental role in the success of the salami: it allows to think of the environmental parameters such as temperature, humidity and ventilation that influence the drying and above all the maturing process, thus determining the development of the organoleptic and microbiological characteristics that characterise 'Salami Italiani alla cacciatora' PDO.

PRODUCT DESCRIPTION Small, dry and compact salami, made from salted minced meat and pork fat. Soft when chewed, it has a cylindrical shape, a non-springy texture, a typical ruby red colour with evenly distributed specks of fat, a delicate and distinctive aroma, a mild and delicate flavour, never acid. When cut, the slice is uniform and compact, with no visible gristle (i.e., the membranes or fibrous bands surrounding one or more muscles). The end product has a diameter of about 60 mm, a length of about 200 mm and an average weight of 350 grams. 'Salami Italiani alla cacciatora' PDO may be sold loose, vacuum-packed or packaged in a modified atmosphere, whole, in pieces or sliced.

PRODUCTION METHOD 'Salami Italiani alla Cacciatora' PDO are obtained from Italian heavy porks, whose weight must not be less than 160 kg, plus or minus 10%, and whose age must not be less than nine months, born, bred and slaughtered in the regions of Northern and Central Italy. The meat and fat of these porks are particularly suitable for processing into cured meats due to their nutritional (protein, vitamin and mineral salt content), organoleptic (colour, texture, tenderness, succulence), hygiene and technological (water content, pH, salt absorption capacity) characteristics. Their use has a decisive influence on the quality, taste and success of the finished product; in particular, the fat gives the product its characteristic sweet and delicate flavour. The raw material used is, therefore, mainly composed of lean meat from the striated muscles of the pig carcasses (shoulder, loin) and hard pork fat from the back and other subcutaneous areas of the pig. The meat and fat are seasoned and flavoured with salt, peppercorns or ground pepper and garlic. As well as giving the salami its characteristic aroma and flavour, the seasoning also has a fundamental function, namely to promote fermentation processes through the development of lactic acid bacteria and to ensure the shelf life of the food by inhibiting the development of undesirable bacteria. Wine, sugar (dextrose,

fructose, lactose), milk (low-fat or powdered) or caseinates may be added to the salami mixture, as well as fermentation starter culture, i.e., microbial starters, which “direct” the maturing of the salami by producing substances that improve its organoleptic and conservation characteristics. Other preservatives are sodium and/or potassium nitrate up to a maximum dose of 195 parts per million, sodium and/or potassium nitrite up to a maximum dose of 95 parts per million, ascorbic acid and its sodium salt. The muscular and adipose fractions are carefully cleaned by removing the larger connective parts and soft adipose tissue. They are then stored in cold rooms at freezing or chilling temperatures, but never above 7°C. Grinding must be carried out using a mincer fitted with dies, with holes between 3 and 8 mm or other systems guaranteeing similar results. All the ingredients must be mixed in vacuum or atmospheric pressure machines. The entire mixture is stuffed into natural or



artificial casings not exceeding 75 mm in diameter, possibly tied in a string. The natural casings can be different from each other: in fact, the pork has more or less thick casings, whose porosity varies considerably and influences, consequently, the seasoning and organoleptic characteristics. ‘Salamini Italiani alla cacciatora’ must be matured for at least ten days in rooms where there is a sufficient exchange of air at a temperature between 10 and 15°C. Maturing, which includes drying, must ensure preservation and wholesomeness under normal room temperature conditions. Drying of the salami is carried out hot (temperature between 18 and 25°C) and must allow rapid dehydration of the surface fractions in the first few days of treatment, however, techniques involving accelerated fermentation cannot be adopted.

HISTORY BACKGROUND ‘Salamini Italiani alla Cacciatora’ PDO owe their name to the habit of hunters of taking this type of salami

with them on their excursions, which, due to its small size, could fit in a saddlebag. It is this specific use that would have determined the small size that continues to characterise them and that has contributed to their fame. Tradition has it that their production dates back to the time of the Lombard invasions in northern Italy. As a nomadic people, the Lombards needed food that was high in energy but at the same time easy to store and transport. If hams, documented at least eight centuries before their arrival in the 6th century A.D., needed long periods of seasoning before becoming edible, salamis could be eaten a few days after processing and at the same time last for months. As the centuries passed and customs evolved, including culinary ones, the addition of new ingredients, dictated by necessity, became a refined exercise in style. Fundamental in this sense was the reopening of the routes to the East during the Crusades, and therefore the use of black pepper to flavour and, above all, preserve the product for longer. ‘Salamini Italiani alla Cacciatora’ then spread widely at the end of the nineteenth century as the ideal “sack” food.



SALAMI AND HONEY SKEWERS

Ingredients for 4 people: 200 g of ‘Salamini Italiani alla Cacciatora’ PDO, 3 apples, 1 pomegranate.

Method: Clean the pomegranate, remove the seeds and press them through a sieve, collecting the juice in a bowl. Peel the apples, remove the seeds and core and cut out small balls of flesh using a small digger. Immerse the apples in the pomegranate juice and leave to soak for 1 hour. Peel the sausages and cut them into slices, drain the apples and make skewers by alternating a slice of sausage and an apple ball, then refrigerate until serving.

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PDOs and PGIs
production area
in the region

CHEESES AND OTHER PRODUCTS OF ANIMAL ORIGIN (eggs, honey, dairy products except butter, etc.)

CHEESE Category

1. 'Mozzarella di Bufala Campana' PDO
2. 'Pecorino di Picinisco' PDO
3. 'Pecorino Romano' PDO
4. 'Pecorino Toscano' PDO



OTHER PRODUCTS OF ANIMAL ORIGIN

(eggs, honey, dairy products except butter, etc.) Category

1. 'Ricotta di Bufala Campana' PDO
2. 'Ricotta Romana' PDO



BUFALA CAMPANA PDO



PRODUCTION AREA The production area of 'Mozzarella di Bufala Campana' comprises the following territories in the *Lazio Region*: Province of Frosinone (Amaseno, Giuliano di Roma, Villa S. Stefano, Castro dei Volsci, Pofi, Ceccano, Frosinone, Ferentino, Morolo, Alatri, Castrocielo, Ceprano, Roccasecca); Province of Latina (Cisterna di Latina, Fondi, Lenola, Latina, Maenza, Minturno, Monte S. Biagio, Pontinia, Priverno, Prossedi, Roccagorga, Roccasecca dei Volsci, Sabaudia, S. Felice Circeo, Santi Cosma e Damiano, Santi Cosma e Damiano, Santi S. Stefano, Santi S. Stefano, Santi Cosma e Damiano, Santi S. Stefano, Santi S. Stefano, Santi Cosma e Damiano). Biagio, Pontinia, Priverno, Prossedi, Roccagorga, Roccasecca dei Volsci, Sabaudia, S.



Felice Circeo, Santi Cosma e Damiano, Sermoneta, Sezze, Sonnino, Sperlonga, Terracina, Aprilia); Province of Rome (Anzio, Ardea, Nettuno, Pomezia, Roma, Monterotondo). *Campania Region*: Province of Benevento (Limatola, Dugenta, Amorosi); Province of Caserta; Province of Naples (Acerra, Giugliano in Campania, Pozzuoli, Qualiano, Arzano, Cardito, Frattamaggiore, Frattaminore, Mugnano); Province of Salerno. *Apulia Region*: Province of Foggia (Manfredonia, Lesina, Poggio Imperiale) and part of the municipalities of Cerignola, Foggia, Lucera, Torremaggiore, Apricena, Sannicandro Garganico, Cagnano Varano, San Giovanni Rotondo, San Marco in Lamis. *Molise Region*: Province of Isernia (Venafro).

PRODUCT DESCRIPTION Pasta filata (Italian: "spun paste") fresh cheese, obtained exclusively from fresh whole buffalo milk, raw or, if necessary, thermised or pasteurised. The product, round in shape, has a very thin rind of about one millimetre with a smooth surface, never slimy or flaky, of a porcelain white colour. In addition to the round shape, other shapes typical of the production area are allowed, such as bocconcini, trecce, perline, ciliegine, nodini and ovoline. It has a variable weight (from 10 to 800 g), depending on the shape; the "trecia" type can reach a maximum weight of 3 kg. The dough has a thin leaf structure, slightly elastic in the first eight to ten hours after production, tending to become more melting, later. When cut, it releases a little whitish, oily serosity with a lactic ferment aroma. It has a characteristic, delicate taste. Fat in dry matter: 52% minimum. Maximum moisture content: 65%.

PRODUCTION METHOD Processing involves the use of milk from buffalo of the Italian Mediterranean breed, reared according to local custom. The buffalo reared in semi-freedom in limited paddocks or in the open with the use of grazing, must be registered in a special registry already provided for by law. The milk must have a minimum fat content of 7.2%; a minimum protein content of 4.2%; it must be delivered to the dairy, appropriately filtered by traditional means and processed into 'Mozzarella di Bufala Campana' within 60 hours of the first milking. The acidification of milk and curd is obtained by the addition of natural whey starter, resulting from previous processing of buffalo milk. Coagulation, after heating the milk to a temperature ranging from 33 to 39 °C, is obtained by adding natural calf rennet. The curd is matured under whey for a period of time that varies depending on the amount of lactic acid bacteria present in the added natural whey starter, which varies around five hours after renneting. At the end of maturation, after resting on a table, the curd is reduced to strips, chopped and placed in special tubs, also made in steel, or in spinners. The curd, after mixing with boiling water, is spun, then cut and/or formed into individual pieces in the shapes and sizes provided. The

latter are placed in drinking water, for varying times depending on the size, until hardening. Salting is carried out in brine. The product may only be smoked using natural and traditional processes, in these cases the designation of origin must be followed by the word “smoked”.

HISTORY BACKGROUND The origin of ‘Mozzarella di Bufala Campana’ is directly linked to the introduction of buffalo into the Italian territory. Some believe that these stocky animals, with short, thick limbs, dark fur and horns marked by transverse roughness, came from the East and appeared in Europe in the Quaternary period. Fossil remains from that period have been found in the Lazio region and on the island of Pianosa (B. Maymone, 1956). The scarce evidence from the Roman period, however, leads us to suppose that the species was extinct or restricted to inaccessible territories. According to some scholars, buffaloes reappeared in large numbers in the Italian peninsula towards the end of the 6th century, with the descent of Agilulfo’s Longobards from the East. According to others, however, it was the Norman kings who, around the year 1000, from Sicily, where the buffalo had been introduced by the Arabs, spread it throughout southern Italy and, in confirmation of this, irrefutable evidence of the presence of the buffalo in Italy can be found from the 12th-13th centuries, when the coastal plains on the lower Tyrrhenian coast, a suitable environment for buffalo breeding, became marshy. In the Middle Ages, the Popes set aside a portion of the Pontine Marshes exclusively for grazing and breeding buffaloes; the large Gaetani family, owners of land in that area of Lazio, were obliged by Papal Bulls to reserve that land for grazing buffaloes, without being able to sow them. The eighteenth century marked the entry of buffaloes into the diaries of travellers from all over Europe, who already in the previous century had travelled to the Neapolitan areas, the last stage of the ‘Grand Tour’, which, as a source of knowledge and information, engaged the descendants of the most important European families.

In 1789, a Swiss nobleman with an eye for economic problems, and in particular for agriculture, provided two significant pieces of information on the phenomenon of buffaloes in his report: “... a breed of cattle that has been the focus of much attention for some time now ... the most numerous herds are to be found in the northern plains of the Terra di Lavoro ...”. (Nel Regno di Napoli. Viaggi attraverso varie province, Carlo Ulisse de Salis Marchlins): as Goethe says, who arrived there in 1787 “... crossing canals and streams and meeting buffaloes looking like hippos and with bloodshot eyes ...”.

Today, Lazio is home to around 70,000 lactating buffaloes out of a total of around 260,000 in the PDO area. The term “mozzarella” refers to the original technique of making this cheese, which involved the “mozzatura” (cutting) of the spun paste by hand, between the index finger and thumb. Originally, the term was linked to “mozza”, which

is nothing more than “provatura”, i.e., the “provola”. The first written evidence of this dates back to the 12th century, to the monks of San Lorenzo in Capua, who used to offer a “mozza” or “provatura” to the pilgrims who came in procession to their monastery every year. The term “mozzarella” is also ancient: it was found for the first time in 1570 in a cookbook by Bartolomeo Scappi, a cook at the Papal court.



Its freshness and softness make ‘Mozzarella di Bufala Campana’ PDO a very special and unique cheese. It is one of the basic ingredients for a self-respecting Pizza Margherita and is exquisite eaten on its own or as an ingredient in Mediterranean first and second courses.

GREEN BEAN PIE, ANCHOVIES AND ‘MOZZARELLA DI BUFALA CAMPANA’ PDO

Ingredients for 8 people: 400 g green beans, 250 g ‘Mozzarella di Bufala Campana’ PDO, 100 g anchovy fillets, 30 g capers, vinegar, salt and pepper to taste.

Method: boil the green beans. In a greased oven dish, arrange a layer of green beans, one of ‘Mozzarella di Bufala Campana’ PDO and one of anchovies, sprinkle with capers and continue with the layers until all the ingredients are used up. Finally sprinkle with vinegar, salt and pepper. Bake in a hot oven at 180 °C for 15 minutes.

(www.mozzarelladibufala.org)

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PECORINO DI PICINISCO PDO



LINK WITH BIODIVERSITY (SOPRA-
VISSANA SHEEP, GRIGIA CIOCARA,
BIANCA MONTICELLANA
AND CAPESTRINA GOAT)



PRODUCTION AREA The area in which 'Pecorino di Picinisco' is produced is particularly suited to sheep farming and the production of sheep and goat cheeses. It lies in the Comino Valley, a basin in southern Lazio in the province of Frosinone, a few kilometres north of Cassino and east of Sora, in the western sector of the Meta-Mainarde mountain range. The district, which is partly included in the Abruzzo, Lazio and Molise National Park, is characterised by limestone relief of great environmental value and a large area of pastureland, the primary source of food for the sheep and goats reared in the area. The municipalities in the province of Frosinone involved are: Acquafondata, Alvito, Atina, Belmonte Castello, Cam-



poli Appennino, Casalattico, Casalvieri, Fontechiari, Gallinaro, Pescosolido, Picinisco, Posta Fibreno, San Biagio Saracinisco, San Donato Val di Comino, Settefrati, Terelle, Vallerotonda, Villa Latina, Vicalvi, Viticuso.

PRODUCT DESCRIPTION 'Pecorino di Picinisco' is a raw-milk and raw-curd cheese, as no heat treatment of the milk and curd is required. It has a cylindrical shape with straight sides and a plate diameter of between 12 and 25 cm, with a heel height of between 7 cm and 12 cm, and its size varies from 0.5 kg to 2.5 kg. The rind, tending to straw yellow, is thin to thick with a wrinkled appearance. The interior of the cheese has a compact structure or slight eye formation and is white to straw yellow in colour. It has an intense, full-bodied flavour which becomes spicy as it matures, lasting between 30 and 60 days for the so-called "Scamosciato" (chamois-like) type and over 3 months for the "Stagionato" (matured) type, with a distinct aroma of mountain pasture and above all no "farmyard aroma", tending towards piquant depending on the period of maturing. From a chemical point of view, this cheese is characterised by a moisture content of less than 45% for the scamosciato type and 35% for the stagionato type, and fat in dry matter of less than 55%.

PRODUCTION METHOD 'Pecorino di Picinisco' is obtained by processing raw sheep's milk from Sopravissana, Comisana, Massese and mixed breeds of sheep. A minimum quantity of raw goat's milk from indigenous goat populations such as Capra grigia ciociara, Capra bianca Monticellana and Capra Capetrina (protected by Regional Law No 15 of 1 March 2000 "Protection of indigenous genetic resources of agricultural interest") may be used. At least 70 % of the feed for the sheep and goats must come from the production area. It must be based on natural pastures and fresh forage taken exclusively from the production area (Comino Valley). The minimum annual grazing period is eight months. It is permitted, throughout the year, to supplement this feed with raw materials such as cereals, protein crops and by-products of the grain-milling and oils industry, fed singly or mixed on the holding, with a maximum of 30 %/head/day. The use of hay, legumes and natural grasses, which represent the prevalent forage quota in autumn and winter, is also permitted, while that quota must not exceed 15 %/head/day in spring and summer. The feeding of pre-wilted silage and silage is allowed, except for lactating animals. If the milk is not processed within 2 hours of milking, it can be cooled to a temperature not exceeding +15°C and processed within 14 hours of milking or it can be refrigerated at a temperature between +4°C and +6°C and processed within 48 hours of milking. Kid or lamb rennet paste from suckling

animals reared in the defined production area must be used for the coagulation phase. The coagulation temperature is between +36°C and +38°C. At the end of the coagulation process, the curd is broken, as a result of which the granules of the curd are the size of a grain of rice. In the coagulation cauldron, the curd is lightly pressed; the curd is then transferred into the moulds, where it is pressed by hand or by overlapping the moulds. The cheeses may be scalded in hot water for between 2 and 5 minutes. After a brief draining phase, the cheeses are dry-salted for 12-24 hours, depending on their size. The amount of salt used must not be less than 20 g/kg of cheese. Maturing, which varies from 30-60 days for the "Scamosciato" type to over 90 days for the "Stagionato" type, may take place in a conditioned or natural environment. The cheeses are ripened preferably on fir or beech boards. During maturing, the cheeses may be treated with olive oil and wine vinegar.

HISTORY BACKGROUND 'Pecorino di Picinisco' is the result of the combination of different nature elements, unaltered through time such as soil and weather conditions of the area, and the shepherds and cheese makers ability to preserve and hand down breeding and cheese making techniques. The historical nature of 'Pecorino di Picinisco' is borne out by the presence of a series of writings (by Castrucci in the 1600s, and the 1811 *Statistica Murattiana*), as well as by the many documents preserved in the Picinisco town hall archives — invoices, retail and wholesale licences, and tax-payment certificates. In 1937 and 1938 this cheese was among the foodstuffs subject to consumption tax. The documents in question are records of the assessment of goods subject to excise duty that remained unsold in the Picinisco municipal tax offices at the time of the transfer of management from the contractor responsible for collecting and managing the duties to the Municipality in 1937, and vice versa, from the Municipality to the contractor in 1938. The large number of sheep and goats kept in the area of production, particularly in Picinisco itself, as shown by the livestock censuses carried out between 1875 and 2000, confirms the area's link with pastoralism and thus with cheese production. In addition, it is possible to highlight a further historical and cultural element that is part of the local social roots and at the same time of primary importance for the characteristics of the product: the traditional practice of mountain pasturing, which allows the animal to escape the summer heat and consequently the possible environmental and nutritional stresses to which it would be subjected at the bottom of the valley during the summer period. Since 2000, in August, the Picinisco municipality has held the Shepherding Festival with conferences and product tasting. Another event linked to the world of shepherds takes place in the municipality of Belmonte Castello in August: it is the Sheep

Festival, during the celebrations in honour of St. Rocco. In Viticuso, again in August, there is the "Abbuoto e formaggio pecorino" festival. Abbuoto is a speciality of the local mountain cuisine that looks like salami, although it has nothing to do with the family of sausages, being roasted lamb entrails stuffed with different types of meat, boiled eggs, peppers and hot peppers. The dish is seasoned with 'Pecorino di Picinisco' cheese.



STRACCIATELLA IN CHICKEN BROTH WITH GREEN PIZZA AND PECORINO DI PICINISCO

Ingredients for 5/6 persons: chicken broth, a head of endive, 7/8 eggs, 200 g of grated 'Pecorino di Picinisco' PDO.

Method: clean and boil the endive, squeeze it well and chop it finely. Beat the eggs with a pinch of salt and the grated 'Pecorino di Picinisco'. After mixing well, add the endive. Filter the broth and when it is hot, pour in the mixture. Turn often and boil for about 20 minutes until it has congealed.

Ingredients for green pizza: 7/8 eggs, 1 small spoonful of flour for each egg, 1 heaped spoonful of grated 'Pecorino di Picinisco', salt to taste, parsley, celery, butter.

Method: beat the egg yolks with flour, grated 'Pecorino di Picinisco' cheese and salt. Whip the egg whites until stiff, add the chopped parsley and a little finely chopped celery. Mix the egg yolks and egg whites. Grease a 20 cm diameter baking dish with butter, pour in the dough and bake in the oven at 150°-170°C. Allow the pizza to cool and cut it into cubes. Pour it into the stracciatella in broth and wait about two minutes before serving.



PECORINO ROMANO PDO



PRODUCTION AREA The production area of 'Pecorino Romano' PDO includes the entire Region of Lazio, Sardinia and the Province of Grosseto. The environmental characteristics of the Lazio region are very favourable to sheep farming: grazing, the traditional and main source of food for the flock, which varies in space and time, in relation to the floristic composition, climatic conditions and soil factors, finds here the optimal conditions of development and quality, thus characterizing the milk and, consequently, the resulting product, and determining a synergy exceptionally favourable not only for the quality, but also for the homogeneity of its characteristics.



PRODUCT DESCRIPTION A hard, cooked, whole sheep's milk cheese, aged from 5 to 8 months, depending on whether it is used as a table cheese or grated. 'Pecorino Romano' is cylindrical in shape with flat sides and a thin, ivory or natural straw-coloured rind, sometimes coated with special protective covers. The paste, white to straw-coloured, more or less intense, depending on the technical conditions of production, has a compact or slightly open structure. The cheeses have a diameter of between 25 and 35 cm, a heel height of between 25 and 40 cm and a weight of between 20 and 35 kg depending on the size of the cheese. It has an aromatic and slightly spicy taste in table cheese; spicy, intense and pleasant at the advanced stage of maturing for the grating cheese. Fat content of the dry matter: not less than 36%.



PRODUCTION METHOD The hard, cooked 'Pecorino Romano' cheese is made exclusively from fresh whole sheep's milk from farms located in the production area. The milk may undergo thermalisation treatment and possibly be inoculated with native milk ferment cultures, to which are sometimes added strains from the production area. It must be soured at a temperature of between 38 and 40 °C with the lamb's rennet crust coming exclusively from animals bred in the same production area. The soured milk must be cooked at a temperature which fluctuates between 45 and 48 °C. Salting can involve dry-salting and/or wet-salting. Maturing takes at least 5 months for table cheese and 8 months for grating cheese. The cheese may be covered with a neutral or black food protective cover. Thanks to the high degree of shelf life of 'Pecorino Romano' PDO, it can be found on the market all year round, but its produc-

tion is concentrated in the period from October to July, according to traditional uses linked to environmental conditions.

HISTORY BACKGROUND This cheese is the most ancient and best known among the Italian pecorino cheeses. Its production is linked to the most ancestral forms of sheep farming. It has been mentioned by many writers and scholars, such as Galen, Hippocrates and Varro, who praised its nutritional qualities and Columella described some of its production rules in his treatise *De Re Rustica*. In ancient Rome, this cheese was a staple on the imperial palaces tables.

Its qualities linked to a good maturation that allowed it to be kept for a long time, its high nutritional value and easy digestibility,



made it suitable for transportation during the journeys of the Roman legions. The native area of pecorino is the Agro Romano, from which it takes its name and fame. Production spread to Sardinia towards the end of the 1800s, when demand from emigrants in the Americas increased and Roman cheesemakers did not produce enough. Here a huge production developed, promoted by Roman and Neapolitan entrepreneurs who created a real industry with new plants. In autumn, the shepherds, with their flocks and the tools of the trade, descended from the Apennine mountains into the Roman countryside, preceded by the "vergaro". He had the task of preparing the resting place for the animals and the storage of the various dairy equipment. The shepherds sold their limited artisanal production to traders and shopkeepers in Rome who salted the product in their cellars. The production of pecorino increased in the

early 1900s with the development of the salting industry, and the cheese's fame spread abroad. As early as 1894 it was exported to America for consumption by Italians living there. In the first half of 1900, 60% of Italian pecorino production was exported to North America.



CACIO E PEPE

Ingredients for 4 people: 500 g of bucatini, 300 g of grated 'Pecorino Romano' PDO, green, black, white and red peppercorns to be ground at the moment.

Method: boil the unsalted water, the pecorino cheese will be enough to flavour the pasta. Break the bucatini into three pieces and pour them into the boiling water. When the starch released from the pasta comes to the surface - it only takes a few seconds - remove almost all the cooking water from the pasta with a ladle and pour it into a small saucepan, which should be kept on a lighted cooker near the first pot. The whole cooking process will be a test of skill in stirring the bucatini as if it were risotto. Stir the pasta continuously, gradually adding the necessary water from the second pot. When the pasta is almost cooked, preferably al dente, gradually add the grated pecorino cheese and a first generous dose of pepper, without ever stopping stirring. Once all the pecorino has been amalgamated, serve and complete each dish with more pepper.

(by Antonello Colonna - www.atavolaconlestelledellazio.it)

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PECORINO TOSCANO PDO



PRODUCTION AREA The area of origin of the milk used for the processing of 'Pecorino Toscano' PDO falls within the entire territory of the Tuscany region; some municipalities in Lazio: Acquapendente, Onano, San Lorenzo Nuovo, Grotte di Castro, Gradoli, Valentano, Farnese, Ischia di Castro, Montefiascone, Bolsena and Capodimonte, in the province of Viterbo; in Umbria: Alleronia, in the province of Terni and Castiglione del Lago, in the province of Perugia. The production area, which extends over a strip of land characterised by the continuous alternation, intersection and contrast of plains, hills, valleys and promontories, was called *regio maritima* by the Romans, from which the name Maremma derives. Rich in green



fields and natural grassland, this area provides the basis for feeding the sheep: green or hay fodder from natural pastures, possibly supplemented with hay and simple concentrated feed.

PRODUCT DESCRIPTION 'Pecorino Toscano' PDO is reserved for soft or semi-hard cheese made exclusively from whole sheep's milk from the production area. The minimum maturing period is 20 days for soft cheese and no less than four months for the semi-hard type. It is used as a table cheese or grating cheese. It has the following characteristics: weight from 0.75 to 3.50 kg; cylindrical shape with flat faces and slightly convex heel; dimensions: diameter of the faces from 15 to 22 centimetres, height of the heel from 7 to 11 centimetres, with variations up or down in both characteristics depending on the technical conditions of production, it being understood that the heel must never exceed half the diameter. The heel should never be more than half the diameter, although preference is given to semi-hard cheeses. The rind is yellow in colour with various shades up to deep yellow, although the colour may depend on the treatments the cheese has undergone. The colour of the paste is white, slightly straw-coloured for the soft type; slightly straw-coloured or straw-coloured for the semi-hard type. The texture of the cheese is soft for the soft type; the semi-hard type has a compact consistency and is firm when cut, possibly with small, unevenly distributed eyes. The strong, fragrant flavour is typical of the special production processes used; fat content in dry matter: not less than 40%. In order to limit the amount of processing waste, provided that the above weight and height requirements are complied with, 'Pecorino Toscano' may be produced in a shape other than the cylindrical shape, but only when intended for pre-packaging (in slices, cubes or as grated cheese).

PRODUCTION METHOD Sheep must mainly be fed with green or dried fodder from local natural pastures, possibly supplemented with hay and concentrated straight feedingstuffs. The milk must be coagulated at a temperature of between 33 and 38 °C with the addition of calf or vegetable rennet in order to coagulate the milk within 20 to 25 minutes. The milk may be used raw or may undergo heat treatment up to pasteurisation and may be inoculated with cultures of autochthonous, natural or selected milk enzymes. The cheese must be produced using characteristic technology and during processing the curd is broken up until the lumps have reached the size of a hazelnut for soft 'Pecorino Toscano' and a grain of maize for seasoned 'Pecorino Toscano'.

To prepare the latter, the curd may also be subjected to heat treatment (cooking) at 40-42°C for 10-15 minutes. After breaking and cooking, if necessary, the curd is placed in special moulds for drain-

ing the whey. Purging or syneresis is carried out by manual pressing or by steaming. Salting can be carried out dry with direct sprinkling of salt or in brine with 17-19% of sodium chloride, equal to 15-17 Baumé degrees. The permanence, referred to kg of weight, is at least 8 hours for the soft 'Pecorino Toscano' and at least 12 hours for the seasoned 'Pecorino Toscano'. 'Pecorino Toscano' can be treated externally with an anti-mould agent and must be matured in suitable environments, with a temperature varying during the maturation period from 5 to 15°C and with relative humidity varying from 75 to 95%.

HISTORY BACKGROUND Sheep breeding in Tuscany dates back to the Etruscan period, even if the first to provide reliable historical information was Pliny the Elder who, in his *Naturalis Historia*, drew up the first known map of cheeses and described the production of pecorino in the Luni area (now Lunigiana). Sheep farming and sheep breeding continued to spread throughout Tuscany during the Middle Ages and the legendary episode of Giotto is emblematic: while he was drawing on a stone and watching over a flock in Mugello, he was seen by Cimabue who understood his artistic genius and took him into his own workshop. In the 15th century, Pecorino Toscano was known as "Cacio Marzolino", as production traditionally began in March and continued throughout the spring, and as such is mentioned in a memoir on Tuscan cheese written by Dr Francesco Molinelli towards the end of the 18th century. Molinelli recalls that *"young girls who have learned the art of making cheese acquire a good reputation in the village, and this ability facilitates their settling down, and is considered as a dowry"*. The humanist Bartolomeo Platina, in his treatise *De honesta voluptate ac valetudine*, published between 1475 and 1478, celebrated the marzolino d'Etruria, on a par with parmesan, as the best cheese in Italy. And Pope Pius II, Enea Silvio Piccolomini, who stopped in Chiusuri, near the Val d'Orcia, was struck by the quality of the cheese he tasted there and praised it in the *Commentari della sua propria vita* (1463), where he wrote: *"He came to the monastery which was given the name of Monte Oliveto, not far from which is the castle of Chiusuri, whose cheese is reputed to be among the best in Tuscany..."*. By the mid-1800s it was already a characteristic product, prepared using precise production techniques. The first cheese factories definitively separated the figure of the shepherd, the breeder of sheep, from that of the cheesemaker, the true craftsman of cheese.



FAGOTTINO WITH PECORINO TOSCANO

Ingredients for 4 persons: 300 g of 'Pecorino Toscano' PDO soft cheese, 100 g of cooked ham, 300 g of fresh tomatoes, 1 kg of puff pastry, 1 whole egg.

Method: Roll out the puff pastry using a rolling pin and form rectangles about 1 mm thick, 20 cm wide and 12 cm long. Place the peeled and thinly sliced tomato in the centre, arranging it in a tiered pattern and leaving about 1 cm of border on the width and 3 cm on the length. Overlap the slices of cooked ham and peeled 'Pecorino Toscano' PDO until the tomato is covered. Brush the remaining free inner edges of the puff pastry with beaten egg and close the pastry to form a bundle. Brush again with beaten egg. Allow to rest for 30 minutes, brush with beaten egg and bake in the oven at 180-200° C for 20-25 minutes.

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RICOTTA DI BUFALA CAMPANA PDO



PRODUCTION AREA The production area of 'Ricotta di Bufala Campana' includes the following territories: Lazio Region: Province of Frosinone (Amaseno, Giuliano di Roma, Villa S. Stefano, Castro dei Volsci, Pofi, Ceccano, Frosinone, Ferentino, Morolo, Alatri, Castrocielo, Ceprano, Roccasecca); Province of Latina (Cisterna di Latina, Fondi, Lenola, Latina, Maenza, Minturno, Monte S. Biagio, Pontinia, Priverno, Prossedi, Roccasecca dei Volsci, S. Felice Circeo, Santi Cosma e Damiano, Sermoneta dei Volsci, Santi Cosma e Damiano, Santi Cosma e Damiano, Sabaudia, S. Felice Circeo, Santi Cosma e Damiano, Sermoneta). Biagio, Pontinia, Priverno, Prossedi, Roccasecca dei Volsci, Sabaudia, S. Felice Circeo, Santi Cosma e



Damiano, Sermoneta, Sezze, Sonnino, Sperlonga, Terracina, Aprilia); Province of Rome (Anzio, Ardea, Nettuno, Pomezia, Roma, Monterotondo). Region Campania: Province of Benevento (Limata, Dugenta, Amorosi); Province of Caserta; Province of Naples (Acerra, Giugliano in Campania, Pozzuoli, Qualiano, Arzano, Cardito, Frattamaggiore, Frattaminore, Mugnano); Province of Salerno. Apulia Region: Province of Foggia (Manfredonia, Lesina, Poggio Imperiale) and part of the municipalities of Cerignola, Foggia, Lucera, Torremaggiore, Apricena, Sannicandro Garganico, Cagnano Varano, San Giovanni Rotondo, San Marco in Lamis. Region Molise: Province of Isernia (Venafro). The orographic soil and climatic conditions of the territory are the principal factors that have been conducive to the spread of buffalo farming in these areas, mainly aimed at the production of milk for the transformation in cheese and ricotta. The geographical area, even after the draining of the swampy areas and the political and administrative changes, has retained many common features, including the tradition and development of a strong productive district in the form of hundreds of buffalo farmers and cheese makers.

PRODUCT DESCRIPTION 'Ricotta di Bufala Campana' is a dairy product obtained by heat coagulation of proteins of the "first whey" or "sweet whey" from the processing of buffalo milk, obtained by manual and/or mechanical milking of buffaloes of the Italian Mediterranean breed, characterised by a high-water content. 'Ricotta di Bufala Campana' PDO is presented in a truncated pyramid or truncated cone shape with a maximum weight of 2.000 gr, is porcelain white in colour, has no rind and a soft, grainy but not gritty consistency. Fat content in dry matter is at least 45%; fat content not less than 12%; moisture content not more than 75%; lactic acid not more than 0.3%; sodium content not more than 0.3%. The taste is unique, fresh, and delicately sweet and it smells of milk and cream.

PRODUCTION METHOD More than half of the rationing of the lactating buffaloes is based on fodder from the PDO area. The fodder may be conveniently supplemented with feed that balances the intake of the various nutrients in the diet. Maize silage and fodder not included in the list of prohibited feedstuffs is permitted, and fresh, hay, dried, dehydrated and silage fodder may be fed, provided that it is not expressly mentioned in the paragraph "Prohibited feedstuffs". The same applies to farm or industrially produced feed and complementary fodder products and industrial by-products. The processing of "first whey" (or "sweet whey") involves heating by direct steam injection or indirect heat exchange. Any addition of buffalo milk and/or fresh cream can take place either before or after heating has started. After reaching an average temperature of

82°C, in order to facilitate the protein coagulation process, variable amounts of “cizza” (natural whey starter from previous processing of ‘Mozzarella di Bufala Campana’ PDO), lactic acid or citric acid may be added in order to modify the acidity of the medium and thus facilitate the production of ricotta. The heating phase is completed until a temperature not exceeding 92 °C is reached. The heat causes the denaturation of the proteins and their aggregation, thus the formation of a soft and fine clot that begins to surface immediately due to the presence of fat. The ricotta is separated either manually, using a perforated ladle and gently placing the moist curd directly into the characteristic moulds, or mechanically, using special extractors. The ricotta placed in the moulds or cloths then completes the separation of the “scotta” to take on its final consistency. The drained ricotta is partially cooled. Packaging must take place within 24 hours of production and is carried out either before or after the cooling process. If the ricotta is not packaged immediately, cooling continues until it reaches a temperature of + 4 °C; if, on the other hand, the ricotta is packaged, cooling continues until it reaches a temperature of + 4 °C in a cold room or in a water and/or ice bath. The maximum shelf life of ‘Ricotta di Bufala Campana’ (fresh) may not exceed 7 days from the date of production. In order to obtain ricotta with a longer shelf life (maximum 21 days from the production date), heat treatment of the ricotta drained of the rind is permitted. The ricotta is then smoothed or homogenised to give it a creamier appearance. The product thus obtained is defined as ‘Ricotta di Bufala Campana fresca omogeneizzata’. The ricotta may be packaged while still warm, even with the aid of operating machines, in plastic containers that are immediately heat-sealed. The packaged ricotta is then rapidly cooled to a temperature of + 4 °C in a cold room or in a water and/or ice bath.

HISTORY BACKGROUND The tradition of producing ‘Ricotta di Bufala Campana’ has a very close link with the production of ‘Mozzarella di Bufala Campana’ and hence with the arrival of the buffalo in central and southern Italy dating back to at least 1300. Between the 10th and 11th centuries, the areas between Mondragone and the Volturno River became swamped, buffalo found a suitable habitat and buffalo milk replaced cow’s milk in the preparation of the *laudatissimum caseum of Campo Cedicio*, a cheese already mentioned by Pliny the Elder (Pliny, *Naturalis Historia*, XI, 241).

Ricotta, associated with Mozzarella and other dairy products, is mentioned for the first time in a cookbook published in 1570 by Bartolomeo Scappi, a cook at the Papal court, where specialities from all over Italy and Europe were received, which mentions “... fresh milk, fresh butter, ricotta fiorite, fresh mozzarella and milk snow”. (Scappi B., 1570). More detailed and direct information on ‘Ricotta di Bufala’ can be found from the mid-1800s onwards. In 1859, Achille Bruni, a professor at the Royal University of Naples, in his monograph *Del latte e dei suoi derivati* (On milk and its derivatives), published in the New Agricultural Encyclopaedia, gave a brief description of how ‘Ricotta di Bufala’ was produced at that time: “Take the milk fresh from the buffalo and pour it into the vat, add the goat rennet; once it has set, cut it into large bits with a wooden spatula. Then with a wooden ladle drain off the whey and boil it to extract the ricotta.”



CANNELLONI ALLA PARTENOPEA

Ingredients for the dough: 500 g of flour, 4 eggs, 40 ml of extra virgin olive oil, 20 ml of water, 1 pinch of salt.

For the filling: 300 g of ‘Ricotta di Bufala Campana’ PDO, 250 g of ‘Mozzarella di Bufala Campana’ PDO, 2 eggs, 50 g of butter in addition to the one used to grease the pan, 100 g of grated parmesan cheese, tomato sauce, chopped basil, 1 tablespoon of extra virgin olive oil, salt and pepper. Prepare the tomato sauce and keep it aside.

Method: Mix the ricotta cheese with the eggs and half of the Grana cheese in a bowl, season with salt and pepper and lastly add the diced mozzarella. On a floured surface, roll out the dough into a thin sheet (about 1 mm thick) and cut it into small rectangles of about 10 x 7 cm. Now take a pan, fill it 3/4 full of lightly salted water, put it on the fire and when the water starts to boil, boil the rectangles of pasta (or the cannelloni ready for use) for a few minutes. Drain them very al dente and immerse them in a bowl full of iced water to cool them, and then dry them on a kitchen towel without overlapping them or they will stick. Put a little of the filling on each of them and if you are using homemade cannelloni, roll them up and place them on a buttered baking dish. Sprinkle with some of the tomato sauce, so that they remain soft, and the remaining grated Parmesan cheese. Bake at 200°C for about 15 minutes, taking care not to dry them out, then sprinkle them with the remaining sauce and a few basil leaves.

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RICOTTA ROMANA PDO



ROMANA PDO
LINK WITH
BIODIVERSITY
(SOPRAVISSANA SHEEP)



PRODUCTION AREA The area from which the whey (obtained from whole ewe's milk) comes, where 'Ricotta Romana' PDO is produced and processed, is the entire territory of the Lazio Region. The specific soil and weather conditions of Lazio, with its various types of relief (limestone and volcanic mountains, hills, alluvial plains), an average annual temperature varying between 13 and 16 °C and annual rainfall ranging from a minimum of 650 mm along the coastal strip, 1 000-1 500 mm on the inland plains to 1 800 mm in the Terminillo and Simbruini mountains, provide the best conditions for rearing sheep. Pasture, a traditional and main source of nutrition for the flock, which varies in space and time depending on many



parameters (floristic composition, climatic conditions, soil factors), finds in Lazio the optimal conditions for development and quality, thus positively characterising the milk and consequently the resulting product (sheep's milk cheese, ricotta, etc.), resulting in an exceptionally favourable synergy not only in terms of quality but also in terms of the homogeneity of its characteristics.

PRODUCT DESCRIPTION 'Ricotta Romana' PDO is a fresh cheese product obtained exclusively from the whey of whole sheep's milk from the breeds most widely used in the Lazio region: Sarda and its crosses, Comisana and its crosses, SopraVissana and its crosses, Massese and its crosses. The whey, with its characteristic pale yellow colour, must have well-defined chemical parameters in order to guarantee the specific qualities of 'Ricotta Romana': a very fine-textured paste, a more pronounced colour than cow's ricotta, a minimum fat content of 40% of dry matter and, above all, a delicate, sweetish flavour of fresh milk. The weight is variable up to 2 kg. 'Ricotta Romana' PDO, being a fresh dairy product, does not undergo a maturing process and is generally produced from late autumn (November) to June.

PRODUCTION METHOD The whole milk whey, a liquid product of the coagulation of the milk, is obtained by separating it from the curds intended for the production of sheep's cheeses from the milk of ewes in the Lazio Region. The whey turns out to be "sweet", thanks to the type of feed given to the dairy sheep, which consists of fodder from natural pastures, meadows and grasslands characteristic of the Lazio Region. The resulting product, 'Ricotta Romana', has a characteristic sweetish taste that distinguishes it from any other type of ricotta. The whey from the whole sheep's milk is pale yellow in colour and contains: non-fat dry matter: not less than 5.37%; protein: not less than 1.09%; fat: not less than 0.35%; - lactose: not less than 3.55%; ash: not less than 0.4%. To make 'Ricotta Romana' it is allowed, as the whey is being heated to 50-60 °C, to add whole milk of sheep of the above breeds, in quantities not exceeding 15 % of the total volume of the whey. During the summer, when the animal is in the physiological stage of dryness, the traditional practice of mountain pasturing is permitted. The dairy ewes are fed on pasture, meadow and grassland typical of the Lazio region. Supplementary dried fodder and concentrates may be used, but synthetic substances and genetically modified organisms may not.

Milk ewes must not be subjected to forced feeding, environmental stress and/or hormonal alterations designed to increase production. The whey, with the possible addition of sodium chloride in the maximum quantity of 4 g/litre, without the addition of acidity correctors, is heated to 85-90°C and kept slightly agitated. The

heating, which generally takes place in the same boilers in which the cheese was produced, favours the precipitation and coagulation of the serum proteins and therefore their surfacing in the form of small flakes. Their surface consolidation, in a white stratified bloom, takes place by suspending the heating for about 5 minutes. The outcrop is separated from the scotta. The ricotta is then collected and placed in perforated, truncated cone-shaped baskets for 8-24 hours to further facilitate the draining of the cheese. The drained product is dried in a cool place. The resulting ricotta has a very fine structure, a more pronounced colour than cow's cheese and a delicate, sweetish flavour.

HISTORY BACKGROUND The first historical references to 'Ricotta Romana' date back to the description of cheese-making techniques given by Columella, a Roman agronomist in the first century B.C., in *De Re Rustica*. Popular tradition has it that St. Francis of Assisi, when he was in the Lazio region to make a nativity scene, contributed to the spread of Ricotta in the Roman countryside by teaching

shepherds how to make it. Sheep's milk had three uses: the first was religious/sacrificial; the second was for food, as a drink or as an ingredient in various preparations; the third was to make fresh or mature sheep's cheese, and the residual whey was used, first to make ricotta and then to feed the pigs. In *Usi e costumi della campagna romana* (1903), Ercole Metalli wrote of the sheep farmers: "... They then put the cauldron back on the fire to extract the ricotta, ... The ricotta, together with a little bread, is their only food ...". In the past, the shepherds' pay consisted of one lira and fifty centimes a day, in addition to bread, salt, ricotta and polenta.



RICOTTA ROMANA PUDDING

Ingredients: 500 g of 'Ricotta Romana' PDO; 5 eggs; 1 tablespoon of flour; 80 g of sugar; 20 g of candied orange and citron peels; 2 tablespoons of brandy, 1 tablespoon of cinnamon, 1/2 lemon; icing sugar.

Method: mix 'Ricotta Romana' PDO, flour, 2 whole eggs and 3 yolks, sugar, candied fruit, grated lemon peel, brandy and almost all the cinnamon. Gently incorporate the 3 egg whites, beaten until stiff. Fill a 2-litre pudding mould, greased and dusted with flour, 2/3 full with the mixture. Bake for half an hour in a hot oven at about 200°. Before taking it out of the oven, leave it to rest, turned off, for 10 minutes: garnish the surface with icing sugar cinnamon.

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PDOs
and PGIs
production
areas in the
region



OILS AND FATS (BUTTER, MARGARINE, OIL, ETC.)



OILS AND FATS category (butter, margarine, oil, etc.)

1. 'Canino' PDO extra virgin olive oil
2. 'Colline Pontine' PDO extra virgin olive oil
3. 'Sabina' PDO extra virgin olive oil
4. 'Tuscia' PDO extra virgin olive oil



CANINO PDO EXTRA VIRGIN OLIVE OIL



PRODUCTION AREA Olives for the production of 'Canino' protected designation of origin extra virgin olive oil must be produced in the province of Viterbo, which includes all or part of the administrative territory of the following municipalities: Canino, Arlena, Cellere, Ischia di Castro, Farnese, Tessennano, Tuscania (part) and Montalto di Castro (part). Only olive groves grown on land of volcanic origin, with the presence, along the valleys of the Fiora river, of calcareous-siliceous soil derived from quaternary rocks and alluvial soil are eligible, provided they are located within an altitude limit of 450 metres above sea level. The soils of volcanic origin of the Volsina and Cimina hills, are based on tuffs of varying nature



and consistency and are characterised by their smoothness, limited depth, low gold content but high potassium content.

PRODUCT DESCRIPTION 'Canino' protected designation of origin oil must be entirely or partially obtained from the following varieties of olive tree: Caninese and its derived clones, Leccino, Pendolino, Maurino and Frantoio, present in the olive groves either on their own or in combination. Other varieties present in the olive groves, accounting for not more than 5 %, may also be used. When released for consumption, 'Canino' PDO oil must have the following characteristics: emerald green colour with golden highlights; fruity aroma reminiscent of healthy, fresh olives harvested at the optimum point of ripeness; strong flavour with a bitter and sharp aftertaste; total maximum acidity expressed as oleic acid, by weight, not exceeding 0.5 grams per 100 grams of oil; peroxide value ≤ 10 Meq O₂/kg. Other chemical/physical parameters that are not expressly mentioned must comply with legislation on extra virgin olive oil.



PRODUCTION METHOD The environmental and cultivation conditions of the olive groves must be such as to give the olives and the resulting oil their specific characteristics. In addition to the traditional forms of cultivation, which include mixed groves with a planting density of up to 60 trees per hectare, other forms of cultivation are permitted for specialised groves with a planting density of up to 700 trees per hectare. The phytosanitary defence of the olive groves must be carried out according to guided pest management methods. The maximum output of olives per hectare is 12 tonnes



in specialised olive groves, while in mixed groves the maximum production of olives per tree may not exceed 0,15 tonnes. The olives are harvested between 1 October and 31 December of each olive crop year. Oil extraction and packaging must be carried out within the production area. The maximum yield of olives in oil may not exceed 18%. Only mechanical and physical processes may be used to extract the oil, in order to produce oils that preserve as faithfully as possible the original characteristics of the fruit. The olives must be washed at room temperature; any other treatment is forbidden; any other treatment is prohibited. The oiling operations must be carried out within 36 hours after the olives have been delivered to the mill.

HISTORY BACKGROUND It was the Greeks who introduced olive oil into Lazio, although it is known that the Etruscans cultivated this plant and traded the product as early as the 4th century B.C. It was mainly in the area to the north of the region, in Tuscia, near Canino, that the Etruscans spread the cultivation of olives and the use of oil, which was already considered a valuable foodstuff at that time. This is proven by the discovery of olive stones in two tombs from the first half of the 7th century BC, which were part of the votive offerings for the dead. Further historical evidence of the thousand-year-old local tradition of growing this precious plant is provided by the presence of centuries-old olive trees in the production area. However, it was not until the middle of the last century that local olive-growing underwent significant development, assuming an important role in the area's agricultural economy, so much so as to promote the spread of the product beyond the boundaries of the production area. In particular, it was the land reform, whereby the land belonging to the Prince Torlonia was expropriated and distributed among the farmers, and the establishment of the Canino Cooperative Oil Mill that made a decisive contribution to increasing the production and spreading the fame of this precious product. In the historic centre of Canino, during the first week of December, the "Sagra dell'olio" (Oil festival) is celebrated, during which the new oil can be tasted on appetising bruschettas and other traditional Viterbo dishes.



SOUP WITH LENTILS

Ingredients: 400 g Onano lentils, 300 g peeled tomatoes, celery, garlic, stale home-made bread, salt, pepper, 'Canino' PDO extra virgin olive oil.

Method: Fry the 'Canino' PDO olive oil with two cloves of garlic and the mashed tomatoes, let it fry for a few minutes, then add some chopped celery leaves, the Onano lentils, salt, pepper and hot water or stock cube. During the cooking add, if necessary, salt and water as much as necessary to keep a quantity of liquid just enough to soak the slices of bread, which will have been placed in the tureen. Pour the soup over the bread and leave to rest before serving.



COLLINE PONTINE PDO EXTRA VIRGIN OLIVE OIL



PRODUCTION AREA Olives for the production of 'Colline Pontine' protected extra virgin olive oil must be produced in the following municipalities in the province of Latina: Aprilia, Bassiano, Campodimele, Castelforte, Cisterna di Latina, Cori, Fondi, Formia, Itri, Lenola, Maenza, Minturno, Monte San Biagio, Norma, Priverno, Prossedi, Roccagorga, Rocca Massima, Roccasecca dei Volsci, Santi Cosma e Damiano, Sermoneta, Sezze, Sonnino, Spigno Saturnia and Terracina.

The peculiarities and typical properties of 'Colline Pontine' PDO



extra virgin olive oil derive from the land and, above all, from the Itrana oil variety, which is not so widely grown elsewhere. In the production area, the soils are generally made up of mostly compact limestone beds geologically belonging to the Upper Cretaceous. These soils, which often have a thin cultivable layer, are highly permeable and arid for a large part of the year. The area has a Mediterranean climate with mild winter temperatures that rarely fall below zero. Olive growing dominates the hills of the Province of Pontina over an almost unbroken band running south-easterly from Rocca Massima and Cori to the Municipalities of Minturno and Castelforte and the boundary with the Province of Naples. The soil, the prevailing location, the climate and the varietal composition all contribute to defining the main characteristic of 'Colline Pontine' extra virgin olive oil: balance and harmony.

PRODUCT DESCRIPTION The 'Colline Pontine' Protected Designation of Origin must be obtained from the following varieties of olives: Itrana (50 % to 100 %), Frantoio and Leccino (up to 50 %). Other varieties of olives may also be present up to a maximum of 10 % provided they do not alter the characteristics of the product. When released for consumption, 'Colline Pontine' extra virgin olive oil must have total acidity, expressed as oleic acid, of not more than 0.6 grams per 100 g of oil, a peroxide index of 12 or less, a polyphenol value greater than 100 mg/kg and an oleic acid value of 72 % or more by a colour ranging from intense green to yellow with golden highlights; there is a fruity green olive aroma, from medium to intense, with an almond aftertaste and a typical fragrant herbaceous note; the typical aroma is of (green) tomatoes. Light to medium bitterness and pungency, with a median: defects 0, olive fruitiness 4 - 7, bitterness 3 - 5, pungency 3 - 5, tomato 3 - 6.

PRODUCTION METHOD The environmental and cultivation conditions of the olive groves must be traditional and characteristic of the area and in any case be such as to give the olives and the oil derived from them their specific characteristics. The olive groves are specialised, with the exception of those located among rocky outcrops and where the land is used for grazing by domestic animals, including those of low altitude. As regards soil management, surface mechanical work is carried out, which proves to be useful also for controlling weeds. Green cover and chemical weeding are permitted. Plant health protection must be carried out according to managed pest reduction methods in order to reduce to a minimum or eliminate residues of antiparasitic agents on the olives. Production may not exceed 100 kg per tree. The olives must be manually or mechanically

harvested so that during the operation the fruit is not left on the ground. In all cases, nets must be used and collecting olives that have fallen from the tree naturally is prohibited. Harvesting is carried out when the fruits start to ripen and ends by 31 January. The use of chemical products which induce the abscission of the fruit or make this easier is prohibited. Perforated and washable containers must be used to transport the olives. The use of stainless steel or other materials that are washable and for food use is permitted, provided that the olives in these containers are processed the same day. In all cases, the olives must be milled within 48 hours of harvesting. The olives have the leaves removed and are washed to eliminate any residues of antiparasitic agents or foreign substances. Only mechanical and physical processes that produce oil presenting the particular characteristics of the original fruit may be used. Pressing must be carried out with the olive paste at a maximum temperature of 33 °C for a maximum of 50 minutes. The processing method known by the name of 'ripasso' is prohibited. Also banned are the use of products with chemical or biological action and the use of talc during the extraction process. The oil yield must not exceed 27 % of the weight of the olives.

HISTORY BACKGROUND In the province of Pontina, and in particular in the olive groves of the foothills in which the production area lies, olive growing is intimately linked to the social fabric to such an extent that for centuries it has determined the development of the territory and consequently the life of the succeeding populations, influencing the area's economy, which is based almost exclusively on olive growing. For centuries the olive groves have been characterised by a strong presence of the Itrana variety, which is to be found throughout Lazio, but only in the Province of Latina is it so dominant (in the groves of the Municipalities of Sonnino Itri accounts for 90 % of the trees). The synonym Gaetana for the Itrana variety refers to the olive intended for consumption and indicates the oldest origin of the cultivation of this variety, which then spread from the territory of Gaeta, Itri and Formia (former Kingdom of Naples) to the Pontifical State and then to the whole hilly and mountainous area of the Pontine province. Legend has it that it was refugees from Sparta who introduced the selected plant and, with it, the techniques for its cultivation into the area. Later, in fact, the Latins descended from Central Italy occupied the territory with Umbrians, Oscans, Sabelli and Volscians, but were the only ones to settle permanently in the area, cultivating olives. Defeated by the Romans, they and other

peoples of the "Latin League" abandoned the once fertile plain, home to some 23 cities, where the marshland took over after a natural event recalled by Pliny. Consequently, they took refuge in the mountainous area of medium altitude and spread the olive tree there. The Romans later considered olive-growing so important that they regulated it by imperial edicts. The end of the Western Roman Empire brought about a crisis in the central state and with it the organisation of the protection of oil production and trade. It should be noted that the Visigoths penalised anyone who damaged or cut down an olive tree with a fine of 5 *solidi*. In the Middle Ages, with feudalism, only Benedictine and Cistercian monks took care of the spread of production and processing techniques in the area. Locally, the statutes of Bassiano, Cori, Sessa and Minturno laid down penalties for those who damaged the olive trees. The State of the Church, in addition to devoting considerable attention to the issue of the marshes, granted, by means of an edict, still kept in the historical archives of Latina, a premium of 10 scudi for every 100 olive trees planted, so that in 1786 some 49 hectares of olive trees were planted. The 18th-century land register also confirms the significant spread of olive-growing.



BROCCOLI, ANCHOVIES AND OLIVES

Ingredients: 4 fillets of anchovies in oil, 500 g of broccoli, 8 black olives (or Itrana variety), 2 shallots, garlic, 'Colline Pontine' PDO extra virgin olive oil, salt and pepper.

Method: wash the broccoli and remove the florets from the back; steam for 25 minutes (or boil for 8 minutes in plenty of water). In the meantime, drain the anchovy fillets, pat them dry with kitchen paper and roughly chop them up. Stone and chop the olives, slice the shallots and peel the garlic. Pour the 'Colline Pontine' PDO extra-virgin olive oil into a frying pan and fry the garlic and shallots. When golden brown, add the anchovies and olives. Add the broccoletti and cook for a few minutes, adding a handful of pepper and salt.

CONSORTIUM FOR THE PROTECTION OF 'COLLINE PONTINE' EXTRA VIRGIN OLIVE OIL PDO

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SABINA PDO EXTRA VIRGIN OLIVE OIL



LINK WITH
BIODIVERSITY
(‘ROSCIOLA’ VARIETY)



PRODUCTION AREA Olives for the production of ‘Sabina’ PDO extra virgin olive oil must be produced in the Sabina area to the east of the River Tiber, which is particularly suitable for oil production. In the province of Rieti, this area includes all or part of the administrative territory of the following municipalities: Cantalupo in Sabina, Casaprota, Casperia, Castelnuovo di Farfa, Collescivolo, Confini, Cottanello, Fara Sabina, Forano, Frasso Sabino, Magliano Sabina, Mompeo, Montasola, Montebuono, Monteleone Sabino, Montenero Sabino, Montopoli in Sabina, Poggio Catino, Poggio Mirteto, Poggio Moiano, Poggio Nativo, Poggio S. Lorenzo, Roccantica, Salisano, Scandriglia, Selci, Stimigliano Tara-

no, Toffia, Torricella, Torri in Sabina, Vacone; in the province of Rome all or part of the administrative territory of the following municipalities: Guidonia Montecelio, Fontenuova, Marcellina, Mentana, Monteflavio, Montelibretti, Monterotondo, Montorio Romano, Moricone, Nero-la, Palombara Sabina, Sant’Angelo Romano, San Polo dei Cavalieri (part), Rome (part). The Sabina district extends from the banks of the Tiber to the Sabine Mountains, which are an integral part of the Apennine chain. It is an ancient territory divided between the Rieti province (Sabina Reatina) and the Roman province (Sabina Romana). The landscape, inhabited and cultivated for thousands of years, as demonstrated by the numerous archaeological remains, is characterised by the presence of vineyards, steep mountains, extensive oak woods, small medieval villages, castles and monasteries and, above all, by the presence of hills covered with centuries-old olive groves. Olive cultivation mostly involves shallow, steeply sloping, loose, permeable, dry but not arid soils, deriving from the disintegration of dolomite and therefore rich in calcium. This, together with the abundance of water, the mild climate and the southern exposure of the hills sheltered from the north wind by the mountains, is the prerequisite for high-quality, unique olive growing in the area where ‘Sabina’ PDO extra virgin olive oil is produced.

PRODUCT DESCRIPTION ‘Sabina’ PDO olive oil must be obtained from groves of single or mixed varieties comprising at least 75 % of the following varieties of olive tree: Carboncella, Leccino, Raja, Pendolino, Frantoio, Moraiolo, Olivastrone, Salviana, Olivago and Rosciola. Up to 25 % of olives of other varieties grown in the groves may be used. When released for consumption, ‘Sabina’ PDO oil has a yellow-green colour with golden tinges; fruity aroma; fruity, smooth, even, fragrant, sweet, bitter and spicy taste for very fresh oils. Panel test: median for fruitiness > 0 and median for defects = 0. Total maximum acidity expressed as oleic acid, by weight, not exceeding 0.6 grams for 100 grams.; peroxide number 14 MeqO₂ / kg and minimum oleic acid content 68%.

PRODUCTION METHOD The environmental and cultivation conditions of the olive groves must be traditional and characteristic of the area and, in any case, be such as to give the olives and the resulting oil their specific characteristics. Only groves with loose, permeable and dry, but not arid, calcareous soil are suitable for the production of ‘Sabina’ PDO oil. The planting distances and the growing and pruning methods must be those generally used or methods that do not affect the characteristics of the olives or the oil. Groves may be irrigated but no forcing methods may be used. The maximum yield in the groves concerned may not ex-





ceed 6,300 kg of olives per hectare. In the case of undercropping and intercropping, the maximum yield of olives per hectare refers to the actual olive-growing area. The harvesting of olives and extraction of oil is carried out from 1 October to 31 January of each marketing year. Oil extraction and packaging must be carried out within the area concerned. The maximum yield of olives in terms of oil may not exceed 25% by weight. Only mechanical and physical processes may be used to extract the oil, in order to produce oils that present the original characteristics of the fruit as faithfully as possible. The olives must be washed at room temperature; any other treatment is forbidden.

HISTORY BACKGROUND The cultivation of olives and the production of oil in Sabina goes back over 2000 years. Near Fara in Sabina, at Canneto, not far from the splendid Farfa Abbey, grows the oldest olive tree in Europe, once owned by the Abbey itself and purchased in 1870 by the Bertini family. It is a majestic, two-thousand-year-old tree, as shown by the C14 isotope examination, which is surprising both for the still imposing appearance of its luxuriant foliage (each year it can produce up to 8 quintals of olives) and for the health of its imposing trunk (about 8 metres in diameter). Olive seeds found in the ancient Sabine city of Curas confirm the pre-Roman origin of olive trees in the area. Authors such as Cato, Horace and Columella describe the Sabina as a land rich in olive groves and speak of the techniques used to grow the plant. Even Strabo, in the first century B.C., extolled the wealth of olive groves, vineyards and oak woods. The Regesto Farnese, kept at the Abbey of Farfa, also describes the history of the crop, the beginnings of the rational expansion of the olive tree and outlines the moments of expansion and decline of the crop, linked to changes in the socio-economic conditions of the area, linked to the alternation of invasions and peace. The therapeutic qualities of 'Sabina' PDO extra virgin olive oil are noteworthy: it is said, in fact, that Galen, a doctor of Greek origin who lived at the court of Marcus Aurelius, considered it the best in the known world at the

time, recommending it as the basis for many medical recipes. The whole territory is scattered with oil mills and olive groves and, in Castelnuovo di Farfa, the 16th-century Palazzo Perelli houses the Museo dell'Olio della Sabina (Sabina Oil Museum), which has an ancient oil mill, still functioning, dating back to 1780, some presses and other tools for pressing olives and interesting exhibits. Here, in addition to following the evolution of agricultural techniques (starting with the giant iron and wooden towers, terracotta jars and a large collection of photographs and graphics) and "perceiving" the Sabine culture through images of popular life combined with the songs and sounds of Sabine culture, it is possible to read the signs that the oil tradition has left on some great contemporary artists. The socio-cultural and economic importance of 'Sabina' PDO extra virgin olive oil is also demonstrated by the establishment of the 'Strada dell'olio e dei prodotti tipici della Sabina' (Sabina oil and typical products route), which ideally links places rich in history such as medieval villages, abbeys, archaeological sites, museums and churches.



SPIRALI ALLE ERBE

Ingredients for 4 persons: 6 eggs, 60 g cooked ham, 1 tablespoon chopped basil, 1 tablespoon chopped parsley, chives, 30 g butter, 2 tablespoons 'Sabina' PDO extra virgin olive oil, 150 g cream cheese, 50 g grated cheese, salt, pepper.

Method: Beat the eggs, add salt, herbs and the previously blended ham and mix well. Heat half a tablespoon of oil in a frying pan with a diameter of 18 cm, pour in a quarter of the mixture and cook a thin fritter on both sides. Prepare the other four in the same way. Mix the cream cheese with the softened butter and Parmesan cheese and a handful of pepper using a wooden spoon. Place the four omelettes on four sheets of aluminium foil, spread the cream cheese over them and roll them up into four small cylinders, which should be refrigerated for at least 20 minutes. Cut the cold omelettes into fairly thin rounds and serve.

(<http://blog.giallozafferano.it/inguacchiando/spirali-alle-erbe/>)

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TUSCIA PDO EXTRA VIRGIN OLIVE OIL



PRODUCTION AREA The area in which the olives are grown and the 'Tuscia' PDO extra virgin olive oil is produced comprises the following municipalities in the Province of Viterbo: Acquapendente, Bagno- regio, Barbarano Romano, Bassano in Teverina, Bassano Romano, Blera, Bolsena, Bomarzo, Calcata, Canapina, Capodimonte, Capráni- ca, Caprarola, Carbognano, Castel S.Elia, Castiglione in Teverina, Celleno, Civita Castellana, Civitella d'Agliano, Corchiano, Fabrica di Roma, Faleria, Gallese, Gradoli, Graffignano, Grotte di Castro, Latera, Lubriano, Marta, Montalto di Castro (part), Montefiascone, Monteromano, Nepi, Oriolo Romano, Orte, Piansano, Proceno, Ronciglione, S. Lorenzo Nuovo, Soriano nel Coriano. Lorenzo Nuovo, Soriano nel Cimino, Sutri, Tarquinia,



Tuscania (part), Valentano, Vallerano, Vasanello, Vejano, Vetralla, Vignanello, Villa S. Giovanni in Tuscia, Viterbo, Vitorchiano. The name Tuscia was once attributed to the territory corresponding to southern Etruria, dominated by the Etruscans. Over time, it came to indicate three macro-areas: Roman Tuscia, coinciding with northern Lazio, the ancient papal province of the Patrimony of St. Peter, which today runs alongside the province of Viterbo and the province of northern Rome, as far as Lake Bracciano; Ducal Tuscia, which includes the territories of Lazio once subject to the Duchy of Spoleto; and Lombard Tuscia, which includes the territories subject to the Lombards and which once formed the Duchy of Tuscia, corresponding in part to what is now Tuscany. Today, only the province of Viterbo is identified with the name Tuscia. From a geomorphological point of view, the area has different altitudes due to the presence of hills and lakes. The Volsini, Cimini and Sabatini mountain systems, which embrace the large volcanic lakes of Bolsena, Vico and Bracciano and the smaller basins of Mezzano, Monterosi and Martignano, contribute to a favourable microclimate. The volcanic origin of the land also generates a predominance of pyroclastic rocks that make the soil particularly fertile. All these factors make the Tuscia area the ideal environment for olive-growing, so much so that the olive is one of the most widespread crops in the area, with specialised groves of 150-300 trees per hectare, intensive groves of over 300 trees per hectare and mixed groves of up to 100 trees per hectare.

PRODUCT DESCRIPTION 'Tuscia' PDO extra-virgin olive oil is obtained from olives of the Frantoio, Caninese and Leccino varieties, with at least 90 % of each grove consisting of one or more of these varieties. Other varieties may be present in a grove, but should not account for more than 10 % altogether. The oil is emerald green in colour with a golden sheen, and has a fruity aroma reminiscent of healthy fresh fruit, harvested at the optimum point of ripeness. The flavour is fairly fruity, with a balanced bitter and spicy aftertaste. The total maximum acidity, expressed as oleic acid, by weight, does not exceed 0,5 grams per 100 g of oil and the peroxide number is ≤ 12 Meq O₂/kg of oil. Other chemical/physical parameters that are not expressly mentioned must comply with legislation on extra virgin olive oil.

PRODUCTION METHOD In the 'Tuscia' PDO extra virgin olive oil production area, the forms of cultivation used in specialised and intensive olive groves are the bushy vase, the Y shape, the monocone, the inverted cone and any other form adaptable to the olive tree. For mixed groves, the most common forms of cultivation are the polycone vase and the free vase. Pruning practices are generally carried out annually, while renewal pruning is carried out at longer intervals. Soil fertilisation is mineral and organic.

It is recommended that annual fertiliser inputs do not exceed removals net of losses and that they guarantee the maintenance of soil fertility and the stability of the ecosystem connected to it. Phytosanitary defence is carried out respecting the balance of the ecosystem, avoiding useless interventions harmful to the useful entomofauna and following the indications of the guided and integrated pest control services operating on the territory. It is forbidden to treat the soil with herbicides and desiccants. Other agronomic practices must be carried out rationally and in such a way as to safeguard product quality. As regards harvesting and post-harvesting, the olives must be picked directly from the tree by hand or mechanically or by any other means that does not damage the product. The degree of ripeness of the olives at the time of harvesting must not exceed the phenological stage of superficial veraison of the epicarp and in any case must not extend beyond 20 December for early cultivars (Leccino, Frantoio, Maurino, Pendolino, etc.) and not beyond 15 January for late cultivars (Caninese, Moraiolo, etc.). The use of cascading or abscission products is strictly prohibited. Maximum olive production per hectare may not exceed 9,000 kg in specialised and intensive olive groves, while in intercropped and mixed olive groves maximum olive production may not exceed 90 kg per tree. The olives must be transported to the oil mill in suitable containers immediately after harvesting and in any case within one day of harvesting. The batches of olives received at the mill must meet the requirements of ripeness, freshness and integrity, otherwise they will be rejected. The olives must be processed within one day of delivery to the mill. The oil-making practices are: washing with drinking water at room temperature, sorting and defoliation; milling with suitable crushers; crushing at a controlled temperature of no more than 30°C and for less than 60 minutes; physical extraction using systems of the pressure type, continuous centrifugation (with or without the addition of water), percolation plus pressure, percolation plus centrifugation. In the case of pressure extraction, the vessels must be cleaned each time the cycle is restarted, and the pressures exerted must not exceed 400 kg/cm² with a single extraction and a maximum time of two hours. In the case of extraction by centrifugation with the addition of water, this must be drinkable and have a temperature such that it does not increase the temperature of the olive paste at the entrance to the centrifuge. This is followed by the centrifugation of the oil must: the oil and the extracted oil must be immediately removed from proximity with residue of vegetable water using continuous stainless steel separators. Upon leaving the extraction plant, the oil should be at a temperature no higher than 28°C. The oil is purified by filtration or other physical means. It is prohibited to centrifuge

the crushed-olive paste a second time without interruption (the processing method known as *ripasso*). Oil-making operations must be carried out in oil mills located within the production area and must not extend beyond 16 January. The oil must be stored in perfectly clean stainless steel containers with no traces of detergents. The maximum yield of olives in oil may not exceed 20%.

HISTORY BACKGROUND The spread of olives in the area dates back to the sixth century BC, favoured by exchanges between the Etruscans, the Phoenicians and the Greeks of Ancient Greece. Olive stones have been found among the archaeological finds in southern Etruria, corresponding to the current territory of Tuscia in the province of Viterbo. Paintings found in Etruscan tombs show that olive oil production flourished in the area. Later on, the Romans also paid a lot of attention to this crop. In the “*Villae*” scattered throughout Tuscia, they produced olives and processed them in the annexed oil mills. Proof of the great importance of this product for the area in question is the documented presence for centuries of ceramic containers for transporting and storing oil in some local centres, such as *Fabrica di Roma* and *Civita Castellana*.



ACQUA COTTA

Ingredients for 4 persons: 500/700 g stale bread, 5/6 medium-sized courgettes, onion, ‘Tuscia’ PDO extra virgin olive oil, salt and pepper, 1 egg, 50 g Parmesan cheese.

Method: Cut the courgettes into medium-sized round slices, sauté a little ‘Tuscia’ PDO extra-virgin olive oil and the finely chopped onion, then add the courgettes. Add half a glass of lukewarm water and leave to cook; add salt and pepper. Place the stale bread in layers in a bowl (possibly cut into thin slices or strips), add the egg to the courgettes and pour it all over the bread, covering it completely. Sprinkle with grated Parmesan cheese and cover with a plate. Leave to rest for 2 hours.



PDOs
and PGIs
production area
in the region

FRUIT, VEGETABLES AND CEREALS, FRESH OR PROCESSED

VEGETABLES AND CEREALS, FRESH OR PROCESSED Category



1. 'Carciofo Romanesco del Lazio' PGI
2. 'Castagna di Vallerano' PDO
3. 'Fagiolo Cannellino di Atina' PDO
4. 'Kiwi Latina' PGI
5. 'Nocciola Romana' PDO
6. 'Oliva di Gaeta' PDO
7. 'Patata dell'Alto Viterbese' PGI
8. 'Peperone di Pontecorvo' PDO
9. 'Sedano Bianco di Sperlonga' PGI



CARCIOFO ROMANESCO DEL LAZIO PGI



LINK WITH
BIODIVERSITY



PRODUCTION AREA 'Carciofo Romanesco del Lazio' artichokes are grown in suitable areas of the following municipalities of the provinces of Viterbo: Montalto di Castro, Canino, Tarquinia; Rome: Civitavecchia, Santa Marinella, Campagnano di Roma, Cerveteri, Ladispoli, Fiumicino, Roma, Lariano, Allumiere, Tolfa; and Latina: Sezze, Priverno, Sermoneta, Pontinia. The typical growing areas for 'Carciofo romanesco' PGI (Roman artichoke) extend along the Tyrrhenian coast: from the Marta plain (province of Viterbo), to the Tolfa hills, the Cerveteri and Ladispoli area (province of Rome) and the Pontine plain (province of Latina). The climate is characterised by high temperatures and low rainfall during the summer



period followed by abundant rainfall in September-December. Temperatures are at their lowest in January and February, with peaks of -5°C , which, although short-lived, are normally a hindrance to the development of parasites compared with warmer regions; As a result, pesticide treatments are practised only rarely and are only necessary in years with abnormal climatic conditions (warm and rainy winters). This is very important as it enables Lazio's artichoke farmers to obtain a high-quality product in line with current environmental and health awareness.

PRODUCT DESCRIPTION The 'Carciofo romanesco del Lazio', a member of the *Cynara Scolymus* family, is a polyannual herbaceous plant with an underground rhizome, from whose buds branching stems develop. The very long leaves are strongly ribbed and are intensely green above and silver below. The plant is characterised by an erect, branched flowering stem and from each branch an inflorescence develops which, in its immature state, is the edible part of the artichoke. The varieties used are the Castellammare and its clones (early production period with the beginning of January) and the Campagnano and its clones (late production period with March-April), both of which are of the Romanesco type, for which only one artichoke per plant is grown. The 'Carciofo romanesco' artichoke detests humidity and temperatures below $4-5^{\circ}\text{C}$, requires a mild climate and prefers deep, medium-textured, well-drained and neutral soil. Because of the considerable amount of cultivation work it requires, it is a renovation and improvement species and can therefore precede or follow cereals and other vegetables. In the fresh state it has the following distinguishing features: spherical and compact buds, sometimes slightly elongated, with a diameter of no less than 10 cm, with characteristic opening at the apex; inner leaves and heart with a soft consistency and an ashen green colour with shades tending towards violet; the first and second order flower heads have a diameter of no less than 7 cm. It is thornless and has a sweet and pleasant taste.

PRODUCTION METHOD Artichoke plantations in the area last on average 2-3 years, never more than 4; planting is predated by main tillage with ploughing or ripping to a depth of 50-60 cm, with the addition of organic fertiliser and phosphopotassium supplements, subject to soil analysis. Planting, from August to October, is carried out by hand, at a minimum and maximum distance of 1 to 1.60 m between rows and 0.80 to 1.20 m between rows, using as propagation material the ovuli or portions of stumps removed from artichoke plantations in previous years. In order to accelerate vegetative reawakening, irrigation can be carried out from August onwards.

In late winter, irrigation is only permitted when the weather is particularly dry. In general, three to five irrigation operations of 300-350 m³/ha/shift are sufficient. After planting, the manual or mechanical removal of the stems that have borne the heads, leaving the crop residues on the ground, after they have been broken up and buried in order to replenish the organic substance in the soil as well as the manual removal of the superfluous shoots called carducci usually carried out between the second and third decade of September and between November and December are carried out. Plants infected with pathogens (*verticillium* spp., *fusarium* and gall nematodes) must be carefully removed from the field and burnt. Harvesting is carried out by hand, in stages and in a manner that varies according to the type of market presentation; it starts in January and may last until May.

HISTORY BACKGROUND The artichoke has been well known since ancient times for its high organoleptic and therapeutic qualities, which were extensively described by Galeno, Strabone, Plinio and Varrone. According to Columella, a Roman agronomist in the first century B.C., the soil for artichoke plants was covered with ash, hence the scientific name, "*Cynara scolymus*". A more legendary interpretation is that the term is linked to mythological stories from the Hellenic world: Jupiter fell in love with a girl with ash-coloured hair and turned her into an artichoke plant. The name *Cynara*, therefore, is said to recall the light colour of the woman's hair. Latium has a long tradition of artichoke production. According to the illustrious botanist Montelucci (1954), the Etruscans were responsible for the domestication of this vegetable from the wild; depictions of artichoke leaves in some tombs in the Etruscan necropolis of Tarquinia would confirm this. The spread of the artichoke in the Lazio region, which began in the 15th century, has enabled this vegetable to rapidly occupy a place of absolute prestige in Lazio culinary arts since the late Renaissance. However, although it has been grown since ancient times and has a long tradition in Lazio cuisine, for centuries, the areas planted with Romanesco artichokes remained limited to simple family vegetable gardens, although long before the Second World War, farmers began to prefer this crop, recognising the great advantage of the fact that, once planted, the plant can last for six to seven years with excellent production and very low running costs. The varieties that became popular more quickly were "Castellammare", due to its earliness, and "Campagnano" which, although it ripened late, has an excellent appearance and organoleptic characteristics. The artichoke has been part of the gastronomic and rural culture of the people of Lazio region since



time immemorial. The first edition of the "Sagra del Carciofo" (Artichoke Festival) was held in Ladispoli on 2 April 1950 and since then the festivals have been held year after year with an ever-increasing number of visitors. The tasty vegetable has been grown in this town since 1930, but the rapid spread of cultivation in the coastal areas has led other towns to organise similar events: the "Sagra del carciofo di Sezze" (Sezze Artichoke Festival) and the "Sagra del carciofo di Campagnano" (Campagnano Artichoke Festival) are well known.

The 'Carciofo Romanesco' artichoke is a foodstuff that has been on our tables for a long time: very versatile in the kitchen, it indulges the creativity of the cook as it lends itself to many recipes. Traditionally, it is preferred "alla giudia": cut in a spiral so as to eliminate the fibrous part, fried in oil with the stem up and nice and crispy; or "alla romana": cooked on a low flame and seasoned with breadcrumbs, garlic, parsley, pepper and plenty of oil. Thanks to its tenderness, the 'Carciofo Romanesco' PGI artichoke can be eaten raw, cut into slices and dressed simply with oil, lemon and slivers of aged cheese.



CARCIOFI ALLA ROMANA

Ingredients for 4 people: 8 'Carciofo Romanesco' PGI from Lazio region, parsley, mint, 2 cloves of garlic, 1 lemon, extra virgin olive oil, pepper and salt.

Method: Clean the artichokes, removing the outer leaves and leaving about 6 cm of stem, soak them in water and lemon juice so that they do not turn brown. Chop the parsley, mint and garlic and add them to the salt, pepper and half a glass of oil. Open the artichokes well and put the mixture inside. Salt the outside. Place the artichokes upside down and very tightly together in a high-sided pan, pour in two parts water and one part oil to cover the artichokes. Put the lid on and bake at 200 °C for 1 hour.



CASTAGNA DI VALLERANO DOP



PRODUCTION AREA The production area of 'Castagna di Vallerano' is represented only by the territory of the Municipality of Vallerano, in the province of Viterbo. The production area is particularly suited to chestnut growing because of the characteristics of the soil, with deep, cool, well-drained substrata of volcanic tufa rich in organic substances, which makes it highly fertile; it is conducive to the presence of potassium in the nuts, as well as lipids and carbohydrates. The area has a particularly consistent, continental climate, with hot summers and harsh, wet winters. The annual temperature range is fairly wide, while rainfall, although well distributed throughout the year, is limited. These particular environmental and

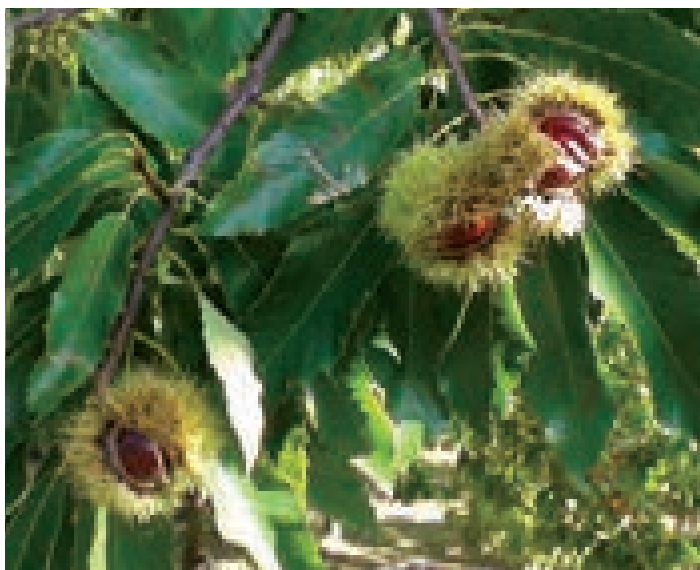


climatic factors, together with the age-old, traditional practices of the local population have contributed, thanks to agricultural skills, constant research and traditional specialised techniques, with a particular emphasis on constant improvement, to creating a real chestnut culture, with all that that implies in economic, agricultural and gastronomic terms, as evidenced in agricultural and scientific literature.

PRODUCT DESCRIPTION The protected designation of origin 'Castagna di Vallerano' is reserved for fruit of the local ecotype 'Castanea Sativa Miller'; the fruit must comply with the following characteristics of the local ecotype: large size (50-70 achenes/kg of fresh product); medium size (71-95 achenes/kg of fresh product); small size (96-120 achenes/kg of fresh product). Mainly ellipsoidal, sometimes round in shape, with a pointed apex ending in stylar residues (torcia); the hilum scar is quadrangular, generally flat and wide enough not to affect the lateral sides of the fruit. The pericarp is thin, easily detachable, reddish-brown in colour, with darker, prominent striations in the meridian direction, varying in number from 25 to 30. The epispem is chamois in colour; the pericarp can be easily detached; the epispem does not generally penetrate into the main grooves of the seed; the percentage of septate is low. The seed has almost no grooves on the surface, the flesh is white, crunchy, pleasantly sweet and resistant to cooking.

PRODUCTION METHOD The chestnut groves used to produce 'Castagna di Vallerano' are located in the phytoclimatic zone at the foot of the Cimini mountains, on gently sloping and periodic and multiannual pruning systems follow the traditional practices of the area and must ensure a density of between 50 and 100 plants per hectare. Harvesting will be carried out either manually or with towed harvesting suction machines and self-propelled harvesting between a minimum of 2 t/ha and a maximum of 6 t/ha. All production, grading, sizing, processing and preservation operations must be carried out in the production area. Packaging may also be carried out outside the production area. Preservation of the product is by cold bath treatment with no additives or by sterilisation through hot bath treatment followed by cold bath ("heat treatment"), again with no additives.

The “cold treatment” consists of placing the chestnuts in centuries-old tufa caves (cellars) or special containers located in suitable environments for a few days (no more than seven) in water at room temperature. Cleaned chestnuts, still damp, are put in piles and after a short period spread on the ground and selected to eliminate moulded fruits. They are then spread out for drying in layers no more than 20 cm thick. To have the chestnuts dry quickly, the fruits are often moved either manually or by means of wooden shovels during the first days or, as an alternative, they are placed in special containers from which they can be removed on a daily basis. Under appropriate conditions, this technique allows the fruit to be kept in good condition for at least 3-4 months.



The aim of the “heat treatment” is to prevent the appearance of insects by destroying their eggs and to kill all insects present in the fruit in their larval state (balanine and carpocapsa). The product is unloaded into a hopper and loaded by means of an elevator belt into a tank. Inside the tank, the fruit, in continuous movement, comes into contact with hot water (controlled temperature 47°-55°C) for 35-40 minutes; after the treatment, the fruit is placed in the tank.

After being rinsed, chestnuts fall into a cooling cistern where they remain for about 15-30 minutes while being automatically skimmed to eliminate flawed fruits coming the surface and separated from the rest by an appropriate device. A conveyor belt collects the remaining chestnuts and immediately conveys them to the draining and drying phase by forced ventilation. Draining and drying are followed by the brushing, grading, sizing and packaging phase. The fruit must be harvested between 20 September and 10 November each year.

HISTORY BACKGROUND Chestnut growing has been a strong feature of the Vallerano area since 1500. In 1584 Prince Farnese authorised the export of chestnuts to neighbouring countries in exchange for royalties. The first census to which reference can be made is that carried out in the Ecclesiastical State in 1656. In *Vallerano e le confraternite* published in 1996, Mon. Manfredo Manfredi states that the main source of income of the local confraternities was the sale of chestnuts. The minutes of the International Convention held in Spoleto in 1993 describe Vallerano as the most important centre in the Province of Viterbo for both the production and the marketing of chestnuts. The link between Vallerano and chestnuts is confirmed by the caves dug out of the tufa, with their cisterns and storage tanks for cold curing chestnuts (cellars), which are still used for preserving the product.



'CASTAGNE DI VALLERANO' PUDDING

Ingredients: 600 g of 'Castagne di Vallerano' PDO, 100 g of sugar, 50 g of butter, a small glass of rum, 3 eggs.

Method: peel the chestnuts and boil them in salted water; remove the skin and then puree the chestnuts. Work the puree obtained by adding the sugar, butter, rum, egg yolks and beaten whites to obtain a homogeneous mixture to be placed in a buttered mould. Bake in a bain-marie in the oven for 30 minutes. Serve the chestnut pudding hot, accompanied by cream.



FAGIOLO CANNELLINO DI ATINA DOP



LINK WITH
BIODIVERSITY



PRODUCTION AREA The production area falls within the southern part of the Province of Frosinone and includes part of the administrative territory of the following municipalities: Atina, Casalattico, Casalvieri, Gallinaro, Picinisco and Villa Latina. A symbol of the culture and tradition of the areas historically most suited to its cultivation, this legume is characterised by organoleptic qualities due to the specificity of the ecotype, but above all to the soil, even called a 'focaleto', located along the banks of the River Melfa, the River Mollarino and their tributaries, of alluvial origin and rich in manganese, very permeable and dark in colour.

'Fagiolo Cannellino di Atina' is regarded as a symbol of the



culture and traditions of the production area. Its name refers to the geographical area that historically has been most involved in the bean's production and which clearly promotes its particular properties, making it a clearly distinguishable and peerless product. The organoleptic qualities of 'Fagiolo Cannellino di Atina' are due to both the special characteristics of the ecotype and the composition and structure of the soils. The soils, known locally as 'focaleti', located along the banks of the River Melfa, the River Mollarino and their tributaries, are alluvial in origin, with a high manganese content, very permeable and dark in colour. This composition and structure of the growing soil determines the main characteristic of the product, namely the presence of a thin tegument, which makes 'Fagiolo Cannellino di Atina' more tender than beans grown in other soil conditions and is the only one that does not need to be soaked before cooking. The water used for irrigation has very low phosphorous and nitrogen contents, well below the permitted levels, and is therefore proof of the absence of anthropic pollution; on the other hand, manganese is present, albeit in low concentrations, which characterises the soil on which 'Fagiolo Cannellino di Atina' is grown. Calcium, present in appreciable quantities, influences the pectin content of the final product. The climate of the production area is also very suited to production of 'Fagiolo Cannellino di Atina'. The production cycle of the crop is rather short (75-95 days), and is entirely within the summer period, since it requires fairly high day-time temperatures and fairly low night-time ones. The wide difference between day-time and night-time temperatures typical of the production area influences the growth of the plant and, consequently, the properties of the final product.

PRODUCT DESCRIPTION The 'Fagiolo Cannellino di Atina' PDO is the product obtained from the cultivation of the *Phaseolus vulgaris* L plant, the local 'Cannellino di Atina' ecotype. When released for consumption, it is kidney-shaped, slightly elliptical and flattened; it is 0.9 cm to 1.4 cm long and 0.5 cm to 0.6 cm wide. The colour is opaque white; the tegument is thin. The average weight per 100 beans ranges from a minimum of 38 g to a maximum of 50 g. Moisture content of dry beans when released for sale is \geq 13%. The epicarp is tender and deliquescent on the palate after cooking. 'Fagiolo Cannellino di Atina', unlike other beans, does not need to be soaked before cooking.

PRODUCTION METHOD Sowing is done by hand or with a seed drill and takes place from 15 June to 15 July each year. The seed investment is 70-90 kg/ha. No type of Fertilisation is allowed. The nutrient supply is only that which remains after any precession



with autumn-green grasses. Plant-health control is permitted in accordance with the rules in force. Irrigation is carried out every six to ten days, using water from the River Melfa, the Mollarino stream and their tributaries, using the overflow, rain or drip method. Harvesting takes place between 10 September and 30 October each year. Once harvested, the plants are placed for drying in covered or uncovered areas for a maximum period of 45 days after harvesting, after which they are threshed. The product then undergoes manual or mechanical selection to eliminate impurities and beans that do not conform to the ideotype. Packing of 'Fagiolo Cannellino di Atina' covered by the protected designation of origin must take place in the geographical area of production. Since the product is not treated with any type of preservative, transporting it outside the production area could expose it to significant variations in temperature and humidity that could not only change its organoleptic characteristics but also create conditions for the incubation of the bean beetle, rendering the bean unusable.

The human factor also plays a decisive role in obtaining a good product: a large part of the population grows 'Fagiolo Cannellino di Atina' with passion and skill, using techniques handed down through generations. The seed, which is annually self-reproduced at farm level, is jealously guarded by local producers. From an economic point of view, the cultivation of 'Fagiolo Cannellino di Atina' is one of the most profitable crops in the valley, together with vineyard and olives.

HISTORY BACKGROUND There is no shortage of historical evidence for the 'Fagiolo Cannellino di Atina' PDO. Indeed, there are many proofs attesting that this legume has become part of the history of local society. As early as 1811, Demarco described 'Fagiolo Cannellino di Atina' as being of excellent quality, while Cirelli in *Il Regno delle due Sicilie* (Vol. III, 1855/60) provided highly significant statistical data on agricultural production in 1853, mentioning the production of of 2 500 "tomoli" (an ancient measure equal to about 40 kg) per year of 'Fagiolo Cannellino di Atina' in Agro di Atina. More than 50% of this production was used by farmers and the poorer classes, almost 30% was destined for consumption by the "wealthy" and only 20% was destined for sale, thus constituting a significant source of income for farming families. The product was widespread on the Visocchi farms, where beans were grown in their three different qualities: white beans, better known as Cannellini di Atina, red beans and mixed beans. In 1908 the family had about 40 kg of beans in their warehouses; considering that production was divided equally with the settlers, this meant that their production was around 80 kg.

Pasquale Visocchi encouraged the construction of numerous canals that also served to use the waters of the River Melfa, which had not been used before because they were considered too cold for delicate crops such as Cannellini beans, taking care to irrigate at cool times, before dawn. 'Fagiolo Cannellino di Atina' has always been the main food of the farmers, who cooked it in the traditional "pignata" (cooking pot) seasoning it with a dribble of olive oil; in the past, it was the only food eaten at lunchtime. Ledger entries show that, in addition to being eaten in the family and sold at market, the beans were given to friends and relations because they were so prized for their quality. This legume also has a considerable influence on local gastronomy, being a basic ingredient in many traditional recipes of the area. Its name has now become firmly established in common and commercial language, as is widely attested by numerous recipes, invoices, labels and advertising brochures.



This is a hand-made pasta made with water and flour that is cut by hand in an irregular fashion. This unique dish enhances the traditional farmer guise with a typical local product: The 'Fagiolo Cannellino di Atina' PDO

PAPPAFUOCCHIE

Ingredients for 12 people: ½ kg of 'Fagiolo Cannellino di Atina' PDO beans, 50 g of lard, 1 celery, 1 carrot, 1 onion, garlic, oil, salt, chilli pepper, 1 kg of homemade pasta made of water and flour, parsley.

Method: first of all, cook the beans in plenty of cold water in a pot with celery, carrot and onion. Separately, prepare a mixture of minced pork lard, garlic and chilli pepper. Fry the chopped pork fat in oil in a large pan. Cook the hand-made pasta made with water and flour for five minutes. When the beans are cooked, pour them into the frying pan and begin to flavour them together with the chopped mixture, adding plenty of parsley. Finally, add the pasta with a little of the cooking water from the beans and leave to absorb for a further 2 minutes. Allow to rest before serving as the dish should be quite dry.



KIWI LATINA PGI



PRODUCTION AREA The production area of PGI Kiwi Latina includes the following municipalities in the Province of Latina: Pontinia, Priverno, Sezze, Sermoneta, Cori, Cisterna di Latina, Aprilia and part of the territory of Sabaudia and Latina; in the Province of Rome Marino, Castel Gandolfo, Albano Laziale, Ariccia, Genzano di Roma, Lanuvio, Rome, Velletri, Lariano, Palestrina, Zagarolo, San Cesareo, Colonna and part of the territory of Ardea, Pomezia and Artena. The production area of the PGI Kiwi Latina is characterised by a temperate and humid climate, an average temperature of 13-15 °C and an average relative humidity, in the summer months, of 75-80 %, the absence of early frosts and high overall light radiation, which allow the fruit to be harvested at the



correct degree of ripeness. The soils of the cultivation zone are of alluvial and dislocated volcanic origin resting on pozzolanic and tuffaceous subsoils of high fertility that immediately demonstrated their particular suitability for kiwi cultivation.

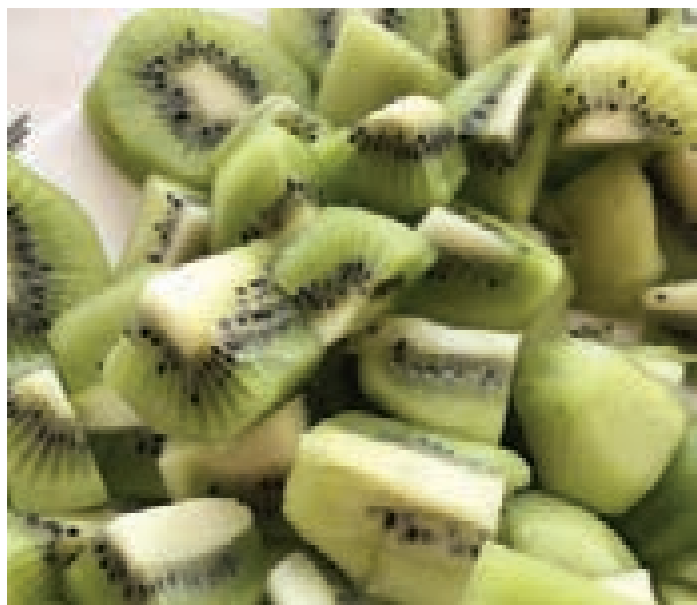
PRODUCT DESCRIPTION Fruit of the botanical species *Actinidia deliciosa*, cultivar *Hayward*, intended to be supplied fresh to the consumer. The fruit is ellipso-cylindrical in shape (height greater than diameter), has a light brown skin with a light green tint and soft down and a slightly sunken calyx. The flesh is light emerald green with a whitish soft central column surrounded by a ring of numerous small black seeds. When harvested, the fruit must have a minimum ripeness of 6,2° Brix. There are two commercial grades: Extra grade weight > 90 g; Grade I weight > 80 g.



PRODUCTION METHOD The plantations consist of plants grafted onto Franco (one year of grafting) or of self-rooted plants (one year of reproduction). New plantings are carried out with plants certified in accordance with the regulations in force. Two plant training methods are used: curtain and pergola. The number of plants per hectare must not be less than 400. Depending on the type of soil it is either given inter-row cultivation and weeded along the rows or is given a grass cover that is cut at regular intervals. The natural water supply is supplemented by irrigation to achieve the right amount of water. Harvesting of the fruit, without the stalk, takes place with a minimum value of 6.2° Brix and hardness (8 mm rod) not below 6 kg. The product is stored in cold rooms, either in a normal or controlled atmosphere, until no later than July of the year following harvest. Thinning is carried out between the end of June and the beginning of July to eliminate multiple fruits and deformed fruits with skin defects in order to leave a maximum of 450,000 fruits/hectare. The

maximum production limit per hectare is 380 quintals. 'Kiwi Latina' must be packaged in the geographical area of production in order to guarantee the characteristics of the fruit.

HISTORY BACKGROUND Introduced in the Agro Pontino in the 1970s, the kiwi originated in China, where the plants were grown as ornamental vines, while the first commercial variety was selected in the 1950s by New Zealanders. The 'Kiwi Latina' production area was among the first in Italy, around the 1970s, to host specialised actinidia plants. In 1978 at the first conference on Actinidia, held at Turin, the Agro Pontino area was mentioned as particularly well suited in Italy for growing kiwi fruit. Three years later in 1981 a second national conference was organised by the IAA Latina Chamber of Commerce.



This has been followed at regular intervals by conferences, seminars and trade fairs, not only at the Pontine capital but also at Cisterna di Latina and Aprilia. These events have confirmed that the town of Latina and the entire surrounding territory, including the southern part of Roma Province, is the outstanding production area in Italy, for both quality and price. The importance for the Italian fruit growing industry of Actinidia cultivation in Lazio (hence in the Agro Pontino) was attested outside Italy at a seminar held at Santiago de Chile on

25 and 26 October 1988. Its importance had already come to the fore in the Italian Actinidia Survey of 1986 by the then Agriculture and Forests Ministry, which had been followed by a round table organised by the Lazio Regional Agricultural Development Board on 22 June 1988 in Rome. Over the last 30 years both the daily press and the specialised national and international journals for the sector (Il Messaggero, Latina Oggi, Economia Pontina, L'Informatore Agrario, Terra e Vita, Italia Agricola, Lazio Agricolo, Rivista di Frutticoltura, Asiafruit Magazine, to name only some) have followed and published an abundance of articles on the progressive rise of Actinidia cultivation in the Province of Latina, which offers optimum soil and climate and is highly competitive in both the quantity and quality of its production. Moreover, that time has seen expansion and development of cold storage and handling structures for the fruit and innovative cultivation methods that have occasioned numerous visits to Latina from growers in other parts of Italy and the world (South Korea, New Zealand, Japan).



'KIWI LATINA' PGI HONEY MOUSSE

Ingredients for 4 persons: 4 yolks, 4 egg whites, 250 g honey, 2 lemons, 400 g cream, 5 'Kiwi Latina' PGI.

Method: Beat the egg yolks with the honey and thicken in a bain-marie for 20 minutes, stirring frequently. Grate the zest of the lemons and squeeze out the juice. Remove the saucepan from the heat, add the zest and juice of one lemon and allow to cool, stirring occasionally. Whip the egg whites until stiff and, separately, the cream. Gently incorporate the cream into the honey mixture, then the egg whites. Peel the kiwis and cut them into thin slices.

Place a layer in a glass container, pour half of the cream over it, cover with the remaining kiwis and top with the rest of the cream. Place the mousse in the freezer and leave it to firm up for 4 hours before serving.

**CONSORTIUM FOR THE PROTECTION
OF 'KIWI LATINA' PGI
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NOCCIOLA ROMANA PDO



PRODUCTION AREA The production area of the 'Nocchiola Romana' PDO includes the following municipalities in the province of Viterbo: Barbarano Romano, Bassano in Teverina, Bassano Romano, Blera, Bomarzo, Calcata, Canepina, Capranica, Caprarola, Carbognano, Castel Sant'Elia, Civita Castellana, Corchiano, Fabrica di Roma, Faleria, Gallese, Monterosi, Nepi, Oriolo Romano, Orte, Ronciglione, Soriano nel Cimino, Sutri, Vallerano, Vasanello, Vejano, Vetralla, Vignanello, Villa San Giovanni in Tuscia, Vitorchiano, Viterbo; in the province of Rome: Bracciano, Canale Monterano, Manziana, Rignano Flaminio,



Sant'Oreste, Trevignano. The distinctive climatic and territorial characteristics of the production area combine to make 'Nocchiola Romana' PDO a unique product. The soils of volcanic origin, rich in microelements and potassium, are a perfect combination with the mild climate of the Cimini and Sabatini mountains, whose thermal variations are perfectly suited to the developmental timing of the plant.

PRODUCT DESCRIPTION The 'Nocchiola Romana' is the fruit of the common hazel *Corylus avellana*. The cultivars 'Tonda Gentile Romana' and 'Nocchione' should represent at least 90 % of the selection at the farm, with cultivars 'Tonda di Giffoni' and 'Barretttona' permitted up to a maximum 10 %. The 'Tonda Gentile Romana' is subspherical with a slightly pointed tip,



between 14 and 25 mm in calibre shell of medium thickness, hazel in colour, moderately shiny, with scattered pilosity at the tip and clear striation. The nut is small to medium in size, of a variable subspherical shape, similar in colour to the shell, mostly covered in fibres, with a corrugated surface and quite clear grooves, dimensions less regular than the hazelnut in shell. The perisperm is of medium thickness and is not completely detachable when roasted; the texture is compact and crunchy; the flavour and aroma are very fine and persistent. 'Nocchione' is spherical, subhelicoidal; between 14 and 25 mm in calibre; the shell is thick, light hazel brown in colour, striated, with limited pubescence; the nut is medium to small, with a medium to high presence of fibres; the perisperm is moderately detachable at the time of roasting; the flavour and aroma are fine and lingering. In both cases the yield after shelling is between 28 and 50 %.

The particular characteristics of this product, i.e., its crunchiness and solidity, lacking in cavities, which remain unaltered both when fresh and stored, are closely linked to the environmental factors that characterise the production area: the hazelnut varieties are well adapted to the soil conditions of the production area. The hazelnuts must be free from any smell or taste foreign to that of

fresh hazelnuts. In particular, there must be no rancid oil, mouldy or herbaceous taste typical of unripe hazelnuts. When chewed, the hazelnuts must be crunchy, i.e., they must break at the first bite without yielding and must have a compact texture with no internal voids. These characteristics must also be present in preserved hazelnuts.

PRODUCTION METHOD The conditions of hazelnut groves suitable for growing 'Nocciola Romana' hazelnuts must be those traditional to the production area and, in any case, suitable for giving the product specific quality characteristics. The soil must be loose, fresh, tending to be acidic and rich in organic matter. The planting layouts and forms of cultivation must be those generally in use and, in any case, be of the "bush", "bush potato" and "monoculture" type, with a variation of between 150 plants per hectare in old plantations and 650 plants per hectare in new plantations. With regard to crop care, it is expected that fertilisation will not tend to force production. Pruning must be carried out annually. The maximum production of the 'Nocciola Romana' in specialised irrigated cultivation is 4 tonnes/hectare and in dry cultivation 3 tonnes/hectare. In addition to traditional manual harvesting, harvesting is carried out using trailed and/or self-propelled harvesters.



These harvesting methods must be carried out in such a way as to guarantee the quality of the product; early harvesting on the tree is not permitted as this is a factor limiting quality and damaging the plant. Harvesting must in any case take place between 15 August and 15 November. 'Nocciola Romana' hazelnuts must be stored in well-aired rooms (windows or ventilators) in which conservation of the product with a humidity not exceeding 6% is guaranteed. Storage, shelling, sorting and sizing operations must be carried out under proper sanitary conditions. To prevent deterioration in the

quality of the product, shelling, sorting, sizing, or sizing alone in the case of sale in shell, must be carried out by 31 August of the year following that of harvesting.

HISTORY BACKGROUND In the Cimino and Sabatino districts, the presence of hazelnuts, and in particular the Tonda Gentile Romana variety, dates back to ancient times. It seems to have existed in the wild in the undergrowth before the Romans. Giuseppe Nizi, in *Il Nocciuolo nella zona del Cimino* (The Hazelnut Tree in the Cimino area), 1949, reports that among the Romans, hazelwood was burnt during sacrifices to the god Janus on Carbognano hill and used for torches at weddings. Martinelli, in *Carbognano illustra* (Carbognano illustrates), points out that hazelnut cultivation dates back to "... around 1412, when it first existed as a shrub in undergrowth, a form in which it can still be found, particularly in chestnut groves". Over the years, hazelnut cultivation has become more popular among farmers in the Cimino and Sabatino areas. There are numerous historical references of a socio-economic nature: cheques, letters of deposit and hazelnut-growing campaigns of the middle of the last century, and conferences on the subject of hazelnut-growing in Viterbo. In 1946, 2,463 hectares were planted with hazelnuts in specialised cultivation and 1,300 in mixed cultivation. Since the beginning of the 20th century, the 'Tonda Gentile Romana' hazelnut has carved out an excellent market for itself. In particular, it has been, and still is, much sought after by the confectionery industry for the preparation of chocolate and traditional sweets such as tozzetti viterbesi and panpepato.



'NOCCIOLA ROMANA' PDO CAKE

Ingredients: Doses for a 26 cm cake tin: 50 g potato starch, 200 g flour 00, 350 g sugar, 60 g chopped milk chocolate, 200 g toasted hazelnuts, finely chopped, 50 g sultanas softened in a little milk, 170 g milk.

Method: In a fairly large bowl, mix the starch, flour, sugar, chocolate, chopped hazelnuts and softened butter. Add one egg at a time and mix it into the mixture before adding the next one. Finally, add the sultanas, the grated rind of 1 lemon, the milk and the yeast mixed with a tablespoon of flour. Butter the cake tin, sprinkle it with flour mixed with a little sugar, pour in the mixture and bake it in the oven at 170° for 45-60 minutes. Remove the cake from the oven, let it cool down, spread the apricot jam on it and sprinkle it with hazelnut grains



OLIVE DI GAETA PDO



PRODUCTION AREA The area of cultivation and production of the 'Oliva di Gaeta' PDO comprises the following territories in Latina province: Bassiano, Campodimele, Castelforte, Cori, Fondi, Formia, Gaeta, Itri, Lenola, Maenza, Minturno, Monte S. Biagio, Norma, Priverno, Prossedi, Roccagorga, Roccamassima, Roccasecca dei Volsci, Sermoneta, Sezze, Sonnino, Sperlonga, Spigno Saturnia, SS. Cosma e Damiano, Terracina and part of the territory of the municipality of Cisterna di Latina; in the province of Frosinone: Amaseno, Ausonia, Castelnuovo Parano, Coreno Ausonio, Esperia, Pico; in the province of Rome: Castel Madama, Castel S. Pietro, Palestrina, Labico, Valmontone, Artena, San Gregorio da Sassola, Casape, Poli and Tivoli; in the province of Caserta: Sessa Aurunca and Cellole.



PRODUCT DESCRIPTION The distinctive characteristics of the 'Oliva di Gaeta', which is spheroidal in shape and at least 12 mm in size, are without doubt the consistency of its soft flesh, with a clean and complete separation from the stone; a slightly bitter, acetic and/or lactic flavour that distinguishes it from other varieties of table olive; intense pink to purplish flesh colour; a perfect balance between taste and aroma; higher amount of total polyphenols (not less than 12 mg/kg) and total tocopherols (not less than 42 mg/kg) than other olives in brine; presence of α -tocopherol in acetate form, which is absent in other olives in brine. These characteristics, which are not found in other similar products from other areas, give the product a unique identity on the market with the specific designation 'Oliva di Gaeta'. These exclusive qualities are essentially linked to environmental factors (climate, soil), as well as to the 'Itrana' variety (also known as Gaetana), which is not found elsewhere and is perfectly adapted to the soil conditions in the area of cultivation. Possible defects, such as damage to the skin with or without damage to the flesh, wrinkling, presence of the stalk, and damage by cryptogams and/or insects, are tolerated up to a maximum of 6 %. Number of fruit/kg: no more than 410; flesh/stone ratio: no less than 3.

PRODUCTION METHOD The 'Oliva di Gaeta' PDO is obtained exclusively from the fruit of the 'Itrana' variety of olive tree, which is characterised by a technical and cultural condition that is conditioned by alternating production. The trees are grown in polyconic vases. For newly planted olive groves only, other forms of cultivation are also permitted, such as monocone, spindle and free monocole. Existing olive groves may be replanted, provided that the newly planted trees are grown in the same form as the other pre-existing trees. Olive groves must be cultivated according to the general principle of good and rational agricultural technique. Drupes to be used for the production of 'Oliva di Gaeta' PDO must be harvested when fully ripe, which is reached when the epicarp is black, shiny and sometimes covered with a fine deposit known locally as "panno" (cloth), while the flesh colour tends to gradually assume a dark red wine colour starting at the outer part of the olive. The use on the plants of products with a ripening and/or cascading action is prohibited at any stage of the growing cycle. The use of hormones, whether of plant or synthetic origin, is prohibited. The product forms of harvesting using machines and/

or facilitating equipment, provided that the method used is such as not to damage the drupes and the trees. Harvesting of the olives begins when at least 60 % of the drupes from the trees are at the described stage of ripeness. After harvesting, the drupes must be stored and transported in inert containers with adequate openings or cracks to allow air circulation; in any case, the layer of product contained therein may not exceed 25 cm in height. Olives may not be transported or stored in bags of any kind or in sealed containers. The quantity of olives to be used for processing 'Oliva di Gaeta' may not exceed 7.0 tonnes per hectare of olive grove. Once harvested, the product undergoes grading in order to eliminate excessively small drupes (smaller than 13 mm) and manual sorting to remove olives that are insufficiently ripe, attacked by parasites, damaged by frost or damaged during transport. Within 24 hours of harvesting, batches of olives intended for the PDO must be processed using the "Itrana method". natural lactic fermentation begins without the immediate addition of salt and/or artificial acidifying substances. To this end, the drupes are placed in containers for food use, which are then filled with drinking water until they are completely submerged.

The product must be kept in this state to allow the fermentation process to start and develop naturally, after which the pH becomes less than or equal to 4.5. Salt is then added to the preserving liquid in a quantity of no more than 7.0 kg per 100 kg of fresh stone fruit in order to obtain brine. It is absolutely forbidden at any stage of the transformation process to add synthetic acidifiers to encourage or cause a reduction in pH, which must occur only as a result of natural lactic fermentation. The brine must have the following characteristics: bright wine-red colour, lactic odour with a slight acetic note, clear liquid state and pH of 4.5 or less. At least five months after salting, the olives are ready to be packaged for consumption as table olives. Before packaging, the brine must be filtered and, if necessary, the salt content corrected to bring the pH down to 4.5 or less. At the time of packaging, acidifying substances and/or preservatives such as L-ascorbic acid and citric acid may be used to promote and prolong the shelf life of the product.

Pasteurisation of the brine is permitted. Pasteurisation of the olives is strictly prohibited.

HISTORY BACKGROUND In the area covered by the 'Oliva di Gaeta' PDO, olive-growing is closely linked to the local social fabric, which for centuries has conditioned the development of the area and consequently the lives of the successive populations, affecting above all the economy of the area, which is almost exclusively based on the cultivation of the 'Itrana' variety (also known as Gaetana) and on its own production of high-quality oil and olives. Numerous traces in various historical documents dating back to the Duchy of Gaeta concerning the production of and trade in (black) table olives show that the territory administered by that Duchy was the cradle of origin of the olive of the same name. Historically, the name 'Oliva di Gaeta' can be traced back to the name of the area of origin, because it belonged to the Duchy of the same name, as well as the port of departure of ships to the major consumer markets for the black olive. Since then, the name 'Oliva di Gaeta' has been used by traders and producers to denote the black table olive obtained according to a particular local processing system. From a historical point of view, the link between the product and the territory is proven by numerous documentary references. There are also many historical references to the method of processing the black table olives. Environmental and human factors in the area where the 'Oliva di Gaeta' is grown have a unique influence on the organoleptic and qualitative characteristics of the product, the name of which has been established over several decades, as demonstrated by invoices, labels, advertising material and publications.



TIELLA CON SCAROLA E BACCALÀ

Ingredients: Bread dough; 2 kg of tender escarole; 700 g of baccalà; 300 g of 'Oliva di Gaeta' PDO; 3 cloves of garlic; pepper; extra virgin olive oil; parsley.

Method: wash, drain and salt the escarole, stone the olives and cut the garlic into very small pieces. Stuff the bread dough with the filling and cover with more bread dough; bake at 180°C.

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PATATA DELL'ALTO VITERBESE PGI



PRODUCTION AREA The municipalities of the PGI area in the province of Viterbo are: Acquapendente, Bolsena, Gradoli, Grotte di Castro, Latera, Onano, S. Lorenzo Nuovo, Valentano and Proceno. The production area of the 'Patata dell'Alto Viterbese' PGI, which is particularly suited to the cultivation of this tuber, lies in the northernmost part of Lazio, between Lake Bolsena, Umbria and Tuscany. The area, which falls within the volcanic-vulsine complex, is characterised by soil of volcanic origin rich in potassium and a microclimate influenced by Lake Bolsena.



PRODUCT DESCRIPTION 'Patata dell'Alto Viterbese' is the name given to ripe tubers of the *Solanum tuberosum* species in the Solanaceae family, obtained from seed potatoes of varieties of potato listed in the common catalogue of agricultural plant varieties grown in the defined area. 'Patata dell'Alto Viterbese' is characterised by its regular oval or elongated oval shape; size between 40 and 75 mm; smooth yellow skin; yellow flesh; edible part not less than 97 %. There are no limits on shape or size for products intended for the fourth range. The product is presented without skin and cut according to market requirements. In terms of chemical characteristics, the 'Patata dell'Alto Viterbese' has (per 100 g of edible part): a moisture content of between 75 and 85 % and a minimum starch content of 10 g. Quality tolerances may not exceed 10 % by weight of the total; no tolerance is allowed for extraneous odour or taste. For the IV gamma product, stains of more than 5% by weight on the packaged product are not allowed.

PRODUCTION METHOD 'Patata dell'Alto Viterbese' must come from certified seed potatoes, which must be sown whole (with a maximum size of 65 mm) or in sections. 'Patata dell'Alto Viterbese' is ploughed or ripped at least 30 cm deep between September and December of the year preceding that in which they are sown, in order to allow the winter weather conditions (rain, frost, snow) to act by breaking up the coarser clods, thereby obtaining a texture more suitable for accommodating the seed potatoes. This is followed by soil refinement (harrowing) to be carried out at the end of winter (February-March). Seed potatoes are sown between 15 February and 15 May each year with a planting pattern of 0.70-0.90 m between rows and 0.12-0.35 m along the rows. The quantity of seed used per hectare is between 800 and 1200 kg for sectioned seed and between 1500 and 3000 kg for whole seed. Pre-sprouting is permitted. Single cropping is prohibited: potatoes may be grown on the same plot of land after one year of other crops not belonging to the Solanaceae botanical family. Fertilisation, plant protection and weed control must be carried out in accordance with the rules contained in the specifications issued by the Lazio Region on integrated production. Irrigation may be by sprinkling, drip or overhead. As regards cultivation, weeding must be carried out shortly after appearance followed by one or more ridging operations. Harvesting, whether by hand or mechanically, must be carried out between 15 June and 30 September each year, when the skin does not tear under the pressure exerted by rubbing it with the fingers, as this makes it possible to use potato harvesters to place the tubers in containers suitable for transport to the collection plants.

It can be marketed directly as is or stored in cold stores away from light, at a temperature of 5-8 °C and a relative humidity of 88 to 93 %. The tubers may not be refrigerated for more than nine months. The potatoes may be subjected to a gas-phase anti-sprouting treatment. For the IV range process, the potatoes are washed in water to remove soil and other impurities. They are then mechanically peeled and subjected to an initial sorting process in which the tubers that cannot be used for food purposes are removed, as well as any impurities that may still be present (stones, different plant material, etc.). The product undergoes the cutting process or continues to be processed as a whole tuber. After a second sorting process, which may be carried out manually or using special machinery, the product is placed in special solutions to slow down the oxidation process. The product is then weighed and packed in special containers for foodstuffs. The product is then weighed and packaged in food containers. The product comes off the processing line and is stored in cold rooms at a temperature of between 3 and 5 °C before dispatch.

HISTORY BACKGROUND Numerous oral and written evidences by local elderly people attest to the consolidated historical, cultural and social link between the product and the area. Potato-growing spread in the area defined by the designation 'Alto Viterbese' in the 1920s, although the decisive impetus for the development of potato-growing came from the abandonment of strawberry-growing, which was widely practised until the mid-1950s and replaced due to plant-health problems. From the 1960s onwards, potatoes became the main crop in the area, and in the years that followed they became, and still are, the main source of income for the local agricultural economy, as well as for the workers involved in storage, packaging, marketing and transport. In addition to the ancillary industries, the high concentration of potato production prompted a number of machine shops to improve the agricultural machinery on the market for processing the tubers, adapting it to the particular soil conditions and practices in use in the area. Specialist journals, photographs, stories by local authors and film evidence attest to the presence of the 'Patata dell'Alto Viterbese' since the beginning of the 20th century. The name 'Patata dell'Alto Viterbese' was established later than the commercial success of the product. Initially, it was the town of Grotte di Castro that lent its name to the product.

However, from the mid-1960s onwards, farmers in neighbouring municipalities, encouraged by the excellent results achieved by the Grottanians, were persuaded to follow their example, since the volcanic soil would have ensured the same yields and quality. In 1971 seven of the existing associations formed a consortium called Consorzio Cooperativo Ortofrutticolo dell'Alto Viterbese (CCORAV), which began to market its products under the name 'Alto Viterbese' and in the 1980s this name became commonly used. Another element characterising the importance of the product in local customs is the tradition of festivals: from the "Sagra degli Gnocchi", inaugurated in 1977 in S. Lorenzo Nuovo, to the "Sagra della Patata", which since 1985 has been held in the municipality of Grotte di Castro, with the intense involvement of the local population in the preparation of the events. The cultural link is also underlined by the wide use of potatoes in many typical recipes of the local gastronomic tradition, such as Minestra con "l'orloge" (soup with "orloge"), so called because of the way the potatoes are cut, Pasta e patate (pasta and potatoes), a poor man's dish from the farmer tradition of the upper Viterbo area, and potato omelette, prepared without the classic eggs.



PATATA VITERBESE DOLCE

Ingredients for 4 people: 6 'Patata dell'Alto Viterbese' PGI, 100 g quinoa.

Ingredients for the almond mousse: 200 g peeled almonds, ½ l fresh cream, 5 g Matcha tea.

Method: Boil the potatoes in water saturated with salt (1 litre of water per ½ kilo of coarse salt) and remove them from the water before they disintegrate so that they remain dry and fragmented without losing their aroma. Prepare a caramel syrup, dip 4 medium-sized potatoes in it and leave to cool. Sift the remaining two potatoes through a sieve and mix the puree with the rosemary-scented caramel to form a paste that will then be spread on the silpat to resemble the skin of a crispy, crumbly potato cut into strips. In the meantime, cook the quinoa, leave it to cool and season with a little orange caramel. Divide the first 4 potatoes in half lengthways, then place a strip of potato sauce on a plate, place half a potato on top and garnish with a spoonful of quinoa, then sprinkle the quinoa on the side and cover with the second potato half. Finally, sprinkle with Matcha tea and a drizzle of caramel. (by Mr. Salvatore Tassa - www.atavolaconlestelledellazio.it)



PEPERONE DI PONTECORVO PDO



LINK WITH
BIODIVERSITY



PRODUCTION AREA The geographical production area of 'Peperone di Pontecorvo', which falls within the province of Frosinone, comprises the entire administrative territory of the municipality of Pontecorvo and part of the administrative territory of the municipalities of Esperia, S. Giorgio a Liri, Pignataro Interamna, Villa S Lucia, Piedimonte S Germano, Aquino, Castrocielo, Roccasecca and San Giovanni Incarico. The characteristics of 'Peperone di Pontecorvo' PDO are undoubtedly due to the particular soil and climatic conditions in the production area: the alluvial origin of the soil, its good fertility and the Mediterranean climate are particularly suitable



to the cultivation of pepper cultivation and certainly gives it a higher quality.

PRODUCT DESCRIPTION 'The protected designation of origin 'Peperone di Pontecorvo' refers to fruit of the species *Capsicum annum*, local ecotype 'Cornetto di Pontecorvo'. The whole trilobed fruit is characterised by an elongated cylindrical-conical shape and by its red colour (green veins are allowed up to 40% of the surface). The weight of the berry is over 150 g for the Extra; between 100 and 150 g for the 1st choice. Berry length over 18 cm for Extra; 14 cm to 18 cm for 1st choice. The flesh is thin and the skin is thinner than in other products in the same category of goods; the flavour is sweet. The peculiarities of this excellent fruit and vegetable product also concern its high flavour, its thin skin associated with high digestibility, as well as a high content of mineral salts such as potassium, iron, copper, zinc and calcium, and of vitamins (A, B1, B2, B3 and C).

Another feature, which is no less important, is that the quantity that remains in the mouth after chewing is significantly less than for other products of the same type. These characteristics are closely linked to the soil and climatic conditions of the area and the Cornetto di Pontecorvo ecotype.



PRODUCTION METHOD The 'Peperone di Pontecorvo' is propagated by seed. Seed production is carried out directly on the holding by the farmers by means of phenotypic selection (obtaining seed from the best plants). Sowing takes place in seedbeds between 15 February and 15 April. The seedlings are transplanted to the open field either manually or mechanically 30-50 days after emergence. The planting pattern is 70-90 cm between rows and 25-40 cm on the row, for an investment of no more than 40,000 plants per hectare. Cultivation in a protected environment (localised tunnels) is permitted and must be removed by 31 May each year. 'Peperone di Pontecorvo' may not succeed itself or other solanaceous plants on the same plot for three years. Fertilisation of the pepper crop must be carried out with reference to the succession of crop cycles of the entire crop

year. Weed control is carried out using environmentally friendly techniques such as: physical means or manual means. However, the use of registered herbicides permitted by the legislation in force is permitted, both at the pre-transplant and post-transplant stages. The water requirements of the 'Peperone di Pontecorvo' crop are met by water supplies of between 400 and 600 3 m³/ha using various systems, such as sprinkling, lateral flow and drip irrigation, with variable rotations depending on the weather and soil texture. Harvesting must be by hand and carried out in stages during the period from 1 July to 30 November. At the time of harvesting, the fruit must be placed in containers, avoiding



rubbing during this operation, which would break the tissues and release cell juices. After harvesting, the product should not be exposed to the sun. The maximum production of 'Peperone di Pontecorvo' is 25 tonnes/ha.

In the area concerned, peppers are grown in soils that tend to be loose with good clay content and the presence of neutral, slightly alkaline limestone. It is very deep, permeable and well drained, meaning that excess water can drain off quickly. In combination with the area's rainfall characteristics, it allows a highly flavoursome product to be grown. Together with the natural factors is the input of the work of local operators who, year in year out, have had the know-how to select the best local fruit, producing young seedlings in well prepared nurseries and choosing for these the most suitable crop treatments for enhancing the qualities of the ecotype. The breeding carried out over time has increased the fineness of the skin of 'Peperone di

Pontecorvo' and made the product be appreciated for being very easy to digest.

HISTORY BACKGROUND The suitability of the area in which 'Peperone di Pontecorvo' is grown is attested to by numerous historical references. A pamphlet from 1830, when the Principality of Pontecorvo was under the control of the Papal States, listed 'Peperone di Pontecorvo' among the area's vegetable crops. In an 1873 article on the excise proposal in Pontecorvo municipality, a "market duty" was sought on the sale of *capiscum* (peppers). The *Jacini Enquiry* of 1882 reported the presence of peppers among the crops grown in the local vegetable gardens and the entire district, while the analysis of the population's eating habits stated that the peasants considered these peppers a "*pleasant accompaniment to bread ...*". The establishment of the Agricultural Consortium in May 1889 made a lasting and effective contribution to pepper cultivation. According to *Agricoltura*, published by the Frosinone Provincial Economic Council, economic activity in the Province of Frosinone in 1929 shows that 30 hectares were planted with peppers. There is no lack of photographic evidence, such as the picture showing the pepper planting and transplanting tanks in the book *Per l'orticoltura del Lazio* by Guzzini-Gherardi of 1939-40. In addition to all this, there is the skilful and stubborn work of man who, by selecting the best berries from year to year, producing young seedlings in carefully prepared seedbeds and choosing the most suitable cultivation methods in a particularly favourable soil and climate, has perfected the 'Peperone Cornetto di Pontecorvo' ecotype.



POLLO ALLA CIOCIARA

Ingredients: 1 kg of chicken pieces, 350 g of ripe tomatoes, 3 'Peperone di Pontecorvo' PDO, 2 garlic cloves, 1 fresh hot chilli pepper, half a glass of dry white wine, extra virgin olive oil, salt.

Method: Wash the chicken and dry it. Blanch the tomatoes, peel them and cut them into cubes. Clean the peppers and cut them into strips. Fry the peeled garlic cloves in a pan with half a glass of oil, add the chicken, let it absorb the flavour, then add the white wine and let it evaporate. Add the tomatoes, peppers and chilli, seeded and chopped. Add salt and cook in a covered pan for about 1 hour. Serve warm.



SEDANO BIANCO DI SPERLONGA PGI



LINK WITH
BIODIVERSITY



PRODUCTION AREA The area in which 'Sedano bianco di Sperlonga' is grown covers the municipalities of Sperlonga and Fondi in the Province of Latina; this area is characterised by very favourable soil and climate conditions for growing celery. Typical of the production area is the presence of land where the water table is almost at the surface lying between the drained area and the sea. It is on this land, referred to as 'mudflats', or marshes, that the growing of celery developed, at first in the open and subsequently under shelter. Indeed, the soils are characterised by a circulating solution with a high degree of salinity which, together with all the other particular climatic conditions, confer on the 'Sedano bianco di



Sperlonga' its distinctive organoleptic qualities, namely its flavour, the sweet and moderately aromatic taste, presence of molecules (i.e., organic acids) that give the product its distinctive acidic taste and lower breaking strength. This theory is reinforced by the mostly clayey-sandy composition of the soils, which are characterised by the presence of high percentages of iron, manganese, zinc, copper and boron. The area's temperate maritime climate is characterised by: average temperature between 17 and 18°C; average monthly temperature < 10°C, for 1-3 months; average minimum temperature of the coldest month 6.9°C; annual precipitation between 727 and 1133 mm, with summer precipitation ranging from 61 to 83 mm. In particular, the coastal area experiences a state of intense and prolonged aridity from May to August. All these parameters are ideal for growing 'Sedano bianco di Sperlonga'.

PRODUCT DESCRIPTION The 'Sedano bianco di Sperlonga' PGI is reserved exclusively for the Sperlonga celery ecotype of the variety *Apium graveolens* L. var *dulce* Mill, 'Bianco di Sperlonga' ecotype, with white or whitish sides. The characteristic light colour is an intrinsic element of the ecotype, which may be intensified by a denser planting pattern. When released for consumption, 'Sedano bianco di Sperlonga' PGI must conform to the following specific characteristics of the local 'Bianco di Sperlonga' ecotype: plant of average height, compact in form, with 10-15 light green leaves; the stalks are white with a light-green tinge, not very fibrous, characterised by barely-visible ridges. Weight varies according to size: medium size, from 500 to 800 g; large size, more than 800 g. Its flavour is mild and only moderately aromatic, which makes it particularly well-suited to being eaten raw. Furthermore, 'Sedano bianco di Sperlonga' has a total organic acid content of not less than 100 mg/100 g, breaking strength not less than 20 N and a total sugar content of not less than 10 mg/g.

PRODUCTION METHOD Planting must take place from July. Seeds, either in their natural state or coated, can be sown (scattered) in boxes or tray fillers. Light is essential for the seed to grow. Seed production, using phenotype selection (that is to say by obtaining seeds from the best plants) is carried out at farms and/or nurseries in the production area. The seed from such farms and/or nurseries may be made available to other producers or nurseries in the production area, which then see to the production of seedlings. The seedlings produced by the nurseries must be returned or made available to farms in the production area. Seed produced by individual local farms located within the area must be as entered in the voluntary regional register for the protection of biodiversity in agriculture (Regional Law No 15 of 1 March 2000 on the protection of biodiversity in agriculture).

Seedlings must be planted out when they reach a height of approximately 10-15 cm. The planting pattern is 25-35 cm between rows and at intervals of 25-35 cm within the row, with an optimal distribution of 10-12 plants/m². Maximum permissible density is of 14 plants/m². The 'Sedano Bianco di Sperlonga' is watered by irrigation. Both sprinkler and micro-irrigation systems are acceptable. The approach to fertilising celery must be informed by the rotation of crops for the whole year. In particular, the total amount of nitrogen added in any one year must not exceed 155 kg/ha, in accordance with current legislation. Weed control must be particularly careful in the first 40-50 days after transplanting as celery grows slowly in this phase and is therefore not very competitive against weeds. Weed control is carried out using



environmentally friendly techniques such as: physical means (solarisation) or manual means (weeding or scrub). However, the use of herbicides registered for the crop (antigerminelli) is permitted both in the pre-transplant and post-transplant phases, within a maximum of three weeks of planting. Pest control must be carried out using an integrated system in order to keep to the minimum or eliminate any pest control residues on the celery. 'Sedano Bianco di Sperlonga' is less sensitive to pre-flowering than the main commercial cultivars. Harvesting should be carried out by hand, cutting the plant below the collar. The plants should be placed in the container, avoiding rubbing during this operation,

which could result in broken tissue and leakage of cell fluids. In addition, exposure of the product to the sun after harvesting should be kept to a minimum.

HISTORY BACKGROUND 'Sedano Bianco di Sperlonga' was introduced into the Fondi and Sperlonga area around the 1960s. Celery cultivation immediately proved to be a valid way of using the "Pantani" area between Lake Sperlonga and the Tyrrhenian Sea, characterised by an outcropping water table, which is now the area where the crop is grown. Cultivation of the crop in the area is attested to by a mass of tax documents dating from the early 1960s to the present day, when 'Sedano Bianco di Sperlonga', after an initial introduction phase, rapidly gained commercial value and popularity among consumers on the markets in Rome. Over the last two decades, celery growing has shown a steady growth trend. Particular attention should be paid to local producers, often called upon to manage holdings with an average surface area of less than one hectare, who, in addition to adapting techniques with a low environmental impact, have made it possible to preserve the 'Bianco di Sperlonga' ecotype by self-reproducing the seed through phenotypic selection (i.e., obtaining the seed from the best plants), while at the same time ensuring that production techniques and aptitudes are preserved. To date, cultivation is based on important selection work aimed above all at emphasising the light colour of the stalks (an intrinsic element of the ecotype) and obtaining a delay in the emission of the flower scape (a botanical aspect that is important in order to maintain an adequate length of the harvest period), as well as a compact shape and smaller size. These aspects, in addition to the already defined organoleptic qualities, make it possible to differentiate 'Sedano bianco di Sperlonga' from other ribbed celery on the market.



PESCE SPADA AL SEDANO BIANCO DI SPERLONGA IGP

Ingredients: slices of swordfish; 1 onion; 50 g of 'Sedano bianco di Sperlonga' PGI; 2 dl of extra virgin olive oil; 2 cloves of garlic; 100 g of spagnoletta tomatoes from the Gulf of Gaeta and Formia; a handful of chopped parsley; a glass of white wine.

Method: In a large frying pan, brown the garlic, onion and celery chopped in extra virgin olive oil, then add the cherry tomatoes. Pour in the white wine and allow to evaporate. Place the swordfish slices in the pan and cook on both sides. At the time of serving, sprinkle the fish with chopped parsley.

PDOs
and PGIs
production area
in the region



BREAD, PASTRY, CAKES, CONFECTIONERY, BISCUITS AND OTHER BAKER'S WARES



**BREAD, PASTRY, CAKES, CONFECTIONERY, BISCUITS
AND OTHER BAKER'S WARES category.**

'Pane casareccio di Genzano' PGI



PANE CASARECCIO DI GENZANO PGI



PRODUCTION AREA The production area of 'Pane casareccio (homemade bread) di Genzano' lies in the municipality of Genzano in the province of Rome, a flourishing small town on the outer slope of the crater of Lake Nemi, at an altitude of 465 m above sea level, in the Parco Regionale dei Castelli Romani; it is one of the most densely populated towns in the Castelli Romani, characterised by the radial layout of the town along the sides of the hill. It is a continuous destination for trips from the nearby capital, and can be reached by taking the Appian Way: it is renowned to all Romans and beyond for the Infiorata Festival (the Sunday after Corpus Christi) and for the 'Pane di Genzano'



PGI, whose aroma, mixed with that of chestnut wood burning in the ovens, spreads through the streets of the town from the early hours of the morning.

The cereal scent, reminiscent of the smell of a granary, and the fragrance of this bread are given by the use of sourdough and the quantity and variety of cereals used: top quality zero and double zero flour and wheat middling, without the addition of chemical or organic products. The natural yeast, i.e., the dough from the previous process made to acidify, rich in live yeasts, helps the bread to keep for several days after baking. 'Pane casareccio di Genzano' PGI is round or loaf-shaped and weighs between 0.5 and 2.5 kg. The crust is brown in colour, about 3 mm thick and, if baked in a wood-fired oven, has "baciature" on the sides (small areas which have remained white and without crust, where the loaves have touched each other during baking). The crumb is spongy and ivory white in colour. Maximum humidity 33.7%; specific weight 0.23 kg/cubic decimetre.

PRODUCTION METHOD The production conditions for 'Pane casareccio di Genzano' PGI must be those traditional to the area and, in any event, suitable for giving the product its specific characteristics. The kneading stage involves preparing the natural yeast, which must be refreshed every day by adding water and flour in proportion to the quantity of dough, and preparing the



"biga" (a type of pre-fermentation) at least two hours before kneading in order to achieve the right level of acidity. To make a dough equal to 1 quintal of flour, 2 kg of salt, 1.5 kg of natural yeast and about 70 litres of water are added. The kneading time, which used to be done manually, whereas today mechanical kneading

machines are widely used, lasts about 20 minutes and can vary depending on the quantity. The growth phase lasts about an hour, but it is only after the baker has directly checked that the dough has reached the right degree of growth that it can be rolled out. And it is with the same ritual as in the past that the bakers delicately work the dough with their own hands to give it its final shape. The flattened bread in the form of loaves is placed in wooden crates, with hemp cloths, and sprinkled with bran or tritello. At this point, in a warm environment at the right temperature, the bread must undergo a second growth period of about 40 minutes to allow it to complete its settlement. When everything is ready, the bread is placed on the wooden peel to begin baking. Baking can take place either in wood-fired ovens, traditionally with chestnut bundles, or



in ovens with different power supply, mostly electric. The oven temperature, between 300 and 320 °C, must allow the bread to grow compactly and form a crust about 3 mm thick. This crust has the function of protecting the crumb inside and keeping it spongy and tender with holes or “alveoli” that are not too large and irregular. The baking phase varies according to the size of the loaf and can last from 35 minutes to about one hour and twenty minutes. After baking, the bread can be taken out of the oven and placed on the wooden boards ready to be sold. This is one of the most exciting moments: the room is enriched by the intense

aroma and fragrance of the bread and, if you get close to it, you can still hear it “crackling”.

HISTORY BACKGROUND The origin of this famous bakery product is linked to the peasant tradition of the municipality of Genzano: the bread was prepared by individual families who then baked it in wood-fired ovens, known locally as “soccie”. Already appreciated in the 19th century for its fragrance and aroma, which remained unchanged for a week, it was in the mid-20th century that it achieved considerable fame, first among the inhabitants of Rome, where it was transported at night and sold the next day in Roman bakeries, and then also outside Lazio. In the 19th century, in Genzano, bread was even the protagonist of the uprisings led by the Pace and Tempesta brothers against the rationing of wheat for bread-making. It was the first bread in Europe to obtain PGI recognition. ‘Pane casareccio di Genzano’ PGI owes its goodness to the quality of the basic ingredients used, in particular the cereals, the water and, as the inhabitants claim, the air of the town that has been producing it for over three hundred years.



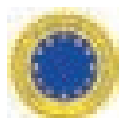
PANE E CIPOLLE

Ingredienti per 4 persone: 6 cipolle bionde, olio extravergine di oliva, 4 fette di Pane casareccio di Genzano IGP raffermo, fecola di mais, Pecorino Romano DOP grattugiato, sale e pepe bianco.

Procedimento: pelare le cipolle, tagliarle ad anelli sottili e metterle a rosolare nell’olio extravergine di oliva, in un tegame preferibilmente di coccio. Salarle e farle cuocere per mezz’ora circa, coperte e a fiamma molto bassa, mescolare spesso. Aggiungere poco alla volta mezzo litro abbondante di acqua leggermente salata. Le cipolle devono cuocere molto lentamente fino ad ottenere una crema. Frullare il composto e incorporarvi la fecola di mais sciolta in tre cucchiaini di acqua. In una padella anti-aderente rosolare con l’olio le quattro fette di pane, trasferirlo in una pirofila e versarvi sopra la crema di cipolla fino a coprirle. Polverizzare con abbondante Pecorino Romano grattugiato e gratinare in forno e lasciare riposare 5 minuti prima di servire.



CHEESES AND BREAD, PASTRY, CAKES, CONFECTIONERY, BISCUITS AND OTHER BAKER'S WARES

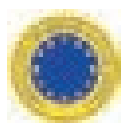


CHEESE AND BAKERY PRODUCTS category.

1. 'Mozzarella' TSG
2. 'Pizza Napoletana' TSG



MOZZARELLA TSG



PRODUCT DESCRIPTION Fresh cow's milk cheese with pasta filata, soft, with lactic fermentation and spheroidal shape (weighing from 20 to 250 g), possibly with head, or plaited (weighing from 125 to 250 g). Without an outer rind, it has a soft skin with a smooth, shiny, homogeneous, milk-white surface. The paste, milky white in colour, has a typically fibrous structure, more pronounced at the origin, with overlapping leaves that release a milky liquid when cut and under slight compression. Soft and slightly elastic, it is characterised by its flavour, which is savoury, fresh and delicately acidulous. Characteristic smell, fragrant, delicate, slightly acidulous milk. 'Mozzarella' TSG is a cheese deriving from a consolidated technology of cheese-making of fresh pasta filata, historical heritage of the Italian dairy chain. The qualifying element is the natural lactic starter which consists of a culture of lactic acid bacteria, characterised by thermoresistance, rapid development and acidification, obtained by selective

enrichment of the lactic microflora naturally present in raw milk. A properly prepared natural starter culture usually consists of an undefined mixture of *Streptococcus thermophilus* strains, which may be accompanied by enterococci and thermophilic lactic acid bacteria.

PRODUCTION METHOD The milk is pasteurised at 71.7°C for 15 seconds and enriched with natural lactic acid bacteria. Coagulation takes place with liquid bovine rennet at a temperature of 35-39°C until lactic maturation of the curd at a pH of 5.0-5.4. The curd, broken into lumps the size of a walnut, is freed of about half of the whey present and left still to complete the lactic maturation. The resulting paste is then spun with hot water, possibly with the addition of salt, to a final paste temperature of 58-65°C and finally worked while hot to obtain the permitted shapes and then firmed in cold water.





PIZZA NAPOLETANA TSG



PRODUCTION METHOD The dough is prepared by mixing flour, water, salt and yeast in a kneading machine and gradually adding 1800 g of flour until the desired consistency, known as the “dough point”, is reached. This is followed by the first rising phase of 2 hours with the formation of a sort of crust. The dough is then formed by hand and left to rise for 4-6 hours. The dough is ready for use within six hours. The dough is then shaped by hand into a disc of dough with a “cornice”. The ‘Pizza Napoletana’ - Marinara type - is seasoned with tomato, a pinch of oregano; sliced garlic, extra virgin olive oil; or, - Margherita type - with tomato, ‘Mozzarella di Bufala Campana’ PDO or ‘Mozzarella’ TSG, oil and fresh basil. Baking takes place exclusively in wooden ovens, where a baking temperature of about 485°C is reached for 60 to 90 seconds.



PRODUCT DESCRIPTION ‘Pizza Napoletana’ is a food preparation consisting of a leavened dough base, seasoned and baked in a wood-fired oven, made from wheat flour, brewer’s yeast, natural drinking water, peeled tomatoes and/or fresh tomatoes, sea salt or kitchen salt and extra virgin olive oil. Other ingredients that may be used are garlic, oregano, fresh basil, ‘Mozzarella di Bufala Campana’ PDO and ‘Mozzarella’ TSG. The appearance of the ‘Pizza Napoletana’ can be traced back to a historical period between 1715 and 1725. In a treatise on the most commonly used foodstuffs in Naples, Vincenzo Corrado, from Oria, general cook to Prince Emanuele di Francavilla, states that tomatoes are used to season pizza and macaroni, thus uniting two products which have made the fortune of Naples and its place in the history of cuisine.

PAT

TRADITIONAL AGRI-FOOD PRODUCTS

The Traditional Agri-Food Products (PAT), as defined by the Ministerial Decree 350/99 and included in the regional lists, are products whose processing, preservation and seasoning methods are consolidated over time, practised in their territory in a homogeneous way, according to traditional rules and protracted for a period of not less than 25 years. In the case of these products, particular emphasis is placed on traditional operating procedures for which it is **possible to apply the health and hygiene derogations** provided for in the legislation (e.g., for historical premises, cellars, caves or premises with natural geological floors and wooden equipment), which guarantee the **preservation of the product's typical, healthy and safe characteristics, particularly as regards the need to preserve the specific microflora**. ARSIAL, since the issuing of the legislation, carries out the recognition of PAT throughout the regional territory, investigating for each product the territorial distribution, the economic value, the product-territory interactions connected with the production and marketing environment, the peculiarities of the traditional production process. Some products have a link with biodiversity as they come from native plant and animal resources at risk of genetic erosion, according to Regional Law n. 15 of 1 March 2000 "Protection of native genetic resources of agricultural interest".

Reference regulations: D. Lgs 173/1998; Ministerial Decree 350/1999; Reg. EC 178/2002; Reg. EC 852/2004; Reg. EC 2074/2005; Law 12/12/2016 n. 238 - Art. 12 comma 1; Regional Law n. 15/2000.

For some PATs, the possibility of food hygiene and health exemptions and the link with biodiversity are highlighted with the following logos:



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS



LINK WITH
BIODIVERSITY



CATEGORIES OF TRADITIONAL FOOD PRODUCTS

- Non-alcoholic beverages, spirits and liqueurs
- Fresh meat (and offal) and preparations thereof
- Condiments
- Cheeses
- Fats (butter, margarine, oils)
- Plant products in their natural or processed state
- Fresh pasta and bakery, pastry, biscuits and confectionery products
- Delicatessen products
- Preparations of fish, molluscs and crustaceans and special techniques for farming them
- Products of animal origin (honey, various dairy products except butter)

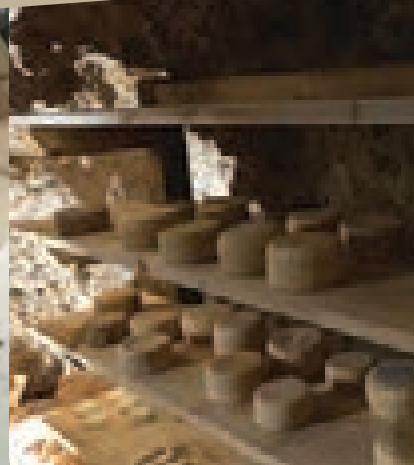
TYPES OF HYGIENE EXEMPTIONS *(some examples)*

LOCALS:

Cellars, i.e., historic/natural premises (e.g., cellars and/or caves) which may include walls, ceilings and doors not made of smooth, impermeable, non-absorbent or corrosion-resistant materials and natural geological walls, ceilings and floors.
(Drying/maturing/natural smoking phase in a room heated with a wood stove/fireplace and drying phase)

EQUIPMENT:

- Wooden equipment: wooden curd-breaking pin; wooden straws. (for shaping cheese)
- Wood and/or marble shelves/bases and wooden containers (wooden barrels) (for purging, dry salting, seasoning and maturing)
- Wooden boards (on which to hang the product while it dries).
- Wooden stick, wooden vessel (known locally as a “mastella”) for spinning dough.
- A truncated cone-shaped wooden container known locally as a “bronzi” (for maturing).
- Wooden moulds and wooden presses (for forming and pressing the product).
- Copper boiler (for the milk coagulation phase).
- Glass and/or earthenware jars (for storing the product in salt/oil).
- Wooden moulds, wooden presses, beech or hazel wood slats and beech wood stoppers (for closing, compressing and pressing the product)







SOFT DRINKS, SPIRITS AND LIQUEURS

LAZIO'S AGRI-FOOD HERITAGE - BETWEEN BIODIVERSITY AND TRADITION



CIOCCOLATA A SQUAJO

Production area
Province of Viterbo: Tuscania

PRODUCT DESCRIPTION Cioccolata a squajo is a sweet, thick drink made from cocoa powder and milk served piping hot. In Tuscania, its preparation was traditionally linked to religious events or special family celebrations, including weddings and holy communions, by families who could not afford the luxury of organising a large banquet in the past.

PRODUCTION METHOD The preparation of Cioccolata a squajo is carried out by carefully following the sequence of the processing stages. The ingredients are assembled and mixed in food-grade bags, ready to be used. The quantities for a litre of milk are as follows: 100 grams of cocoa powder, 100 grams of sugar, 15-20 grams of potato starch. The whole or semi-skimmed milk mixed with the chocolate powder, sugar and potato starch is heated in a bain-marie and brought to the boil. The maximum cooking time is 10 minutes, during which time the mixture must be continuously stirred.

The resulting product is then transferred from the kettle into another stainless steel container with a tap, ready to serve. Cioccolata a squajo is normally served with sweet buns, using disposable crockery only

HISTORY BACKGROUND The term “chocolate” is of uncertain origin. The most widely accepted theory is that it derives from “cacahualt”, composed of “cacahu” (cocoa) and “alt” (water), meaning “cocoa beans mixed with water”. Among pre-Columbian peoples, this beverage was considered an elite food, exceptionally consumed by indigenous peoples on celebratory occasions such as weddings. Among the Maya, who discovered it, chocolate was meant to be enjoyed hot, as opposed to the Aztec custom of drinking it cold. Being able to drink a cup of chocolate was a symbol of wealth and hospitality, as well as one of life’s pleasures. In Tuscania the ancient tradition of drinking chocolate on special occasions, such as weddings, is still alive. Of course, today it is only one of the beverages consumed on big special occasions, whereas in the past, working-class families would celebrate their weddings by simply drinking Cioccolata a squajo, a cup of liquid hot chocolate with a unique flavour that brings out the goodness of chocolate.

Pietro and Maria Vincenti, Tuscan restaurateurs since 1947 and now active in the old town centre with their own restaurant “Al Gallo”, can be considered the custodians of this tradition and those who have distinguished themselves by spreading it throughout their territory and beyond. Here, Cioccolata a Squajo is still made with the classic ingredients, but now with more attention paid to the quality of the raw materials used: milk, cocoa, sugar and top-quality potato starch. In Tuscania, the voluntary association Solidalia Onlus has been reviving this tradition for some years now, along with its now famous recipe, in order to present the Cioccolata a Squajo festival every year during the first weekend in October, making it an annual, refined and delicious event dedicated to solidarity.



GENTIAN LIQUEUR

Production area
Province of Rieti

PRODUCT DESCRIPTION Gentian liqueur is characterised by an alcoholic strength of 30% vol., a golden yellow colour and a decidedly bitter and intense taste, due to the concentration of the amarogentine compound. Gentian is a slow-growing perennial plant with large yellow flowers. Its natural habitat is mountain pastures with loose, deep soils rich in humus. It is an excellent digestive, stimulant and tonic against weakness. The bitter compounds of gentian are also known as eupeptic substances (from *eu* = good and *pepsis* = digestion).

PRODUCTION METHOD Gentian liqueur is produced by cold eno-alcoholic fusion (alcohol with white wine) of the dried root of the gentian plant (available in bulk) and natural aromas such as cloves, cinnamon, juniper, etc. The infusion takes place in 300-litre containers for 40 days, after which the liqueur is filtered, bottled and labelled.

HISTORY BACKGROUND From the earliest times, bitter-tasting plants such as gentian have been used for their digestive properties. Gentian is already mentioned by Dioscorides, at the dawn of Christianity, and by Andromachus the Elder, Nero's archiater, whose theriaca (a drug believed to have magical properties, capable of curing all ills) was supposed to make the emperor immune to all types of poison. What is certain is that the name of the plant comes from King Gentius, the last king of Illyria, conquered by the Romans in 168 BC, who thus completed their domination of the entire Balkans. Oral records show that in the mountain areas of the Reatino region, where gentian grows wild, the liqueur was mainly made at home and was used as a digestive and revitalising drink.



STRAWBERRY LIQUEUR (Fragolino)

Production area
Province of Roma e Rieti

PRODUCT DESCRIPTION Strawberry liqueur, with its characteristic deep red colour and cloudy appearance, is characterised by the pleasant scent of strawberries. It is a hydro-alcoholic infusion of strawberries, brought to an alcohol content of 25-30% vol.

PRODUCTION METHOD Ingredients: wild strawberries, alcohol, sugar, water, vanilla. The strawberries, cleaned and washed, are macerated in alcohol for 30-40 days. At the end of this period, the syrup of water and sugar is prepared, brought to the boil for a few minutes and then left to cool. The syrup is poured into the container of strawberry infusion, the vanilla is added and the whole thing is left to stand for another 15-20 days. Serve or bottle, after filtration, adding some fresh strawberries.

HISTORY BACKGROUND The Strawberry liqueur production has been taken over in the province of Rieti, where it is mainly made at home according to the traditional recipe, and in the municipality of Nemi, in the province of Rome, in the Castelli Romani area, where the famous Nemi wild strawberries are cultivated by local farmers. The Nemi strawberries are a historical product, also mentioned in the Acts of the Jacini Parliamentary Inquiry into the state of agriculture (1877-1884) and are considered an indigenous variety at risk of genetic erosion, and are therefore protected by Regional Law No 15 of 1 March 2000 on agricultural biodiversity. The strawberries of Nemi are the main ingredient of some local sweets and in particular of the Strawberry liqueur (Liquore Fragolino).



NOCINO LIQUEUR

Production area
Province of Frosinone e Rieti

PRODUCT DESCRIPTION Nocino is a liqueur obtained from the walnut husk and other ingredients such as cloves, cinnamon and nutmeg, which are infused in alcohol. The walnut fruit, harvested with the husk still green, has ideal characteristics for infusion, as the tissues are more turgid with lymph, the cells are richer in essential oils, active ingredients and vitamins, and it retains a greater fragrance. A natural tonic and an excellent digestive, thanks to the well-known properties of walnuts, Nocino liqueur is characterised by an alcohol content of 35-40 degrees, a very dark greenish-brown colour and a typical bitter taste

PRODUCTION METHOD For the preparation of Nocino liqueur, the first step is to choose the walnuts, harvested manually while still green towards the end of June, traditionally on St John's Day, from the young plant, on the outer branches with the best exposure.

The walnuts, cut into four parts, together with the ingredients (cloves, cinnamon, nutmeg and possibly also orange or lemon peel), are infused in alcohol. For the first period, about 40 days, the container is left tightly closed in a warm place, preferably exposed to the sun. Heat is in fact a determining element for the extraction of aromas from vegetable substances.

The infusion is then filtered and cold-diluted with a syrup of water and sugar, in varying proportions depending on the alcohol content. The filtering process takes place in two stages, the first one to eliminate the substantial residues, the second one with a thin filter paper, to exclude definitively also the minor residues. Nocino requires an ageing period of several dozen days to about three or four months, depending on the alcohol content of the liquid, to help eliminate the unpleasant taste of the free alcohol. It is only at the end of the ageing period that the Nocino liqueur reaches maturity and the right balance of the various aromatic substances. In fact, the alcohol is able to mix intimately with the specific aromas of the infused ingredients: walnuts, cinnamon, nutmeg and cloves, thus creating an extraordinary and harmonious bouquet of the three organoleptic qualities: colour, fragrance and flavour.

HISTORY BACKGROUND It is a widespread tradition that St John's night, 24 June, is the best date for harvesting unripe walnuts to make Nocino liqueur. Herbalists refer to this precise moment as "*balsamic time*". The walnuts, exposed to the night dew for the whole night, were steeped the next day, until the eve of All Saints' Day, 1 November. The origins of the liqueur are uncertain. There are versions of walnut liqueur in many European countries, as far away as the Urals. Ancient Roman documents tell us that the Picts, i.e., Britons, gathered on the night of the summer solstice and drank dark walnut liqueur from the same goblet. Other historical sources mention that among the French, a *liqueur de brou de noix* or *ratafià* made from walnuts was in use, and perhaps it was from France that it was introduced into Italy.



MISTRÀ

Production area
Province of Roma

PRODUCT DESCRIPTION Dry liqueur obtained by distillation of alcohol, water, star anise and other natural aromas obtained from the infusion of herbs. It is characterised by an alcohol content of about 42% vol., a sweetish taste and a remarkable olfactory intensity, with strong floral hints of aniseed. The star anise belongs to the *Illiciaceae* family and owes its name to the star-shaped eyes of its eight small fruits. It was imported from the Orient via Russia at the end of the 17th century.

PRODUCTION METHOD The Mistrà is prepared by distilling alcohol, poured into a tank equipped with a mixer, with the addition of water, star anise and other natural essences.

Before bottling, the product undergoes organoleptic and chemical-physical parameter checks to guarantee quality.

HISTORY BACKGROUND The name Mistrà originates from the conquest of the city of Mistrà, located about 8 km from ancient Sparta, by the Republic of Venice between 1687 and 1715. This traditional country liqueur, which is produced and consumed at home, is now marketed on a large scale. Industrial production of Mistrà liqueur began in 1900 at a well-known company in Rome (Pallini). There are numerous historical photos documenting production at the beginning of the last century, some of which show workers from the production company processing the product, as well as ancient exhibits such as labels and old bottles. At the International Exhibition in Rome (1924-25), Mistrà was awarded two prestigious prizes, Gran Premio and the Medaglia d'oro.



SABINE PASTRIES

Ingredients for 4/6 people: 200 g flour, 220 g sugar, 1 glass of Mistrà, 3 egg whites, a pinch of salt, a squeeze of lemon juice.

Method: mix the flour, sugar and liqueur in a bowl. Whip the egg whites with the salt and the lemon, pour them into the bowl and mix everything together, stirring with a spatula from the top downwards until a soft and well-bound mixture is obtained. Make lots of small balls, placing them well apart on a baking tray, previously greased with oil and dusted with flour. Bake in the oven at 180°C for about half an hour.



RATTAFIA CIOCIARA

Production area
Province of Frosinone

PRODUCT DESCRIPTION Rattafia Ciociara is a spirit drink obtained from the hydro-alcoholic infusion of sour cherries (*Prunus Cerasus*) and wine suitable to become Cesanese del Piglio DOCG or Atina DOC Cabernet, flavoured exclusively with natural aromas, juices or infusions of sour cherries and spices (cinnamon, vanilla, cloves, bitter almonds). The specific characteristics are: alcoholic strength by volume ranging from 17 to 35%, more or less intense ruby red colour, intense aroma, characteristic of sour cherries, wild berries and/or almonds. The flavour is aromatic, pleasant and persistent, typical of sour cherries and/or almonds.

PRODUCTION METHOD The sour cherries, after being washed, are infused in steel containers with red wine suitable to become Cesanese del Piglio DOCG or Atina DOC Cabernet in a variable ratio between kg. 0,5 - 1/per litre. Fermentation lasts at least 30 days if thermal containers capable of maintaining a temperature of 20 to 35°C are used, and at least 40 days for natural fermentation "in the sun". The infusion is separated from the precipitate by filtration and the latter can be subjected to pressing. At this point, the semi-processed liquid is micro-filtered to obtain a clear product, to which the brew is then pressed.

Extra-fine and/or caster and/or cane sugar is added in the variable proportion of 0.25-0.5 kg per litre. Pure alcohol is then added to reach the minimum alcohol content indicated. Alternatively, the sour cherries, after being washed, can be infused in a mixture of hydrated alcohol at a minimum alcohol content of 22° to 96° vol., at a ratio of 500 g of fruit for every litre of hydrated alcohol mixture, which activates a process of osmosis to obtain a typical extract of the fruit, with a dark red colour and the classic flavour of sour cherries. Subsequently, this infusion is mixed with wine to become Cesanese del Piglio DOCG or Atina DOC Cabernet. The addition of flavours, juices or natural infusions of sour cherries is allowed, and/or the flavouring with spices (cinnamon, vanilla, cloves, bitter almonds) not exceeding 5% of the product. Rattafia Ciociara may be left to age in steel containers for between 40 and 180 days. If it is left to age in wooden barrels for at least 6 months, it can bear the mention "Reserve".

HISTORY BACKGROUND From the happy union of sun, wine and sour cherries picked in the uncontaminated woods of the Lepini mountains comes Rattafia, the fruit of Ciociaria peasant tradition. Over time, alcohol and sugar were added to these simple basic ingredients to increase the alcohol content, resulting in the recipe that is still widely used today and has been handed down from generation to generation, dating back to the early 1900s. It is said that before the First World War, in the absence of medicines, children and the elderly were given a glass of Rattafia as an antiseptic and as a source of vitamins and sugars. Popular tradition, however, dates the origin of the drink back to more ancient times, when ambassadors and rulers, when discussing military matters relating to peace treaties or declarations of war around laid tables, used to seal agreements by toasting with this tasty drink and exclaiming: 'PAX RATA FIAT', hence the name. A recipe from the end of the 19th century, handwritten by Mrs Maria Coletti Sipari, is now kept in the Buriani private archive in San Donato Val di Comino (Frosinone), the woman's home town. It reads: *"One kilo of sour cherries, one litre of good red wine, one quart of spirit, one quart of sugar; flavourings: cinnamon and pieces of nutmeg. The infusion is left in the sun for forty days, then the sour cherries are pressed in a press and the liqueur is made"*.



SAMBUCA ROMANA

Production area
Province of Roma

PRODUCT DESCRIPTION The basis of Sambuca Romana are essential oils from the steam distillation of the seeds of star anise (*Illicium verum*) and green anise (*Pimpinella anisum*), which give the liqueur an intense aroma and aniseed flavour. A concentrated solution of sugar, elderberry, coriander and other natural flavourings is added to the distillate. The alcohol content is approx. 40° vol. and the sugar concentration is approx. 38%. Star anise belongs to the *Illiciaceae* family and owes its name to the star-shaped eyes of its eight small fruits. It is a plant imported from the East, via Russia, at the end of the 17th century. Green anise, on the other hand, belongs to the *Apiaceae* family and is an annual plant about 60 cm high, with small white-yellow flowers that produce small oval seeds with a distinctive aroma. It is the best-known aniseed in the West.

PRODUCTION METHOD The production process for Roman Sambuca begins with the preparation of a syrup of hot water and sugar in a dissolver. After weighing the syrup, there is the addition of alcohol, elderflower, coriander, natural flavourings and thickener (glucose). The infusion is filtered to remove any impurities and, before

bottling, the organoleptic parameters, alcohol content and density are checked in accordance with the relevant regulations.

HISTORY BACKGROUND The name “sambuca” derives from an Arabic word, probably “Zammut”: this was the name of an aniseed-based drink that arrived in the port of Civitavecchia on ships from the East. Production of Sambuca Romana began in the early 1900s, as can be seen from the documentation (photographs, labels and bottles) kept in the archives of a historic Roman company (Pallinil). In 1992, Sambuca Romana was awarded the Anglo Overseas Trophy as the best liqueur in the world.



There are various ways to enjoy and appreciate the intense aniseed aroma of Sambuca romana': served straight, as “ammazza-caffè” (coffee killer), with ice or simply as a drink. One or two roasted coffee beans can be added as an ornament, the so-called “mosca” (fly), which, chewed while drinking, enhances the taste. Sambuca' with added cold water is also a pleasant refreshing and thirst-quenching drink.

SAMBUCA CRÈME CARAMEL

Ingredienti: 10 egg yolks, 4 egg whites, 200 g sugar, ½ l milk, 1 glass Sambuca Romana.

Method: boil the milk with 150 g of sugar and stir with a spoon, avoiding the formation of lumps. Beat the egg yolks and egg whites in a bowl; add the hot milk with the sugar and the Sambuca romana. Filter and leave to cool. In another saucepan, melt the sugar with two tablespoons of water until it has taken on a brownish, syrupy appearance. Pour into a mould and spread it with a spoon so that it forms a veil over the whole inner surface. Pour the previously prepared cream into the mould and bake in a bain-marie. Remove from the oven when the mixture has reached a firm consistency; allow to cool and serve



SAMBUCA VECCHIA DELLA CIOCIARIA

Production area

Province of Frosinone: Colleparado

PRODUCT DESCRIPTION Sweet liqueur made from Elderflower (*Sambucus nigra*) distillate and an infusion of various species of aniseed, with an optimal alcohol content of 42° Vol. Sambuca vecchia della Ciociara (Old Sambuca from Ciociaria) is characterised by a bouquet that has been tried and tested for centuries, which is best expressed through the richness of the aromatic and therapeutic properties of the plants used. The special formula of the ingredients - top-quality alcohol, water from the fresh limpid springs of the Ernici Mountains, highly soluble fine sugars, combinations of different aniseed species and Sambuco flower distillate - give it a pleasant, distinct and aromatic taste. Thanks to its fragrant *bouquet*, as well as being drunk straight, it is excellent with coffee, dark chocolate and lends itself very well to the preparation of excellent fresh ricotta and chocolate desserts.

PRODUCTION METHOD The production process of Sambuca vecchia della Ciociaria begins with the distillation of fresh elder flowers, to which is added water from the fresh springs of the Ernici Mountains, alcohol, highly soluble sugars, various species of aniseed and other local herbs left to infuse for a while. No additives or thickeners are added at all, only fine, highly soluble sugar. Further water and alcohol are then added until the right alcohol content of 42° vol. is reached, and finally bottled.

HISTORY BACKGROUND Sambuca vecchia della Ciociaria, with its "Elderflower distillate", has historically been produced in Colleparado (Frosinone) by an old local liquor distillery, which has always belonged to the Sarandrea family who, in keeping with tradition, produce the liqueur according to a recipe handed down to posterity from a precious simpliciter drawn up by a patient herbalist and Carthusian phytophologist, an attentive student of the "*Po-destas Herbarum et Usum Medendi*".

It is thanks to this historic recipe that Sambuca Ciociara is called "Vecchia" (Old), as it is the repository of the ancient Carthusian formula, skilfully dosed in every single component. From the historical Febrònio we learn that: "*In the Ernici Mountains there is the garden of the Centaur Chiron, master of Aesculapius. Miraculous medicinal herbs grow in it. In the valleys into which it is divided we have, in one, a wealth of multicoloured flowers, in another, the odour is recreated by sweet scents emanating from the numerous plants and bushes*". In 1918, the Very Reverend P. Paolo Sarandrea da Colleparado, a Capuchin friar, after leaving the post of military chaplain, resumed his favourite studies, committing himself with greater enthusiasm and passion, as an herbalist and profound phytophathologist, to the research of medicinal and aromatic herbs, drawing from them unthinkable effects, both in the field of simplicity and in the field of liqueurs. A lover of the glories and traditions of his home town, Colleparado, he wanted to highlight the virtues, already extolled by famous poets and writers, of the marvellous and portentous medicinal and aromatic herbs that abound in the Ernici mountains, where Febronio and Fabio Gori located the famous "Orto del Centauro". Gori speaks of the healthy Centaur plants in the Ernici Collepardesi, which are defended by poisonous snakes, which the Botanist must beware of as he "*prepares to wrap the healthy plants in the Garden of the Centaur*". In January 1948, the Charterhouse of Trisulti was closed and the Carthusians previously carried out by the Carthusians.

Paolo Sarandrea resumed the family tradition by specialising in some unique species that characterised the spontaneous flora of the heron region. Thus began the Sarandrea Distillery, dedicated to the production of medicinal liqueurs, including the famous Biosfero liqueur, which later became Amaro San Marco and the famous Sambuca vecchia. Today, the same family, thanks to the factory in Colleparado, keeps the liquor and herbal tradition of these places alive. In 1961, after tasting the Sambuca vecchia, Pope John XIII expressed his approval in an autographed letter authorising the "Liquoreria Marco Sarandrea" to bear the title of "Supplier Company of the Vatican State".



SAMBUCA VITERBESE

Production area
Province of Viterbo

PRODUCT DESCRIPTION Sambuca viterbese is a hot distilled liqueur made from star anise (*Illicium verum*), elder flowers, alcohol, sugar and water. A colourless liqueur with an alcohol content of 40-43% vol., it is characterised by a strong aniseed aroma and a sweet taste. The star anise, which belongs to the *Illiciaceae* family, owes its name to the star shape that characterises the eyes of its eight small fruits. It was imported from the East via Russia at the end of the 17th century.

PRODUCTION METHOD For the preparation of Sambuca viterbese, alcohol, star anise, sugar and water are infused overnight. The following morning, the infusion is brought to the boil and then cooled by passing it through the copper coil of the still, which has a cavity containing cold water. Once cooled, the product can be bottled and labelled.

HISTORY BACKGROUND Sambuca viterbese became popular at the beginning of the 20th century. According to some scholars, the liqueur was already being produced at the time of the Etruscans; according to others, it was developed by monks during the Middle Ages. As a result of the massive aerial bombardments of the Second World War, the distilleries in the Viterbo area suffered serious damage: most of the stills, kettles, infusion tanks and herb stores were destroyed, so much so that in 1944 a small group of American soldiers passing through Viterbo, in their frantic search for *fulvi's* cheese (pecorino) and *sambiuka*, easily found the cheese, but were unable to get hold of the most typical liqueur of northern

Lazio which was previously much appreciated by the archaeologist Gustav VI Adolf, King of Sweden, who enjoyed it with pleasure but also with restraint. Today, there are still two historical distilleries in Viterbo that produce it: Gorziglia, founded in 1904, and Viterbium, dating back to 1906. Until 1977, there was also a third, Rotel-Bizzarri, known for the production of a variant of sambuca, a characteristic *mistrà* made from herbal infusions, and a bath for sweets based on a 19th-century recipe. Companies working in the branch still maintain a high level of secrecy about their recipe books. In the 1970s, the then director of the Viterbium Distillery stated that *"the herbs and other natural products were macerated in cold alcohol for weeks: a long process but one that gives a lot of flavour and unmistakable aromas"*. While in the same period, his counterpart, who worked at Gorziglia, claimed that *"... since 1906, the foremen of the establishment have been preparing sambuca by means of the complete hot distillation of fine herbs, which has made it possible to prepare the typical dry sambuca"*. In the same years, it is recalled that the umbels of the aniseed plants - of which the Viterbo area must have been very rich, given the numerous traditional pastries using this aroma - were picked off one by one, so that only the ripe ones were chosen. Today, however, the surviving Viterbo distilleries use only foreign star anise. Numerous advertisements from the 1940s by the Gorziglia company evoke the Etruscan origin of the liqueur, reproducing maps of pre-Roman Italy in the brand name.



CASTAGNOLE VITERBESI WITH SAMBUCA VITERBESE

Ingredients: 4 tablespoons of sugar, 4 eggs, 4 tablespoons of extra virgin olive oil (or 100 g of butter), 4 tablespoons of milk, 4 teaspoons of Sambuca Viterbese, the peel of a lemon, icing sugar, flour to taste, half a sachet of yeast, oil for frying, liqueurs (Rhum, Alchermes) to wet the castagnole.

Method: beat the eggs with the sugar in a bowl; slowly add the extra-virgin olive oil, the sachet of yeast, the grated rind of a lemon, the Sambuca Viterbo, the tablespoons of water and enough flour to obtain a batter of medium consistency. Heat the oil in a frying pan and use a dessert spoon to pour in several spoonfuls of the batter. To allow the batter to swell and become softer and less greasy, remove the pan from the heat a little, to avoid overcooking, and extend the cooking time by 5 or 6 minutes. This will make the castagnole lighter. Place the cooked castagnole on absorbent paper to dry. Finish with a splash of liqueur and a generous sprinkling of sugar.





FRESHLY-CUT MEAT (AND OFFALS), AND THEIR PREPARATION

LAZIO'S AGRI-FOOD HERITAGE - BETWEEN BIODIVERSITY AND TRADITION



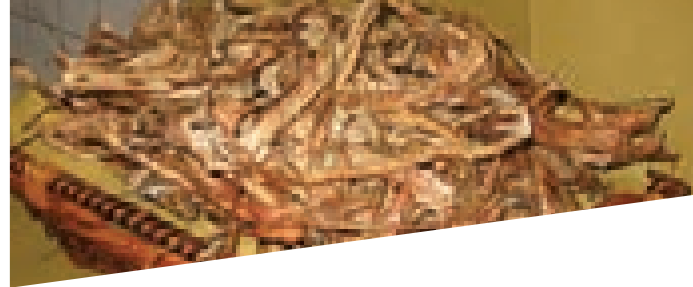
PORK CHOPS PRESERVED IN OLIVE OIL

Production area

Province of Rieti: Poggio Mirteto, Poggio Nativo, Fara in Sabina

PRODUCT DESCRIPTION These are pork steaks first subjected to salting for 24 hours and cooked on the grill, then, after a period of cooling at room temperature, they are preserved in extra-virgin olive oil, in glass jars.

HISTORY BACKGROUND “Braciola” is the term used to indicate pork steaks in central-northern Italy. Most likely the name derives from the most appropriate method of preparation, that is, grilled. The pork steak preserved in olive oil is a product linked to the peasant culture of the Sabina area, highly suited to the cultivation of olives and the breeding of pigs. Until the 1950s, each family used to raise a pig, whose meat would provide sustenance for the whole family throughout the year, especially in the winter months, when seasonal products were scarce. The steaks, therefore, subject to easy perishability, were preserved in olive oil (which was never lacking in Sabina), to be enjoyed even in periods which were a long time from the period of slaughter. This preparation is still today limited to the domestic environment.



BUDELLECCI OR VIARELLI



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Viterbo

PRODUCT DESCRIPTION It is a kind of salami seasoned with pepper and fennel, derived from the inner walls of the small intestine (little gut or viarello) or large intestine (gut) of the pig. The shape is that of strips, of a size from 0.2 - 0.3 kg, light yellow in color, savory flavor. To be consumed after cooking.

PRODUCTION METHOD This particular product is obtained from the transformation of the small intestine (gut or viarello) and large intestine (gut), obtained from the slaughter (live weight of 120-140 kg) of the local pig that has been dry-fed, prevalently on cereals. On some farms, the pigs are fed with farm animal feed (barley, corn, bran, rye, etc.), vitamin and mineral supplements mixed with water (soupy feed). The product, properly washed both internally and externally and cut into strips from 50 cm to 1 m long, undergoes dry salting for 2-6 hours in a cell at 5°C and at the same time flavored with natural flavors such as pepper and fennel. This is followed by the drying phase in a cell at 18°C, hanging the product on wooden boards, or in a room equipped with a fireplace fueled with oak, olive and beech wood, as per tradition. Once ready, the Budellucci or Viarelli can be kept in the fridge and eaten after cooking.

HISTORY BACKGROUND The consumption of pork intestines has been known since the time of the Romans. It also appears among the courses of Trimalchio's dinner in a work by Petronius. It is a typical dish of folk cuisine, accustomed to using every part of the pig. In Viterbo the Budellucci are called “viarelli” and in some towns of the province they also take the name of “beverelli” (because, being salty, they make you want to drink). It is a historical product of the province of Viterbo, traditionally eaten on the day of the pig slaughter.



BUFFALO BRESAOLA



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Provinces of Latina and Frosinone,
with particular reference to the municipality of Priverno, the
Agro Pontino district and the area of the Amaseno Valley.

saola is linked to the areas of the Agro Pontino and the Valley of the Amaseno river thanks to the presence of historic butcher shops and local pork butcheries, such as that of the Mastrantoni family, located in Priverno, which since 1828 has been able to enhance buffalo meat by processing it when freshly cut but above all by transforming it into excellent seasoned and smoked products. Just think of the products such as *bresaola*, fresh and dried sausages, speck, carpaccio, and *coppiette* all strictly based on buffalo meat, which still today can be appreciated and enjoyed thanks to the local butchery tradition that shows the strong bond that the Pontine territory and the Amaseno river valley has with these buffalo products.



DRIED SHEEP MEAT

Production area

Province of Rieti

PRODUCT DESCRIPTION For this process, the boneless leg of the sheep is used principally which, rolled up, is seasoned with salt, pepper, cayenne pepper and rubbed with garlic. The leg prepared in this way is placed to dry near the fireplace and left to mature in well-ventilated cellars.

HISTORY BACKGROUND Drying is one of the oldest, safest and most complete methods of preserving meat, allowing it to keep its essential elements unaltered. This method of preservation allows you to have sheep's meat throughout the year. It is the traditional food that the shepherds took with them on the long journeys of the transhumance. The preparation still takes place today in the kitchens of homes and is handed down orally from generation to generation.

PRODUCT DESCRIPTION Buffalo bresaola is a cured lean meat, aged for 20-40 days and obtained from the processing of fine cuts of buffalo meat or castrated males, such as round steak and loin. It has a bright red color and is particularly aromatic thanks to the vacuum marinating technique, carried out before the actual seasoning, based on salt, cayenne pepper, garlic, juniper, rosemary and bay leaves.

PRODUCTION METHOD The round steak and loin are subjected to trimming by hand and are marinated while vacuum-packed with salt, cayenne pepper, garlic, juniper, rosemary and bay leaves. Marinating, which serves to soften and flavor the meat but also to avoid oxidation processes of the muscle tissue, lasts 21-28 days. After marinating, the *bresaola* is removed from the vacuum, left to drain and set out to dry in the drying room, or in a historic cellar with geo-natural floors and ceilings, at an initial temperature of 22°C which gradually drops to 12-14°C and a relative humidity of about 80%. Drying lasts 20-40 days and can also take place via natural smoke (smoking) thanks to the use of non-resinous woods that give the product the typical aroma and flavor of the smoked product.

HISTORY BACKGROUND The transformation of buffalo meat (which comes mainly from male buffaloes) into an excellent *bresaola*



CAPOCOLLO OR LOIN

PAT

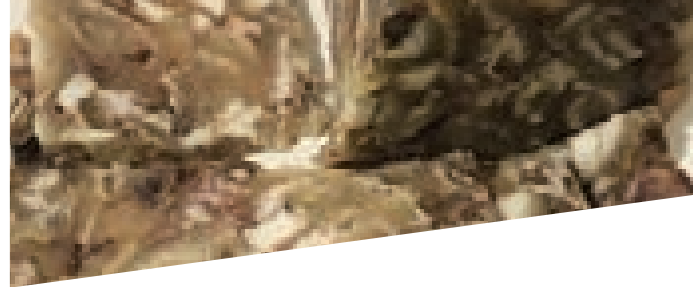
POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
The entire regional territory

PRODUCT DESCRIPTION Cylindrical in shape, the Capocollo or Lonza has a weight ranging from 1.2 to 2 kg and internally has a red color, streaked with white. The flavor is savory, more or less flavored depending on the seasonings used: salt, pepper, garlic and, possibly, cayenne pepper and nutmeg. The type of flavorings used varies depending on the area it is produced in.

PRODUCTION METHOD Capocollo or Lonza is obtained from the upper portion of the pig's neck down to the 6th vertebrae, slaughtered at a live weight ranging from 120 to 160 kg, whose diet can be from that of the pasture (May-October) or a dry diet of cereals and chestnuts (November-March), dry up to 25-30 kg of live weight and subsequently fed with water and flour (mash), until the moment of slaughter. After trimming, the meat is subjected to dry salting, also on wooden bases, for 12-24 hours or 3-10 days, depending on the area it is produced in, and stored in a cold room at 5°C; washing with wine follows. During the processing, different spices and aromatic herbs are added depending on the area it is produced in, such as: pepper, garlic, fennel, cayenne pepper and wine. After the dressing, the Capocollo or Lonza is dried for about 1 week in a stewing cell at 10-20°C and 75% RH or in a special room, heated with a wood-burning stove. Maturing lasts from a minimum of 60 days to a maximum of 150 days, in a special mountain room or in a cell at 14°C with 80% RH, for 2 months.

HISTORY BACKGROUND Capocollo or Lonza is one of the most traditional products of our territory. It is a product that has been mentioned several times in writings about food and wine, with a strong presence in local pork butcheries.



COPPA REATINA

PAT

POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Rieti

PRODUCT DESCRIPTION Traditionally produced in winter, the Rieti coppa is a cooked salami, weighing from 1 to 12 kg and with a characteristic tile-like shape. The color is dark red, the strong flavor is savory and spicy.

PRODUCTION METHOD The Rieti coppa comes from the processing of some bodily cuts (head, legs, tongue and rind) of pigs slaughtered at a live weight of 100-120kg or 140-160 kg, dry-fed on cereals and chestnuts or in some cases reared in the pasture from May to October. Within 24-48 hours from slaughter, the legs, head, tongue and 10% of the rind, after trimming, are cooked in boiling water, with the possible addition of aromas such as onions, celery and cloves, for 4 hours, or until the meat is completely detached from the bone and parts of the cartilage. After cooking, the meat is seasoned while still hot with salt, pepper, nutmeg, cinnamon, cloves, orange or lemon peel, garlic, cayenne pepper and almonds. This is followed by laying in the molds and pressing for 1 day with subsequent cooling in the cold room at 4-5°C for 24 hours.

HISTORY BACKGROUND The Rieti coppa comes from an ancient type of production. It was born from the use of those parts of pork discarded after cutting, as they could not be used for the preparation of preserved cured meats. The processing of pork meat and its transformation into charcuterie products are parts of the butchery tradition which, especially in the upper Rieti area, thanks also to the favorable climatic conditions, has an ancient history.



BEEF FROM THE MAREMMA AREA



RELATED TO
BIODIVERSITY

Production area

The Production area is represented by the territory historically designated as the “Maremma Tosco-Laziale”

PRODUCT DESCRIPTION The qualities of Maremma beef are excellent, both from a dietary and an organoleptic point of view. The flavor, juiciness, palatability, high protein content and mineral salts, a moderate presence of lipids, as well as the richness in unsaturated and polyunsaturated fatty acids, make this food highly appreciated by gourmets and, at the same time, it is recommended for those who are anemic and on high-protein and low-fat diets. The meat resulting from the different anatomical cuts is characterized by an excellent tissue composition, excellent pH values (around 5.6) and a dark red color that is influenced by age and by the way the animals are raised. The peculiarities of Maremma beef are also evident from a survey conducted by CREA-PCM of Tor Mancina, aimed at the acidic composition of this meat, which appears to have a significant quantity of monounsaturated fatty acids such as C18: 1 (oleic acid) and C18: 3 n3 (linolenic acid), which are essential fatty acids (EFA, essential fatty acids) and some long-chain polyunsaturated fatty acids such as C20: 5n (eicosapentaenoic acid) and C22: 6 n -3 (docosahexaenoic acid), known as OMEGA 3 fatty acids and considered important for the health and well-being of humans.

PRODUCTION METHOD The animals, with characteristic long horns, half-moon shaped in the males and lyre-shaped in the females, ivory-colored and with a black tip and having a coat of the color between white and dirty gray that protects from intense heat, stand out for their extraordinary rustic beauty. With their presence, Maremma cattle characterize the landscape between Upper Lazio and Tuscany, close to the coastal strip, where open pastures alter-

nate with woods. The traditional system of farming assumes great importance: mainly in the wild, with the exploitation of Mediterranean scrub both as food and as a shelter from adverse weather conditions. Maremma cattle are excellent users of bushy pastures, stubble and above all of the essences typical of the Mediterranean scrub. In addition to the herbaceous production of the undergrowth, they feed both on shrub leaves (myrtle, strawberry tree, oak, manna ash, mastic) and sprouts of tree plants (turkey oak, strawberry tree, cork, holm oak, oak, mastic, ash, elm, hornbeam, olive, myrtle). Maremma cattle feed on this abundance which cannot otherwise be used during the winter months, for which a supplement of hay and/or straw is still required. In the traditional system, mating is seasonal and it takes place from April-May to July, so births take place from January to April. The newborn calves are raised on pastures and suckled by their mothers. Around the 5th-6th month of life, the transition occurs, spontaneously or guided through maternal training, to a solid diet consisting of pasture forages. Maremma cattle from the age of 11-12 months are destined for slaughter, which necessarily follows a period of maturation to make the meat tender and juicy.

HISTORY BACKGROUND In Lazio, the Maremmana cattle breed has been protected since 2001 by Regional Law 15/2000, as a heritage of agricultural biodiversity at risk of genetic erosion. The origins of Maremma cattle date back to ancient times. According to the prevailing theory, they are the direct descendants of the “*bos primigenius*”, the large gray long-horn bovine of the steppe or the Asian breed of Sanson (known in Italy as podolica cattle) which from Asia, its cradle, spread to Europe, occupying a very large geographical area, including Ukraine, Romania, Hungary, Bosnia, Dalmatia and some regions of Italy, especially in the center-south. According to the archaeological finds of Cere and to the bull's head of the Vetulonia museum, this bovine has occupied the current breeding areas since the times of the ancient Etruscans. Large herds of the Maremmana breed have occupied the ancient Tuscan-Latium Maremma area, for centuries swampy and malaria-infested, and it was immortalized in dozens of works by great 19th-century landscape painters; it has also been taken into great consideration by various historical authors, such as Columella, a Roman agronomist of the early centuries B.C., author of *De re Rustica*, the great landscape painter Coleman, who draws inspiration from the Roman countryside, who called the Maremmano breed “The King of the Pasture” (1866), and later (1913) by Bianchini. The goodness and quality of Maremma beef has been celebrated for many years with numerous festivals, exhibitions and picturesque manifestations of ancient traditions and local culture, such as the “Merca del bestiame”, (Cattle market) accompanied by the capture of cattle by the *Butteri* (Herders).



PONTINA BUFFALO MEAT

Production area

Provinces of Latina and Frosinone, with particular reference to the municipality of Priverno, the Agro Pontino area and the District of the Amaseno river valley.

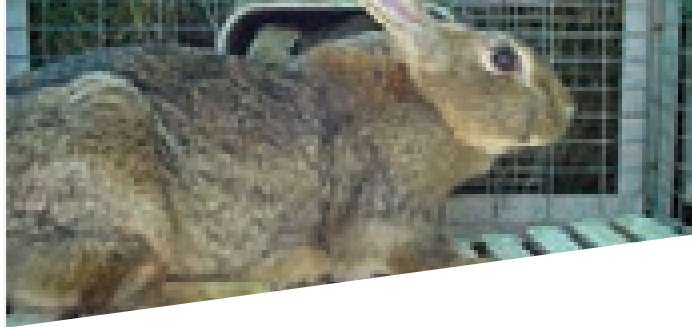
PRODUCT DESCRIPTION Pontina buffalo meat is characterized by a remarkable tenderness (linked to the presence of hydroxyproline), greater juiciness, bright red color (due to the greater quantity of iron compared to other types of meat), a lower presence of fat from infiltration, but a significant amount of cover fat easily separable from lean tissue. The buffalo, in fact, compared to other species, deposits fat outside the muscle tissue, and this determines the scarce infiltration of fat into the meat.

The lower concentration of lipids in buffalo meat compared to beef for example (about 1.4% vs 2.40%) derives from this peculiarity. Buffalo meat is rich in stearic and oleic acids, two neutral fatty acids and linoleic acid, an essential fatty acid. It follows that buffalo meat is especially suitable for those who have difficulty in maintaining cholesterol levels within acceptable limits. This nutritional aspect, therefore, represents a point in favor of the consumption of buffalo meat, which can be considered an excellent meat from a dietary and nutritional point of view. The cuts on the market are steaks,

slices and stew, from which a culinary dish of the Pontine tradition and above all of Priverno (LT) is prepared, which is the so-called "bufaletta".

PRODUCTION METHOD Pontina buffalo meat derives mainly from males, and in some cases also from females deemed unsuitable for reproduction, reared in a semi-wild state and destined for slaughter at an age between 16 and 24 months with a live weight at slaughter equal to about 400 kg. The calves after birth can stay with their mother, at least for the first few feeds of colostrum, or be separated immediately and receive colostrum in the first hours of life. Weaning takes place at 3 months with the use of feed to replace milk or reconstituted milk. The purpose of weaning is to promote the development of the calf's pre-stomachs through the transition from milk feeding to an exclusively solid feed. The diet is based on fresh and/or preserved fodder, that of meadows-pastures and simple and compound concentrated feed with the some vitamin supplements.

HISTORY BACKGROUND Buffalo breeding has been linked to the territory of the Agro Pontino and the Amaseno Valley (in the provinces of Latina and Frosinone) since time immemorial. In folk tradition there are tales and stories of rural life related to this animal, today known and appreciated above all for its milk from which the famous 'Mozzarella di Bufala Campana' PDO is born, and in the traditional farming areas of southern Lazio also for its meat and derived products. As is well known, the breeding of male buffaloes has never found an important economic outlet, but in Priverno, thanks to the presence of historic local butcheries, such as that of the Mastrantoni family, this product has obtained its own market niche especially in taverns and local restaurants where there is plenty of traditional buffalo meat dishes (country pappardelle, rustic stew, buffalo chops, buffalo roast, buffalo carpaccio). Since 1828 the Mastrantoni family has focused its interest on buffalo meat, finding the right way to enhance a product, evidently not very popular on the market, through a careful choice of buffalo meat, offered for sale both freshly-cut and processed into excellent cured meats. The importance of this product for the territory was also celebrated with the first Meat and buffalo mozzarella Festival at Fossanova di Priverno on April 13 and 14, 1985.



RABBIT OF VITERBO



RELATED TO
BIODIVERSITY

Production area
Province of Viterbo

PRODUCT DESCRIPTION The meat of the Viterbo hare rabbit is particularly tasty, with a good consistency when cooked and without the presence of unpleasant odors, thanks to the type of rearing practiced outdoors. The Viterbo hare rabbit is a breed genetically made up of nuclei of animals belonging to the Grigio Locale breed, which has always existed in the Viterbo area, crossed with other breeds: New Zealand White, Belgian Hare and LOP. It is characterized by a marked rusticity and adaptation to outdoor raising. It is a medium-sized breed, bred for meat, characterized by a long and cylindrical trunk and well developed muscular masses. The limbs are straight, long, with a thin skeletal structure and the legs have dark horn-colored nails. The skin, uniform, dense and well-structured throughout the body, is tawny gray with a white belly, throat and ventral face of the tail, perhaps with some shades of red deriving from the hare breed. The head, with a slightly convex profile, in the male, lighter and elongated in the female, has long, large ears slightly turned backwards and spread apart that have the characteristic black border on the apical margin. The eyes are large and lively. The breeders reach an average weight of 4.5-5 Kg. The rabbits have a good degree of growth and at the age of four months they reach the weight of 3.3-3.4 Kg with a good yield at the slaughterhouse which sometimes exceeds 60%. Thanks to the activities of the University of Tuscia, in collaboration with some local breeders, it was possible to recover the Grigio Locale (Local Gray) rabbit nuclei.

PRODUCTION METHOD The Viterbo hare rabbit is an indigenous animal resource at risk of genetic erosion, protected by Regional Law no. 15 of March 1, 2000. It is raised outdoors with the underground cell system and with non-medicated feed and without the use of antibiotics. Outdoor breeding guarantees the reduction of the bacterial load to which the animals are exposed, ensuring the best conditions of well-being: during the hottest hours, rabbits seek shelter in the underground part of the cages in order to enjoy a more pleasant cool microclimate. The underground part is also the most suitable place to arrange the nest for the little ones so as to have a dry, clean and comfortable environment. The diet consists of farm forage and/or by-products (10%), non-medicated non-farm balanced feed based mainly on dehydrated alfalfa. The production cycle varies according to the number of rabbits born and according to the physiological needs of the rabbit itself. The weaning of the baby rabbits lasts slightly longer than a month and begins when the little ones reach 900 grams of weight. The weight for slaughter is around 2.3-2.8 kg. The Experimental Center for Alternative Rabbit Breeding is the body that manages the Breed Registry of the Province of Viterbo.

HISTORY BACKGROUND There is documented evidence of the presence of rabbits in the Viterbo area since the time of the Etruscans. To these people, in fact, we owe both the hunting and the culinary traditions linked to this animal, as shown by the paintings of the necropolis of Tarquinia. In the Middle Ages wild hares and rabbits were widespread in the Viterbo area and it is probable that they were even bred in the wild, as it seems that the monks of the Bisentina Island on Lake Bolsena did breed them. Since the 1950s there is record of a slaughterhouse reserved only for rabbits, giving reason to believe that rabbit-breeding increased exactly between the 1930s and the 1950s. In 1975 in Bagnaia, a hamlet of Viterbo, the "Rabbit and farm animals' market exhibition" was established during the second half of June. The "Viterbo hare rabbit" breed has been documented since 1978 by a cooperative of rabbit breeders.



VITERBO HARE RABBIT WITH HERBS

Ingredients: 1 kg of Viterbo Hare Rabbit, sage, rosemary, garlic, extra-virgin olive oil, bacon, a glass of white wine, a glass of broth, and salt to taste.

Method: cut the rabbit meat into pieces and sprinkle with finely chopped sage, rosemary and garlic cloves. Place it in a colander and let it drain overnight. Prepare a very fine sauté consisting of the same ingredients as the marinade with the addition of diced bacon. Add the pieces of rabbit meat, a little olive oil and brown, then add a glass of white wine and a glass of broth. Cook over high heat first and then over very low heat for about an hour and a half.



BUFFALO CARPACCIO



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

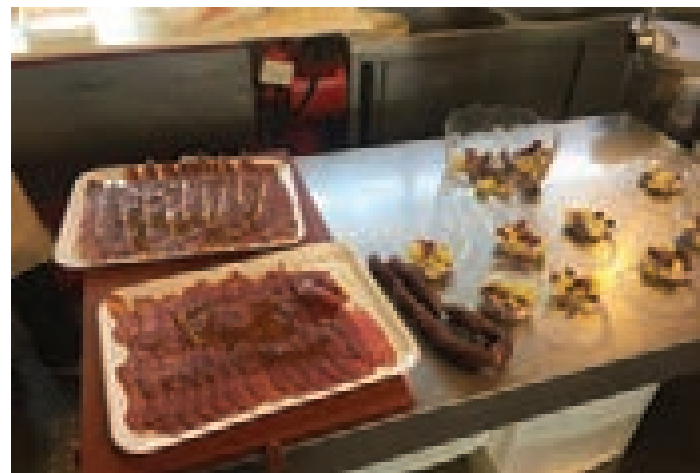
Provinces of Latina and Frosinone, with particular reference to the municipality of Priverno, the Agro Pontino area and to the Amaseno valley district

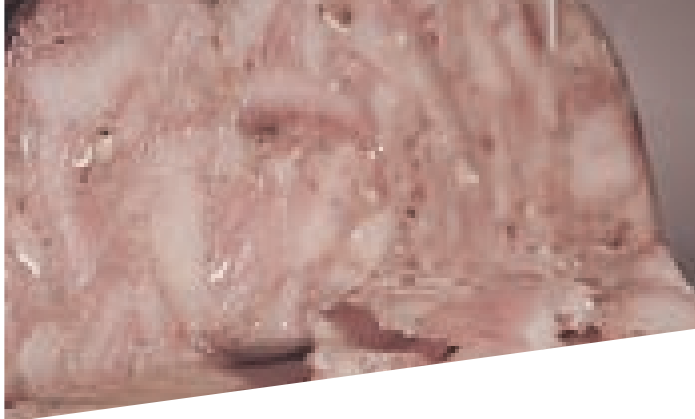
PRODUCT DESCRIPTION The buffalo carpaccio is a lightly dried, lean and particularly tender meat, obtained from the processing of fine cuts of buffalo meat (young beef or castrated males) such as the round steak and the loin. It is a particularly aromatic, fresh and fragrant product thanks to the vacuum marinating technique based on salt, hot pepper, garlic, juniper, rosemary and bay leaf. Furthermore, in the case of drying with natural smoke (smoking), the buffalo carpaccio acquires a light and pleasant aroma and smoked taste.

PRODUCTION METHOD The marinating of the round steak and the loin, which serves to tenderize and flavor the meat but also to avoid oxidation processes of the muscle tissue, lasts between 21 and 28 days. After marinating, the carpaccio is removed from the vacuum, drained and left to dry in a drying cell or in a historic geo-natural cellar, at an initial temperature of 22°C which gradually

drops to 12-14°C and a relative humidity of about 78%. The drying lasts 20-25 days and also takes place with natural smoke (smoking) thanks to the use of non-resinous woods that give the product the aroma and flavor typical of the smoked product.

HISTORY BACKGROUND The buffalo carpaccio comes from the processing of buffalo meat belonging to the “Italian Mediterranean buffalo” breed, historically present in southern Lazio, with particular reference to the Agro Pontino and Amaseno Valley area. The transformation of buffalo meat (which derives mainly from male buffaloes) into excellent cured meats, going on already for more than 50 years, has represented an excellent stratagem for enhancing buffalo meat which in fact has never found an important economic outlet, but in Priverno and throughout the Agro Pontino and Valle dell’Assano area, thanks to the presence of historic local butchers, such as that of the Mastrantoni family, this product has created its own niche on the market. The Mastrantoni family has had a real “buffalo vocation” since 1828, which has allowed them to find the right way to enhance a product, evidently not very appreciated on the market, through a careful choice of buffalo meat, selling it either freshly cut or transformed into excellent cured meats.





VITERBO COPPA



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Viterbo

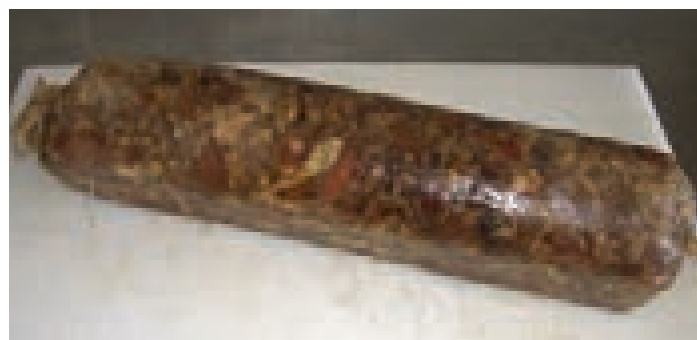
PRODUCT DESCRIPTION The term “coppa” in the province of Viterbo refers to a very tasty cooked salami, obtained from the pig’s head, deprived however of the brain, the cheek lard, the salivary glands, the eyes, the inner part of the ears and most of the nose.

Depending on the area where it is produced, other cuts are also envisaged, such as legs, tongue, bacon. The pigs from which the raw material derives are dry-fed or have grazed for up to 10-12 months. The finishing touch is given with cereals, in the pigsty. Pigs are slaughtered at a live weight of 120-160 kg. The Viterbo Coppa has a tile-like or cylindrical shape, a flavor tending to spicy, a color from gray to dark red tending to brown, a weight ranging from 1 to 10 kg. Nerve and cartilage tissues are well recognizable.

PRODUCTION METHOD In the preparation common in the Viterbo area, the head is washed thoroughly, removing any coagulated blood; for those who also use the paws, the tongue and the bacon, we proceed with their washing and trimming. The rind is cleaned well, burning all bristles. The head is cut into several pieces and cooked for about three hours in a pot of salted water. In the past, tail

and tripe were also added, but not anymore. When the meat is still warm, the bony parts are removed, then the remaining lean parts are cut into smaller pieces and placed in a large container where they are seasoned with salt, pepper, minced garlic, orange peel cut into strips, pistachios, pine nuts blanched in hot water and other spices to taste, such as the hot pepper (nutmeg is also used in Soriano, cinnamon is used in St. Lorenzo Nuovo). The whole mixture is placed in wooden or steel molds or in natural or synthetic casings or in a clean cotton bag that is tied with a string and placed on a marble surface, with a flat surface cutting board on which a weight will be placed, and it is left to rest for 24 hours in a refrigerated room at 4°C. During this phase, there will be a discreet release of gelatinous substance, rich in salt, which was once taken with a knife and eaten on bread. When seasoning meat, it is necessary to keep in mind the loss of salt, that is why a certain amount of experience is necessary, in order to avoid obtaining an “tasteless” Coppa. At the end of preparation, the Coppa takes on a parallelepiped or cylindrical shape and is soft to the touch. For many years, the industries of the sector operating in the area have also been producing it regularly.

HISTORY BACKGROUND It is not known when this preparation began but, of course, we know that, in the late Middle Ages, the head of the pig had the same importance as the rest of the animal. From the *Statute of the butchers* of Viterbo of 1384 we learn that it was expressly forbidden to buy or sell pigs without a head. Specifically, we read: “*We wanted no beast to appear from any person if he wanted to keep the head of this beast for himself*”. Game and pig or wild boar heads, explains Montanari, were, in the late Middle Ages, the most popular dishes or the most gratifying for noble guests.





SMOKED BUFFALO COPPIETTE



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Latina e Frosinone, with particular reference to the municipalities of Priverno, to the Agro Pontino area and to the Amaseno valley district

PRODUCT DESCRIPTION The buffalo meat smoked *coppiette* are strips of meat of varying sizes, ranging in color from bright red to dark brown, obtained from the processing of the trimmings of lean second-choice buffalo meat cuts. They are particularly tasty and aromatic thanks to the seasoning with salt, hot peppers, abundant garlic and white wine; they have a characteristic smoky flavor and aroma due to the natural smoking with bay leaves and rosemary. They are generally sold in bulk or packaged in trays or food bags.

PRODUCTION METHOD The raw material used for the production of the smoked buffalo-meat *coppiette* derives from various second choice lean anatomical cuts, which are trimmed and deprived of excess fat. The meat, stored in a refrigerated room at 2-4°C or processed within 24-48 hours of slaughter, is trimmed and cut into short or long strips. This is followed by the seasoning phase with salt, hot peppers, abundant garlic and white wine which is used to better blend the aromas and marinate the strips of meat. The

seasoning and marinating phases last about 24 hours. The drying takes place for 4-6 days with natural smoking (bay leaves and juniper placed in the pot), in a ventilated smoking cell and at a temperature not exceeding 40°C. This is followed by a resting phase and packaging in bunches joined with string or loose in trays or vacuum-packed.

HISTORY BACKGROUND The *Coppiette* are, without a doubt, a historical product of Lazio. It is said that shepherds and cowboys prepared and consumed them during their transhumance journeys, even after relatively long times after slaughter. Originally produced with horse meat and, perhaps even earlier with donkey meat, whose production today lives thanks only to the passion of the very few local producers, the *coppiette* that are mostly found on the market are those made from pork and beef. But in Priverno (in the province of Latina), as well as in the Valley of the Amaseno river and the area of Agro Pontino, for many years the local *Coppiette*, that is those made from smoked buffalo meat, processed in the historic local butcheries, for example that of the Mastrantoni family, who began processing buffalo meat in 1828, meat which has always been available in the Agro Pontino area.





COPPIETTE (FROM HORSE MEAT, PORK, BEEF)



Production area
The entire region of Lazio

PRODUCT DESCRIPTION The *coppiette* are long or short strips of meat, varying in color from bright red to dark brown, obtained from the processing of lean pork, beef (also the Maremmana breed) and horse meat. They are dried, seasoned with salt and flavored with cayenne pepper, coriander, fennel seeds, garlic, rosemary and white wine. In recent years, some producers have resumed the production of *coppiette* made with donkey meat. The *coppiette*, cut into different sizes and lengths and placed to dry in hot air or baked in the oven, are generally sold singly, unpacked.

PRODUCTION METHOD Originally produced with horse meat and even earlier with donkey meat, whose production today has resumed thanks only to the passion of very few local producers, the *Coppiette* that are mostly found on the market are made from pork and beef. The raw material used comes from different lean anatomical cuts depending on the animal used and the area where they are produced: ham, bacon, fillet, shoulder, neck, breast, abdominal muscles, hindquarter, raw pulp. The animals are: dry-fed heavy Italian pigs of a live weight at slaughter of about 130-160 kg; cattle with particular reference to the Maremma breed of cattle raised on pasture; horses aged 12-36 months, fed on pasture; donkeys. The meat, stored in cold storage at 2-4°C or processed within 24-48 hours of slaughter, is trimmed and cut into strips of at least 1x1 cm thick, 15-40 cm in length. Salting and

curing follow in different ways and for different lengths of time: for 24-48 hours at 5°C together with the dressing; in brine of unsaturated wine for 7 days; dry with the addition of cayenne pepper; by immersion in white wine for 48 hours together with pepper, cayenne pepper, fennel, garlic, paprika, lemon; by immersion in heated red wine and hot pepper, sweet and strong paprika; by sprinkling, after salting, with hot pepper, aniseed, followed by rest for 15 days; by immersion in red wine for 4-5 days, with juniper, sage, pepper, fennel and rosemary; by exposure to air in screened cells, for 3-4 days. This is followed by drying, also carried out in a variety of methods and for differing periods of time: in a stewing cell at 20-22°C for 1 week, in a specific ventilated room for 3-4 days, in a special room, at a temperature of 13-16°C, for 15 days; for 10-15 days at cold room temperature; after stewing for 6 days at 20°C and subsequently in the cell for 90 days at 1-4°C; in the drying room for 48-60 days at a temperature 2-3°C higher than the laboratory temperature; by fireplace stewing for 5-6 hours; in the drying room at 18-20°C, with 80% relative humidity for 10-12 days; for 30 days in the cell at 12°C. Some companies bake in the oven for a few hours. A resting phase and packaging follow.

HISTORY BACKGROUND The *Coppiette* (made of horse meat, pork, beef), initially produced in the Ciociaria area in the valleys of the Ernici Mountains between Guarcino and Vico in Lazio, later they spread throughout Lazio. It is said that shepherds and cowboys prepared and consumed them during their journeys of transhumance, even after relatively long periods of time after slaughter. This suggests that originally the *Coppiette* were only those made of horse meat. The horse *coppiette* continue to live in the depths of Roman and castellan customs, but in recent years, also given the greater availability of pork and beef meat, local producers have begun to prepare *Coppiette* also with these meats, finding them greatly appreciated by consumers. Their consumption has spread as a quick meal for workers and as a tavern meal, maintaining a constant presence in the local butcheries and wine bars and, above all, in the famous *frascette* (a particular type of venue) of Roman castles. The name seems to derive from the preparation techniques, which have them folded in half on a thread placed in front of a fire to be dried or tied and sold in pairs. The "*coppiettari*", passing through the streets of the towns, shouting "*coppieehh*", offered them with a glass of wine to passers-by, a picturesque image also described by Amilcare Pettinelli in the sonnet "*Er coppiettarò*": "*He goes through the taverns, he often goes to the castles, and goes to every lounge room with a white jacket, a basket on his arm, with the coppiette and nuts he has put in. Here is the coppiettarò! ...*". An event devoted to the *coppiette* made of Maremma beef is the Festival of the *Coppiette* held in May in Marcellina (RM), in conjunction with the celebrations dedicated to the Madonna delle Ginestre. The festival, now in its 87th edition, is organized by the Butteri Committee.



LEONESSA FILLET

PAT

POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Rieti: Leonessa

PRODUCT DESCRIPTION Leonessa fillet has a parallelepiped or cylindrical shape, internally it is pink in color, flecked with white. The traditionality of this cured meat is linked to the type of raw material used that comes from heavy dry-fed pigs and above all to the technique of spicing with pepper and wine, inside wooden barrels. Furthermore, the aging is carried out in historic places.

PRODUCTION METHOD Within 24 hours of the arrival of the half-carcass, the separation of the cuts is carried out, then kept in the refrigerated room. Once the suitable cut, namely the fillet, has been chosen, it is salted and immersed in wine for 18 hours, enriched with pepper. Then it is spiced with pepper, washed and subsequently dried and left to age in a special room at 13-15°C for 2 months.

HISTORY BACKGROUND Leonessa boasts a centuries-old tradition in the breeding of pigs and in the processing of pork. Each part of the pork is used to the best, as was the custom of all peasant families, especially those in the mountain areas. During the 15th-16th centuries, industries flourished here, mainly the wool industry, but when the art of wool began to decline, other activities flourished such as the processing of pork and dairy products. The tradition of pork processing has been maintained over time by companies that were already active in the field.



CHEEK LARD

PAT

POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
The entire region of Lazio

PRODUCT DESCRIPTION It is a salami weighing about 1Kg which has the characteristic anatomical shape of the cheek (triangular). The color is red, with the part of adipose tissue being pinkish white. The flavor ranges from delicate savory to pungent savory with a smoky aroma, in the case of naturally smoked cheek lard.

PRODUCTION METHOD The cheek lard is prepared with the cheek of the dry-fed pig with a prevalence of cereals and/or grazing in the period from May to October and slaughtered at a live weight of 120-160 kg. The cheek, trimmed within 24 hours from slaughter, is subjected to salting and seasoning, in different ways according to the area it is produced in. Before aging, the cheek lard is freed of excess salt and seasoning. The spices used for the condiment are garlic, pepper, hot pepper, wild fennel, red or white wine. The drying, carried out in a special room, takes place for 5-7 days at a temperature of 16-18°C or by heating via a fireplace fueled with olive or oak wood and hawthorn. In some cases, double drying is required which lasts a total of 3 days. The cheek lard ages for variable periods from 30-45 days up to a maximum of 120 days in a room at a temperature of 12-17°C and 66-75% RH or at room temperature in a historic cellar for traditional winter productions. Some producers, before selling the cheek lard, smoke it for 10-12 hours with juniper wood smoke.

HISTORY BACKGROUND The peasant families, especially in the mountain areas, used to work pork to obtain certain foods to be aged and preserved over time, especially for the long and cold winters, such as cheek lard. Traditionally, it was prepared in the provinces of Frosinone, Viterbo and Rieti. Today it is produced throughout Lazio.



AMATRICIANO CHEEK LARD



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Rieti

PRODUCT DESCRIPTION The Amatrice cheek lard is obtained from the trimmed cheek of the heavy national pig subjected to aging in salt, sucrose, natural flavors (flaked garlic, ground black pepper and cayenne pepper, antioxidants and preservatives); the cheek lard is left to age for a period ranging from 1 to 3 months. Triangular in shape, this salami is characterized by an intense, unique and savory flavor and the slice, when cut, is very compact with a white color for the fatty part and a bright red for the lean part. The weight ranges from 1.2 to 1.5 kg.

PRODUCTION METHOD Trimmed and well cleaned, the cheek lards are placed in layers in steel containers; each layer is covered with salt, spices, preservatives, antioxidants and sucrose in accordance with the traditional recipe. The containers are weighed, inserted into the machine for massaging and subjected to the 1st massage: turned over for about 15 minutes in order to allow the meat to flavor evenly. At the end of the first massage, cold water is added to the extent of 20% of the weight, in order to prepare the brine. The cheek lards are then transferred to the cold room where they remain for 5 days at a temperature between 2-5°C. At this point the cheek lards undergo the II massage for only 10-15 minutes and then are stored again in the cold rooms for another 5 days. The drying phase of the product follows. The cheek lards are freed of excess salt, drained, tied with a string, flavored on the exposed surface, i.e., the part not covered by rind, with pepper or cayenne pepper. After being hung on trolleys, they are placed in the stewing

cells at a temperature between 13 and 21°C and with a relative humidity of 55-63% for 36-48 hours; and then again for the next 24-36 hours at a temperature between 15-18°C and 58-65% RH. After the drying phase, the product is placed in the aging rooms where it remains for 45/50 days at a temperature of 12-15°C with a degree of humidity of 60-70%. Once the aging is complete, the products are kept in the cell until they are sold.

HISTORY BACKGROUND The cheek lard has a very strong link with the area of its production, in the regions of Abruzzo and Lazio (in particular the municipalities of Amatrice, in the province of Rieti, and Campotosto, in the province of L'Aquila), since it was an integral part of the diet of the shepherds of the Monti della Laga: the need to have, during the months of their stay in the mountains, food that is easy to store and has a good caloric intake, has made it convenient to use cheek lard which, together with pecorino cheese, was originally the only condiment for pasta: *Gricia and Amatriciana*. An important document regarding the processing of pork in Amatrice, and in particular the processing of cheek lard, is the Statistics of the Kingdom of Naples compiled by Gioacchino Murat in 1811. The survey precisely collects a series of information on the socio-economic aspect of the territories subject to the Kingdom. In particular, Abruzzo Ultra Secondo, included not only a large part of present-day Abruzzo but also the high valleys of Velino and Salto, in the current province of Rieti. The same "Statistics" also state that: "in Cicolano, in Amatrice and in some other parts of the province, there is a pig industry", with quality products that were largely exported to the surrounding towns and territories, reaching all the way to Naples. The "Statistics" recall that the main types of products derived from pork in the area were hams, cheek lards, mortadellas, large sausages, sausages and black puddings, while the fat was used to make lard, *ventresche*, "mocculari" (a dialect form for "barbaglie" or cheek lards), lard and "ingoglie".



"VERGARO" OR SHEPHERD'S PASTA

Ingredients: Amatrice cheek lard, ricotta made of sheep's milk, pecorino cheese, extra-virgin olive oil, pepper, salt to taste.

Method: put the Amatrice cheek lard cut into strips in a pan and brown it over high heat with very little extra-virgin olive oil. Remove the pieces of cheek lard from the pan and mix them in a separate container with the ricotta made of sheep's milk, grated pecorino cheese and pepper to form a fairly thick cream. Meanwhile, boil the pasta, which, once ready, is mixed in a pan with the ricotta cream, cheek lard, pecorino cheese and pepper. Add, if desired, the grated pecorino cheese.



LEPINI MOUNTAIN CHEEK LARD MADE WITH THE BLACK PIG MEAT



LINK WITH
BIODIVERSITY



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Roma: Carpineto Romano, Rome

PRODUCT DESCRIPTION Traditionally produced in the winter months, the Monti Lepini cheek lard is obtained from the cheeks of pigs of the local breed, “black pig of the Lepini Mountains”, seasoned and flavored with pepper, cayenne pepper, fennel, thyme and rosemary. It has the classic triangular shape and size ranging from 0.5 to 1kg. The aging lasts from 20 to 120 days.

PRODUCTION METHOD The cheeks of the black pig of the Lepini Mountains, reared on pasture and dry-fed with a prevalence of cereals, and slaughtered at a live weight of 130-150 kg, are trimmed, salted, seasoned with pepper and cayenne pepper, fennel, thyme and rosemary and marinated in wine for 7 days, in a refrigerated room at 5°C. The period of aging ranges from 20 to 120 days and takes place at a temperature of 14°C in a cold room or on historic premises.

HISTORY BACKGROUND Historic product of the Lepini Mountains currently at risk due to the reduced presence of the black pig of the Lepini Mountains considered an indigenous animal resource at risk of genetic erosion, protected by Regional Law no. 15 of March 1, 2000. Today, through with this law and the synergies among breeders, butchers and the Municipality of Carpineto, recovery is being attempted.



LEONESSA LARD



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Rieti: Leonessa

PRODUCT DESCRIPTION It is a parallelepiped-shaped lard, aged for 90 days, dry-salted and flavored. The traditionality of Leonessa lard is linked to the type of raw material used, which comes from heavy dry-fed pigs and above all to the spicing technique carried out also with local wild aromas.

PRODUCTION METHOD The raw material comes from lard on the back and belly of the pig. Within 24 hours from the arrival of the half-carcass, the separation of the cuts are carried out and then kept in the refrigerated room. Once the suitable cut of lard has been chosen, that is the lard from the back and belly, dry salting precedes for 90 days, keeping the product in overlapping layers, in the refrigerated room, at a maximum temperature of 4°C. Subsequently, flavoring is carried out with pepper, garlic, “serpuglio” (local wild oregano), marjoram, bay leaves and rosemary, also placing the product in wooden barrels. Aging takes place in a special room at a temperature between 13 and 15°C for 3 months in a refrigerated room or in historic places.

HISTORY BACKGROUND Leonessa, lying on the southern edge of a high Apennine plain, at 974 meters above sea level, has based its economy on zootechnics since the time of the Sabines, a people from the Gran Sasso area who settled in the Velino and Tiber valleys. Pig farming, in particular, thanks to the processing of its meats, made it possible to have very energetic foods available, which could be preserved for a long time if allowed to age. From the 1903 guide regarding Abruzzo, a region not far from the municipality in question, we read “... there is a great trade in ... salted and processed pork”. The tradition of pork processing has been kept the same up until today.



CHEEK LARD MADE FROM THE CASERTA BREED OF PIGS



LINK WITH
BIODIVERSITY



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Frosinone with particular reference
to the municipalities of Arpino and Broccostella.

Province of Latina. Province of Rome

PRODUCT DESCRIPTION Cheek lard is obtained from the cheek of the Caserta breed of pig slaughtered at a live weight of 130-150 kg. It is a cured meat weighing about 3 kg and aged for about 4 months, which has the characteristic anatomical shape of the cheek, or a triangular shape. The color is red, with a predominant part of adipose tissue and characterized by a hard and compact consistency, white in color. The flavor ranges from savory to delicate with a spicy taste of pepper and garlic.

PRODUCTION METHOD Cheek lard is prepared with the cheek meat of the Caserta breed of pig slaughtered when it reaches a live weight of about 130-150 kg, about 2 years old, in some cases bred in wooded areas such as those located at Arpino and Broccostella in the province of Frosinone and in the province of Latina. The breeding is mainly in semi-wild pasture with a diet based on acorns, herbs, roots, tubers and anything else they can find in the woods and fields where they live, and integration based on field beans and cereals (among which: triticale, barley, durum wheat farinaccio, corn in small quantities).

The cheek, trimmed within 12 hours from slaughter, is subjected to dry salting and seasoned with pepper and garlic cloves or in powder

with the addition of natural starters for technological purposes. The cheek lards thus cured are stored in a refrigerated room for at least 15-20 days inside big plastic tubs in order to favor drying and the loss of excess liquids with the consequent formation of brine. The cheek lards are periodically turned over in order to be dried completely and in a homogeneous manner. At the end of this phase, stewing takes place in a refrigerated room at 22-24°C and RH of 50% to encourage greater drying of the cheek lard for a period sufficient to make it dry to the touch (approximately 48 hours). A period of approximately 4 months of aging follows.

HISTORY BACKGROUND In the provinces of Frosinone and Latina, some companies have recovered and preserved the traditional transformation of pork into excellent cured meats (dried sausages, cheek lard, bacon, loins and small loins) using special meat as the raw material, coming from the Caserta breed of pig, the most important breed of indigenous pigs in Southern Italy.

The small Caserta black pig is a rustic animal that is still today raised in some areas as it was in the past: in a semi-wild state in the woods with nourishment based on acorns, chestnuts, walnuts, walnuts and wild fruits, natural foods that give its meat flavors and aromas of the past.

The Caserta breed has been included in the Registry of Italian pig breeds, edited by the National Association of Pig Breeders (ANAS). In the early years of the 20th century, the Caserta breed of pig was the protagonist of pig breeding in Italy with hundreds of thousands of specimens so much so that in the Province of Terra di Lavoro (Caserta) starting from the 1930s a lot of work was done for the establishment of the herd-book for pure-bred breeding pigs. Today in Lazio the Caserta breed of pig is considered an indigenous resource at risk of genetic erosion and protected by Regional Law no. 15 of March 1, 2000.





SAN NICOLA LARD

PAT

POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Latina: Cori

PRODUCT DESCRIPTION It is a lard that has been aged for 60 days, subjected to dry salting, flavored with rosemary, pepper and juniper. The raw material comes from the back fat of the pig. It has a tile shape and its color is slightly pinkish white, compact and with a soft texture, blue-veined on the outside. San Nicola lard melts in the mouth, leaving a pleasantly sweet taste on the palate.

PRODUCTION METHOD For the preparation of San Nicola Lard, the raw material derives from pig carcasses, already eviscerated and with a dead weight of about 140 kg. The half-carcasses, upon arrival at the factory, are stored in a refrigerated room for 72 hours at a temperature of about 4°C. This is followed by the sectioning and trimming of the back lard, dry salting with coarse sea salt for 10 days and seasoned with garlic, white wine, sugar, mint, wild fennel, coriander, ground white pepper, ground black pepper, juniper berries, rosemary, all inside steel cases. There are no food additives. The aging foresees a period of 60 days.

HISTORY BACKGROUND San Nicola Lard comes from an ancient recipe handed down orally from father to son. The precise period to which the origins of this product can be traced is not known. In the tales of the local elders, the memory of the celebrations on the occasion of the killing of the pig remains vivid. There are those who trace the preparation back to the early twentieth century; those who say that everything began with the advent of the Second World War. But one thing is certain: today it is possible to go back four generations for those who have always produced and consumed this highly respected food, with a clean and genuine flavor, enriched by the presence of aromas of local herbs.



BLACK PORK AGED LARD



LINK WITH
BIODIVERSITY

PAT

POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Roma. Province of Latina. Province of Rieti

PRODUCT DESCRIPTION This is a product prepared with bacon lard and local pork loins, called "black pig of the Lepini Mountains". There are two types of black pork aged lard: classic and flavored. It has a rectangular shape, white in color lightly streaked in red, 1 kg in size, aged from 90 to 120 days, a strong savory flavor, with accentuated aromatization in the flavored version.

PRODUCTION METHOD The "black pigs of the Lepini Mountains", fed on pasture and with subsequent finishing nutriment based on cereals, are slaughtered at 130-150 kg of live weight; from their carcasses, within 24 hours of slaughter, the bacon and loin lard is obtained. The salting, associated with the Cesano wine marinade, takes place for 7 days in a refrigerated room at 5°C with subsequent pepper and cayenne pepper dressing. The aging ranges from 90 to 120 days at 14°C in a refrigerated room or in a historic place.

HISTORY BACKGROUND It is a historical product of the Lepini Mountains linked to the present since the time when black pigs were reared in the wild in local wooded areas. The black pig of the Lepini Mountains is an indigenous animal resource, at risk of genetic erosion, protected by Regional Law no. 15 of March 1, 2000.



FIELD LARD OF OLEVANO ROMANO



Production area

Province of Rome: Olevano Romano

PRODUCT DESCRIPTION Lardo del campo (field lard) is obtained from subcutaneous pork fat taken from the pig's back. Subjected to dry salting with table and coarse salt and flavored with black pepper, nutmeg, fresh garlic macerated in 'Cesanese di Olevano Romano' DOC wine, bay leaves and rosemary; it is left to dry in a warm room at a temperature between 18 and 21°C. The Lardo del Campo has a rectangular shape, a pinkish white color, a thickness of about 10 cm and a size of about 1-2 kg. Particularly tasty, it is characterized by an accentuated flavor that comes from the wild herbs used for curing.

PRODUCTION METHOD Lardo del campo is obtained from the layer of fat on the back of the pig, cleaned of the softer part called "*sugnosa*". About 10 cm thick, it is dry-salted with table and coarse salt for 15 days and placed in a storage cell at a temperature of 8-10°C. At the end of the salting period, the pieces of lard are washed with tap water in order to remove the excess salt, and subsequently cured with finely ground pepper, nutmeg, fresh garlic

marinated in wine, rosemary and bay leaves. The flavored product is placed in a stewing cell for 2 days at a temperature between 18 and 21°C and vacuum-packed.

HISTORY BACKGROUND Lardo del campo takes its name from the custom, now widespread for over fifty years, of flavoring the surface with aromas taken directly "from the field". These aromas retain antioxidant qualities that allow the product to be preserved for a long time. The traditional production of this tasty sausage originates from the habit of the inhabitants of Olevano Romano of raising pigs at home and consuming every part of the animal.



BRUSCHETTE WITH LARDO DEL CAMPO

Ingredients: 200 g of lardo del campo of Olevano Romano cut into thin slices, Gaeta PDO olives, parsley, garlic, thyme, pepper, extra-virgin olive oil and homemade bread.

Method: cut the bread into slices and rub the pieces with a clove of garlic. Toast the bread in the oven like a bruschetta. Chop the parsley finely; season the olives with a drizzle of oil and chopped parsley. Sprinkle the lard with pepper and thyme leaves. Arrange the slices of lard, olives and toasted bread on the plates.



LOIN OF SABINA AND OF THE LAGA MOUNTAINS



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Rieti

PRODUCT DESCRIPTION Lombetto della Sabina e dei Monti della Laga comes from the transformation of the entire lumbar and dorsal muscle of the pig. The product has an average size of 1 kg, a cylindrical shape, a dark red color with white streaks, a savory flavor, a minimum period of aging of 4 months. Depending on the area where it is produced, this loin differs in the seasoning between the Sabina area (use of rubbed garlic and wine) and that of Monti della Laga (use of black pepper only).

PRODUCTION METHOD Traditionally it is still produced only in the winter months, using the entire lumbar and back muscles of dry-fed pigs and, in the Monti della Laga, also after a period of summer grazing in the undergrowth. The live weight of the pigs at slaughter is about 130-150 kg. The pieces of meat, placed on wooden bases, salted for 2-10 days at 5°C and flavored with black pepper and rubbed garlic, after washing with wine and drying, are packed in natural intestines. The drying in the fireplace takes place in a special room, heated with the burning of oak wood; aging lasts for a variable period of time: 90-120 days in a high mountain area or in a refrigerated room at 14°C and 70% relative humidity.

HISTORY BACKGROUND It is a traditional product of the entire province of Rieti, still today made only in the winter months. It is a product mentioned several times in writings regarding food and wine, with a strong presence in local butcheries.



ROMAN MORTADELLA



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Roma

PRODUCT DESCRIPTION The Roman Mortadella, also known as “*spianata*”; it is a traditional salami of Lazio with a sweet wine and black pepper flavor and a particular “flattened” aspect. It is characterized by a finely ground mixture with the addition of large pieces of lard and has a weight of 2-3 kg.

PRODUCTION METHOD Pork-based cured meat (generally the cut involved is that of the shoulder) and 25-30% of lard coming from the belly of the pig. The mixture is seasoned with salt, peppercorns and/or finely ground pepper and, possibly, fresh garlic crushed in wine. The pieces of lean meat are finely minced using a meat grinder and mixed with small pieces of lard cut by hand with a knife. The mixture, seasoned and flavored, is stuffed into natural intestines, previously treated with white wine, salt water and possibly vinegar, and left to dry for a few days inside metal cages, giving it the characteristic flattened shape. Aging takes place in a refrigerated room for 35-40 days with an initial temperature of 14-15°C and which reaches a temperature of approximately 18°C after 12-15 days of storage. In some cases, the aging takes place for a few months in natural environments such as well ventilated and cool cellars.

HISTORY BACKGROUND The traditionality of the Roman Mortadella, commonly called “*spianata*”, can be traced back to the particular technique of transformation and to the drying phase carried out with the metal cages. The Roman-born Leonardi, in his recipe book of 1790, entitles one of his recipes “*mortadelle called spianate*”. He says that “*after they are made, they are placed between two boards with a heavy weight on top of them and they are pressed for twenty-four hours; then they are hanged up and smoked for a bit while the suppressata serves as a stove for them. These mortadellas are called in the vernacular Cosce di Monache and are eaten tending more towards raw than cooked*”.



SMALL LOIN OR LOIN



Production area
The entire region of Lazio

PRODUCT DESCRIPTION In central Italy, the term “*lommetto*” or “*lonza*” is used indifferently to indicate the sausage made using the paravertebral muscles of the lower back and lumbar tract of the pig. *Lonza* differs from the *capocollo*, (made with the paravertebral muscles of the neck and the first part of the dorsal vertebrae), because it is smaller in circumference and with a totally lean surface of the cut, with a total absence of fatty parts, a characteristic of the *capocollo* on the contrary. There are differences in the seasoning, in the various areas of production, from a large presence of spices in Frosinone and Viterbo, and only black pepper in the area of the Laga Mountains. Soaking of the meat in white wine is also a characteristic with particular reference to the use of Cesano red wine in Frosinone and white wine in Sabina and in the Viterbo area. The product, with an average size of 2 kg, has a characteristic cylindrical shape, a dark red color with white streaks, a salty flavor, a minimum period of aging of 2-3 months.

PRODUCTION METHOD The pigs, generally coming from the company farm, from which the anatomical cuts for the production of *Lommetto* or *Lonza* are obtained, are fed dry or grazed and are slaughtered at 130-160 kg of live weight.

The meat is subjected to dry salting for variable periods of time: from 1-3 days, up to 10 days, for 12 hours, at a temperature of 5°C. The seasoning takes place with pepper, nutmeg, cayenne pepper, garlic, fennel and, in some cases, it is necessary to marinate it with wine for 12 hours. Once the seasoning is finished, the product is dried by stewing in a hot room at 20-22°C for about 1 week or in a hot room heated by a fireplace at 13-16°C. The aging lasts from 1 to 3 months.

HISTORY BACKGROUND The first evidence relating to this traditional product dates back to 1352. It is mentioned in a notarial protocol preserved in the Diocesan Archives of Viterbo.

This is the lease of a butchery shop where an annual fee is requested, partly in money and partly in kind: a quarter of a castrated pig to be given during the Easter period and half of a *lonza porcina* (pork loin) for Christmas.

It is probable that the *Lonza*, withdrawn at Christmas, was later consumed after aging. The Viterbo tradition of the early 1900s dictated that the *Lommetto* was to be consumed during the Easter breakfast or Easter Monday outings, when, when it reached maturity, it was excellent to accompany the “Easter pizza”, both sweet and made with cheese.

In the artisanal preparation, still widespread in the area, the paravertebral muscles are cut from the half-carcas of the pork, trimmed and degreased so that a fairly regular cylinder of lean meat is formed, then flavored by sprinkling a mixture of salt, garlic, pepper, fennel flowers and cayenne pepper powder by hand. The cylinder obtained is then wrapped in straw paper, tied externally with string, like a salami, then left to age for a maximum of three months in order to avoid its drying too much and becoming too salty as it is made up of lean meat only.

Aging takes place in dry and airy rooms, which are affected by the climate in the area. Once ready, the *Lonza* is eaten raw, rather thinly sliced. In Tuscia it is still produced today by hand. The meat is pink and has a delicate flavor.



CASERTA BREED OF PIGS



LINK WITH
BIODIVERSITY



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Frosinone with particular reference to the Municipalities of Arpino and Broccostella. Province of Latina. Province of Rome

PRODUCT DESCRIPTION Sausages obtained from the processing of the fine and lean paravertebral muscles of the lower back and lumbar tract of the Caserta breed of pigs, aged for a period of about a month and a half. They have the characteristic elongated, round, compact shape with a rather thin cutting surface and with little presence of intramuscular fat. The color is dark red with white flecks; they have a savory flavor.

PRODUCTION METHOD The Caserta breed of pigs from which the anatomical cuts for the production of *Lombetto* and *Lonza* are obtained are bred on the farm and are dry-fed with acorns, herbs, roots, tubers and anything else they can find in the woods and in the fields where they live, and supplemented with field beans and cereals. The animals are slaughtered when they are about 2 years old and have a live weight of 130-160 kg; in some cases, they are raised in the wooded areas of Frosinone and Latina. *Lonzino* (small loin) and *lonza* (loin) are obtained from the processing of the fine and lean paravertebral muscles of the lower nets or veils and left to dry inside the processing room at a temperature of 12°C and 70% RH and left to age for 6 months. The *lonza*, on the contrary, is stored in a refrigerated room for 10 days in order to facilitate drying, and then it is placed in an aging cell at 14-16°C and RH of 75-80% for 45 days.

HISTORY BACKGROUND The Caserta breed has always been appreciated for its high slaughtering yields favored by an extremely fine skeletal constitution; it is used both for the production of fresh meat and for the production of traditional cured meats such as *lonza* and *lonzino*. The little Caserta pig is a rustic animal that is still raised in a semi-wild state in the woods in some contexts even today, and it is fed mainly with acorns, chestnuts, walnuts and wild fruit; these are natural foods that give its meat flavors and aromas of the past. The Caserta breed (also called "*Pelatiello*" due to the absence of bristles on the skin, with a color ranging from purplish black to slate gray) has ancient origins and, as can be seen from many sculptures and frescoes, it certainly dates back to Roman times. It was the breed of pig that was particularly widespread already in the 1800s in that historical-geographical territory known as Terra di Lavoro (Caserta today). Already a department of the Kingdom of the Two Sicilies, the vast territory in question, which went from Nola to Sora, has undergone an administrative reorganization over the last 100 years, reducing and modifying the extension of the regional borders. Currently the territory of Terra di Lavoro ranges among the areas of the provinces of Caserta and Naples in Campania; Latina and Frosinone in Lazio and originally it extended from the territory of Lower Frosinone, which together with the Mainarde, Aurunci and Ausoni chains, in the province of Latina, marks the southern border of the Lazio region up to the territory of Upper Caserta which together with the chains of the Matese, Monte Maggiore and the chains of the municipality of Roccamonfina, marks the northern border of the Campania region. Therefore, also the district of Sora up to Pontecorvo, Arpino, Broccostella and Atina, the province of Latina up to the border with the province of Rome, belonged to Terra di Lavoro. The presence of this breed and its products is confirmed by some bibliographic evidence such as: the documents of the Caserta Archives in which the individual products sold at fairs were listed; the *Murattian Statistics* of 1811 which describe a breed of pig entirely hairless and without bristles. But we cannot fail to refer to the many oral testimonies of the elderly farmers who have always raised Caserta pigs and who, in order to feed themselves, used to preserve the Caserta pork in excellent cured meats such as sausages, cheek lard, bacon, and so on. In fact, we learn that: "... only a small part of the fresh meat was used for immediate consumption and it was mostly that of lesser value and the most easily perishable, and in any case less suitable for salting and long conservation ... Most of the meat was destined for sausages" (source: interview with Crocifissa Castellucci born in Broccostella - from the book *The Black Pig in the Tradition of Terra di Lavoro* - P.Patini; V. Orlandi - Ed. 2006). The Caserta pig has been included in the Registry of Italian pig breeds, edited by the National Association of Pig Breeders. In Lazio, the Caserta pig is an indigenous breed at risk of genetic erosion protected by the regional Law no. 15 of March 1, 2000.



AMATRICE MORTADELLA



Production area
Province of Rieti: Amatrice

PRODUCT DESCRIPTION It is a fine-grained pork meat and pork fat cured meat of first quality. It has an oval shape compressed in the center and an intense savory flavor, slightly spicy. Amatrice mortadella, also locally called “*Marotta*”, when cut it is pink-purple in color and produces a firm slice.

PRODUCTION METHOD It is obtained by finely grinding the loin, neck and shoulder of a heavy pork (preferably locally dry-fed) to which salt and pepper, ground and in grains, and bacon and pig fat, both ground and cut into cubes are added. After letting the mixture rest for a few hours at 4°C, it is stuffed, by hand or with a bagging machine, into natural intestines, paying particular attention to letting the air escape. The intestines should be previously treated with water, vinegar, wine and orange peel and left to rest for about 48 hours. Subsequently, the stuffed mortadella is placed to dry on wooden boards and supported by means of two sticks of hazelnut or beech wood in the center of the salami to keep it pressed. Then it is left to dry for a few days (even in a room with a fireplace), and finally moved to a dry and ventilated cellar for a further 4-5 months. As the aging continues, the little mortadellas shrink to make it easier for the air to escape. The salami weighs an average of 1.5 kg.

HISTORY BACKGROUND The name *mortadella* derives from “*mortaio*” which evokes the image of minced and pounded meat. The production of the little Mortadellas of Amatrice, locally called “*marotta*”, has been linked to the territory for more than three centuries, as can be seen from the oral testimonies collected. The peculiarity of this sausage is that it can be kept longer than others and can be consumed up until the following year’s production.



MORTADELLA OF ACCUMOLI



Production area
Province of Rieti: the area of the “Monti della Laga” mountain range

PRODUCT DESCRIPTION Mortadella di Accumoli is a cured meat obtained from the loin, lard and panniculus of the thorax of pigs raised in the pasture. The characteristic of this salami is attributable to the very fine grain, the right ratio between the lean and fatty parts and the type of casing in which the mixture is kept: the panniculus of the sevis and stitched large intestine. The Mortadella di Accumoli has a cylindrical shape, a final size of 1.5-2 kg, a dark red color flecked with white, a savory flavor and it has been aged for a minimum of 4 months.

PRODUCTION METHOD It is a traditional product widespread in the “Monti della Laga” area, prepared in the winter months with dry-fed pigs that exploit a summer pasture of undergrowth. The live weight at slaughter is 130 - 150 kg. The cuts used are the loin, lard and the panniculus of the chest, very finely ground. The mixture is flavored with salt for 1 day at 5°C and then seasoned only and exclusively with pepper. The mixture, salted and seasoned, is stuffed into the panniculus of the tallow and/or the large intestine sewn by hand. After the stuffing, the Accumoli Mortadella is subjected to drying, carried out in a hot room with a fireplace or stove for 5 days and then aged in a cold room for a period ranging from 45 to 180 days. During this period the stuffing is shrunk gradually, with the help of beech wood slats, in order to favor the escape of residual air.

HISTORY BACKGROUND The production of Accumoli mortadella boasts an ancient tradition as it is connected to the breeding of the pig that took place in the peasant families who resided in the mountain areas of the upper Rieti area. Accumoli’s Mortadella is historically present in local butcheries and restaurants. The origins of the product date back to 1700.



MORTADELLA OF VITERBO

PAT

POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Viterbo

PRODUCT DESCRIPTION Viterbo's mortadella has a flattened cylindrical shape, with a circumference of 5-10 cm and a weight of about 3-6 Kg. The surface when cut has a bright red color with scattered grains of white (fat) and black (pepper). The product has a savory taste to the palate with a slight aftertaste of garlic.

PRODUCTION METHOD The main ingredient is the lean meat of the shoulder, belly, sometimes of the pork leg (dry-fed and slaughtered when it reaches 120-150 kg of live weight), which is first deboned, deprived of tendons and then ground. The mince is amalgamated with lard, coming from the animal's throat that has been kept in salt for 24 hours, in a proportion not exceeding 16%. Then, salt, black peppercorns, minced garlic, wine, sugar and ascorbic acid (vitamin C) used as a preservative are added. The mixture is left to rest for two days at a temperature between 0 and 4°C and is then stuffed into bovine intestines washed with water, salt and vinegar. The sausage is finally pressed, dried at 16-18°C for 48 hours and left to age in cool rooms for about 4 months before being consumed.

HISTORY BACKGROUND Today, the term "*mortadella*" identifies only the classic "*mortadella Bolognese*". In the past, this word had a more generic meaning of sausage made with a mixture obtained by working the pork with a mortar (in Latin *mortarium*). In the recipe books of the 1300s and 1400s we find various types of mortadella made with raw pork. In the mid-15th century, Maestro Martino da Como, personal cook of the bishop of Aquileia, in his *De Arte Coquinaria* mentioned some raw mortadella, rather similar to mortadella from Viterbo, a sort of seasoned salami, but which, instead, is very different from the well-known Bolognese mortadella, which is cooked. Other quotes can be traced to 1549 in Messisburgo, the famous Renaissance cook, and to 1684 in Carlo Nasca, major cook at the Farnese court of His Serene Highness Ranuccio II, Duke of Parma, Piacenza and Castro who, in the "*Four banquets destined for the four seasons of the year*" talks about the delicious mortadella as a winter meal. The 1931 Italian Touring Club guide mentions the "*Mortadella di Viterbo*" among the typical products of the Lazio area".



MORTADELLA MADE FROM HORSE MEAT



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Rome: Albano Laziale

PRODUCT DESCRIPTION It is cured meat obtained by grinding the meat (belly and ribs) of the horse very finely. It has a cylindrical shape, with a rosy color to the mixture, enriched with lard; it weighs 350 gr and has a rather sweet taste.

PRODUCTION METHOD Mortadella from horse meat is traditionally produced with the meat of the Lazio Maremma breed of foals aged 12 - 36 months. The processing is characterized by the choice of the sectioned (belly and ribs) finely-ground meat and flavored with pepper, cayenne pepper and pistachio. The mixture, collected in a natural or synthetic wrapper, is subjected to stewing in a hot room with natural combustion heating and a short aging that does not exceed one month. Salting takes place at the time of seasoning.

HISTORY BACKGROUND In the past, the word "*mortadella*" generally indicated a sausage made with a mixture obtained by working the meat with a mortar (in Latin *mortarium*). Mortadella from horse meat is a traditional product of the "Castelli Romani" (Roman Castles) area, obtained with the meat of the Lazio Maremman breed of foals. Traces of this product can be found in some municipal archives and it boasts a historical presence in local butcheries. As is attested by the numerous oral testimonies collected locally and, in particular, by the historic Sabatucci company present in Albano Laziale.

PORK OMENTUM-BEVERELLI



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Rieti: Antrodoco

PRODUCT DESCRIPTION The omentum is a membrane obtained from the upper part of the anterior part of the abdomen on which the intestine of the pig is inserted, dialectally called *corallina*. Subjected to salting and flavored with herbs, cayenne pepper and garlic, the omentum is then supported with wood from the hazelnut tree and hung in dry, well-ventilated rooms where it is left to age for about 30 days. It has a salty, spicy flavor.

HISTORY BACKGROUND Also called *Ventriglio* and *Juntriglio*, it is a product traditionally prepared in the Antrodoco area where domestic pig breeding is quite widespread. It is a product of the earliest peasant cuisine when the fruit of the countryside, the basic spices and a strong aroma of garlic were preferred.



FRISSE

Ingredients for 6 people: 400 gr of moderately fat intercostal pork, 200 gr of pork liver, 100 gr of sausage, 80 gr of grated cheese, 1 egg yolk, 10 juniper berries, nutmeg, cinnamon, salt, pepper, pork omentum, extra-virgin olive oil and butter in equal parts

Method: mince the meat and the pork liver with a sharp knife on a cutting board; then add the crumbled sausage paste, grated cheese, crushed juniper berries, nutmeg and cinnamon. Mix these ingredients for a first time; then season with salt, pepper, add the egg yolk and knead again. With your hands, make balls as big as walnuts and wrap them in the pig's omentum. Cook them over medium heat in a pan with oil and butter. When cooked, pep up with a splash of gin which is to be completely absorbed.



MORTADELLA FROM MAREMMANA MANZETTA



LINK WITH
BIODIVERSITY



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Viterbo: Pescia Romana. Province of Rome

PRODUCT DESCRIPTION Cooked salami like mortadella with a very fine grain, made with Maremma beef, pork fat cut into cubes or lard, salt, black pepper, pistachios and natural flavors. The shape is cylindrical or parallelepiped, the color of the mixture is deep pink with white streaks. Particularly tasty salami born from the union between beef and pork.

PRODUCTION METHOD The raw material used for the preparation of the Mortadella made from Maremma manzetta derives from pure Maremma breeds, mainly raised in the wild, in the Lazio Maremma area. The adipose part, as a fatty component of the mixture, comes from the back lard of the pork, cut into cubes or pieces of lard. The slaughter of the bovine takes place at about 18 months old and the carcass is subsequently stored in a refrigerated room for 1 week at 0°C and at a RH 80-90%, in order to guarantee the aging process of the meat. During this phase, chemical-physical

processes begin that are very important for the tenderness and aroma of the meat. In fact, the tenderness of meat is a fundamental characteristic for the consumer, especially in the case of beef. Once the maturation is complete, the carcasses are sectioned into anatomical cuts. Those used for Mortadella made of Maremma manzetta are prized cuts: the forequarter (neck, breast, shoulder rump, anterior muscle) and belly. We proceed to the manual boning and the fine grinding of the beef, using a mincer. The mixture, with the addition of pork lard, salt, black pepper, pistachio and other aromas, is stored in a refrigerated room at 1°C for 2 days and then stuffed into natural wrappers. A further resting phase follows for 7 days in a refrigerated room at 13°C and R.H. 67%. The Mortadella made of Maremma manzetta is cooked in a steam oven at a temperature of about 90°C (depending on the size of the salami) for about 3 hours, with the product reaching a core temperature of 68°C, checked by means of a special probe. The salami is then immersed in cold water and subsequently stored in the fridge at 0°C before being sold. The Mortadella made of Maremma Manzetta, whose production is around 70 kg per week, can be sold whole or in vacuum-packed slices.

HISTORY BACKGROUND The birth of the Mortadella made from Maremma manzetta is to be attributed to Mr. Nardi, a native of Norcia and son of a family with a great tradition of pork butchery who, at the end of the 19th century, first moved to the village of Montalto di Castro (VT) and then to Pescia Romana (VT), municipalities falling within the territory of the Lazio Maremma. Mr. Nardi made use of the considerable availability of Maremma beef, which for centuries has been widely used in the Lazio Maremma area, for the preparation of cured meats which, especially in times of war, represented an important source of food. Over time, the range of prepared cured meats has been enriched with special products, including the mortadella made of Maremma manzetta, initially called "*morta in guerra*" (died in war), whose mixture is made up of a combination of beef and pork fat. Thanks to the antioxidant qualities of pork fat, this preparation made it possible for beef to be preserved for longer, especially in times of war. The mortadella made of Maremma manzetta is obtained from the meat of the Maremma breed of cattle, an indigenous breed at risk of genetic erosion, protected by Regional Law no. 15 of March 1, 2000.



PORK BACON



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
The entire region of Lazio

riods varying from 2 to 15 days at 5°C or with damp salt for 7 days, followed by washing with wine.

The seasoning, carried out at the same time as or after salting, involves the use of pepper, cayenne pepper, garlic, ground fennel seeds and red wine. At this point, the bacon first passes to the drying phase, for a minimum of 30 days at room temperature (15-16°C), or for 7 days in a room at a temperature of 18°C, then to aging in a cold room at 14°C for a period ranging from 15 to 90 days according to the type and size (a shorter period of time for “tight” bacon).

The possible smoking treatment, practiced only for the “tight” bacon, takes place for 10-12 hours using the smoke of juniper.

HISTORY BACKGROUND Pork bacon has been a food known and appreciated since the time of the ancient Romans. In Imperial times, the legionaries received a ration of bacon every three days, while in the Longobard period each mason, at the beginning of seasonal work, obtained a quantity of about five kg of it. With the barbarian invasions it even became a currency of exchange. Until the mid-1900s, bacon, along with other fats such as lard and suet, was considered one of the main energy resources for man.

PRODUCT DESCRIPTION Pork bacon is obtained from the belly and side of the slaughtered pig at a live weight of 120-150 kg. Processed in different ways, it is “tight” (with preservation of the rind, short period of aging and spicier) or “rolled” (with or without rind, longer period of aging, spiced internally). Thanks to the correct degree of veins of fat, the Bacon is soft, delicate, sweetly salty, with a variable flavor depending on the type of spices used: pepper, cayenne pepper, garlic, nutmeg, red wine, ground fennel seeds. The color is pinkish white with unique alternating streaks of fat and lean meat; the aroma is delicate and spicy. Bacon smoked with juniper wood is also widespread in the province of Frosinone and, in this case, the bacon fat has a color tending towards ivory yellow.

PRODUCTION METHOD The parts of the belly of the pigs are trimmed and squared, either keeping the rind or not. Subsequently, the trimmed cuts are salted, carried out dry for pe-





"TIGHT" BACON MADE FROM BLACK PIGS AND AGED WITH HERBS



LINK WITH
BIODIVERSITY



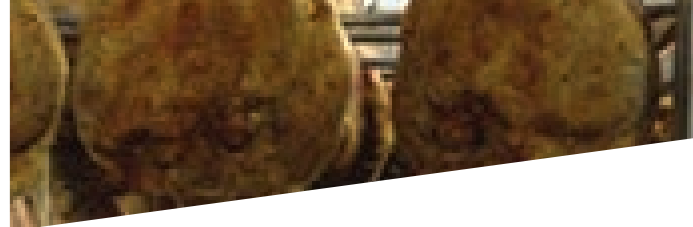
POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Rome

PRODUCT DESCRIPTION Prepared only in the winter season, in the "classic" type based on pepper and cayenne pepper and/or in the "herb" type with pepper, fennel, thyme and rosemary, the "tight" cured bacon made of black pig with herbs has a rectangular shape, with alternating layers of fat and lean parts, more or less thin. The consistency is compact with a pleasant flavor of fat and aromatic herbs. Size from 1 to 4 kg.

PRODUCTION METHOD The raw material for the production of this salami derives from the belly of the native "black pig of the Lepini Mountains" breed of pig, raised in the pasture of the Lepini Mountains with a cereal-based finishing and slaughtered at a live weight of 130-150 kg. Within 24 hours from slaughtering, the belly is trimmed, squared and salted, seasoned with pepper, hot pepper ("classic" type), fennel, thyme and rosemary ("herb" type), and marinated in wine for 7 days in a refrigerated room at 5°C. At the end of the salting, the tight bacon made of black pork cured with herbs is placed to drain on wooden bases for about 30 minutes and left to age for a period ranging from 90 to 120 days at 14°C in a refrigerated room or in a fresh, well ventilated and dry historic place.

HISTORY BACKGROUND It is a historical product of the Lepini Mountains currently at risk due to the reduced presence of the black pig, for which there is an attempt at recovery through the intervention of Regional Law 15/2000 and the synergies among local breeders, butcheries and the Municipality of Carpineto Romano. In this area, in any case extended up to the Ausoni, Aurunci and Pre-nestini mountains, there is still a local breed of pig known for the quality of the meat destined for processing.



GUARCINO HAM



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS E

Production area
Province of Frosinone: Guarcino

PRODUCT DESCRIPTION Guarcino ham has a slightly elongated anatomical shape, a semi-opaque red color, compact structure, savory and aromatic flavor, an average weight of 8-10 kg; the aging lasts 14-15 months in well-ventilated rooms. A peculiarity of this salami concerns the sealing with suet and lard, flavored with cayenne pepper and juniper. Traditionally, the production takes place only in the winter months: November-March. Some of the ham produced is eventually smoked.

PRODUCTION METHOD Guarcino ham is obtained by processing the thighs of national breeds of pigs slaughtered at a live weight of approximately 150 kg. The thighs, trimmed and cleaned of rind and excess fat, undergo a manual or mechanical massage aimed at eliminating residues of blood. This is followed by dry salting for 20 days in a refrigerated room at 2°C and brushing to remove any residual salt. The salted thigh is left to rest for 4-5 months in a refrigerated room at 2-5°C and then covered on the parts without rind, with suet and lard flavored with well-structured red wine, hot pepper and juniper. Aging lasts 14-15 months in a cold room, possibly conditioned, at a temperature of 15-16°C. Some of the ham produced also undergoes a smoking process.

HISTORY BACKGROUND The production of Guarcino ham is concentrated in the town of Guarcino, an agricultural center in the province of Frosinone, which lies at about 363 m a.s.l., between the Cantari and Ernici mountains close to Fiuggi and Alatri. The town, located at the confluence of two large valleys, enjoys a microclimate that is ideal for aging hams: temperate air arrives from the Prata Longa valley, while from that of Capo Cosa, crossed by the stream of the same name, comes more humid air arrives. The ancient local family tradition of processing pork has been flanked by the activity of local agri-food companies for about 40 years.



TIGHT PORK BACON MADE FROM THE CASERTA BREED OF PIGS



LINK WITH
BIODIVERSITY



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Frosinone with particular reference to the municipalities of Arpino and Broccostella. Province of Latina. Province of Rome

PRODUCT DESCRIPTION “Tight” bacon is obtained from the belly and ribs of the Caserta breed pig slaughtered at a live weight of 130-150 kg. Thanks to the correct vein of fat, the “tight” pork bacon made of Caserta breed is soft, delicate, slightly salty, with a peppery and slightly garlicky flavor. The color is pinkish white with unique alternating streaks of fat and lean meat; the flavor is delicate and spicy.

PRODUCTION METHOD The raw material for the production of this salami derives from the belly of the Caserta breed of the black pig, slaughtered when it reaches the live weight of 130-140 kg, with about 2 years of age and reared in wooded areas in the province of Frosinone and Latina. The breeding is mainly semi-wild grazing with a diet based on acorns from the woods and integration with honeycomb and cereals (such as: triticale, barley, durum wheat pigweed, corn in small quantities): furthermore grazing in the woods, oak forests and chestnut groves they also feed themselves on herbs, roots, tubers and anything else they can find. Within 12 hours from slaughtering, the “tight” bacon is trimmed, squared and subjected to dry salting and seasoned with pepper, cloves of garlic or in powder and stored in a refrigerated room for at least 15-20 days in big plastic tanks in order to favor drying and the loss of excess liquids with the consequent formation of brine. The preserved bacon is turned over every 2 days for about a week and then once a week. At the end of this phase, there is stewing in a refrigerated

room at 22-24°C and RH of 50% to facilitate greater drying of the “tight” bacon, for a period that is long enough to make the bacon dry to the touch (approximately 48 hours). Twenty-thirty days of aging follow.

HISTORY BACKGROUND The “tight” bacon of the Caserta breed of pigs is a prized salami traditionally produced in southern Lazio in the provinces of Frosinone and Latina, and whose preparation has very ancient origins. Suffice it to say that the Caserta pigs (the most important native pig family in Southern Italy) were particularly widespread as early as 1800 in the vast historical-geographical territory known as *Terra di Lavoro* (Caserta), which went from Nola to Sora, formerly a department of the Kingdom of the Two Sicilies, which in the last hundred years has undergone a very important administrative reorganization, reducing and modifying the extension of the regional borders. Currently the territory of Terra di Lavoro is included within parts of the provinces of Caserta and Naples in Campania; Latina and Frosinone in Lazio and which originally extended from Southern Frosinone which, together with the Mainarde, Aurunci and Ausoni mountain chains (in the province of Latina), marks the southern border of the Lazio region, up to the territory of Northern Caserta. The presence of this pig in the area, still raised today in a semi-wild state in the woods, has since the past contributed to the preparation of excellent cured meats, such as “tight” bacon, to be kept for long periods and that lasts the whole year. This indigenous breed, is bred still today in Campania, Molise and the provinces of Latina and Frosinone, and it is among the six Italian pig breeds in danger of extinction, and in order to guarantee their conservation and protection, it has been included in the relative Registry, edited by the National Association of Pig Breeders. In Lazio, the Caserta breed of pigs is considered an indigenous resource at risk of genetic erosion, protected by Regional Law no. 15 of March 1, 2000.





'BAULETTO' DRY CURED HAM



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

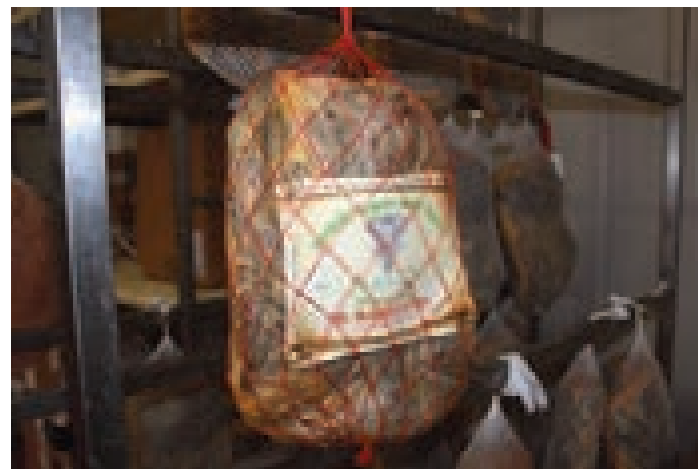
Production area
Province of Viterbo

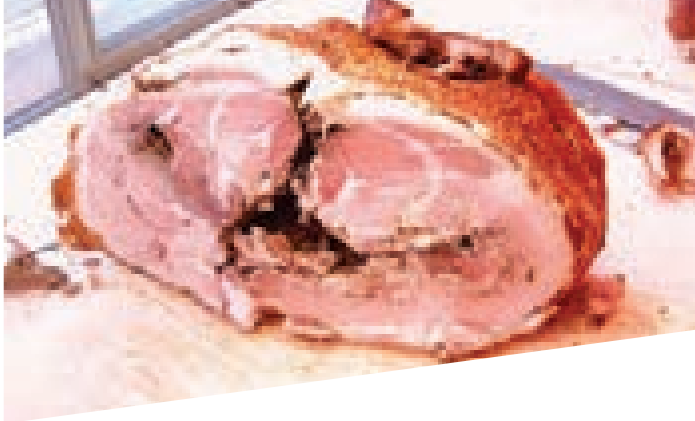
PRODUCT DESCRIPTION The "bauletto" dry cured ham, whose final weight is on average 6 kg, has a characteristic trunk-like shape, without the pig's foot, boned and with a thickness of fat not exceeding 2 cm. The aging, which also takes place in a completely natural way, lasts 7 months and guarantees an intense and slightly salty flavor. The slice made with a knife is compact and pink with white streaks. The peculiarities of this ham can be traced back to the trunk-like shape which makes it easy to maneuver when slicing it and to the thickness of the fat, obtained by careful hand-trimming. Fundamental to the excellent result of the product is the microclimate of the area, well ventilated and mild, which has a positive effect on aging.

PRODUCTION METHOD This is a traditional product of Monti Cimini, an area characterized by optimal microclimatic conditions for aging. The raw material comes from the slaughter of heavy pigs from the national territory slaughtered at a live weight of 120-140 kg, but in some cases the raw material derives from thighs that have already been cut and trimmed. The thighs, trimmed with a thickness of no more than 2 cm of fat and massaged, undergo dry salting (done manually) and seasoning with garlic and ground pepper and are placed in special molds in order to give the char-

acteristic "trunk-like" shape. This is followed by a 4-day rest in a refrigerated room at +2-4°C; a massage is practiced to promote the absorption of salt and aromas and a second dry salting for 3 days at a temperature of +2-4°C. On the 7th day, the "bauletto" dry cured ham is desalted and placed in a holding cell at +4-6°C for a further 40 days and subsequently washed with hot water and subjected to stewing/drying forced ventilation for 6 days of which 5 days at 20°C with 50-55% RH. Subsequently, the product is placed in a pre-aging cell at a temperature of 15-17°C and RH of 65% for 90 days, during which time the exposed parts are also greased with lard, suet, rice flour, salt and pepper. The "bauletto" dry cured ham matures for 3-4 months in a refrigerated room at 17°C and RH of 68-70% or, in winter, in a natural room at room temperature where natural ventilation of air is favored.

HISTORY BACKGROUND It is a traditional handcrafted raw ham, obtained from the leg of pigs that were once raised in the wild in the woods of the Cimini Mountains and the hinterland of the Maremma, today home to numerous ham factories. The preparation is linked to a medieval tradition, when the best parts of the pork were preserved, after salting, as a meat supply for the whole year. As early as 1887 at the Agricultural Exhibition in the Viterbo district, producers were urged to make known their excellent but "*not sufficiently appreciated*" products such as "*hams and salamis*". "Bauletto" dry cured ham represents the deboned version of the Tuscia mountain ham, already included in the list of traditional products of Lazio, which was born from some traders' need for an easily sliced, lighter product and one that was easily handled.





POGGIO BUSTONE "PORCHETTA"

Production area
Province of Rieti

PRODUCT DESCRIPTION The preparation of this food comes from cooking in the oven, for a few hours, a whole pork that has previously been gutted, deboned, seasoned with salt and flavored with black pepper, rosemary, fresh garlic and possibly cayenne pepper. The crust has a crunchy texture on the upper part, a brown color and a savory taste; while on the lower part, that is the area of the girth, the crust has a soft consistency. The slice that is cut with a knife is white-pink in color, with a delicate and aromatic flavor. Also available is the trunk type.

PRODUCTION METHOD The raw material for the production of Poggio Bustone "Porchetta" (porker roasted whole on a spit) comes

from gutted female pig carcasses, whose weight is a maximum of 120 kg. The carcasses of the whole "porchetta" are provided with front and rear limbs and/or the head. For the production of the *tronchetto*, corresponding to the thoracic trunk of the whole porchetta, between the first dorsal vertebrae and the last lumbar vertebrae, the weight reaches a maximum of 25 kg. Pork carcasses, after storage in a refrigerated room at a temperature between 0 and 4°C for 24 hours, are subjected to manual deboning, seasoned with table salt and flavored with a mixture of black pepper, rosemary, fresh garlic and, possibly, cayenne pepper. For the Poggio Bustone "Porchetta" with the head, the dressing is also done to the head and especially to the cheek. This is followed by the phase of tying around a stainless steel or hornbeam wood tube for food and the cooking that takes place by putting the "porchetta" and the "tronchetto" into the oven when a maximum temperature of 300°C has been reached. The cooking time for both the "porchetta" and the "tronchetto" is a maximum of 9 hours. During cooking, the meat may be turned twice, in order to ensure homogeneous cooking and an adequate drainage of the fat.

HISTORY BACKGROUND Poggio Bustone, resting on the side of the mountain and reachable via a winding road that climbs uphill, owes its fame to the fact that St. Francis stayed there; however, Poggio Bustone is also the home of "Porchetta", a dish prepared by cooking it in the oven for a few hours. There are numerous historical documents that certify its production. An important document that we can cite, in addition to the oral testimonies of the inhabitants of the town and in particular of the "porchettari" (porchetta makers) and in addition to the documents kept in the municipal archives, is the Official Gazette of 1900, in which explicit reference is made to Poggio Bustone "Porchetta" exhibited at the Paris Expo. A folkloristic event of particular socio-cultural value is the Poggio Bustone "Porchetta" festival, established 68 years ago; it takes place every year on the first Sunday of October.



VITERBO "PORCHETTA"

Production area
Province of Viterbo

PRODUCT DESCRIPTION Viterbo "porchetta" is made from the whole piglet, with or without its head, deprived of the entrails, except for the liver; currently it is also boneless, skewered on a spit to be transported easily and baked, after being filled with its offals cut into pieces and seasoned with garlic cloves, salt, pepper, fresh wild fennel and dried fennel flowers. The characteristic of Viterbo "Porchetta" is that it comes in three types determined by the weight of the pig used: small (20-30 kg of live weight), medium (60 kg) and large (90 kg). The product is characterized by a cylindrical shape, a brown color, a savory flavor with an accentuated aroma of fennel and a variable final weight. The meat has a considerable taste.

PRODUCTION METHOD Traditionally, it is produced with the meat of local pigs from 20 to 90 kg of live weight, dry fed with a prevalence of cereals. The carcasses, salted and seasoned with pepper, garlic and fennel, are stored in a refrigerated room at 5°C for 1 day and subsequently tied at the ventral level with the insertion of the spit. It is cooked in a wood-burning oven and lasts from 6 to 8 hours, depending on the weight of the pig.

HISTORY BACKGROUND From classical authors such as Horace, Virgil, Augustus and Mecenate we learn that in Etruscan gastronomy the first part of the meal was reserved for "porchetta" stuffed with meat from various animals. Even the Romans knew about the delight of dish from Apicius, who lived at the end of the 1st century B.C., who in his famous recipe book *De Re Coquinaria*, provides us with an elaborate recipe for the "stuffed piglet" cooked in the oven. The cooks of the time who were concerned with honoring the pal-

ates of their masters, had a great deal to do to prepare this dish, for which a quality raw material (*porcellus hortolanus*) was required, that is a homegrown animal, which was deboned and stuffed with the most disparate ingredients such as honey, fish sauce, mallow, beets, leeks, eggs, pepper. But Burchiello began talking about "porchetta" as we understand it, in 1400, referring to the Todi Fair ("I saw a hundred porchettas in a stick"). The quotations by Oddi in his book *Prison of love* of 1592 ("... you would make me impale like a porchetta") are also interesting. The "porchetta", covered with a crunchy, shiny crust, exhibited in the classic banquet of the "porcettaro" has, since the past centuries, represented the characteristic meal of the holidays, since, in addition to providing a nourishing and appetizing dish, it helped to cheer the atmosphere with its unmistakable aroma. Since the post-war period, the habit of selling outdoors has become widespread. In the various regions of central Italy, it was always present in the traditional village fairs, where it had the function of encouraging happy drinking and appeasing the robust appetite of farmers. Once selling was completed, the butcher also took part in the party, reserving the legs and tail for himself, which were cooked in a pan placed under the pig. These offals, when the butcher himself did not consume them, were put on sale at a lower price than the "porchetta", so they were highly sought after, as they had a characteristic and particularly pleasant flavor. The fat that solidified in the bottom of this pan, on the other hand, was sold for just a little money, or given to the poorest people, who used it to flavor and make their soups more nutritious. In the eno-gastronomic and cultural itineraries proposed by the periodical Tuscia, of the Tourist Information Office of the province of Viterbo, in the articles of the seventies, the reference to "porchetta" as a specialty of municipalities such as Caprarola, Vignanello (where the presence of the characteristic wood-fired ovens for cooking is mentioned), Viterbo, Tarquinia, Ronciglione, is often mentioned.





"PORCHETTA" FROM SELCI

Production area
Province of Rieti: Selci

PRODUCT DESCRIPTION Selci "porchetta" involves the preparation of a tasty dish obtained by cooking whole pigs (including the head), seasoned with salt and flavored with black pepper, rosemary, fresh or dried garlic. The slice made with a knife is homogeneous, light in color that tends towards pink in the central part of the slice; the flavor is delicate and aromatic. The crust is crunchy, brown in color with a characteristic savory flavor. Selci "porchetta" also includes a smaller "tronchetto" type (up to a maximum of 25 kg.).

PRODUCTION METHOD The carcasses of whole pigs weighing about 70-120 kg, generally belonging to the Large White breed and coming from national farms, arrive at the processing plant. These carcasses, including forelimbs and hind limbs and the head, are processed immediately and stored in a refrigerated room at 0°/+4°C for a few hours. The first operation involves manual deboning in order to remove all the bone and cartilage parts, and then the manual seasoning takes place with table salt, black pepper, rosemary, and fresh or dried garlic. Once cured, the "porchetta" is left to rest for 3-4 hours in order to facilitate the absorption of salt and aromas and give the characteristic flavor of savory meat flavored with spices. This is followed by manual sewing with food-grade string starting from the previously boned internal parts (fillet, thighs, shoulder, etc.) and then stitched externally in the ventral part. Cooking can be done in a wood-burning oven (local wood), a gas or an electric oven. In particular, when cooked with a wood fire, Selci "porchet-

ta" acquires a pleasant smell of smoked, much appreciated by the consumer. When the oven temperature reaches the first temperature peak at 250°C, the Selci "porchetta" is cooked for about 30 minutes and as the oven temperature decreases to 200-180°C, cooking continues for a further 5/6 hours. Once the "porchetta" is taken out of the oven, it is allowed to cool for 2-3 hours at room temperature and then it is stored in the refrigerator until it reaches 8°C. Selci "porchetta" (including the *tronchetto*) can be sold over the counter or in vacuum-packed slices.

HISTORY BACKGROUND An ancient hamlet of Bassa Sabina a few kilometers from the Sanctuary of "Vescovio Madonna" (*Forum Novum* from the 2nd century B.C.) in the province of Rieti, the municipality of Selci is known as the home of the famous "Porchetta", celebrated since 1956 generally in the month of August, with the "Porchetta" Festival. In the area of Selci, with a strong agricultural and zootechnical vocation, the cultivation of olives, grapevines, sheep, cattle and pig breeding have been widespread since long ago in the past. Since the ancient "*contradums*", animals were essential for use in agricultural work, for transportation and as a source of food. In particular, from the historical and bibliographic investigations, it emerges that during the last century the inhabitants of Selci had intensified the breeding of pigs: the post-World War II pig meant wealth and a source of income. The inhabitants of Selci began to devote themselves to the transformation of pork into delicious cured meats, but the product that immediately took hold turned out to be, from the beginning, the Selci "Porchetta", whose recipe and preparation is still handed down from generation to generation.





BASSIANO HAM



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Latina: Bassiano

PRODUCT DESCRIPTION Bassiano ham has a compact, trunk, a conical pear-like shape and a little flattened, sometimes without the leg, with the muscular part uncovered beyond the head of the thigh-bone. The color, when it is cut with a knife is pink on the surface part, and pink with white speckles in the central part; the flavor is intense chromatic and not very salty. The weight ranges from 8 to 14 kg. The peculiarities of this ham are due to the high trimming of the skin up to the leg and to the long period of aging which makes it particularly savory. Fundamental to the excellent success of the product is the area's microclimate, well ventilated and mild which positively affects aging.

PRODUCTION METHOD Bassiano ham is obtained from the fresh thighs of national pigs, weighing more than 12 kg, slaughtered at a live weight of 160 kg. The thighs, after a massage, undergo trimming up to the leg and the elimination of any residual blood. The 1st salting takes place dry for 5-7 days, at a temperature of 1-4°C, followed by brushing and the second massage with rollers, in order to eliminate excess salt. The 2nd salting, also dry, takes place for 14-15 days at a temperature of 1-4°C, followed by brushing and

a third massage with rollers to remove the last residual salt. The hams are left to rest in a refrigerated room at a temperature between 2 and 4°C for 15 days and then washed with a jet of water at 30-45°C and left to drip at a temperature between 21 and 23°C for 14 hours. At this point stewing takes place in a warm room at a temperature of 20°C for 6 days, if possible heated in a natural way with beech wood, and with drying in a cell at a temperature between 1 and 4°C for 90 days. Once the drying phase is complete, the skin-free part of the ham is plastered with leaf lard, rice flour and lard. Aging, which lasts from 10 months to 18 months, takes place in a completely natural way by exploiting the local climate and regulating the opening of the windows according to the humidity of the air and the weather conditions. The degree of aging and the suitability of the hams to be placed on the market is assessed with the pinning mechanism through the use of a bone-probe inserted at the level of some precise points of the thigh (around the bone tissues, large blood vessels). This probe is a horse or bovine shin bone, the fibula, made as thin as a needle in order to puncture the thighs without damaging the muscle structure and makes it possible to evaluate the aroma of the ham and select the unsuitable hams on the basis of the alteration of the aroma.

HISTORY BACKGROUND Traditional and secular product of the Lepini Mountains, it is mainly processed in the town of Bassiano, a town nestled on a hill at 562 m asl, surrounded by mountains and completely immersed in the green of the woods which make the climate particularly pleasant. Bassiano has long been known for its natural conditions, ideal for the aging of cured meats. Here the humid winds of the plain and the cold winds of the sunset converge; the continuous air currents ensure ideal environmental conditions in the aging rooms. In Bassiano the custom of the "family ham" was widespread. Once the pigs were kept in small rooms raised from the ground to improve hygiene. Over time, the passage from a family production to an artisanal-industrial one occurred: in the 60s there was an interesting development of the ham factories, which have contributed much to the fame and diffusion of this product. Bassiano ham is rooted in the local gastronomic tradition, so much so that in the month of July, a Festival is devoted to it, in which it is possible to taste other local delicacies: olives, oil, "giuncata" (curdled milk) and "impanata" (fresh whey and ricotta spread on bread), produced by local shepherds.



CORI WINE-COOKED HAM



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Latina: Cori

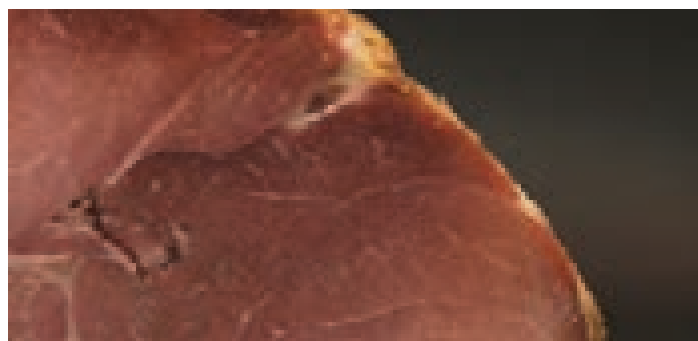
PRODUCT DESCRIPTION It is a ham varying in size from 10 to 13 kg, produced with or without the bone; it is characterized by an intense pink color interspersed with the white of the fat of the marbling marinade, an elastic and compact consistency, moderately moist and a firm slice. The peculiarity of this product is due to the method of preparation: the ham, after a period of aging of at least 6 months, treated without additives and dry-salted, is wrapped in alfalfa hay, sage and rosemary, immersed in white wine (Bellone) and boiled. The flavor is particularly aromatic of sage, rosemary and white wine. Production takes place all year round, traditionally from April to October.

PRODUCTION METHOD The already-eviscerated national pig carcasses arrive at the in-house laboratory and are stored in A refrigerated room at 0° and +4° for 72 hours before processing. The most suitable legs for processing into ham are chosen, i.e., those not too lean, whose weight is about 15-20 kg are chosen from the carcasses. Dry salting with sea salt only, after trimming, in order to remove fat and skin in excess and the aging phase for at least 6 months follow. At this point, the ham is wrapped with alfalfa hay, sage, rosemary and

dipped in white wine, obtained from the Bellone vineyard and subjected to cooking in a boiler for 5-8 hours at a temperature between 85 and 90°C, taking care that the temperature does not get higher than 95°C, so that the product does not boil because it could crack. It is advisable to keep it in the fridge for a period not exceeding 20 days given that there are no food preservatives and additives.

HISTORY BACKGROUND Cori wine-cooked ham boasts an ancient tradition. A simple and genuine recipe, jealously guarded and handed down from father to son, has made it possible to keep this tradition alive and to bring this traditional gastronomic specialty of Lazio to our table, a specialty which contains colors, aromas and flavors imbued with ancient culture.

Unfortunately, the precise period to which we can attribute the birth of the product is not known, but oral testimony states that it was being prepared already in the early 1900s. However, from Ettore Di Meo's *Animal Notebooks of Southern Lazio* - 2016 - it is clear that the history of this product could even be traced back to the 1500s. In fact, we read that in the territory of Cori: *"Pig farming was very important for meat nutrition; sausages, soppressatas and salted pork tongues are among the foodstuffs listed in the price list...; Unique of its kind, since the sixteenth century cooked ham has characterized the Cori cuisine in an exclusive way. We learn that during the already mentioned visit of captain Muti to the reinforcement of the defense ramparts, the eminent villagers ordered the purchase of "wine and vinegar to cook the hams at a cost of 5 bolognini".* In the past, Cori wine-cooked ham was called *Prosciutto della Madonna* (Madonna's ham) as it was produced in the month of May on the occasion of the Feast of the *Madonna del Soccorso* (2nd Sunday in May). The best hams were offered at the altar of the Madonna.





LEPINI MOUNTAINS HAM MADE OF BLACK PIG



LINK WITH
BIODIVERSITY



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Rome

PRODUCT DESCRIPTION It is a niche product, which comes from the perfect climatic balance of the area it is produced in and from the processing which is still carried out by hand. Monti Lepini ham, obtained from the thighs of the indigenous “black Monti Lepini” pig, is characterized by a dark red color interspersed with a very slight marbling and the unmistakable scent of aromatic spices. The aging lasts at least 24 months; size 12-13 kg.

PRODUCTION METHOD The thighs, with the head of the femur clearly evident, of the black pig of the Lepini Mountains reared on pasture for two seasons, properly trimmed, undergo dry salting for 20 days in a refrigerated room at 5°C and seasoned with pepper and rubbed with garlic. This is followed by a drying phase in the refrigerated room at a temperature between 19 and 20°C and 70% RH for 7-8 days or in a room heated by a fireplace or a stove. Furthermore, before putting the Monti Lepini ham made of black pig to age, lard is applied, especially to the more delicate areas of the ham. Aging takes place in a historic place or in the refrigerated room.

HISTORY BACKGROUND It is a historic product of the Lepini Mountains currently at risk due to the reduced presence of black pigs. In this area, however, extended up to the Ausoni, Aurunci and Prenestini mountains, there is still a local breed of pig known for the quality of its meat destined for processing, which since 2006 has been an indigenous animal resource at risk of genetic erosion, protected by Regional Law no. 15 of March 1, 2000.



HOMEMADE SALAMI



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Entire regional territory

PRODUCT DESCRIPTION Traditionally, the homemade salami was produced only in the winter months: from November to March. Today, production is guaranteed all year round. It is a cured meat obtained from the transformation of the lean and fatty parts of the ribs, shoulder, ham and loin trimmings. The product is mainly characterized by a cylindrical shape, medium-large grain, a dark red color with white spots, a savory flavor, a weight varying between 200 and 500g. The aging ranges from a minimum of 21 days up to 2 months. In the province of Rieti, the method of preparation differs in the seasoning: in the Sabina area, freshly rubbed garlic and wine are used, while in the Monti della Laga area only black pepper is used.

PRODUCTION METHOD The raw material derives from the slaughter of farm pigs dry-fed on a prevalence of cereals or by grazing; in some businesses, dry feeding takes place up to 25-30 kg of live weight and continues with water and flour (mash) until slaughter. The lean and fatty component obtained from the ribs and the trimmings of shoulder, ham and loin, previously salted for 12-24 hours at 5°C and seasoned with pepper, garlic, cayenne pepper, nutmeg, is subjected to medium-grain mincing and stuffed in natural intestines. This is followed by drying for 12 hours in a hot room at 16-20°C for 5 to 7 days or by the action of the smoke of the fireplace or a wood-heated stove. Aging takes place in a cold room from 20 to 30 days and up to 60 days or in a cell at 14°C for a period ranging from 21 to 60 days.

HISTORY BACKGROUND It is a traditional product of a large part of Lazio strongly present in the province of Rieti. According to tradition, it is still produced only in the winter months and, in the Monti della Laga area, after a period of summer grazing on undergrowth.



TUSCIA MOUNTAIN HAM



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Viterbo: with particular reference to the Cimini Mountains area.

PRODUCT DESCRIPTION A characteristic of the Tuscia Mountain Ham is the presence of the two types, with bone and boneless with rump, which are aged for different lengths of time. The product is mainly characterized by its anatomical shape, speckled red color, not excessively salty flavor, average weight of 8-10 kg, aging period of 5-9 months and 10-12 months respectively for the boneless or the type with the bone.

PRODUCTION METHOD This is a traditional and secular product of Tuscia and the Cimini Mountains obtained in an area characterized by optimal microclimatic conditions for a long period of aging. The raw material derives from the slaughter of farm pigs dry-fed up to 25-30 kg and subsequently fed with water and flour (mash) until the moment of slaughter at a live weight of 120-140 kg. In some cases, the raw material derives from already cut thighs, obtained from foreign and domestic pigs slaughtered at a live weight of about 160 kg. The production concerns two types of ham: with bone, or without for which the cut of the rump with or without the leg is to be maintained. The thighs, trimmed and massaged, undergo salting practiced in different ways depending on the manufacturing company. In particular, dry salting is carried out manually and then put to rest in a refrigerated room for about 1 month at 5°C. The ham is placed on teflon boards and, in several stages, it is sprinkled with

pepper, cayenne pepper, nutmeg, cinnamon. Otherwise, dry salting is carried out in a single solution, lasting 7-12 days at 4°C for the deboned ham, and 20-22 days at 4°C for the type with bone; or a salting in two phases, interspersed with a brushing: 1st dry salting for 7 days at a temperature of 1.5-4°C, followed by a 2nd dry salting for 21 days at a temperature of 1.5-4°C. Subsequently, the resting phase takes place for 10 days at 2-5°C, or in a refrigerated room for 21-28 days at 2°C, followed by a rest in a warm room for 7 days at a temperature of 16-24°C. The drying takes place for 5-15 days at a temperature of 14-18°C in a hot room which, according to tradition, can be heated via stoves fed with olive, hawthorn and beech wood. This is followed by aging in a refrigerated room at a temperature of 12-18°C which lasts 5-9 months for the deboned ham, 10-12 months for the type with bone. One month after the start of aging, the lard is spread over the ham.

HISTORY BACKGROUND It is a ham of ancient artisan tradition, obtained from the thigh and shin-bone of pigs reared in the wild in the woods of the Cimini Mountains and the Maremma hinterland, today home to numerous ham factories. The preparation is linked to a medieval tradition, when the best parts of the pig were preserved, after salting, as a meat supply throughout the year. As early as 1887 at the agricultural exhibition in the Viterbo district, producers were encouraged to make their excellent but “*not sufficiently appreciated*” products known, products such as “*hams and salamis*”.





CASTELLINO SALAMI



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Rome: Frascati

PRODUCT DESCRIPTION It is a very lean pure pork salami, produced without the addition of lactose. It is characterized by the medium-large grinding of the mixture. The lean part comes from the pork shoulder, while the fatty part comes from the belly. The flavor is savory, tasty and flavored thanks to the seasoning with sea salt and spices (cinnamon, pepper and garlic). Of medium weight (0.500-0.600 kg), the “castellino” salami has a cylindrical shape, medium grind and a red color speckled with white. Nutritional and physico-chemical characteristics referring to 100 g of product are, on average: Kcal: 421; fats: 23.5%; ash: 5.4%; proteins: 31.7%; carbohydrates: 0.6%; humidity: 38.8%.

PRODUCTION METHOD The pigs used for the production of the Castellino Salami are slaughtered at 140-150 kg live weight, at the age of 8-9 months and belong to the Large White breed; they come from the Italian heavy pig circuit. The pig carcasses, after storage in a refrigerated room at a temperature between 0 and 4°C for 3-4 hours, are sectioned and deboned: Castellino Salami is prepared with very lean and precious cuts with particular reference to the pork shoulder. There is a low percentage (20-22%) of fat present. The mixture, ground with a meat grinder in a medium-sized mold, is stuffed into natural intestines and left to age for about 40 days in a refrigerated room at a temperature of 14-15°C up to 18°C and RH of 70-80%.

HISTORY BACKGROUND Castellino Salami takes its name from a historic family of expert pork butchers of Abruzzi origin who in 1919 set up their own business in Lazio, in the Castelli Romani area. Given the wide range of prepared cured meats, the progenitor of the family decided to differentiate this salami, which is particularly lean in the mixture and produced in accordance with tradition, calling it Castellino (made in the Roman Castles area).



QUICHE WITH CURED MEATS

Ingredients: 200 g puff pastry roll, 140 g of castellino salami, 120 g of fresh sausage, 2 eggs, 1 mozzarella, flour and pepper to taste.

Method: chop the sausage and flake the castellino salami. Cut the mozzarella into cubes. Chop 1 hard-boiled egg. Mix all the ingredients in a bowl and pepper the mixture to taste. Form 2 circles of puff pastry half a centimeter high. Place the first disc in a previously greased and floured cake pan. Let the edges of the dough come out slightly. Empty the filling, seal with the remaining disc and brush the surface with the beaten egg yolk. Bake at 180°C for 40/50 min.



TUSCIA COOKED SALAMI



Production area Province of Viterbo

PRODUCT DESCRIPTION The Tuscia cooked salami is a cured meat of ancient Viterbo tradition, stuffed into natural pig intestines (colon and sigma) or of bovine origin, hand-tied with a two-wire lashing along the entire length. Soft to the touch, it is made of lean pork shoulder, throat fat, ribs, thigh and belly, salt and pepper. After drying it for a few hours, it is cooked by immersion in boiling water for about 15 minutes. It can be consumed after a few days. When cut, it has a pale pink color with fatty holes and black pepper grains; final weight of 0.3-0.8 Kg.

PRODUCTION METHOD The period of production and marketing of the Tuscia cooked salami goes from September to February. The raw material, that is the lean and fatty trimmings of shoulder, throat, rib, thigh and belly comes from locally reared and dry-fed pigs with a prevalence of cereals. The trimmings undergo a very fine grinding; salting is carried out with table salt for 12-24 hours, keeping the product in the refrigerated room at a temperature of 5°C on wooden bases; the seasoning is based on pepper, cayenne pepper and garlic. The resulting mixture is boiled for 6-10 hours and then left to cool for 12 hours at a temperature of 2-3°C. The stuffing takes place in natural intestines.

HISTORY BACKGROUND Cooked salami is a cured meat with an ancient tradition in Viterbo. The first to talk about it is Apicius, the famous cook who lived at the end of the 1st century B.C., in his famous recipe book *De Re Coquinaria*. Prepared in the months of February and March rendered the tables of the rich Romans of the imperial era joyous. In the eno-gastronomic and cultural itineraries proposed by the periodical Tuscia, of the Tourist Information Office of the province of Viterbo, in the articles of the seventies, the reference to the cooked salami of Tuscia returns constantly as a specialty of numerous municipalities, to mention just one, the municipality of Sutri. Here, even today, there are two societies, commonly called the Old and the New, which maintain some special rituals to honor the patron saint of animals, Saint Anthony. Every January 17 in these brotherhoods the name of the person who will have the privilege of welcoming a rough and honest banner with the image of the saint in his home is drawn by lot. For the 8 days following January 17, anyone can go to the home of the two Deputies (this is the name of the two drawn) for a moment of prayer after which the master offers the guest a cake and a glass. If the Deputy is fit and the host is nice, the refreshment becomes a robust snack with sausages, pork steaks, bruschetta, and in particular the local cooked salami, which is excellent. Everything is accompanied by a good wine (source: Ceniti Vincenzo, *Sutri, in Tuscia*, no. 5 (January, February, March) 1975.



"CICOLANA" HORSESHOE-SHAPED SALAMI



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Rieti: Accumoli

PRODUCT DESCRIPTION Pork sausage, dry and compact, ruby-red in color, in which the grains of fat are evenly distributed. The aging varies from a minimum of 20 to about 60 days. It is produced exclusively with selected meats of heavy Italian pigs, stuffed into natural pig intestines, dried slowly in the air of the Gran Sasso and Monti della Laga National Park. A high quality product controlled according to strict rules. "Cicolana" Horseshoe-shaped salami has a cylindrical U-shaped size with an average length varying between 30 and 40 cm and a diameter of 34-36 mm. Outwardly, it has a plumed whitish surface; when cut, the slice has a compact and homogeneous consistency, the grain size is 3 mm.

PRODUCTION METHOD The ingredients used in the preparation of the "Cicolana" Horseshoe-shaped salami are the meat of ham and the shoulder, as far as the lean part is concerned; the belly for the fat component. Salt, pepper, natural preservatives, spices and flavorings are used. Everything is stuffed into natural pork intestines. Cleansing is carried out manually, which serves to clean the meat of the components that are not used for production. At the same time, the fatty part is stored in a refrigerated room at a temperature of -1°C. After the cleansing, the meat is placed in the refrigerated room at -2°C so that the core of the product reaches a temperature of -1°C. Storage

at a temperature $T < 0^{\circ}\text{C}$ is done to reduce excessive overheating of the meat during grinding. The two components are suitably mixed in order to ensure uniform distribution in the mixture between the lean and fat parts during the grinding that takes place in the meat grinder. At this point the mixture is transferred to the mixer with the addition of the curing and other ingredients and mixed for a few minutes. Before stuffing, the guts, in the form of salted skeins, are soaked in warm water and vinegar to help detach the individual skeins and disinfect them. Filling is automatic by means of a stuffing machine. Once the desired length is reached, the intestine is cut and tied manually in accordance with tradition. Drying is a step of the production that is divided into two phases: pre-drying or dripping and actual drying. The subdivision is determined by the fact that in the first phase the product is to be dried, while, subsequently, moisture is restored to prevent the product from drying unevenly. Pre-drying lasts from 4 to 8 hours at temperatures above 20°C and $\text{RH} > 75\%$. The actual drying, on the other hand, lasts 48 hours with decreasing temperatures from 20 to 16°C and with R.H. increasing from 68% to 85%. The aging process is also divided into two phases: pre-aging and the actual aging. In the pre-aging phase, which lasts about 15 days, the refrigerated rooms are at a temperature of $14\text{--}15^{\circ}\text{C}$ with R.H. ranging from 75% to 85%. The aging then takes place in static air cooling refrigerated rooms, as in this phase it is no longer necessary to dry the product but to create the ideal microclimate for the development of molds that are needed to complete the aging of the Salamella. The period of aging is about 15-25 days.

HISTORY BACKGROUND "Cicolana" Horseshoe-shaped salami, a typical hand-made salami, takes its name from a mountainous area in the province of Rieti: Salto Cicolano. The production of sausages derived from pork has a very strong historical connotation in the area. A fundamental historical document that testifies to the processing of pork in the area is the Statistics of the Kingdom of Naples compiled by Gioacchino Murat in 1811. Here it is recalled how the main types of products derived from pork in the area of upper Rieti were hams, mortadella, sausages and black puddings etc. Furthermore, in Jacini's Inquiry, drawn up between 1877-1885, Professor Piccinini, in charge of drawing up the "Monograph on the district of Cittaducale", which includes the Production area of "Cicolana" Horseshoe-shaped salami, in the Pig Breeds chapter he said: "... most of the pigs are raised in families ... in fact, all the families raise one or more pigs for the exclusive use of their own needs ... You use everything of the pigs; conservation takes place both in the fresh state and salted. They make ... meat sausages". The name "Salamella (Horseshoe-shaped)" derives from the use of "small pieces" of the pig, that is the residues of the pig's homemade processing, stuffed into the pig's intestines.



TUSCOLANO SMALL SALAMI



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Rome: Frascati

component is obtained from the belly. The two components are finely minced with a meat grinder, stuffed into natural intestines and left to age for about 30 days in a refrigerated room at 14-15°C up to 18°C and RH of 70-80%.

HISTORY BACKGROUND The geographical area of production of the Tuscolano Horseshoe-shaped salami falls within the municipality of Frascati, a well-known tourist center that rises at 322 m a.s.l. on the northern slopes of the Alban Hills, in the Castelli Romani area. Frascati, famous not only for the production of DOC wine, but also for the numerous historical artifacts including those of the ancient Latin city of *Tusculum*, from which this particular salami takes its name. The particularity of the territory and the strong agricultural connotation of the city of Frascati, represented the attraction for an ancient family of Abruzzi-born butchers, the Castelli family who, in the early 1900s, decided to move, first seasonally then definitively, its own historical activity (legacy of four generations of skilled butchers). The horseshoe-shaped salami, already called *tuscolano* by the progenitor of the family, in “honor” of the ancient Latin city *Tusculum* destroyed in 1191 and never rebuilt, is still today prepared according to tradition.

PRODUCT DESCRIPTION Tuscolano Horseshoe-shaped salami is a dry and compact pork sausage of a small size (maximum weight 200 g), ruby red in color, in which the grains of fat are distributed evenly. The fatty component represents only 23-24% of the mixture. This cured meat, produced exclusively with selected meats (ham, shoulder and belly) of heavy Italian pigs, is stuffed into natural pig intestines and aged for about 30 days. The aromas used are pepper powder and garlic. Externally it has a whitish plumed surface, the consistency is compact and the grain size is 3 mm. Nutritional and physical-chemical characteristics per 100 g of product - Average values: Kcal: 421; fats: 33.4%; proteins: 28.6%; humidity: 31.0%.

PRODUCTION METHOD The carcasses of the pig, after being stored in a refrigerated room at 0-4°C for 3-4 hours, are cut and deboned in order to recover the lean and fat cuts to be used for the preparation of the Tuscolano Horseshoe-shaped salami. The pigs, slaughtered at 140-150 kg of live weight, at the age of 8-10 months, mainly belong to the Large White breed and come from the Italian heavy pig circuit. For the production of the Tuscolano Horseshoe-shaped salami, the lean component is represented by the noble cuts of the pig such as ham and shoulder, while the fat



ATINA SALAMINO WITH DOP CANNELLINO BEAN CREAM

Ingredients: 100 g of Tuscolano Horseshoe-shaped Salami (single piece), 'Fagioli Cannellini di Atina' PDO (in a tin), one shallot, 2 slices of sandwich bread, rosemary, extra-virgin olive oil, salt, pepper.

Method: drain the Cannellini beans, rinse them under running water and put them in a container. Add the thinly sliced shallot, a sprig of washed and dried rosemary, salt and pepper to taste. Simmer for a couple of minutes, then remove the rosemary and mix the beans. Once obtained a smooth and homogeneous cream, always kept warm, crumble the sandwich bread and put it in a pan with a teaspoon of extra-virgin olive oil and a few leaves of rosemary; in the meantime, cut the *tuscolano* salami into cubes. Distribute the bean cream in 4 transparent glasses (the ones used for appetizers), add a layer of browned bread and finish with a layer of diced tuscolano salami on top. Garnish with a few leaves of rosemary and serve.

SALDAMIRELLI

PAT

POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Rieti

PRODUCT DESCRIPTION It is a cured meat obtained from the processing of the small intestine of local dry-fed pigs. It looks like small lasagnas, spiced with fennel. The shape is cylindrical and “faceted”, a dark red color speckled with white, savory and aromatic flavor.

PRODUCTION METHOD The Saldamirelli are obtained from the processing of the small intestine of local pigs that are pasture-fed and slaughtered at a live weight of 130-150 kg. The salting, after repeated washing with tap water, is carried out dry, together with the seasoning with wild fennel, followed by exposure to winter air for a week. This is followed by drying in a hot room at a temperature of 19-20°C for 10 days and aging for a maximum of 10 days in a cold room.

HISTORY BACKGROUND Traditionally, it is still produced only in the winter months with dry-fed pigs. The process of transformation is characterized by the choice of the sectioned product and its final presentation, by dry salting externally, in dry cold conditions, by stewing in a hot room and by a short period of aging in a cold room.



CORIANDER SAUSAGE

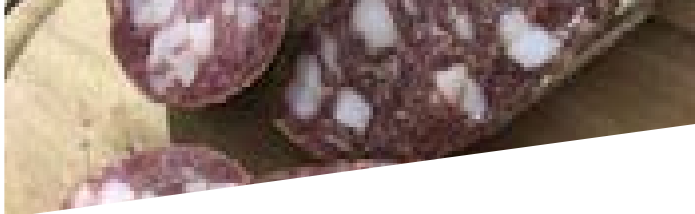
PAT

POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Latina

PRODUCT DESCRIPTION It is a coarse-grained cured meat obtained by working mainly the selected cuts of pork meat and fat with the tip of a knife. In traditional wooden containers, called *manielle*, everything is mixed with cayenne pepper, sweet red pepper, sea salt, Moscato di Terracina wine and, above all, the characteristic locally grown coriander (the *petarda*), toasted and ground. After resting for at least 12 hours, it is stuffed into natural intestines, forming strings tied at intervals of about 60-70 cm with the characteristic cylindrical or horseshoe shape, obtaining long sausages weighing from 700 to 900 grams. It comes in three types: fresh, dry and preserved in oil or in suet. The aged one needs to dry for about 48 hours, followed by 18 days of rest in cool rooms. The coriander Sausage has a dark red color speckled with white and has a savory and spicy flavor with a very noticeable coriander aroma and a smoky aftertaste.

HISTORY BACKGROUND Pig farming, in southern Lazio, has very distant origins and is linked to the presence of the vast cork oaks that for centuries have provided acorns and roots for this animal's nutrition. The characteristic use of coriander seems to date back to the era of Saracen domination. It is believed, in fact, that this spice, with its very strong aroma, was used to hide the flavor of pork.



ROMAN "CORALLINA" SAUSAGE



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Entire region of Lazio

PRODUCT DESCRIPTION The Roman *Corallina* takes its name from the type of gut used to stuff the mixture, that is, from the gentle gut coral, which represents the first section of the colon. It derives from the transformation of the lean parts of the ribs and the trimmings of the shoulder, ham and loin to which a share of 20-25% lard is added. It can be seasoned only with pepper, but in some areas it is also enriched with garlic (Rieti, Rome) and fennel (Frosinone). The Roman *Corallina* has a long shape, a dark red color with large white spots; sweetly savory and a spicy flavor.

PRODUCTION METHOD The Roman *Corallina* is produced from the transformation of the lean parts (ribs, shoulder and trimmings of the ham and loin) and of the fatty part (prized lard) of dry-fed pigs slaughtered at a live weight of 130-160 kg. With the aid of a meat grinder, the lean component is ground quite finely, while the lard is cut into cubes by hand or with a meat grinder equipped with molds with very large holes. The mixture, seasoned with salt, pepper, garlic and fennel and left to rest for about 12 hours at a temperature of 5°C, is stuffed into the gentle coral gut. This is followed by a drying phase at a temperature of 20°C for 5-7 days in an artificial hot room or in a historic room, heated by a fireplace or a stove fed with oak or beech wood. Aging takes place in a refrigerated room for 25-30 days at an initial temperature of 14-15°C, until it reaches 18°C after 12-15 days of storage, or in a refrigerated room at 14-15°C for 15 days.

HISTORY BACKGROUND As with almost all pork products, even though the preparation technique is over a hundred years old, the written documentation is extremely scarce and the oral tradition has been consolidated in the passage from one generation to another within the butchery trade.



HOMEMADE SAUSAGE

Production area
Entire region of Lazio

PRODUCT DESCRIPTION It is a cured meat made from lean cuts obtained from the ribs and from the trimmings of shoulder, ham and loin. Normally used fresh or, more traditionally, after a short drying period in a hot room. Pepper, minced garlic and fennel are the most commonly-used aromas, albeit to varying degrees, among the different areas. The product is mainly characterized by a cylindrical shape or "U" shape, a red color, a salty taste, a weight ranging between 70 and 500 g, and no aging (or only a slight drying period).

PRODUCTION METHOD It is a traditional product of Lazio with particular reference to Rieti and Frosinone. It is obtained from the transformation of dry-fed pigs, with a live weight of about 130-150 Kg. The process of transformation is characterized by the choice of the dissected part, by the use of condiments, by a possible stewing in a hot room with natural combustion heating and no aging.





SUSIANELLA

PAT

POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Viterbo

PRODUCT DESCRIPTION It is a traditional sausage, typical of the town of Viterbo, very tasty, with a diameter similar to that of sausage, but 40-50 cm long, closed at the ends and tied like a donut. It is prepared with pork liver, pluck, fat and some second-choice lean parts left over after processing. After a short period of drying, it is immediately put on sale, eaten fresh or after cooking.

PRODUCTION METHOD Traditionally produced only in the winter months, from November to March, Susianella is obtained from the transformation of pork liver, pluck pork (heart, kidneys, pancreas), tongue, pork fat and some trimmings of lean parts. All the above parts are finely ground, seasoned with plenty of salt, pepper and herbs (fennel flowers, garlic and cayenne pepper) for 2 hours at 5°C and stuffed into natural intestines, which are closed and tied at both ends in order to form a kind of donut. The period of drying/aging lasts one week before the product is released for consumption.

HISTORY BACKGROUND It is a traditional sausage from the town of Viterbo. The name of this cured meat would seem to be suggested by its shape (like a large donut), by analogy with the typical Neapolitan donuts, the *Susamielli*, mentioned in the texts by Latini (1694) and Agnoletti (1803). The preference for offals over pieces of selected meat dates back to the dawn of the Etruscan civilization. The passion for offals by Westerners, and Italians in particular, in the period from the 11th to the 15th century is well known. In a manuscript entitled *Tacuinum sanitatis* in medicine, superbly described in the 14th century by a large family from Verona, the Cerruti, out of nineteen illustrations referring to butchered meat, eight are dedicated to the sale and domestic preparation of brains, hearts, breasts, livers, spleens and other entrails, and two or three more are devoted to the heads and feet.



DRIED PORK SAUSAGES (SIMPLE AND AROMATIC)

PAT

POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Intera regione Lazio

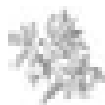
PRODUCT DESCRIPTION Dried sausages (simple and aromatic) are obtained from the transformation of the lean ribs and trimmings of shoulder, ham and loin; they have a cylindrical or "U" shape, a weight varying between 60 and 100 g, a red color. The flavor ranges from savory to aromatic due to the presence of some spices such as pepper, minced garlic, fennel, nutmeg, cayenne pepper.

PRODUCTION METHOD Traditionally prepared in the winter, the dry sausage (simple and aromatic) is obtained by working the lean parts of the pig, dry-fed (ribs, shoulder trimmings, ham and loin) and back fat or belly. The medium-textured mixture, stuffed into natural intestines, is salted and seasoned with pepper, garlic and wild fennel, leaving it to rest for 12-24 hours at 5°C. It is normally aged in 20-30 days, after a possible drying phase in a hot room or in a refrigerated room at 15-20°C for a few days and a RH of 60-75%. The product is characterized by a cylindrical shape, a light or dark red color with small white spots. The flavor is savory and aromatic, the weight is 60 g (*Cacciatorino* type) or 100 g (U shape).

HISTORY BACKGROUND The production of dried sausages has very ancient origins - since it is a convenient way to store pork for long periods and to be able to use it throughout the year. Moreover, this preparation lent itself well to being taken along on journeys that required long periods away from home such as those of transhumance. The conservation technique must probably be ascribed to the Longobard people, nomads who made long journeys on horseback, during which they needed particularly caloric as well as tasty foods.



DRY SAUSAGE FROM THE CASERTA BREED OF PIGS



LINK WITH
BIODIVERSITY



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Frosinone with particular reference to the municipalities of Arpino and Broccostella. Province of Latina.

Province of Rome

PRODUCT DESCRIPTION The dried sausages of pork made from the Caserta breed are obtained from the transformation of the trimmings of the lean and fatty parts. They have an elongated cylindrical shape about 10-15 cm or a "U" shape. Variable weights between 80 and 200 g, a light or dark red color with small white spots and the slice when cut is compact, homogeneous and free of internal holes. The flavor ranges from sweet to slightly savory to aromatic due to the presence of some spices, such as pepper and garlic, added in powder.

PRODUCTION METHOD For the preparation of dried Caserta pork sausages, the pigs used are those slaughtered when they reach the live weight of 130-150 kg and at about 2 years of age and reared in wooded areas in the provinces of Frosinone and Latina. The breeding is mainly in semi-wild pasture with a diet based on acorns from the woods and integrated with fava beans and cereals (triticale, barley, durum wheat middlings, corn). The dried pork sausage of Caserta breed is obtained by grinding the lean parts, consisting of the most fibrous "little muscles" and valuable fatty parts obtained from the back and belly. The lean and fatty parts are ground with a medium-fine texture: the fibrous little muscles are ground with a pitch of 2 mm; lean trimmings plus fat are ground with a 3.5mm pitch. The mixture obtained is worked mechanically or manually and seasoned with salt (a little), pepper, garlic, plus natural additives of plant extracts. The addition of aging ferments is foreseen with a rest-

ing phase of about 5 minutes in order to favor the fermentation and chemical-physical processes that characterize the production of the aromas and flavors of the sausages. At this point the sausages, after being stuffed into natural or synthetic vegetable intestines, are stored in a refrigerated room for the first drying phase, maintaining a temperature of 23 - 24°C and RH of 85-90% to facilitate the escape of excess liquids (dripping) for 12-24 hours. It is then aged in an aging cell at a temperature of 14-16°C and RH of 60-80% (this varies according to the external temperature) for at least 25-30 days with the development of surface mold.

HISTORY BACKGROUND The Caserta breed, also called "Pelatiello", was the breed of pigs that has been particularly widespread since 1800 in the historical-geographical territory known as Terra di Lavoro (Caserta), formerly a department of the Kingdom of the Two Sicilies, which, over the last years, has undergone an administrative reorganization, reducing and modifying the extension of the regional borders. Currently the territory of Terra di Lavoro is included in parts of the provinces of Caserta and Naples in Campania; Latina and Frosinone in Lazio and which originally extended from the territory of Lower Frosinone, which together with the chains of the Mainarde, Aurunci and Ausoni in the province of Latina, marks the southern border of the Lazio region up to the territory of Upper Caserta which marks, together with the chains of Matese, Monte Maggiore and the mountains of the municipality of Rocamonfina, the northern border of the Campania region.

Of particular historical importance is also the evidence of the local elderly peasants who have always raised the Caserta pigs and who, in order to feed themselves, used to preserve the meat of the Caserta pig in excellent cured meats such as sausages. And precisely the dried pork sausages of the Caserta breed produced in Arpino and Broccostella, are still processed today as they were produced in the past and respecting local traditions. In fact, we learn that: *"In the Broccostella countryside everyone knew the black pig. The killing was entrusted to the men, while we women organized all the preparations in the yard. The pieces for the sausage were not seasoned with black pepper, but with ground red pepper; in addition, the white wine that was used to mix the ingredients already specified (salt, black pepper) was boiled with pieces of garlic in the doses: 25 kl of meat with ½ of white wine and 3 or 4 cloves of garlic (which were removed from the liquid before cooling)"* (source: interview with Crocifissa Castellucci born in Broccostella - from the book *The Black Pig in the Tradition of Terra di Lavoro* - P. Patini; V. Orlandi - Ed. 2006). The Caserta dry sausage is included in the Registry Office (AMAS) and in Lazio it is protected by Regional Law no. 15 of March 1, 2000.



BUFFALO SAUSAGE



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Provinces of Latina and Frosinone with particular reference to the municipality of Priverno, to the Agro Pontino Area and to the area of the Amaseno Valley

PRODUCT DESCRIPTION The buffalo sausage is a sausage eaten fresh (after cooking) or dried, prepared with the lean trimmings of buffalo meat, generally from second-choice cuts such as cheeks and breast, with the addition of 20-30% pork fat.

The appearance is the classic one of a cured meat, a dark red color and a sweetish flavor and it is a little more “consistent” with respect to beef.

PRODUCTION METHOD The buffalo sausages are a sausage with a coarse-grained minced mixture or cut with a knife, eaten fresh (after cooking) or dried, prepared with the lean trimmings of buffalo meat in general from second-choice cuts such as cheeks and breasts with the addition of 20-30% pork fat. The mixture of lean meat and fat is well blended and seasoned with salt, cayenne pepper, garlic, pepper and sometimes even orange peel. After a short period of resting, the mixture is stuffed with natural pork intestine and immediately placed on the market as a fresh product or left to age for about 28 days. The aging takes place in a drying room or in

historical cellars with geo-natural floors and ceilings starting from a temperature of about 22°C which gradually drops down to 12-14°C with a relative humidity of 72. -78%. The drying also takes place with natural smoke (smoking) thanks to the use of non-resinous woods which gives the product the typical aroma and flavor of the smoked product.

HISTORY BACKGROUND The buffalo sausages are produced from the “Italian Mediterranean buffalo” breed, historically present in southern Lazio, with particular reference to the Agro Pontino area and that of the Amaseno Valley. Buffalo breeding has been linked to this territory since time immemorial: in popular tradition there are tales and stories of rural life linked to this animal, today known and appreciated above all for its milk from which the famous buffalo mozzarella is made and in traditional farming areas in southern Lazio also for meat and derived products. The transformation of buffalo meat (which comes mainly from buffalo bulls) into excellent cured meats, for more than 50 years has represented an excellent stratagem for enhancing buffalo meat which, in fact, has never found an interesting economic outlet, but in Priverno and throughout the areas of Agro Pontino and the Amaseno Valley, thanks to the presence of historic local butcheries, such as that of the Mastantonio family, active since 1828, this product has obtained its own market niche.





CASTRO DEI VOLSCI SAUSAGE



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Frosinone: Castro dei Volsci

PRODUCT DESCRIPTION Castro dei Volsci sausage is a sausage made from pork and pork fat, seasoned with salt, cayenne pepper, garlic and orange peel. It is savory, flavored with orange peel and a slightly smoky flavor thanks to the treatment with oak and hornbeam wood smoke. A small-sized cured meat (100 - 200g), it has a cylindrical shape, a dry and compact appearance, ruby-red color, a coarse texture, in which the pieces of fat are evenly distributed. This sausage is produced exclusively with selected meats (fine cuts such as neck, loin, belly, shoulder and, in some cases, even ham) of pigs slaughtered at more or less 12 months old or, in any case, when they reach 170- 200kg of live weight; they are pigs, of the Large White breed, raised mainly on pasture. Stuffed in natural intestines, the Castro dei Volsci sausages can be eaten fresh, after cooking or after 15-30 days of aging. During the aging process, hornbeam and oak wood smoke is foreseen. Placed in oil, lard or vacuum-packed, the Castro dei Volsci sausage can be stored even for up to 6-8 months.

PRODUCTION METHOD The raw material comes from Large White pigs raised mainly on pasture. Dry-fed with a ration consisting of wheat semolina, maize, barley, broad beans, corn flour, acorns, all

produced on the farm. The ingredients used in the preparation of the Castro dei Volsci sausage are, as regards the lean part, fine cuts such as neck, loin, belly, shoulder and, in some cases, even ham; belly and back fat for the fatty component. The lean and fatty parts, upon arrival at the farm, are stored in a refrigerated room at a temperature of 0°C until it is cleaned. The cleaning is done manually and is carried out in order to clean the meat and fat from components that are not used for production. Both the lean and fatty parts (about 20% of the mixture) are cut with a knife or with a meat grinder with large-pitch molds. The coarse-grained mixture is seasoned with salt (about 23g/kg of mixture) and flavored with cayenne pepper (1-2% of the mixture), fresh garlic (1 clove every 15kg of mixture) and orange peel to taste. The addition of these spices makes the mixture tasty and fragrant and in particular the orange peel gives a pleasant aroma as well as ensuring a conservative and antioxidant action thanks to the presence of ascorbic acid (vitamin C) considered a useful food additive. This is followed by a resting phase of 3-4 hours at 10°C (room temperature in the winter) or 4°C in a refrigerated room (in the summer). The entire mixture is stuffed into natural pig intestines, 32 gauge, previously washed with hot water and vinegar. At this point, the sausage can be eaten fresh, after cooking, or it can be subjected to a drying and aging phase. The drying, which takes place in rustic rooms or cellars with a fireplace, involves treatment with natural smoke of hornbeam and oak wood. During the first week, abundant smoke is distributed in order to dry the product; in the 2nd-3rd week light smoke is distributed in order to flavor the sausage. Aging lasts a total of 20-30 days.

HISTORY BACKGROUND In Castri dei Volsci, the peasant tradition of home-raising pigs is still handed down from generation to generation to make tasty sausages to be consumed throughout the year. The pigs are left to graze in the oak woods of the area and mainly fed on acorns, a characteristic that makes the meat more consistent than that of farm-reared pigs. In December, when the harsh climate favors better preservation of the meat, the rite of killing the pig is repeated every year in which the whole family always participates. The peculiarity in the preparation of the Castro dei Volsci Sausage consists in the fact that even the most “noble” cuts are used in the mixture, such as neck, loin, belly, shoulder and, in some cases, even ham, because historically ready-to-eat sausages were preferred to meats that require long periods of aging; moreover, the meat is still cut always with the tip of a knife.



PORK LIVER SAUSAGE/ MAZZAFEGATO OF VITERBO

PAT

POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

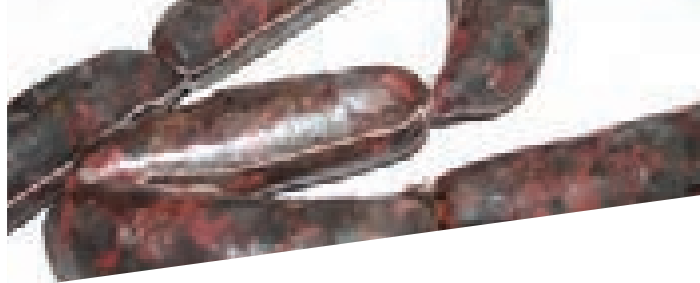
Production area
Province of Viterbo

PRODUCT DESCRIPTION In the province of Viterbo, the term “mazzafegato” indicates the black sausage that has liver as its main condiment, together with other entrails (spleen, kidney, heart) and the addition of small quantities of the white meat and fat of the pork. Depending on the locality, the word is transformed and distorted. From this mixture, which forms the fundamental base, two types of sausages are obtained: sweet and savory. Salt, pepper, cay-

enne pepper, garlic, orange peel (and also fennel flowers) are added to the “savory” ones. In the “sweet” ones, sugar, raisins, pine nuts (and as desired even chocolate) are added. It is characterized by a cylindrical “cacchiotti” or horseshoe shape, for the dark red mixture and a final weight of 65-70g. The taste is savory and tending towards sweet, the aroma is pungent.

PRODUCTION METHOD It is a cured meat obtained from the transformation of the liver (quantity present in the mixture is less than 50%), heart, kidney, spleen, cheek and belly of dry-fed pigs, also by grazing on undergrowth, with a live weight of about 130-150 kg. The lean and fatty components of the mixture are ground at a more or less fine grain and then seasoned with salt for 12-24 hours at 5°C. The seasoning, depending on the Production area, takes place with different types of aromas: pepper, cayenne pepper, garlic, orange peel (and as desired also fennel flowers), sugar, raisins, pine nuts and, if desired, also chocolate, for the “sweet” liver sausages. The final mixture is stuffed into a long pig intestine which is tied at regular distances, obtaining a crown of little cured meats that are eaten fresh or partially dried. The aging lasts a few days and takes place in dry and ventilated places at 15°C and 80% of RH. Mazzafegato is produced from November to February.

HISTORY BACKGROUND The preference for offals over pieces of selected meat dates back to the dawn of the Etruscan civilization. The passion for offals by Westerners, and Italians in particular, is well known during the period from the 11th to the 15th century. In a manuscript entitled *Tacuinum sanitatis* in medicine, superbly described in the fourteenth century by a large family from Verona, the Cerruti, out of nineteen illustrations referring to butchered meat, it devotes eight of them to the sale and domestic preparation of brains, hearts, udders, livers, spleen and other offals, and two or three more to the heads and paws.



HOMEMADE PORK LIVER SAUSAGE FOR SAUCE

PAT

POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area

The entire region of Lazio

PRODUCT DESCRIPTION The preparation of the sausages consists of mixing hand-cut pork offals (liver, heart, lung, spleen, kidney, columnar fat) with leaf lard, bay trees, oven-dried and crumbled hot peppers, raisins, coriander, pine nuts, garlic, orange peel, salt.

PRODUCTION METHOD The ingredients are mixed well and left to flavor for about 8 hours. They are then stuffed into a long pig intestine which is tied at regular distances to the point of obtaining little cured meats of about 40-50 cm. The cured meat wreaths, tied at the ends with cotton, are hung on special poles, inside dry and moderately ventilated rooms. Occasionally, short periods of smoking are carried out with lentisk wood. The sausage can be consumed after a few days of aging, after cooking over low heat, for about 15-20 minutes, in a simple tomato sauce, which has also been homemade and previously left to boil for about half an hour.

HISTORY BACKGROUND The preparation of pork meat in the territory in question dates back to the Middle Ages. From the 11th to the 15th century, the preference of Westerners and, in particular of Italians, for offals is well-known. It is therefore likely that the preparation of liver sausage can be traced back to this historical period.



SAUSAGE PRESERVED IN OIL (LARD)

PAT

POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area

The entire region of Lazio

PRODUCT DESCRIPTION Sausages preserved in olive oil or lard are a delicious cured meat made from the lean side and the trimmings of the shoulder, ham and loin of local dry-fed pigs. The product is mainly characterized by a cylindrical or "U" shape, a red color, a slightly salty taste, a weight of about 70-350 g, 30-day dry aging, followed by aging in olive oil or lard for several months.

PRODUCTION METHOD Normally matured for 15-30 days after drying in a hot room, sausage in oil or in lard is obtained from the medium-grain grinding of the ribs and the trimmings of shoulder, ham and loin. The meat flavored with salt, minced garlic, fennel, pepper, cayenne pepper, nutmeg for 12-24 hours at 5°C, is stuffed into natural intestines and left to dry in a warm room (16-20°C) for 5-7 days with fireplace or stove and wood heating and is left to age in a refrigerated room or historical place for 15-30 days. The preservation of this sausage takes place in seed oil or covered with lard.

HISTORY BACKGROUND There is evidence in local oral tradition, traces in municipal archives, historical presence of the butcheries.



PLAIN LIVER SAUSAGE AND THAT OF THE LEPINI MOUNTAINS MADE WITH BLACK PIG MEAT



LINK WITH
BIODIVERSITY



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

The entire region of Lazio with particular reference
to the Province of Rome

PRODUCT DESCRIPTION It is a fresh flavored cured meat, produced with pork liver, lean shoulder meat and belly meat; cheek

lard and belly fat, flavored with pepper, garlic, fennel, lemon (simple version) or made with offals, trimmings of cheek lard and belly and further enriched with pine nuts, raisins and pepper. The raw material comes from the black pig of the Lepini Mountains, mainly raised in the pasture. The liver sausage from Monti Lepini has the classic cylindrical shape "cacchietto type" (noose-type), of a more or less dark red color, a savory taste with a light lemon aroma or with a sweetish aftertaste. Weight: 80-100 g.

PRODUCTION METHOD From the black pig of the Lepini Mountains, reared in the pasture and with a grain-based finishing touch for 12 or 24 months, within 48 hours from the slaughter, we obtain the liver, the lean meat of the belly and shoulder, a minimum fatty part (cheek lard and belly); the offals (liver, lungs, heart). Everything is minced with a meat grinder or cut with a knife and then seasoned with salt, black and white pepper, garlic, wild fennel and lemon or with white or black pepper, pine nuts and raisins. A brief 2-hour period of resting at 5°C follows. At this point, once stuffed into natural intestines, the Simple Liver Sausage of the Lepini Mountains can be eaten directly after cooking or stored in the fridge for a few days.

HISTORY BACKGROUND Lepini mountains sausage is part of the range of the cured meats obtained from the black pig of the Lepini Mountains: ham, lard, belly, etc. Despite being a product historically present in the territory of the Lepini Mountains with particular reference to the Municipality of Carpineto Romano, its production is currently at risk due to the reduced presence of black pigs of the Lepini Mountains, an indigenous animal resource at risk of genetic erosion, protected by Regional Law no. 15 of March 1, 2000.



MONTE SAN BIAGIO CORIANDER SAUSAGE (freshly-made, preserved and dry)



LINK WITH
BIODIVERSITY



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Latina: Campodimele, Castelforte, Fondi, Formia, Gaeta, Itri, Lenola, Minturno, Monte San Biagio, Pontinia, San Felice Circeo, Santi Cosma and Damiano, Sperlonga, Spigno Saturnia, Sonnino, Terracina

PRODUCT DESCRIPTION The Monte San Biagio Coriander Sausage is a cured meat based on pork meat and fat that has a coarse texture of the mixture due to the type of cut in the shape of a cube. There are three variants of this sausage: freshly-made, seasoned and preserved in extra-virgin olive oil and/or in lard, thus avoiding the use of synthetic food additives with a preservative action. The Monte San Biagio Coriander Sausage, prepared in "strings", by tying crosswise to form many "sausages" or in the characteristic "horse-shoe shape", has a bright red color of mixture with white speckles of pork fat. The flavor is savory and spicy with a marked coriander aroma and a slight smoky aftertaste; the aroma is intense, also with a slightly smoky smell.

PRODUCTION METHOD The mixture of this sausage is obtained from the use of the entire carcass of the pig, with the exception of the legs, offals and head. Lean cuts and/or lean trimmings of the belly, shoulder, neck, chest, ribs, abdomen, limb muscles and above all fine cuts such as ham and loin are used. As far as the fatty com-

ponent is concerned, this, cut in the shape of a cube, is taken from the lard, belly, cheek lard and trimmings. The pigs, whose meat is destined for the production of Monte San Biagio Coriander Sausage, are slaughtered at a live weight of no less than 150 kg and no less than 12 months of age, and they belong to the Caserta, Large White, Large Black, Italian Landrace breeds as well as crossbreeds. The lean and fatty component is subjected to cube-shaped cutting, salting and seasoning with coriander (locally called "*petarda*") previously roasted and ground, cayenne pepper and sweet red pepper. The addition of the spices indicated above makes the mixture tastier and more fragrant and in particular the coriander gives it a sweet and pleasant aroma as well as ensuring an antibacterial preservative action. The use of white wine is also foreseen, preferably Moscato di Terracina DOC, whose action is to further flavor the mixture and soften it. The flavored and seasoned mixture is left to rest for at least 12 hours in traditional beechwood containers known locally as "*manielle*" or in steel or plastic food containers. The stuffing takes place in a natural intestine and is then tied with string. Drying and aging take place in special rooms and/or in "historical" environments in the area: at the foot of the Ausoni and Aurunci mountains and in the border areas of the Agro Pontino and the Piana di Fondi, there are still today what were once temporary shelters for farmers. These shelters are real huts locally called "*caprarecce*" or "*pagliaio*". The drying and aging processes call for a total duration of not less than 18 days. During aging, heating can be carried out for 24 hours, i.e., smoking, by the action of fumes that are released from the combustion of the hard woods of the Mediterranean scrub, with particular reference to myrtle and mastic of local origin.

HISTORY BACKGROUND The origin of Monte San Biagio Coriander Sausage dates back to the sixth century, when the Longobard people arrived in Monticelli, today's Monte San Biagio. This nomadic people settled in a "free" territory, that is free from the interference of both the papal and the Byzantine political powers. Here, in "no man's land", on a hill that is not very high, but rich in woods of oak trees, they built their fortified *castrum* of which numerous remains can still be seen today. The preparation of the sausage is to be connected precisely to the eating habits of the Longobards. This nomadic population needed very energetic food and at the same time food that was easy to store and transport. If the hams needed long periods of aging before becoming edible, sausages and salami, on the other hand, could be consumed a few days after processing and last for months. Therefore, although there are no written documents, but only reiterated customs up to the present day, the authorship of the "Monte San Biagio Sausage" could be ascribed to the Longobard settlement and its place of origin to Monte San Biagio.



HOMEMADE AURUNCI MOUNTAINS CORIANDER SAUSAGE



POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area

Province of Latina: Fondi, Formia, Gaeta, Itri, Spigno Saturnia

PRODUCT DESCRIPTION Cured meat based on pork meat and fat, produced freshly-cut type, seasoned and preserved in oil and/or in lard. The sausage stuffed into natural intestines has: a medium to coarsely-grained mixture, due to the cut using the “tip of the knife” or with a meat grinder with large-holed molds; the so-called chain and/or “horseshoe” shape; a weight ranging from 100 to 200 g for the single sausage cut out by the string and from 500 to 1000 g for the horseshoe-shaped sausage. The color of the mixture is bright red speckled with white, the flavor is savory and moderately spicy with a strong coriander aroma and a slightly smoky aftertaste.

PRODUCTION METHOD The mixture for the production of the Aurunci Mountains coriander homemade sausage is made up of meat and fat, obtained from fine cuts of the entire carcass of heavy-weight national-breed pigs, with the exception of the legs and offals. The well-blended meat processed inside wooden containers locally called “manielle” or in steel or plastic food containers, is

seasoned with sea salt and flavored with ground coriander, wine, red pepper. The addition of these spices makes the mixture tasty and fragrant and, in particular, the coriander gives it a sweet and pleasant aroma, as well as ensuring an antibacterial preservative action. Therefore, a resting phase follows, keeping the mixture in a refrigerated environment (0 / + 4 ° C), in order to favor the absorption of salt, spices and wine. The flavored mixture is placed in natural intestines which are pierced to facilitate the escape of residual air and, therefore, tied with a string, giving it the shape of a chain or horseshoe. The sausage is subjected to the drying/aging phase in special “rural” rooms and commercial environments (butcher-ies), resulting in a reduction in the moisture content of the sausage. In particular, the following can occur: a decrease in pH, caused by the development of lactic bacteria which degrade sugars into lactic acid, a decrease in the humidity of the product and an increase in the concentration of sodium chloride, resulting in an inhibitory and selective action with regards to the microorganisms present in the mixture and irreversible denaturation of proteins. During the aging of the homemade Aurunci Mountains coriander sausage, it is smoked in rural environments by burning myrtle, mastic and oak wood. The product is stored as it is, vacuum-packed, in extra-virgin olive oil and/or in lard.

HISTORY BACKGROUND The history of the homemade Aurunci Mountains coriander sausage is not easy to identify, because though clearly traceable from the twentieth century onwards, it is a real detective story for the past. In fact, it has most likely “always” permeated the aspects of domestic and folk life, in the rural, social, commercial, herbal and magical lifestyle of the Aurunco area, the former Duchy of Gaeta (and of Fondi) and Traetto. The preparation of the ancient *isicium* (or precisely the finely chopped meat that is the historical father of the meatball and sausage) represents the center of everything because it is in the recipe for the meat pie that we can find the perfect synthesis of material culture and the territory. A particular ingredient, in fact, derives from this combination, an ingredient that is essential to the mixture, namely Petarda, which is identified with the coriander seed (*Coriandrum sativum* L., Apiaceae). From what the local butcher-historians say, we learn that the coriander harvest, up to more than fifty years ago, as with many other spices and herbs for home use (thyme, oregano, etc), took place voluntarily. Furthermore, the various testimonies of commercial operators (not only local) confirm how the area of the Aurunci Mountains can be indicated with the exclusive use of coriander in the production of sausage (except for a certain affinity with the “cattle-track *salamella*” of the Valle del Sagittario in L'Aquila).



PORK SHOULDER



Production area
The entire region of Lazio

PRODUCT DESCRIPTION It is a cured meat aged for 7 - 11 months, obtained from the processing of the entire pork shoulder, seasoned with rubbed garlic and pepper. The product is mainly characterized by the morphological profile of the shoulder, a dark red color with white speckles, a savory flavor with a slight aroma. Final weight of 7-8 Kg.

PRODUCTION METHOD Pork Shoulder (*Spalluccia*) is obtained from the shoulder of local dry-fed pigs slaughtered at a live weight of 120-160 kg. Salting takes place for 15 days in a refrigerated room at 5°C, with frequent pressing; the dressing involves the use of rubbed garlic and pepper after removing excess salt and washing. Before aging, the pork shoulder is left to dry in a refrigerated room at 19-20°C and 70% RH for 7 days or in a room equipped with a fireplace or a wood-burning stove. Aging takes place in a special room for 7-11 months depending on the size.

HISTORY BACKGROUND The use of pork, especially salted and transformed into popular cured meats, has ancient roots in the Lazio region and there are many historical documents that certify this. In the Etruscan era, the first forms of stable rearing, specialized and aimed not only at local needs, but also at trade, began to take shape. In Roman times, interest was focused on the leg and shoulder of the pork: their production records an increasingly precise fine-tuning of the raw material and processing methods. Pliny the Elder wrote "... from no other animal more matter is obtained for temptation: pork has almost fifty different flavors, while the other animals have only one single flavor". With the barbarian invasions, the pig and its products became one of the most important resources for the village and the countryside; shoulders and bacon even became currency. In documents from the early Middle Ages, the forest is measured in pigs: the more it feeds, the more productive it is.



AMASENO BUFFALO VEAL

Production area
Provinces of Latina and Frosinone

PRODUCT DESCRIPTION Amaseno buffalo veal is a traditional product of the town of Amaseno, but it is also found in neighboring places in the provinces of Frosinone and Latina. The calves are fed only with natural milk for about 75 - 90 days. The main production is concentrated in the winter months also according to the gastronomic tradition which uses this meat only for aromatic stews that lend themselves to particular dishes consumed in cold periods of the year.

PRODUCTION METHOD The buffalo calves of Amaseno are slaughtered at a live weight of 60 - 80 kg. The cutting of the meat cuts normally takes place after 2 days with a yield at the slaughterhouse of about 50%.

HISTORY BACKGROUND It is a traditional product of the provinces of Frosinone and Latina but historically concentrated in the town of Amaseno. The traditional elements focus on the use of very young slaughtered calves (about three months, at most four) and on the natural system of milk-feeding.



BUFFALO SPECK



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Provinces of Latina and Frosinone with particular reference to the municipality of Priverno, to the Agro Pontino area and to that of the district of the Amaseno Valley

PRODUCT DESCRIPTION Buffalo speck is a cured meat obtained from the processing of fine cuts of buffalo meat such as the particularly aromatic and fragrant round and loin meat thanks to the vacuum marinating technique based on salt, cayenne pepper, garlic, juniper, rosemary and bay leaf. Furthermore, in the case of drying with natural smoke (smoking), buffalo speck acquires a pleasant smokey aroma and taste.

PRODUCTION METHOD Buffalo speck is a cured meat obtained from the processing of fine cuts of buffalo meat subjected to manual trimming and macerated under vacuum with salt, pepper, garlic, juniper, rosemary and bay leaf. The marinade, which serves to soften and flavor the meat but also to avoid oxidation processes of the muscle tissue, lasts 21-28 days. After marinating, the speck is removed from the vacuum, drained and left to dry in a drying room or in a historic cellar with geonatural floors and ceilings, at an initial temperature of 22°C which gradually drops to 12 -14°C and a Relative Humidity of about 80%. The drying lasts 20-30 days and

also takes place with natural smoke (smoking) thanks to the use of non-resinous woods that give the product the typical aroma and flavor of the smoked product.

HISTORY BACKGROUND Buffalo speck derives from the processing of buffalo meat belonging to the "Italian Mediterranean buffalo" breed, historically present in southern Lazio, with particular reference to the Agro Pontino and Amaseno Valley area. Buffalo breeding has been linked to this territory since time immemorial: in the popular tradition, there is no lack of tales and stories of rural life linked to this animal today known and appreciated above all for its milk from which the famous mozzarella is made and in the traditional farming areas of southern Lazio also for meat and derived products. The transformation of buffalo meat (which derives mainly from buffalo bulls) into excellent cured meats, for more than 50 years has represented an excellent stratagem for enhancing buffalo meat which, in fact, has never found an interesting economic outlet, but in Priverno and in the whole area of the Agro Pontino and Amaseno Valley, thanks to the presence of historic local butchers, such as that of the Mastrantoni family, this product has obtained its own niche in the market. It is since 1828 that the Mastrantoni family (starting from Mr. Agostino to Michelangelo - class 1911), has had a real "buffalo vocation" which has allowed them to find the right way to enhance a product, noticeably not very popular on the market, through a careful choice of buffalo meat, put on sale freshly-cut or transformed into excellent cured meats (sausages, speck, carpaccio, *coppiette* and *bresaola*).





TORDO MATTO DI ZAGAROLO

Production area

Province of Rome: Zagarolo, San Cesareo, Albano Laziale, Genazzano, Galliciano nel Lazio, Castel San Pietro Romano, Capranica Prenestina, San Vito Romano, Olevano Romano, Rocca di Cave, Palestrina.

PRODUCT DESCRIPTION The Tordo matto di Zagarolo (*Zagarolo Mad Thrushd*) is a roll of horse meat from the Maremma area in the region of Lazio, locally bred in the wild. The roll, made from slices of tender and fine meat, is seasoned and flavored with salt, ground hot pepper and coriander and stuffed internally with finely chopped pork lard and flavored with parsley, sage and fresh garlic.

PRODUCTION METHOD In the Production area of this particular roll, meat from horses of the Maremma area of Lazio is used. Horses (12-36-month-old foals and/or 5-6-year-old adults), which live mainly in the wild, are fed with cereals and hay (finishing) during the last 3 months. The half carcasses that arrive at the local butcheries are stored in refrigerated rooms for 1-4 days and subsequently sectioned to obtain suitable cuts for the preparation of the tordo matto. In Zagarolo and in the Colli Prenestini area, tender and uniform cuts are preferred, such as the thigh or shoulder, from which homogeneous slices are obtained, slices that are neither too thick nor too large. The tender slices, arranged on plastic or steel trays, are seasoned with salt and flavored with coriander and ground hot pepper. Stuffed with 20-30 g of minced pork lard, fresh garlic, sage and fresh pars-

ley, they are rolled up. In Albano Laziale, on the other hand, slices of "patch" are used (precious cut obtained from the hind quarter also called rump), immersed for a few hours (2-3) in red wine. After maceration in red wine, the slices are first seasoned with salt and flavored with coriander, garlic, cayenne pepper, parsley, stuffed internally with minced lard flavored with garlic, sage and parsley and then rolled up into a roll together with the bacon or cheek lard. Tordo matto di Zagarolo is ready to be cooked according to tradition.

HISTORY BACKGROUND The preparation of the Tordo matto di Zagarolo is closely linked to the country's economy. In an essay of 1820 written by doctor Montorsolo for Prince Rospigliosi, it is clear that the spread of this dish was essentially due to the large population of horses and donkeys in the area. However, "The Legend of the Mad Thrushes" dating back to the roaring years of the 16th century must not be forgotten. Zagarolo, dominated by the overwhelming power of the quarrelsome Colonna family watched the war events, powerless. The infamous Hugh of Moncada, envoy of Charles V, King of Spain, initiated a series of intrigues in collaboration with the Colonna family, who were joined by the ferocious lansquenets (mercenary foot soldiers) hired by Giorgio Von Frundsberg. A wounded lansquenet took shelter with a peasant family who offered him wine and donkey meat rolls prepared with lard and various spices. The soldier, soon completely drunk, began to go crazy and repeat the word "drossel" that is "thrush" in German, hence "Tordo matto" (mad thrush).





OLEVANO VENTRICINA



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Rome: Olevano Romano

PRODUCT DESCRIPTION Large-caliber cured meat with a round ball-like or oval shape, whose weight varies according to the different sizes and the type of intestines used: between 500 g - 1 kg and 3-5 kg. Olevano ventricina is obtained from the processing of the noble parts of the pig, ham and shoulder for the lean component, belly for the fatty component, all roughly cut with the “tip of a knife” or with a meat grinder with large-holed molds. The mixture, seasoned with salt, and flavored with wild fennel seeds, pepper, orange peel and fresh garlic and marinated with Cesano of Olevano Romano DOC wine, is stuffed and hung in natural intestines such as the bladder or veal *bondiana* (intestines). The slice, when cut, has a coarse structure and is of a bright red color with white streaks that tend to widen out a little. Olevano ventricina is characterized by its spicy flavor and fragrant aroma with a typical citrus flavor coming from the use of orange peel.

PRODUCTION METHOD Pig carcasses, after being stored in a refrigerated room at 0-2°C for a few hours, are cut and deboned in order to recover the lean and fatty cuts to be used for preparation. The noblest parts of the pig (ham and shoulder) are further trimmed in order to remove the hardest and most fibrous parts and then stored in the refrigerated room at 0-2°C for about 1 week. After the period

of rest, 80% of the lean component is cut by hand with the tip of a Knife in the shape of irregular cubes, the remaining 20% of the lean meat, together with the fatty component obtained from the belly, is minced with a meat grinder equipped with large-holed molds: approx. 36 mm. The mixture is seasoned with salt and flavored with wild fennel seeds (5g/kg), pepper, diced orange peel and crushed fresh garlic and previously marinated in Cesano di Olevano Romano DOC wine. Everything is mixed in the mechanical mixer for a few minutes in order to favor a better and homogeneous distribution of the condiments, and left to rest for 12 hours in a refrigerated room at a temperature between 0 and 2°C. The stuffing takes place in natural intestines for the small sized *ventricinas* (500 g - 1 kg) and in a pork bladder or veal *bondiana* (veal intestines, porous and elastic, which gradually adheres to the cured meat), for the larger size *ventricinas* (3-5 kg). The cured meat, tied in a “double string” with medium/large caliber vegetable twine, is left to age for 20-30 days, in the case of the small Olevano ventricina, and for 3 months, in the case of the large-sized Olevano ventricina. During the aging process, in air-conditioned rooms with an RH of 70-75%, the product undergoes stewing at 19-21°C and the actual aging at a temperature of 14-15°C.

HISTORY BACKGROUND The name of this particular cured meat seems to derive from the fact that in ancient times the stuffing was done using the stomach (ventricle) of the pig, inside which the peasants used to store large pieces of pork. Natural pork or bovine *bondiana* have been used for some years. Exact information on this product can be learned from the Statistics of the Kingdom of Naples, a survey commissioned by Gioacchino Murat in 1811, in which they speak of “*the pig’s ventricle stuffed with meat seasoned with salt and fennel*” (Demarco, 1988). From the statistics, it can be deduced that other aromas such as pepper, orange peel and fresh garlic were introduced later, most likely in the second half of the 19th century, by virtue of their preservative and flavoring properties. From the oral testimonies collected, we learn that the spread of this cured meat in Olevano Romano dates back to the period before the Second World War, by some farmers from Abruzzo who reached the town on horseback during the harvest, bringing with them a seasoned cured meat of large dimensions. Since then, the local families, appreciating the goodness of the ventricina imported from Abruzzi, began to prepare it using pigs raised on pasture and slaughtered after Christmas. Today the production takes place in local ancient butchery shops, (dating back to the first half of the 1900s) managed mostly at a family level.



YOUNG BEEF FROM ITRI

Production area

Province of Latina with particular reference to the area around the Ausoni and Aurunci Mountains

PRODUCT DESCRIPTION These are crossbred calves with a Maremma and Podolico (gray cattle) base on which the Marchigiana breed normally crossbreed as F1 or in partial replacement of the Marchigiano on F1; in any case, Maremma or Podolico blood is never abandoned with possible "return" crossbreedings. Production normally foresees births in February-April and slaughtering from May to December.

PRODUCTION METHOD The meat of Itri Young Beef comes from females (calves) with a live weight of 450 - 470 kg and males with a live weight of 400 - 450 kg and 12 months of age; 580 - 600 kg at 17 - 18 months of age. The animals are raised in the pasture of the Ausoni and Aurunci Mountains, with possible additions of feed based on cereals and protein crops in the event of persistent climatic adversities or grazing until weaning at about 6 months and subsequent finishing in the stable on cereals. The cutting of the meat cuts is normally carried out 6-7 days after slaughter with a yield at the slaughterhouse of 53-58%.

HISTORY BACKGROUND The Itri territory is one of the few in southern Lazio where grazing in the woods is still practiced with beef cattle which have been adapted, through crossbreeding, to the particular environmental conditions of the pasture that requires frugal animals resistant to environmental stress.



PIG'S FEET

Production area

The entire region of Lazio

PRODUCT DESCRIPTION Pork feet, boiled and seasoned with salt and natural aromas, are marketed whole or cut into strips (like pork rinds). They have a tendinous appearance, a light brown color and a savory flavor with a possible lemon aroma. The final weight is 10-20 g.

PRODUCTION METHOD The Pig's feet, obtained from a heavy-weight pig, are stored in a refrigerated room at 0-4°C for 1-2 days. Cooked in boiling water until they are deboned, they are seasoned with salt and flavored with natural flavors. Before being marketed, whole or cut into strips (such as pork rinds), they undergo a cooling phase in a refrigerated room for 24 hours.

HISTORY BACKGROUND It is a historical product of Lazio cited by the famous Roman cook and writer Apicio, author of *De Re Coquinaria*, who exalts "stuffed pig's feet" and other dishes based on pork. Traditionally produced only in the winter months, it is a typical kind of preparation for a "tavern" or "fraschetta" (a traditional restaurant).



PIG'S FEET AND TAIL IN SAUCE

Ingredients: pig's feet and tail, capers, pickles, salted anchovies, oil, salt, pepper, parsley, cayenne pepper.

Method: clean the pig's feet and the tail by passing them over the flame in order to remove the hair and scraping the surface of the skin. Boil the feet and tail in plenty of water and salt until completely cooked; cut them into small pieces and arrange them on a serving dish. Prepare a *pesto* (a sauce of crushed garlic, basil, pine nuts, olive oil and cheese) based on capers (one tablespoon), two desalted anchovies, some pickles, a bunch of parsley, extra-virgin olive oil, pepper and cayenne pepper to taste. Pour the sauce over the feet and tail and serve warm or cold.



ZAUZZICCHIE AND SALAM FUNNAN

PAT

POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Latina: Fondi

PRODUCT DESCRIPTION It is a cured meat with an intense and decisive aroma due to the presence of special spices, including coriander, sweet pepper and hot pepper. The stuffing takes place in a natural intestine, prepared in the characteristic chain shape obtained by tying with string or a cylindrical shape. This cured meat can be eaten freshly-made or subjected to a period of aging.

PRODUCTION METHOD Zauzicchie (sausages) and salam funnan, delicacies of the plain of Fondi, boast an important historical tradition: in fact, they date back to medieval times when pigs were still bred in the wild in the vast cork forests of the area and when they began to use coriander again to flavor foods. The use of this spice seems to date back to the Saracen domination. It is thought, in fact, that having a very strong aroma, it was used to hide the flavor of pork. Tradition has it that all the pork was to be used in the manufacturing process, even the most valuable parts that were usually destined for hams and loins, because the area, being marshy at the time, did not enjoy a sufficiently dry climate to allow the aging of these cuts. The meat is cut “with the tip of a knife”.





"ZAZZICCHIA" (sausage) FROM PATRICA



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Frosinone: Patrica

PRODUCT DESCRIPTION Patrica "Zazzicchia" (sausage) is a cured meat based on pork meat and fat, produced in the freshly-made type, aged and preserved in oil. Stuffed in natural intestines, it has a mixture of a medium-coarse grain, due to the "knife tip" cut or ground in a meat grinder with large-holed molds, a chain shape, a weight ranging from 100 to 200 g. The color of the mixture is bright red with white flecks, a savory and spicy flavor with a strong aroma of wild fennel, orange and garlic.

PRODUCTION METHOD The raw material used for the production of Patrica "Zazzicchia" (deboned shoulder, bottom, ham, belly) comes from heavy-weight national pigs. The average weight of the pigs sent to slaughter corresponds to Kg 160, more or less 10% therefore between 144kg and 176kg. The raw material, lean meat and fat, arrives at the production factory already sectioned and vacuum-packed. The meat, cut into more or less large pieces and deprived of the connective parts and the fat cut into lardons, are seasoned with salt and flavored with wild fennel seeds, fresh garlic, hot pepper and grated orange peel, used, in addition to giving taste to the product, also for conservation purposes thanks to the antioxidant action of Vitamin C (ascorbic acid) contained in

oranges. After a short period of rest, the mixture is coarsely ground with a meat grinder in large molds and mixed with the mechanical mixer in order to favor a homogeneous distribution of the condiments and spices indicated above. Stuffing is carried out next in natural intestines and with manual binding, by means of vegetable string, to form the classic chain. Patrica "Zazzicchia" is eaten fresh or after 10-15 days of drying/aging at a temperature of about 15°C (laboratory temperature in winter). In the area involved in the production, to date only one company that traditionally produces this cured meat has been registered; the production is around 50,000 kilograms/year.

HISTORY BACKGROUND The municipality of Patrica stands close to the Lepini Mountains, on a hill near Monte Cacume; it is a small town in Ciociaria, known for a long time for its production of "zazzicchia", a tasty sausage made from the prized meat of heavy pigs of the national circuit, and which traditionally uses the meat from the shoulder, ham, belly with little fat. The origins of this product are lost in folk memory. The locals have always produced the "zazzicchia" for family sustenance, raising pigs at home, passing the recipe down from generation to generation. As evidence of this, today, the historical insignia of the local butcheries remain, passed on from father to son. Still tied by hand with string to form a chain, it is consumed mainly grilled or roasted, after a short period of aging of 10-15 days.







CONDIMENTS

LAZIO'S AGRI-FOOD HERITAGE - BETWEEN BIODIVERSITY AND TRADITION



OLIVE PASTE

Production area
Province of Rieti

PRODUCT DESCRIPTION Olive paste is obtained from medium-sized ripe olives, currently the Lecino variety is preferred. It has a green to dark brown colour and a slightly bitter and spicy taste.

PRODUCTION METHOD Ripe olives are dried in salt for about 20 days. At the end of this period, they are pitted by hand and ground together with parsley, garlic and chilli pepper. The olive paste thus obtained is stored in glass or earthenware jars and covered with extra virgin olive oil.

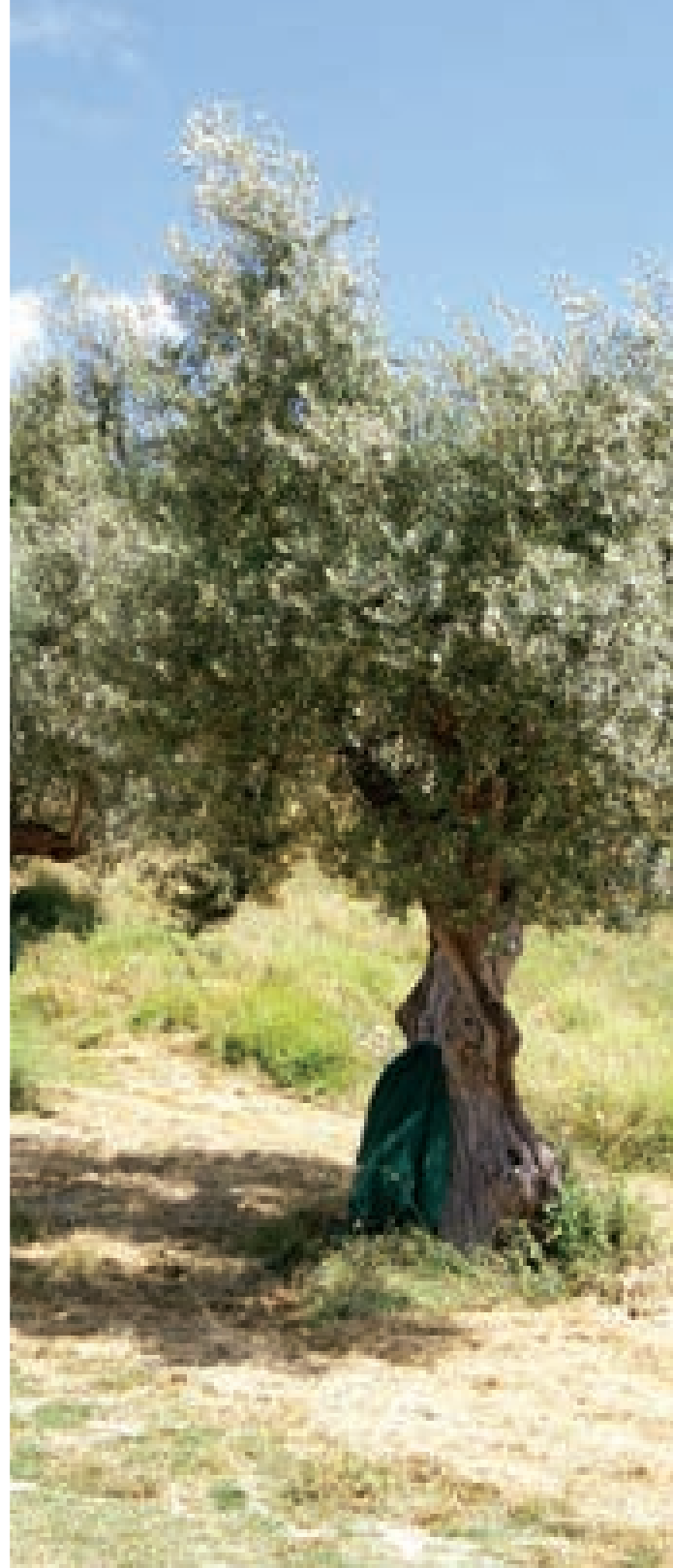
HISTORY BACKGROUND Olive paste is a preservation system used since time immemorial by farming families in the Sabine area, where olive-growing is widespread. The tradition of this production dates back to periods when other resources were scarce in the area and it was therefore necessary to develop a type of processing that would allow it to be preserved and used in a different way to flavour dishes. Even today, production is limited to domestic use.



SPAGHETTI WITH OLIVE PASTE

Ingredients for 4 persons: 350 g spaghetti, 6 tbsp tomato pulp, 1 tbsp olive paste, 1 clove of garlic, 1 sprig of parsley, grated parmesan cheese to taste, 2 tbsp extra virgin olive oil, salt to taste.

Method: bring plenty salted water to the boil and cook the spaghetti until al dente. In the meantime, prepare the sauce: cook the tomato pulp with the peeled garlic for 10 minutes, add 2 tablespoons of spaghetti cooking water, the olive paste and the chopped parsley, stirring with a wooden spoon to mix the ingredients well. Add the oil and remove from the heat. Pour the well-drained spaghetti into the pan with the sauce and allow them to take on flavour for a minute, stirring well. Transfer to a serving dish and sprinkle with plenty of grated Parmesan cheese. Serve at the table garnished with clumps of fresh parsley.





GAETA OLIVES PESTO

Production area
Province of Latina: Gaeta

PRODUCT DESCRIPTION Gaeta olives pesto is a seasoning mix made from olives, anchovies, capers and virgin olive oil. The colour is purplish brown. The raw material is made from locally produced products: 'Olive di Gaeta' PDO in brine, according to the traditional Itrana system; salted anchovies from the Gulf of Gaeta, preserved in terracotta jars; capers and Itrana extra virgin olive oil.

PRODUCTION METHOD The salted anchovies are cleaned, removing the bones and excess salt under running water, and then minced in a meat grinder. The mixture of salted anchovies is passed through the mincer again, together with the capers. The olives, on the other hand, are washed with water and stoned and separately chopped with a fine texture. The ingredients thus prepared are mixed and put into a 180 g glass jar with the addition of extra virgin olive oil from a single variety of Itrana, to cover the mixture. The jar is pasteurised at 90°C for about 1 hour in order to ensure its medium- to long-term preservation.

HISTORY BACKGROUND Olives pesto is a traditional product of the region of Gaeta, obtained by mixing the ingredients that, more than any other, historically characterise the products of the area: olives, oil from the local Itrana variety and anchovies. The recipe has been handed down orally for generations; the only documentary trace, fortuitously preserved, is a note on yellowed paper by an elderly woman in the village who died years ago: Mrs Papa. It reads: "My grandmother used to say: if you want to indulge yourself, eat chopped olives". It is therefore a condiment considered a delicacy. This writing allows us to date the recipe to at least the second half of the 19th century, as the following sentence appears: "*my grandmother was the last of nine children and my mother said this*". In addition, the ingredients are listed: "*1 kilo of Gaeta olives, 30 grams of oil, 20 grams of salted anchovies, 10 grams of dried tomatoes, two or three capers*" and attention is drawn to the procedure to be followed: "*always remember to pound the olives in the marble (mortar) before mixing everything together and putting (the mixture) in the glass jar*".



Excellent spread on toasted bread, Gaeta olives pesto is also a condiment for pasta.

SPAGHETTI "ALLA CHIAVONE"

Ingredients for 4 people: 400 g spaghetti, 4 tablespoons of extra virgin olive oil, 1 clove of garlic, 1 glass of water, salt to taste, 2 tablespoons of crushed 'Olive di Gaeta' PDO.

Method: Put 4 tablespoons of oil and a clove of garlic in a preheated frying pan. Add 2 tablespoons of crushed 'Olive di Gaeta' PDO and a glass of water; mix the mixture. Boil the spaghetti in lightly salted water, drain them al dente and toss them in the pan with the mixture, finishing the cooking.



AMATRICIANA SAUCE

Production area
Entire region of Lazio

PRODUCT DESCRIPTION This is a simple and genuine sauce, prepared as an immediate or even deferred condiment for the famous pasta all'amatriciana. It is based on tomatoes (tomato puree and/or peeled tomatoes in pieces: pulp), extra virgin olive oil, white wine, salt and guanciale (cheek lard) of the Amatriciano type, cured for at least 90 days after salting. Dried or fresh chilli pepper or pepper can be added. To complete the sauce, we recommend adding grated pecorino cheese, such as Amatriciano or 'Pecorino Romano del Lazio' PDO, to the pasta. The flavour is characterised by the savoury notes of the traditional seasoned guanciale.

PRODUCTION METHOD The cheek of the Amatriciano type, well removed from the rind and cut into strips, is lightly browned over a low heat in extra virgin olive oil. As soon as the "foam" produced by the pork cheek has been used up, it is a good idea to interrupt the browning process; deglaze with white wine until the cheek has taken on a golden-yellow colour and then remove it from the pan and put it into another container to be used. In the same pan, pour in the tomato puree and/or tomato pulp, add salt, fresh or dried chilli pepper and/or pepper (according to taste) and cook for 10-20 minutes over high heat. Finally, add the strips of bacon and finish cooking for another 5-10 minutes (if you want to have a sauce for immediate use). Conversely, the sauce to be

used for deferred seasoning, it must cook with the cheek until it reaches a creamy state (deferred consumption).

HISTORY BACKGROUND Amatriciana sauce is a traditional recipe with strong links to the production area, given the ingredients used, the method of preparation and the specific socio-economic characteristics of the Monti della Laga area. In particular, the use of cured cheek lard and pecorino cheese underlines the relationship with extensive livestock farming, which for centuries has characterised man's relationship with a "difficult" area. In the past, during the transhumance period, the local shepherds would bring with them a few easily preserved products such as cheek, pecorino cheese and flour and cook their frugal and substantial meals. When, at the end of the 18th century, the Neapolitans, among the first in Europe, recognised the great organoleptic qualities of the tomato, the people coming from Amatrice, who fell under the jurisdiction of the Kingdom of Naples, were also able to appreciate it and, with good intuition, added it to the cured cheek lard and pecorino cheese, making the sauce used to season the pasta even more succulent. By reworking and enriching this elementary pastoral recipe with the introduction of tomatoes at the beginning of the 19th century, the population of Amatrice, and more generally of the Monti della Laga area, created one of the best-known dishes of Italian cuisine: *pasta all'Amatriciana*. Documented historical sources referring to the famous Amatriciana sauce date back to the early 19th century. For the Amatrice area, the statistics of the Kingdom of Naples, drawn up by Joachim Murat in 1811, provide precise evidence of the presence of an important factory for processing pork meat, in particular *guanciale* (the cured cheek), which was largely exported to surrounding towns. Further evidence can be found in Book Four of *MA-TRV* by Cesare De Berardinis, dating from 1932, and in the publication *Amatrice and its villas* by Andrea Massimi. In the first document, macaroni all'Amatriciana is praised and a similar exclamation is reported from King Ferdinand II, who in 1847, as a guest of the De Leonardis family, is said to have said to Don Nicola Leopardi (brother of Pier Silvestro, later a senator of the Kingdom of Italy), who with other young men from the best families of Amatrice was serving their king at table: "*Guagliò, bring me another plate*". In the second, however, we find the following statement: "... *the Amatricians initially conquered Rome by offering it the art of their mountain cuisine and the delight of good food. Their world-famous spaghetti all'Amatriciana and other gastronomic delicacies have immortalised Amatrice*".



BALSAMIC GRAPE SAUCE

Production area

Province of Rome: **Genzano di Roma**

PRODUCT DESCRIPTION Malvasia Puntinata, Malvasia di Candia and Trebbiano Toscano grapes, sugar and natural aromas, such as black pepper and rosemary, are the main ingredients that give life to this particular and interesting product. It is characterised by a slightly acidic grape flavour, with an excellent balance of sugars which, together with the natural flavourings, give it its “syrupy” consistency and characteristic balsamic taste.

PRODUCTION METHOD The Malvasia Puntinata, Malvasia di Candia and Trebbiano Toscano grapes are harvested by hand between the end of September and the month of October. The harvested grapes are processed within a few hours. The grapes are then pressed, either manually or using a traditional wooden or metal press, and the must obtained from the skins and seeds is separated. The unfermented must is then cooked over low heat in copper or steel containers for about 2 hours. During fermentation, it is enriched with sugar and natural aromas and is subjected to continuous stirring. The first ageing process takes place, during which the cooked must is left to rest for about 30 days in steel containers with unsealed lids. The second ageing takes place in wooden barrels and lasts at least 2 months. At the end, the product is bottled by hand in 100 ml glass bottles.

HISTORY BACKGROUND Balsamic grape sauce is the result of a millennia-old process, similar to the *sapum* or *saba* of the ancient Romans, obtained from Malvasia grapes transformed into cooked

must until it reaches the consistency of a syrup, as is the case with balsamic vinegar. The product was also used for therapeutic purposes, so much so that the term “balsamic” is thought to indicate its main use. Francesco IV, who was Duke of Modena during the 17th century and suffered from lung disorders, always carried a small bottle of his best vinegar with him. Known since ancient times, it was used by Roman legionaries to replace honey as a sugar supplement. Imported from Greece and therefore very expensive, it was mainly used to “boil” the non-drinking water that Roman soldiers were forced to drink during military campaigns. The preparation, widely used in Roman cuisine, was carried in small leather bags. Explicit references to the preparation of the product by the Romans can be found in Virgil (*Georgics*), who speaks of thickened cooked must and, in another verse, attributes to Vulcan the operation of thickening grape juice placed on the fire in a cauldron. Apicius (1st century BC), in *De Re Coquinaria*, enriches many of his recipes with the addition of cooked must: in the preparation of peas, poultry, chicken. It is also used as an ingredient in sauces for all types of boiled meat and escalopes, boiled vegetables, mushrooms and truffles. In several places in his treatise, he clearly distinguishes must from cooked wine (Book VII, VI, 10-11-13; Book VII, IX, 2). Bartolomeo Scappi (16th century), personal chef to popes and cardinals, as well as organiser of sumptuous banquets and author of a famous treatise on gastronomy, uses *sapum* in the preparation of Roman-style meatloaf. Even today, many traditional Roman recipes include balsamic grape sauce among their ingredients, such as Mostaccioli, for example. In the province of Rome, its production, according to a recipe handed down orally for many generations, is concentrated mainly in the area of the Castelli Romani, where Malvasia grapes are widely grown.



PORK LOIN WITH BALSAMIC GRAPE SAUCE

Ingredients: 4 slices of pork loin, flour, vegetable stock cube, balsamic grape sauce, extra virgin olive oil, butter, salt pepper.

Method: Melt the oil and butter in a hot pan. Flour the pork loin slices and brown them in the pan. Cover with water and add the vegetable bouillon cube, season with salt and pepper. Cook the meat until the stock has reduced, then add 2 tbsps. balsamic grape sauce. Serve the dish piping hot.





CHEESES

LAZIO'S AGRI-FOOD HERITAGE - BETWEEN BIODIVERSITY AND TRADITION



BURRATA DI BUFALA



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Provinces of Rome, Latina, and Frosinone

PRODUCT DESCRIPTION Burrata di bufala is a fresh stretched-curd cheese made with raw milk, not aged, stuffed with cream and strips of buffalo mozzarella. It is similar to mozzarella, but it has a much softer and more stringy texture. It looks like a small sack with a smooth shiny white surface. It weighs approximately 400 g and is characterised by a sweet and buttery taste.

PRODUCTION METHOD The buffalo milk is collected twice, once in the evening (and is then refrigerated) and once in the morning. The milk is filtered with a cloth and is not subjected to any heat treatment. The starter whey from the processing of previous day, acidified for 24 hours, and the liquid rennet are added to the fresh milk.

After 45 minutes from the moment of adding the rennet at 36-37 °C, the curd breaks with the size of a walnut clump. The clumps rest in the whey for 5 minutes and purge on a board for 10 minutes.

Then, to obtain the bag that will contain the burrata, the curd is left to mature at room temperature for a few hours on the table. The "*filatura*" (spinning) is carried out with hot water and the bag shape is obtained manually.

The wrapper is filled with cow cream and pieces of buffalo mozzarella, everything is firmed under a jet of cold running water. The burrata di bufala thus obtained is soaked in brine for 12 hours. It can be kept for 24 hours in the refrigerator at 6-8 °C.

HISTORY BACKGROUND An ancient product linked to the transformation of buffalo milk. There is no certain information on the origin of the production which, however, is undoubtedly connected to the breeding of buffaloes in the marshy coastal plains of the Tyrrhenian side of Lazio.

It is a typical product of peasant culture, that refuses waste and is used to reusing any production leftovers. The idea arises from the need to reuse the minute scraps of stretched curd that remain from the processing of buffalo mozzarella.

Therefore, this stretched texture is combined with fresh cream and then closed inside an edible bowl made of the same texture.

Today, the production of this irresistibly succulent cheese is kept alive only by a few cheese dairies.



CACIO DI GENAZZANO



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Rome: Genazzano

PRODUCT DESCRIPTION Cacio di Genazzano, obtained from processing raw sheep's milk, is a semi-cooked cheese, as the curd undergoes heating at 41-43 °C, with a thin straw yellow rind, whitish and compact internal texture, sometimes with small holes. The taste is rather salty and intense. It has a cylindrical shape with flat faces, with a weight ranging approximately from 1.5 to 4-5 kg.

PRODUCTION METHOD Cacio di Genazzano is produced with raw milk collected twice, coming from sheep of the Comisana, Sarda, Massese breeds and their crossbreeds. The milk from the evening milking is refrigerated, whereas the morning milk is immediately directed to processing. Poured into the tinned copper boiler, it is heated at 35 °C (summer period) or 37-38 °C (winter period). Coagulation takes place in 20-30 minutes with lamb rennet, previously diluted in water and then filtered. After coagulation, "schiumatura" (foaming) is performed, that is the elimination with a spoon of the yellowish surface foam that originates in the waiting time for coagulation. Once this phase is complete, the processing continues with a single breaking of the rice-grain curd with a curd knife made of ash or olive wood, locally called "minatora". In the meantime, the clump is heated again at 41-43 °C and kept under whey for 15-30 minutes. The curd, hand-pressed on the edge of the boiler, is then inserted into the wooden moulds, locally called "casso", or into plastic ones. The whey is purged for around 15-20 minutes through manual pressing

and a "wooden straw", placed in the centre of the clump, which further eases the draining. Salting is dry: at first, for 12 or 24 hours per side, then, in plastic trays for 3-5 days with turning the cheese every other day. In some cases, salting can also occur in brine for approximately 15 hours. The drying takes place on wooden boards for around 1 month, with possible treatments on the cheese, such as massage with extra virgin olive oil or water, or superficial scraping with a knife. Aging in a wooden "madia" or "arconcino" (chest), lasts 3 months for table cheese, or 5-6 months for grated cheese.

HISTORY BACKGROUND The history of this cheese can be learned from the testimonies of local shepherds who trace the origin of Cacio di Genazzano back to more than 100 years. Today's shepherds narrate the trade of their fathers and grandfathers, and how they processed the milk of their sheep to obtain an excellent cheese. The processing technique has escaped any attempt at modernisation. Even today, particular actions are carried out in the processing such as, for instance, foaming, purging with a wooden straw, and seasoning inside wooden chests. Cacio di Genazzano has represented for a long time an important food resource for local peasant families, but it has also been appreciated and sought after as a commodity: private contracts for the lease of lands falling within the municipality of Genazzano, dated 1958, shows that "dry cheese" (Cacio di Genazzano) was included in a list of agricultural and food products sold as compensation to the owner of the land.



SFORMATO CON CACIO DI GENAZZANO

Ingredients: 90 g of sheep's milk ricotta, 200 g of Cacio di Genazzano cheese, 50 g of pitted black olives, 1 pepper, 2 ripe tomatoes, 1 shallot, extra virgin olive oil, salt, pepper, basil.

Method: distribute the olive mixture on the bottom of a previously lined mould. Mix the grated Cacio di Genazzano, sheep's milk ricotta, basil, salt, and pepper in a bowl by lightly pouring the oil. Pour the mixture into the mould and keep in the fridge for about 40 minutes. In the meanwhile, prepare the sauce, wash and clean the shallot and the pepper, and cut them into cubes. Fry the shallot, add the pepper and tomato, a pinch of salt, one of pepper, and half a glass of water. Cook on low heat for around 30 minutes. Pass the mixture through a sieve and pour into a gravy boat. Turn the mould over onto the serving dish and pull out the cheese.



CACIO FIORE



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area
Province of Rome

PRODUCT DESCRIPTION Traditionally produced from October to June, Cacio fiore has the characteristic shape of a tile, with a convex heel of about 5 cm, weight from 0.5 to 1 kg, wrinkled and yellowish rind. The texture is soft and creamy with light and uneven holes. The aroma is decided with hints of artichoke and field vegetables. The taste is intense, unsalted and slightly bitter, with a pleasant fatty note, slightly astringent and punchy. In the mouth, the cheese is creamy and tends to melt.

PRODUCTION METHOD Cacio fiore is obtained from the processing of raw sheep's milk from the evening and morning milking. The milk, which is not subjected to any type of heat treatment in order to preserve its specific flora, is poured into the boiler, heated up to the coagulation temperature of 35-36 °C and added to vegetable rennet. The dose per 100 litres of milk is 50-60 g of dried stamens in half a litre of water, kept in solution for around 24 hours. After coagulation (generally lasting 60-90 minutes), the cheesemaker proceeds with the breaking of the curd: the first breaking is done with a "sword"-type tool, the second with a curd knife for a few minutes, then the clump granules achieve a variable size, from walnut to hazelnut. That is followed by the shaping of the curd, with the use of ladles, and then the cheese is subjected to a few turns. Sal-

ting is dry, with the salt being distributed on the cheese in ways that vary slightly from one producer to another—this phase lasts approximately one week. The management of aging depends on the type of premises of each producer. If a natural space is available, at least part of the aging is carried out right inside these rooms on wooden boards. Thistle flowers (*Cynara Cardunculus subsp. Cardunculus*), characterised by an intense purple/brown colour, are collected in July on sunny and dry days, cut with 15-20 cm of stem, and subsequently tied and hung upside down in a dark environment for drying. After 15-20 days, the stamens are removed (by taking care not to break them) and stored vacuum sealed. The preparation of the rennet ends by soaking the dried stamens in water and filtering the macerate which is added to the milk by infusion: for 100 kg of milk, 50-60 g of stamens are prepared and macerated in 500-800 ml of cold water for 24 hours. Milk coagulation occurs thanks to the proteolysis of the enzymes of the flower.

HISTORY BACKGROUND Considered as the ancestor of pecorino cheeses, Cacio fiore is historically obtained from the processing of raw sheep's milk added to vegetable rennet obtained from the flower of *Cynara Cardunculus subsp. Cardunculus*, harvested during the summer. Its preparation has recently been recovered by some dairies in Rome and its province, by strictly applying an ancient recipe of dairy art. In 50 A.D., Latin writer Lucio Giunio Moderato Columella wrote in his *De Re Rustica*: "It is convenient to coagulate the milk with lamb or kid rennet, although it can also be thickened with the flower of the wild thistle or with safflower seeds or fig milk. In any case, the best cheese is one that has been made with the least medication possible". Even the vegetable rennet, used for the coagulation of milk, is prepared according to the ancient recipe.



CACIOFIORE IN PADELLA

Ingredients (2 people): 200 g of Cacio fiore, 2 tablespoons of balsamic vinegar.

Method: pour 2 tablespoons of balsamic vinegar into a pan and when the vinegar starts to boil, place the Cacio fiore, which has been previously cut into slices. Turn the slices immediately and when the Cacio fiore begins to melt, serve directly from the pan to the plate.



(SIMPLE AND HERBAL) CACIO MAGNO



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area

Province of Rieti: Poggio Mirteto, Montopoli di Sabina

PRODUCT DESCRIPTION Produced from September to June, simple or herbal Cacio Magno is a soft and fat cheese, with a characteristic parallelepiped shape, with full yet delicate and buttery taste. The hint of sheep is barely perceptible, while there is a sour and flavoured 'nuance' with rocket, olives, radicchio, and/or chili (in the herbal variant). The internal texture has a straw yellow colour, while the crust is rough and greyish in colour due to the sprinkling of potato starch. The aging period is 20-30 days. Weight is approximately 1.2-1.5 kg.

PRODUCTION METHOD The milk for the production of Cacio Magno comes from sheep reared exclusively on the pastures of the lower Sabina area, milked in the evening and refrigerated at 4 °C, while that of the morning is directly addressed to processing. Filtered with a pressure filter and heat treated at 70 °C for 20 seconds, the sheep's milk is enriched with mesophilic enzymes inserted at 36 °C. Coagulation takes place with lamb rennet texture and/or calf rennet powder, inserted at 36 °C, setting time is 30 minutes. In this phase, the herbal Cacio Magno type is flavoured with rocket, olives, radicchio, and/or chili. The curd, subjected to a single break with the dimensions of a walnut clump, undergoes cooking for 10 minutes at 38 °C and resting under whey for another 10 minutes. The curd, extracted from the boiler, passes to the shaping

in specific parallelepiped-shaped moulds and with low heel. That is followed by the drying phase, carried out only for the stiffening time of the mould, the salting in saturated brine for 2 hours per kg of cheese, and double stewing at 43 °C for 20 minutes. During the aging, which takes place in a cold room at 13 °C on wooden tables for 20-30 days, the surface is dusted with potato starch to help the rind form.

HISTORY BACKGROUND The production is based on an oral tradition of the lower Sabina area and secular documents from the municipal archives. The product has been in local shops and restaurant at least 25 years. Cacio Magno has also been noted by sector magazines (*Caseus - Anfosc*). Legend has it that Charlemagne, king of the Franks, on his way down to Rome to be crowned emperor of the Holy Roman Empire, stopped at the Farfa Abbey where he tasted an unusual cheese for his time. The extraordinary tastiness of the cheese was "imprinted" in him, who wanted to take a big amount with him for the rest of the trip.



ROLLS STUFFED WITH MORTADELLA AND CACIO MAGNO

Ingredients: eggs, flour, milk as needed, mortadella and Cacio Magno

Method: Prepare crepes by lightly beating the eggs in a bowl, add the flour, mix and then dilute with milk. Leave to rest in the fridge for 30 minutes. Spread with a filling of mortadella and ground Cacio Magno. Roll the crepe on itself, wrap it in cling film and put it in the refrigerator.



(SIMPLE AND SMOKED) CACIOCAVALLO DI BUFALA



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area

Provinces of Latina, Frosinone, and Rome

PRODUCT DESCRIPTION Simple and smoked Caciocavallo di bufala has a typical roundish-globular shape with a head due to the characteristic binding with the twine. It is a stretched-curd cheese, compact, without holes and more or less soft, depending on the seasoning period. The rind is thin and smooth with a straw yellow colour. Size from 0.5 to 1 kg. Aged from a minimum of 20 days to 3 months, Caciocavallo di bufala can be smoked with wood fire or natural straw.

PRODUCTION METHOD The buffalo milk collected twice can be processed as raw or heated at 72 °C in a boiler and subsequently inoculated with starter whey at 15-17 °C and inserted at 36-37 °C. Coagulation takes place with liquid calf rennet at 36-40 °C, with a setting time of 45 minutes. This is followed by the breaking of the curd with the size of the hazelnut or walnut clump and a 10-minute pause under whey. The curd, left to mature on a bench at room temperature, is stretched with hot water at 93-95 °C. The shape is given manually and the salting, which takes place after or at the same time as the hardening in cold water, takes place in brine with a dilution of 1:24 for 12 hours/kg or dry for 48 hours at room temperature. Caciocavallo di bufala can be subjected to smoking with straw or wood, or placed directly to mature for 20-30 days up to 3 months in a cold room at 6-8 °C.

HISTORY BACKGROUND Stretched-curd cheese with very ancient origin, traditionally linked to the production of buffalo mozzarella.



CACIOCAVALLO DI SUPINO



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area

Province of Frosinone: Supino

PRODUCT DESCRIPTION Caciocavallo di Supino is a semi-hard stretched-curd cheese, produced with cow's milk from the Ciociaria area farms. It has an oval shape and a round head, a thin smooth rind, straw yellow colour, and a homogeneous and compact texture. It has a delicate taste that becomes spicy as it ages.

PRODUCTION METHOD The milk is processed raw and coagulated at a temperature of 36-38 °C with the rennet in calf texture. The process continues by breaking the curd with clumps similar in size to hazelnuts. After a maturation phase under whey for 4-10 hours, the curd can be spun. The spinning, carried out by hand, takes place by soaking the curd in hot water in steel or beechwood tanks. A "strand" of texture is prepared, moulded vigorously by hand, until obtaining the characteristic shape of the caciocavallo (oval shape with round head) which has an internal texture without holes and a smooth and shiny surface. After shaping, the caciocavallo is cooled in water and subjected to salting by soaking in brine. The cheese is tied at the level of the round head and hung with a twine for 6 hours. The seasoning, which lasts from a minimum of 15 days up to a few months, takes place by hanging the cheeses on poles, in a dry and ventilated room.

HISTORY BACKGROUND Caciocavallo di Supino has a history that dates back to the early 19th century. It is a typical cheese of all the regions that formed the Kingdom of the Two Sicilies and its name derives from the way in which the cheese, tied to a loop and coupled, was left to mature suspended on wooden poles. The artisan production of Caciocavallo di Supino has been recorded since 1940, when a producer began making cheese by using an old brick kiln and a copper boiler (the "callaro") to heat the milk.



(SIMPLE AND SMOKED) CACIOCAVALLO VACCINO



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area
Entire region of Lazio

PRODUCT DESCRIPTION The simple and smoked Caciocavallo vaccino is one of the best-known Italian cheeses, obtained from the processing of whole cow's milk. The hard-stretched curd, usually salted in brine, is homogeneous and compact, white or straw yellow in colour, more intense towards the outside and less charged inside. The rind is thin, smooth, and with a more or less marked straw yellow colour, depending on whether the smoking is carried out. The shape varies according to the production area: long, ovoid, spherical-globular flask or with a head, determined by the binding with the vegetable twine used to hang the cheeses in pairs, during the seasoning. The taste is aromatic, pleasant, normally delicate, and basically sweet when the cheese is young. It can become spicy with ripening or as an effect kid or lamb rennet texture.

PRODUCTION METHOD Cow's milk collected 2-4 times, refrigerated at 4 °C after filtering with a cloth or centrifuge, is subjected to pasteurisation at 65-75 °C for 15-30 seconds, or processed directly raw. The enzymes used following pasteurisation are thermophilic and mesophilic, inserted at 36-38 °C or 40-42 °C. In the case of raw milk processing, the starter milk is inserted at 36-38 °C, obtained from the natural acidification of the milk for two days in the cold room at 4 °C. Coagulation takes place with liquid calf rennet inserted at 35-36 °C with setting in 10-40 minutes, in goat texture inserted at 36 °C with setting in 20-30

minutes, or with lamb rennet inserted at 40-42 °C with setting in 40 minutes. The curd undergoes one or two breaks with the size of a hazelnut, rice-grain or chickpea clump, and is subsequently cooked up to a temperature of 45-60 °C. At the end of this phase, the curd is left to ripen for 2-5 hours under whey until the spinning test or until it reaches 5-5.2 pH and then spun in hot water at a temperature of 93-95 °C. Shaping is manual, in the typical long, ovoid, spherical-globular flask shape, with a head. At this point, Caciocavallo vaccino is soaked in cold water for firming and salting in saturated brine for 12 hours/kg or brine at 20 °Baumé for 5 hours/kg. Salting can also occur in the texture, during the spinning phase. After a few hours of drying, the cheese passes to the seasoning phase with a variable duration depending on the production area: from 20 to 60 days in the cold room at 8-9 °C, from 30 days to 6 months in the cold room at 11-12 °C and 70-77% of RH, from 15 to 60 days in the cold room at 4 °C, up to 8 years in a tuff cave. During the seasoning and before sale, massages with oil or smoking are provided, using liquid smoke or natural combustion of the straw.

HISTORY BACKGROUND It is undoubtedly one of the oldest cheeses in southern Italy, already mentioned by Hippocrates (500 B.C.), when he illustrated the art used by the Greeks to prepare cacio. It originates from the stretched-curd technique, developed in the South to guarantee the conservation of cow's milk cheeses. It is a cheese widespread throughout the region, with a historical prevalence in southern Lazio. A tradition of all the regions in the Kingdom of Naples, it was also the object of popular idioms, such as: "Far la fine del caciocavallo", i.e., die hanged, by analogy with its shape, and was much appreciated by the king Ferdinand IV, who wrote in an epistle to Cardinal Ruffo: "Famme truvà tante casecavalle" (Make me have a lot of Caciocavallo).



CACIOCAVALLO ALL'ARGENTIERA WITH MARINATED ANCHOVIES AND MISTICANZA SALAD

Ingredients: 200 g of caciocavallo cheese, flour, wine vinegar, 100 g of misticanza salad, fresh anchovies, lemon juice, oregano, extra virgin olive oil, salt as needed

Method: pass the caciocavallo in the flour and in the pan on all sides, blend with vinegar and oregano. Sauté the misticanza with a pinch of salt and shape with a mould. Marinate the anchovies with vinegar and lemon juice, and serve with the misticanza and golden caciocavallo.



CACIORICOTTA DI BUFALA

PAT

POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area

Province of Frosinone: Amaseno, Giuliano di Roma, Villa S. Stefano.

Province of Latina: Prossedi

PRODUCT DESCRIPTION Cheese with a cylindrical shape and 100-300 g size, aged from a minimum of 60 days up to 1 year (grating type). It has a sweet to salty taste, depending on the seasoning. Cacioricotta di bufala is produced with a hybrid processing technique, halfway between that of cheese and that of ricotta.

PRODUCTION METHOD Liquid calf rennet is added to the buffalo milk, refrigerated at 4 °C and not refrigerated but processed within 2 hours from milking and heated at 85-90 °C. After natural cooling, the milk is heated at 36-38 °C with the formation of the curd, subjected to breaking up to the size of a peanut. At this point, the clump is cooked until it achieves a temperature of 45 °C and the curd is shaped into moulds without pressing. Salting is dry. The cheese is then left to dry for 4 hours at room temperature on wooden boards, and for 4 hours outdoors in cages. The seasoning lasts no less than 60 days and no more than 1 year, for the grating type. The cheese thus obtained is placed in glass or earthenware jars, stored in cold rooms at 4 °C or in dry and cold rooms.

HISTORY BACKGROUND Popular tales and stories of rural life are connected to the breeding of buffaloes, always appreciated for its milk, from which Cacioricotta di bufala was also born. The production process derives from an oral, local, and family tradition. In the past, every family of breeders produced and stored it as a safe haven or as a trade good when establishing negotiations to determine the price of buffalo milk.



CACIOTTA DEI MONTI DELLA LAGA

PAT

POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area

Province of Rieti: Accumoli, Amatrice

PRODUCT DESCRIPTION Caciotta dei Monti della Laga is a cheese obtained from sheep's milk, enriched up to 30% with goat's milk. The texture is semi-hard, compact, straw yellow in colour. The taste ranges from sweet to slightly salty.

PRODUCTION METHOD Sheep and goat milk, added up to 30%, after filtering with a cloth, undergoes pasteurisation at 74 °C for a few seconds and coagulation with lamb rennet texture at 38 °C after 2 hours of rest, for 20 minutes. The clump is broken only once until it achieves the size of a rice grain, followed by cooking the clump at 40-42 °C for 30 minutes and with no pause under whey. The curd, distributed in the moulds and quickly hand-pressed, is dry salted on both sides for 48 hours. The cheeses are left to dry for 10-20 days at 10-14 °C on wooden boards and seasoned at room temperature for another 30 days.

HISTORY BACKGROUND An ancient cheese linked to the higher territories of the central Apennines, a mountain chain that joined even distant places due to the practice of transhumance. A certain similarity of this cheese with others from the regions of Abruzzo and Apulia derives precisely from that. Historical traces can be found in the oral testimonies of elderly people, as well as in documents from the municipal archives.



(SIMPLE AND HERBAL) CACIOTTA DELLA SABINA



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area
Province of Rieti

PRODUCT DESCRIPTION Cheese produced with whole sheep's milk, soft, tender, fat, with pale yellow colour and more or less distributed holes. Locally known as "pizza di cacio", this cheese has a cylindrical shape with flat sides, weighing from 1.5 to 4 kg. The taste is sweet or slightly salty and aromatic in the herbal version.

PRODUCTION METHOD Whole sheep's milk undergoes pasteurisation at 70 °C for 15 seconds and the inoculation of thermophilic enzymes inserted at 36 °C. Coagulation takes place with lamb rennet texture and calf rennet powder, with formation of the clump in 30 minutes. The clump, crushed to the size of a chickpea, is cooked at 43 °C for 10 minutes and left to rest under whey for 10 minutes. That is followed by two stews for 20 minutes at 43 °C, salting in saturated brine carried out immediately after stewing for 24 hours/kg of product, and aging for 20-30 days on wooden boards in a historic room, at a temperature of 12-13 °C. The herbal version of the Caciotta della Sabina is flavoured with the following spices: chives, rocket, wild fennel, basil, coriander.

HISTORY BACKGROUND Typical cheese from Rieti whose preparation in ancient times took place directly in the spaces (known as "stazzi") located at high altitude. The use of mountain pastures and the traditional processing technique ensure that the current Caciotta della Sabina still retains the ancient product characteristics of transhumance.



CACIOTTA DI BUFALA PONTINA



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area
Province of Latina

PRODUCT DESCRIPTION Produced with whole buffalo milk, lactic ferments, rennet, and salt, Caciotta di bufala pontina stands out for its delicate and pleasant taste with a slightly acidic aftertaste, typical of buffalo milk. The internal texture is milky white, the rind is thin and light yellow. These cheeses are from 1 to 5 kg.

PRODUCTION METHOD It is a fresh or aged cheese up to 30 days, processed raw or pasteurised with the addition of lactic ferments. The milk is coagulated with liquid calf rennet, inserted at 38 °C. The break achieves the size of a rice grain. The curd is extracted from the whey with a cloth and inserted into cylindrical moulds. This is followed by a period of draining, stewing, and salting in saturated brine for 10 hours. Caciotta di bufala pontina can be sold fresh or after 30 days of aging in the cold room at 8-12 °C on wooden boards.

HISTORY BACKGROUND Caciotta di bufala is historically produced in Lazio, especially in the buffalo breeding areas that fall within the Pontine plain. Traditionally produced as an alternative to stretched curd (mozzarella, scamorza, provola) mainly in autumn and winter.



CACIOTTA DI MUCCA



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area
Entire region of Lazio

PRODUCT DESCRIPTION Soft or hard cheese made from cow's milk, depending on the seasoning period: from 15 days up to a maximum of 6 months. Modest size (from 1.5 to 4 kg), Caciotta di mucca has a milk-white to straw-yellow colour, tending to brown in the 6-month aged cheese. The taste is sweet to slightly salty and spicy when more seasoned.

PRODUCTION METHOD The cow's milk is collected 2-4 times and cooled and filtered with a cloth or by centrifuge. pasteurisation goes from 65 °C to 75 °C for 15-30 seconds with subsequent inoculation of the thermophilic enzymes, sometimes prepared 24 hours before in boiled milk and directly inserted at 35-38 °C or 38-40 °C (for the production of seasoned Caciotta di mucca) or the starter milk prepared every two days from naturally acidified milk at 4 °C for 24 hours. Coagulation takes place with liquid calf rennet inserted at 35-36 °C or 45 °C with variable setting time: from a minimum of 10 minutes to a maximum of around 1 hour. In some dairies, coagulation is given by the use of lamb rennet texture. The curd is broken once or twice to the size of a peanut or a corn grain. The clump can be cooked up to 43 °C. Once the curd has been inserted into the moulds, it is stewed in a chest at 42-45 °C for a few minutes or a few hours and/or dried at room temperature for a maximum of 24 hours. Salting takes place in brine at 20 °Baumé or in saturated brine for a few hours depending on the size. Caciotta di

mucca matures in a cold room at 8 °C with 70--80% RH for 15 days up to 6 months. Caciotta di mucca can also be produced flavoured with chili, pepper, and rocket.

HISTORY BACKGROUND The production of Caciotta with cow's milk has always involved almost the entire region. For Centrale del latte in Rieti, established in May 1955, cow's milk Caciotta was, and still is today, one of the main products (as proven by the documentation of the factory, dating back to the 70s-80s of the last century) for the production of which only milk collected from local farmers is used.



CREPES WITH CACIOTTA DI MUCCA

Ingredients: 30 g of butter, clove of garlic, 1 onion, 2 courgettes, 200 g of Caciotta di mucca, 2 eggs, 40 g of corn starch, 30 g of flour, 1 glass of milk, speck, 1 carrot, tomato, tablespoons of olive oil, salt, pepper as needed

Method: put 1 internal egg and a yolk, milk, flour, corn starch, salt, and pepper in a bowl. Mix until a batter is obtained, with which the crepes are to be prepared in the pan. Cut the courgettes, carrot, and onion into strips and brown them in a pan with salt, pepper, and extra virgin olive oil. In another pan, cook the tomato for 10 minutes with oil and garlic. Meanwhile, brown the slices of speck until they become crispy. On each crepe, put a slice of speck, the browned vegetables, and the grated caciotta. Fold the crepes to shape a half moon. In a pan, melt the remaining butter and brown the crepes to make the internal cheese melt. Serve with the tomato sauce.



(SIMPLE AND FLAVOURED) CACIOTTA DI VACCA CIOCIARA



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area
Province of Frosinone

PRODUCT DESCRIPTION Soft stretched-curd cheese, with variable size from 1-0.6 and 0.3 kg, cylindrical shape and white colour, with a sweet taste, for simple caciotta, and sweet with the addition of aromas, for the flavoured one.

PRODUCTION METHOD The cow's milk is collected twice, chilled at 4 °C and filtered with a cloth to remove any impurities, and then heated at 68-72 °C for 20 seconds. This is followed by the inoculation of the mesophilic enzymes at 35-36 °C and, after 30 minutes, the addition of liquid calf rennet. After another 20-30 minutes, the clump undergoes two breaks: the first is slow and, after a few minutes, the second which is rapid, to the size of the walnut clump. Subsequently, the curd is left to mature until a positive spinning test is carried out manually with water at 95 °C. The cheese is then put into cylindrical moulds where the caciottas are left to harden soaked in fresh water for 15 hours. Salting takes place in saturated brine immediately after hardening for 2 hours/kg. Aging is carried out in a cold room at 4 °C with a RH of 65% for 10 days. The flavoured Caciotta di vacca ciociara is flavoured with chili, garlic, pepper, or truffle immediately after the spinning phase.

HISTORY BACKGROUND This product is linked to the historic tradition of the Ciociaria area, elaborated and consolidated by local dairies. The presence in peasant farms of cattle breeding enabled the preparation of this type of cheese whose recipe has handed down orally. References to it can be found in the historical archives of the Municipality of Ferentino.



CACIOTTA MISTA AI BRONZI



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area
Province of Frosinone

PRODUCT DESCRIPTION A variant of Pecorino ai bronzi, Caciotta mista ai bronzi is produced with mixed sheep-cow milk (50%-50%). It is a hard and fat cheese, with cylindrical shape and heels. It has a straw yellow colour. The taste ranges from slightly salty to salty with accentuated lipolysis.

PRODUCTION METHOD Caciotta mista ai bronzi is obtained from the transformation of mixed sheep-cow milk refrigerated at 4 °C. The milk, processed raw or pasteurised at 65 °C for 20 minutes directly in the boiler and enriched with mesophilic enzymes inserted at 41 °C, coagulates with liquid calf rennet inserted at 40 °C, with coagulation time of 30 minutes. The curd, after breaking to the size of a peanut, is left to rest under whey for 10 minutes and into cylindrical moulds with rapid pressing and turning. Salting takes place dry for 48 hours at room temperature with subsequent drying phase for 7-15 days. Caciotta mista ai bronzi, massaged with oil and vinegar, is left to mature for 30 days in wooden cupboards in a historic room at room temperature and, subsequently, placed (on the side) in the so-called "bronzi" (truncated conical wooden bowls) and seasoned for another 45 days at room temperature. The "bronzi" are covered with cotton or linen tablecloths.

HISTORY BACKGROUND Caciotta mista ai bronzi is a relatively modern variant of Pecorino ai bronzi whose production, handed down from one generation to another, has been going on for more than 25 years. In order to protect the cheese from excessive environmental humidity, local cheesemakers have always used wooden cupboards and the so-called "bronzi" (truncated conical wooden bowls) for better seasoning.



CACIOTTA GENUINA ROMANA



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area
Entire region of Lazio

PRODUCT DESCRIPTION Caciotta genuina romana is a sheep's milk cheese whose processing technology is quite variable depending on the production area and the procedures used in local dairies. This caciotta has a cylindrical shape and sizes from 1 to 3 kg up to over 30 kg. When cut, the texture shows an intense straw yellow colour and compact structure. The taste ranges from sweet to slightly salty, depending on the seasoning which tends to enhance the hint of herbs of the typical Agro Romano area and mountain pastures.

PRODUCTION METHOD The sheep's milk is collected twice, refrigerated at 4 °C, and filtered with a cloth or a centrifugal cleaner. Then, it is processed raw or pasteurised at a temperature ranging from 68 to 75 °C for 15-20 seconds, then heated at 34-38 °C and inoculated with enzymes that can be: indigenous, i.e., obtained from the company's starter whey, inoculated at 36 °C, mesophilic enzymes at 36 °C, or thermophilic enzymes at 38-39 °C. At this point, the rennet is added, which can be: in lamb or kid texture, inserted at 34-37 °C with coagulation in 20 minutes, in calf powder inserted at 36 °C with coagulation in 20 minutes, in kid texture with coagulation in 30-60 minutes or liquid inserted at 38 °C with coagulation in 20 minutes. In some territories, two breaks of the clump occur (the first is slow, the second rapid) until it achieves the consistency of a chickpea, with a stop under whey for 5 minutes,

or rice grain and soak under whey for 20 minutes. In other cases, a single break is made with the achievement of the chickpea size, with a pause under whey for a maximum of 5 minutes. In some places, the clump is cooked at 36 °C for 20 minutes for short-aged cheeses and at 38 °C for 20 minutes, for cheeses seasoning for over 6 months. In other cases, it occurs at 38-40 °C and rests for 20 minutes for the semi-cooked type, and at 40-45 °C and rests for 20 minutes for the cooked type, or even with no clump breaks. From the boiler, the curd (possibly flavoured with various herbs and spices) is distributed in cylindrical moulds. For raw milk processing, at this point, purging must be carried out for 45 minutes or 5 hours at room temperature. Stewing takes place in a hot room at 40 °C for 24 hours or in a chest at variable temperatures and times: at 37 °C or 40-45 °C for 3-4-5 hours, at 40 °C for 30 minutes, at 30 °C for 6-8 hours, at 50 °C for 90 minutes. The dry salting phase follows, 24 hours after stewing for 24 hours/kg at 8-12 °C, after 4 hours from purging for 4 hours (in the case of long aging), 2 hours (in the case of short aging), or 24 hours after the drying phase for 2-5 days in the cold room at 15 °C. In some dairies, salting is in brine at 20 °Baumé for 10-12 hours/kg immediately after stewing or saturated brine, 24 hours after stewing for 5 hours/kg or after the purging phase for 4-5 days at 4 °C. In the case of Caciotta genuina romana with cooked texture, the dry salting takes place 24 hours after stewing for 24 hours/kg at room temperature, for the semi-cooked texture type it takes place in saturated brine, 24 hours after stewing for 20 hours. Aging (after drying at room temperature for 1-3 days) takes place in different times and conditions: 15-20 days in a static room, at 5 °C for short-aged products, 90-120 days in a static room at 12-14 °C for long-maturing products, 3-6 months in the refrigerating room at 8-12 °C, 30-60 days in the cold room at 4 °C up to 90 days in the cold room at 14 °C, 40-60 days at room temperature or in the cold room at 8-12 °C, 20-90 days for the semi-cooked and cooked in a static room at 12-14 °C, over 6 months in a static room at 12-14 °C for cheeses over 30 kg. During the maturation and before sale, washing with oil and vinegar are provided.

HISTORY BACKGROUND A product historically linked to the Roman countryside and its natural meadows and pastures. Its processing and maturing methods have remained unchanged over time. As tradition dictates, only sheep's milk is used and the size is usually diversified according to the production period. Caciotta genuina romana is mentioned as one of the most historic products of Lazio in the *Illustrated volume of typical Products: The cheeses* of the National Institute of Rural Sociology.



CACIOTTA MISTA DELLA TUSCIA



Production area
Province of Viterbo

PRODUCT DESCRIPTION The shapes have a variable diameter between 20 and 25 centimetres, the height normally does not exceed 10 centimetres. The weight ranges from 0.8 to 3 kg. The cut texture is compact, closed or with small and rare scattered holes. The taste, tending to sweetish, varies considerably according to the composition and the seasoning period.

PRODUCTION METHOD Caciotta mista della Tuscia is a cheese obtained from the transformation of cow's milk with added sheep's milk, in a maximum percentage of 50%. The milk, pasteurised for a few seconds, is then heated at around 40 °C, enriched with lactic ferments, and curdled with powdered or texture veal or lamb rennet. After coagulation, which generally takes 20-30 minutes, the curd is broken down to the size of a corn grain and then put into plastic moulds. The shapes of Caciotta mista della Tuscia are subjected to stewing in chests heated by steam at 50-60 °C for a few minutes or hours. Salting takes place dry for 24 hours/kg or in brine at 20 °Baumé for 8-12 hours per kg at 15 °C. The cheese is usually aged in rooms at a temperature between 8 and 15 °C, and with a humidity between 85-90%, for a period ranging from a minimum of 20 days to a maximum of 3 months.

HISTORY BACKGROUND Caciotta mista della Tuscia is much more recent than the Pecorino produced by the Etruscans. Compared to the latter, Caciotta mista has a more neutral taste and is more in line with current consumption trends.



CACIOTTA MISTA OVI-VACCINA DEL LAZIO



Production area
Entire region of Lazio

PRODUCT DESCRIPTION Mixed sheep-cow cheese with raw and semi-cooked texture, sometimes flavoured with chili. The texture, varying in colour from milky white to straw yellow, is compact and more or less soft, and wrapped in a thin rind. The taste ranges from sweet to spicy, depending on the length of seasoning.

PRODUCTION METHOD Mixed sheep and cow milk, with a prevalence of one or the other type depending on the production period, after filtering with a cloth or a centrifuge, undergoes the pasteurisation treatment at 65-72 °C for 15-20 seconds, with subsequent inoculation of mesophilic/thermophilic enzymes, inserted at 35-36 °C or 41 °C. Coagulation takes place with liquid rennet or lamb texture at 36-40 °C, with a setting time of 30-40 minutes. In some cases, the texture is flavoured with chili. The curd, after breaking, eventually undergoes cooking at 43 °C, without stopping under whey (Caciotta mista ovi-vaccina del Lazio, semi-cooked type) and put into cylindrical moulds. This is followed by stewing in a chest for a few hours, at 45-50 °C, salted in saturated brine for 5-8 hours/kg or dry for 48 hours at room temperature and drying for a few hours or a few days at room temperature. Caciotta mista ovi-vaccina del Lazio ages for variable periods: from 1 day (Primo Sale) up to a maximum of 30 days in the cold room at 7-11 °C and 78% relative humidity. During the maturation, treatments with oil and vinegar are provided.

HISTORY BACKGROUND Traditionally linked to the production of Caciotta genuina romana, in the period of decline in sheep's milk. The technology is quite similar indeed (particularly in the semi-cooked type), while the differences are mainly associated with the seasoning process (shorter in the mixed type) and flavour (sweeter in the mixed type).



(SIMPLE AND FLAVOURED) CACIOTTINA DI BUFALA DI AMASENO



Production area

Province of Frosinone: Amaseno, Giuliano, Villa S. Stefano.
Province of Latina: Prossedi

PRODUCT DESCRIPTION Peculiar cheese obtained from the transformation of buffalo milk, it has a cylindrical shape and colour from white to straw yellow. The little Caciotta, with a crumbly and creamy texture, undergoes dry salting for 10 hours in the hot boiler with mozzarella processing residue.

PRODUCTION METHOD Buffalo milk, processed raw within 2 hours from milking, is heated up at 36 °C in 20-25 minutes. The liquid calf rennet is inserted at 36 °C and with an average coagulation time of 25 minutes. The curd undergoes a break to the size of a peanut clump and is put into moulds without pressing, with subsequent dry salting. Then, it is left to rest in the hot boiler with the residue from the processing of buffalo mozzarella for 10 hours. It is dried in a dedicated room or by placing it in metal cages kept outdoors for at least 4 hours. The seasoning, which provides for the arrangement of the little Caciottas in glass jugs kept in a cold room at 4 °C or in dedicated rooms at 8-10 °C, lasts about 60 days. Afterwards, the little Caciottas are brushed with water and salt, massaged with olive oil and vinegar every 10 days and, some of them, a week before the sale, are flavoured by soaking in wine and marc, in sludge and ash.

HISTORY BACKGROUND The history of this product is drawn from the rich oral testimonies collected by local milkmen who have always been able to take advantage of a precious food such as buffalo milk. Caciotta di bufala is mentioned in the *Illustrated volume of typical Products: The cheeses* of the National Institute of Rural Sociology.



CHEESE AND CACIOTTA DI PECORA IN OIL



Production area

Entire region of Lazio

PRODUCT DESCRIPTION Hard sheep's milk cheese, aged from 30 days to 3 months and preserved in oil for another 6-12 months. The colour of the texture is straw yellow tending to brown, and the taste is more or less intense spicy with a hint of conservation oil. In some diaries, cheese in oil is flavoured with pepper.

PRODUCTION METHOD The milk is collected twice from sheep reared on pasture and can be processed raw or pasteurised. The inoculation of enzymes can take place at 36 °C. Coagulation is obtained by the use of powdered rennet and lamb texture (50%), at 36 °C, with a coagulation time of 30 minutes or with kid's rennet texture, from 35 to 38 °C, with a setting time of 10-20 minutes. The breaking of the curd takes place until it reaches the size of a rice grain or a peanut. The clump, possibly cooked at 43 °C, is pressed directly in the boiler and placed in the special moulds. Draining and drying take place at room temperature for 30-60 minutes with subsequent stewing in a chest for 20 minutes, after reaching 40 °C, or for 2 hours with 20-minute shifts. The cheese undergoes dry salting for 24 hours or in saturated brine for 24 hours/kg of product. The seasoning varies according to the production area: 30 days in the refrigerating room on wooden boards, 3-6 months at a temperature of 10 °C with oil treatments every 7-8 days, 3 months in the cold room at 13 °C. The preservation in oil takes place for a variable period from 6 to 12 months, while any flavouring with pepper takes place before shaping the cheese.

HISTORY BACKGROUND Oral and local tradition, with traces in the municipal archives and significant historical presence in the dairies of the area. Cheese similar to the Pecorino del Pastore mentioned in *Illustrated volume of typical Products: The cheeses* of the National Institute of Rural Sociology.



CAPRINO "PRESAMICO" DI SUPINO (FROM COW'S MILK)



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area

Province of Frosinone: Supino

PRODUCT DESCRIPTION The Caprino "Presamico" di Supino, despite the name suggesting a goat cheese, is produced with cow's milk or sometimes mixed goat and cow milks. The name derives from the ancient processing of goat cheese to be easily identified by the locals. However, with the passing of time, and above all with the abandonment of goat farms in mountain areas, over the years this cheese has come to be made only with cow's (or mixed) milk, while keeping the same name. It is a fresh cheese, not subjected to the aging phase, characterised by a white, soft, and compact texture. There is no rind, the size is around 250 g, and the diameter is 8-12 cm. Caprino "Presamico" di Supino can

be flavoured with the addition of herbs and spices, such as basil, oregano, thyme, chives, rocket, edible wild herbs, green pepper, chili.

PRODUCTION METHOD Caprino "Presamico" di Supino is produced with milk collected in the morning and coming from the farms of the Ciociaria area. When the milk that reaches the dairy, it is weighed, refrigerated at 0-4 °C for a few hours or directly addressed to processing. The milk undergoes pasteurisation for a few seconds and at a temperature of 65-75 °C, then it is collected in boilers, steel vats or in a copper boiler, and heated at a temperature of 32-37 °C in order to create the ideal conditions for coagulation. This is followed by the addition of liquid calf rennet and resting for coagulation, which usually takes 30 minutes. The clump is then broken with a lyre or a wooden curd knife, until the desired clump size is reached, i.e., like a walnut or a hazelnut. The clump is manually removed from the boiler and inserted into plastic or wooden moulds for shaping and draining. At the end of the draining phase (12-24 hours), the cheese is salted dry or in brine. In the case of flavoured "Presamico" Caprino, herbs and spices are added during the coagulation phase (basil, oregano, thyme, chives, rocket, edible wild herbs, green pepper, chili).

HISTORY BACKGROUND Clinging to the slopes of the eastern side of the Lepini mountains like a long balcony, Supino overlooks the Sacco valley. Its territory, scattered with woods and evergreen pastures, is rich in cattle farms whose milk produces tasty products. In particular, Caprino "Presamico" di Supino has been obtained from cow's milk for over 30-40 years: it is the result of the historical tradition of the Ciociaria area, handed down from one generation to another. This artisan dairy production has been recorded since 1940, when a producer began making cheese by using an old brick kiln and a copper boiler (the "*callaro*") to heat the milk. Since then, with alternating ups and downs determined by the economic crisis of the 1950s, three generations have succeeded each other, keeping the processing and preparing methods unchanged.



CIAMBELLA DI MOROLO



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area

Province of Frosinone: Morolo

PRODUCT DESCRIPTION Ciambella di Morolo comes from the processing of raw cow's milk, with the addition of calf rennet. It is a "soft" stretched-curd cheese (less than 40% in water), semi-cooked (cooking the curd at 40-45 °C) and with the characteristic donut shape. The smooth rind has a smoked yellow colour, while the internal texture is compact and light yellow or straw yellow. The size ranges from 500 g to 3 kg. Smoked with beech shavings, Ciambella di Morolo is characterised by its balanced smoky aroma and sweet flavour.

PRODUCTION METHOD The milk, after filtration and refrigeration at around 4 °C, is heated up to 37-38 °C with direct steam injection. It is left to rest for around 30 minutes and followed by the addition of liquid rennet (about 20 g/quintal of milk). The surfacing time is on average around 40 minutes. The curd is broken to obtain grains with the size of hazelnut. The curd, cooked until it reaches 46 °C, is then transferred to steel tables to proceed with maturation until the optimal stretching pH has been reached. The right degree of ripeness is determined by the spinning test, carried out by taking small parts of the texture that are soaked in almost boiling water to test whether it stretches into elastic, shiny, continuous, and resistant fibres. When the maturation is complete, the texture is reduced into flakes of various sizes by a curd knife and then spun in hot water (at around 90 °C) with a

spinning machine. Shaping is manual in the classic donut shape. For the firming, the wheels are placed in cold water for about 2-3 hours and subjected to salting in brine for periods varying in relation to the weight. Smoking with 'cold' smoke, after drying for 3-7 days at 10 °C and RH 60-65%, is obtained from the slow and incomplete combustion (without flame) of beech shavings, in dedicated smokehouses. The duration of this phase generally lasts around 1-1.5 h and the temperature never exceeds 30-35 °C. Seasoning takes place in controlled rooms at 7-8 °C and RH of 65% for about 20-30 days.

HISTORY BACKGROUND Ciambella di Morolo, together with the Gran cacio di Morolo, is a rare stretched-curd cheese, which originates in Morolo, an ancient village on the right bank of the Sacco river, when entering Ciociaria. This Cheese has come to the present thanks to the skills of a local producer who inherited his grandfather's dairy, which has been active since 1933. The traditionalism of this cheese is manifested in some steps of its production process: from the spinning with the wooden tub to the seasoning on fir axes and the smoking technique, still performed today according to tradition.



PARMIGIANA DI MELANZANE WITH CIAMBELLA DI MOROLO

Ingredients: 4 large aubergines, oil for frying as needed, flour as needed, 500 g of tomato puree, half an onion, garlic, a sprig of basil, three tablespoons of extra virgin olive oil, 125 g of grated Parmesan cheese, 300 g of Ciambella di Morolo cut into slices, salt and pepper as needed

Method: fry the sliced aubergines in boiling oil. In the meanwhile, prepare and set aside a classic tomato sauce with extra virgin olive oil, garlic and onion (based on preference), basil, and salt. Spread a layer of tomato sauce on a baking tray, a layer of aubergines placed side by side, even slightly overlapping, a little pepper, plenty of grated Parmesan cheese, and a few thin slices of Ciambella di Morolo. Alternate several layers based on preference and the size of the tray, ending with tomato and Parmesan. Garnish with fresh basil and bake in the oven at 180 °C for about 20 minutes. Once cooked, the aubergine parmigiana should be left to rest for a few minutes so that it can thicken. Serve hot or at room temperature, according to taste.



CONCIATO DI SAN VITTORE



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area

Province of Frosinone: San Vittore nel Lazio, Picinisco

PRODUCT DESCRIPTION Conciato di San Vittore is a sheep's milk coagulated with kid's rennet texture or calf's rennet powder. The 45-90-day aging takes place in a dedicated room characterised by a temperature of 12-15 °C and a relative humidity of 70-80%. The peculiarity of this cheese is undoubtedly due to the spiciness with about 15 different herbs, including: wild thyme, laurel, juniper, sage, rosemary, wild fennel, anise, garlic, coriander, black pepper, white pepper, basil. It has a cylindrical shape, weight of 1-1.5 kg, the colour of the external rind is yellow, mottled with herbs, while the internal texture, (compact, creamy, and with some small holes) is straw yellow in colour, tending to white. It can have with speckles of herbs. Production takes place from September to June.

PRODUCTION METHOD The sheep's milk is collected twice, once in the evening, which is then refrigerated, and once in the morning, which immediately enters the processing. 70% of the milk is heated at 37 °C, while the remaining 30% at 62 °C for 5 minutes. It coagulates with kid rennet texture or calf powder. Coagulation occurs at 38-40 °C for about 30 minutes. Once the coagulation is complete, the curd is broken up until it reaches the size of a hazelnut, then the clump is left under whey for about 10 minutes. The clump is placed inside the moulds and pressed, on both sides, quickly and very lightly. The draining takes 2 hours. Salting takes place in unsaturated brine for 30-60 minutes. At

that point, the Conciato di San Vittore undergoes a phase of pre-seasoning in the cold room at 8 °C for 4-5 days, it is then flavoured with herbs and left to mature for 45-90 days.

HISTORY BACKGROUND San Vittore, a municipality in southern Lazio, shares a strong historical and cultural bond with the neighbouring regions of Campania and Molise, that is also evident in their food traditions. An example of this is the "Conciato" cheese, which in Campania takes the same name or "case conzato" and which survives, with local customisations, in the tradition of this municipality. It is a very ancient cheese, originating from the Samnite civilisation, a real rarity, praised by Cicero and Marziale (Epigrams, XIII, 30). The Samnites, the first inhabitants of the area, known to Latin, classical, and Christian authors as a people of "montani atque agrestes" (mountain and rural people) (Livio IX 13.7; Giustino XXIII 1.7), had the need to process food products in such a way as to keep them for the entire year and thus provide a food supply for the whole family. For this reason, they had introduced the treatment of Caciottas with the aromatic herbs of which the area is rich and from which the cheese takes its name. This expedient prevented bacterial development, due to the antioxidant qualities of the aromatic herbs.



COURGETTE FLOWERS STUFFED WITH SCONCIATO DI SAN VITTORE AND VEGETABLE CAPONATINA

Ingredients: courgette flowers, Conciato di San Vittore, 00 flour, extra virgin olive oil, salt, water (for the batter), courgettes, aubergines, peppers, 1 celery, pitted white or black olives, 1 tablespoon of sugar, 2 tablespoons of capers, 1 tablespoon of pine nuts, 2 tomatoes, salt, and pepper (for the caponata).

Method: tick and wash the courgette flowers, and remove the internal pistil. Prepare the batter separately by pouring three tablespoons of 00 flour and a cup of warm water into a bowl, mix quickly and add a pinch of salt and a tablespoon of extra virgin olive oil. Let it rest for a few minutes. For the vegetable caponata, cut the aubergines into cubes, soak them in water and salt, and then drain them. Fry the aubergines in hot oil. Cut the peppers and celery into small pieces and the courgettes into slices, and then fry them. Add the aubergines to the other vegetables, then add the sugar, pine nuts, olives, tomatoes, salt, pepper, and cook for around 30 minutes. At the end, add the vinegar and the capers. Mix and let it rest for 10 minutes. In the meantime, fry the courgette flowers previously stuffed with Conciato di San Vittore and soaked in the batter in abundant seed oil.



FIORDILATTE DELL'AGRO PONTINO

Production area

Province of Latina: Aprilia, Cisterna, Latina, Sezze, Sermoneta,
Priverno, Sabaudia, Pontinia, Sonnino, Terracina,
San Felice Circeo, Fondi

PRODUCT DESCRIPTION Fresh stretched-curd cheese, obtained from fresh whole cow's milk, which has the characteristic rounded shape with a head, also called a flask shape due to the top narrowing. It is a cheese without rind, but with a tender texture and a homogeneous, smooth, and shiny surface of translucent, pearly milky white colour. The texture has a fibrous, flaky, homogeneous, compact, soft, elastic structure, with a milky white colour, which releases a milky liquid when cut or by light compression. There may be small holes filled with milk, not due to gaseous fermentation. The taste is characteristic, fresh from delicately sour milk, buttery sweet. The smell combines those of milk, butter, cream, (lightly) animal, hay, herbs, fresh sour lactic ferments. The weight ranges from 150 to 350 g.

PRODUCTION METHOD The milk collected twice consecutively from cows reared in the Agro Pontino area, has a protein content > 3% and fat content > 3.6%. The milk, heated at 33-38 °C, is added to natural cow's milk starter whey deriving from the previous processing, or locally produced starter cultures. Subsequently, the rennet is added in such quantity as to determine the finishing within the following 20 minutes from insertion. At the end of coagulation,

the curd is broken, resulting in clump granules having the size of a hazelnut. The curd is left to mature soaked in whey for a time ranging from a minimum of 3 to a maximum of 5 hours from the addition of the rennet. The degree of maturation of the curd is determined by carrying out spinning tests (the plasticity of the minced curd with the addition of hot water is tested). The curd is manually transferred to the processing table where, cut into strips, the whey is further drained. The spinning is done mechanically or manually, by adding hot water (at a temperature of 80 °C +/- 10 °C) to the minced curd. In this phase, salt or a saline solution in a percentage not exceeding 3% is added. The spinning is complete when the texture acquires the right consistency, i.e., it becomes homogeneous, stringy, and "silky" (smooth and with no clumps of texture). The stretched curd is subsequently shaped. This operation can be carried out mechanically or manually. In the latter case, by "cutting off" the product with the hands and shaping it up to give the head. The Fiordilatte is immersed in cold water until cooling.

HISTORY BACKGROUND As with all other cheeses, the origin of fiordilatte too is to be sought in ancient times, as reported in the texts of Latin authors such as Pliny and Columella, who in his *De Re Rustica* speaks of a "*hand-pressed cheese... which... is thickened inside the tub while it is warm, it is cut, and then hot water is poured over it, and finally shaped manually or squeezed into a boxwood*". By melting the curd in hot water, it was possible to transform the milk into a product that is easier to preserve and, in order to maintain the freshness and fragrance of the product as much as possible, these fresh cheeses were usually wrapped in rush or boxwood leaves, placed in wicker or chestnut boxes. Around the 1950s, there was a need to differentiate more clearly the mozzarella produced mainly in Campania, with buffalo milk, from the Fiordilatte product obtained entirely from cow's milk. This differentiation is evident in the sixth issue of the magazine *Il Latte* (year 25, June 1951), where there is a list of typical Italian cheeses in which mozzarella (made with whole buffalo milk) is distinguished from fiordilatte obtained from whole cow milk. To focus attention on the Agro Pontino area, an analysis of the relevant price lists of the Chambers of Commerce, Industry, and Agriculture of Frosinone, Rome, and Latina was carried out. In particular, the price lists of Latina show that the term "*Fiordilatte*" appears for the first time in April 1955 in the list of 'milk and derivatives', replacing the word "mozzarella".



GOAT CHEESE (FORMAGGIO DI CAPRA)



LINK WITH
BIODIVERSITY



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area
Entire region of Lazio

PRODUCT DESCRIPTION Soft, fatty, or hard cheese, goat cheese is characterised by a typically acidic, unsalted taste, or a pleasantly sweet-intense or pungent tendency in the more seasoned forms. The colour ranges from milky white to ivory white to straw yellow. It can be produced with the addition of aromas (chili or oil sauce, vinegar, oregano, rosemary) and sold both fresh and aged for 20 days up to 6 months. In the Monte San Biagio and Itri areas, goat cheese is traditionally called “cotto”.

PRODUCTION METHOD The production period of this goat cheese varies according to the area: from April to June in the area of Frosinone and Latina, from autumn to spring in the province of Rome. In the aforementioned areas, the production of this cheese is traditionally linked to the presence of native goats at risk of genetic erosion (Bianca Monticellana, Grigia Ciociara, Capestrina, Fulva, protected by L.R. 1 March 2000 no. 15), raised on the natural, wooded, and Mediterranean pastures of the Aurunci, Ausoni, and Prenestini mountains and in the Comino valley. The technology used for the production of goat cheese involves the use of only whole goat milk, milked 2-4 times, refrigerated at 4 °C or directly addressed to processing raw or pasteurised at 68-72 °C for 15-30 seconds. After pasteurisation, it is necessary to insert lactic ferments at 36-39 °C. Coagulation is favoured by the addition of liquid rennet, inserted at 38-44 °C, 10 minutes after the inoculation of the enzymes or kid rennet texture inserted at different temperatures depending on the time of processing: in the

evening at 28-30 °C for 3-6 hours of coagulation, in the morning at 30-32 °C for 1-2 hours of coagulation. The clump is broken to the size of a hazelnut or a rice grain, and eventually cooked in different ways: at 37 °C for 15 minutes, for the necessary time to bring the curd to a temperature of 43-45 °C with a pause under whey for 5 to 20 minutes, at 34-35 °C with stop under whey for about 5 minutes. The following phases are the shaping, with possible pressing of the clump directly in the boiler, and the stewing in a turned-off chest at 40-45 °C for 2-24 hours, or at 37 °C for 3 hours. Draining occurs in 60--90 minutes or 10-12 hours. The goat cheese is salted dry on wooden boards for 2-5 days at room temperature or in the cold room at 8-12 °C, in brine at 20° Baumé for 5-10 hours/kg, started 10-24 hours after stewing or for 4-5 days in the cold room at 4 °C starting from the end of the drainage. The cheese is left to dry for 4-20 days on reed racks and in ventilated and dry rooms, and then aged on wooden boards or in glass or earthenware jars following different methods and times depending on the production area: for 3-4 months at room temperature, for at least 20-40 days and at room temperature, for 10-60 days in the cold room at 4 °C, for 5-6 months in the cold room at 8-12 °C, from 45 days to 6 months in the cold room at 10 °C, for 20 days in a cold room at 8-12 °C. Before sale, washings with water or water and oil or a massage with a sauce based on vinegar, oregano, chili, and rosemary are provided.

HISTORY BACKGROUND Among the most ancient Lazio cheeses there is certainly goat cheese, milked and consumed long before sheep cheese and an integral part of Roman culture. In the Odyssey, Home evokes the Cyclops Polyphemus who “*sat milking sheep and bleating goats*”. Marco Terenzio Varrone describes the main types of cheeses consumed in Rome in the 1st century BC, emphasising both fresh and seasoned goat cheeses, used to supply and feed the troops during wars. In the Middle Ages, goat cheese was used as a trade good and the monks refined its conservation technique.



GOAT CHEESE TOMATOES

Ingredients: 8 tomatoes, fresh goat cheese, 4 tablespoons of extra virgin olive oil, salt, pepper.

Method: heat the oven to 180 °C. Wash the tomatoes, remove the top cap, gently dig them in the centre, and drain them. By using a fork, mix the goat cheese with the oil. Stuff each tomato and add oil, salt, and pepper. Put the top back on and place the tomatoes on an oven dish. Cook them for 40 minutes at 180 °C. Serve hot on some salad leaves.



GRAN CACIO DI MOROLO



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area

Province of Frosinone: Morolo

PRODUCT DESCRIPTION It is a smoked cow's milk cheese, with a hard and semi-cooked stretched curd and the typical caciocavallo shape. The size ranges from 1.2 to 5 kg, the latter being the most traditional. It has a light yellow to light brown colour of the rind depending on the smoking process, light yellow or straw yellow internal texture, a smoky and slightly salty flavour, tending to spicy for aging over 18 months.

PRODUCTION METHOD Cow's milk is heated at 37-38 °C, followed by a rest phase for about 30 minutes to allow lactic bacteria to develop and the addition of liquid rennet (about 20 g/q of milk). The time for the curd to emerge is on average about 40 minutes, at the end of which it is broken manually with a steel curd knife to obtain the size of a hazelnut grain. Cooking the curd has a direct effect on the whey as it increases the syneresis capacity of the curd. To cook the curd, about half of the whey in the vat is removed and, in its place, hot water is added until the curd has reached a temperature of approximately 46 °C. The added hot water also has a washing effect on the curd, reducing its lactose and mineral salts content. When the curd has reached 46 °C, it is transferred to steel draining tables to proceed with its maturation. During this phase, a fermentation takes place inside the mass due to the enzymes, until the optimal spinning pH is

achieved. The right degree of ripeness is determined by the spinning test, carried out by taking small parts of the texture at short intervals, that are soaked in almost boiling water to test whether it stretches into elastic, shiny, continuous, and resistant fibres. To further facilitate maturation and drying, the texture is cut into large pieces with a steel knife and left on the table for around 1 hour. When the maturation is complete, the texture is reduced into flakes by means of a curd knife and then stretched with a stretching machine. For the stretching, hot water (at about 90 °C) is added until a texture with the right level of plasticity is obtained. The moulding is manual and aimed at giving the texture the classic oval shape. The cheese is then soaked in warm water, finished to shape the head, and tied with a twine. For firming, the cheese is soaked in cold water for 2-3 hours to ensure that the product acquires the right consistency. Salting takes place by soaking in brine for a variable period of time in relation to the weight: 5-6 h for cheeses of about 1 kg, 10--12 h for 3 kg cheeses, and finally 36 h for 5 kg cheeses. Before the smoking, the cheese is left to dry at room temperature to eliminate the residual brine and then in a drying room at 10 °C and RH 60-65% for 3-7 days. Smoking with 'cold' smoke is obtained from the slow and incomplete combustion (without flame) of beech shavings in special smokehouses. Generally, the duration of this phase is about 1-1.5 h and the temperature never exceeds 30-35 °C. The purposes of smoking are: development of the particular aroma, formation of the characteristic colour, preservative effect. Once smoked, the cheeses are left to dry at room temperature for about 1 hour.

Maturing takes place in controlled rooms and is divided into two phases: initially the cheeses remain in the room at 7-8 °C and RH 65% for approximately 1 month and later, after being placed in boxes with fir straw, they are left to "refine" at 12 °C and 65% RH for different times depending on the final product to be obtained.

HISTORY BACKGROUND Very rare cheese from the historical dairy tradition of the Ciociara area and especially the municipality of Morolo, an ancient village located on the right bank of the Sacco river, when entering Ciociaria. With Sgurgola, Supino, and Patrica, it was under the control of the powerful Colonna family from Paliano and Palestrina, who fought for centuries for the papacy. The artisan dairy production of Gran Cacio di Morolo, as well as the Ciambella di Morolo, has been registered since 1933. The traditionalism of this cheese is manifested in some steps of its production process: from the spinning with the wooden tub to the seasoning and the smoking technique, still performed today according to tradition.



MARZOLINO E/O MARZOLINA



LINK WITH
BIODIVERSITY



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

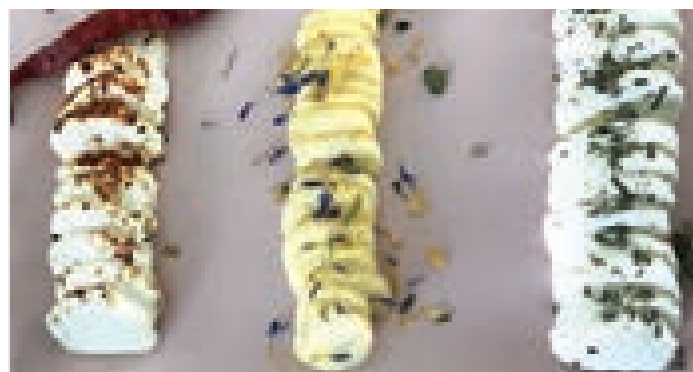
Production area

Provinces of Frosinone, Latina, and Rome. Monti Lepini, Ausoni, Aurunci, Valle di Comino

PRODUCT DESCRIPTION Marzolina is a cheese mainly made from goat's milk, whose technology is very heterogeneous and presents itself as an "intelligent" product of the local dairy tradition. This enhanced the goat's milk, with particular reference to the indigenous goats of Lazio (Bianca Monticellana, Grigia Ciociara, Capestrina, Fulva) at risk of genetic erosion and protected by L.R. 1 March 2000 no. 15, not always easy to transform. For the success of this particular cheese, a significant role is played by the production environment: Monti Lepini, Ausoni, Aurunci, Valle di Comino, where the ideal conditions for the drying and aging phase can be found. When consumed, Marzolina has the characteristic cylindrical or truncated conical shape with small size. The taste is salty, spicy, and intense. The production includes both fresh (1-4 days) and mature (up to 1 year) cheese. In some cases, it can be flavoured in oil with aromas or preserved in flavoured oil for 3-6 months. In some territories, Marzolina is also produced with sheep, cow, and mixed milk.

PRODUCTION METHOD Before being processed, the milk can be refrigerated or transformed immediately after milking. The traditional scheme involves the use of handcrafted kid rennet texture. The coagulation temperature fluctuates between 25-35 °C with a setting time varying from 60 to 120 minutes. The breaking of the curd is carried out delicately and small granules are obtained. This is followed by the shaping, which takes place in cylindrical moulds like the goat or caciottina types, according to the production area. Salting, carried out almost immediately after putting into shape, takes place dry and lasts 1-2 days, after which drying/seasoning follows. In some cases, this important phase is carried out outdoors, in wooden cages or on a reed rack ("struglio"), in indoor rooms. The drying duration depends on the environmental conditions and ranges from a few days to over a week.

HISTORY BACKGROUND Marzolina cheese has a century-old presence in local production and markets, which can also be found in historical monuments. It is also registered in the *Illustrated volume of typical Products: The cheeses* of the National Institute of rural sociology of 1991 and is briefly reported by Salvatori del Parato (2001) in the *Tecnologia Casearia* (Dairy Technology) treaty. In the first case, it is described as a goat's milk cheese, rarely mixed with bovine and sheep's milk, produced in the province of Latina and Frosinone, coagulated with kid's rennet at low temperatures. In the second, as a fast-coagulating goat's cheese. In both cases, the authors write that the cheese is washed with oil and vinegar and aged in closed glass skins.





PECORINO CIOCIARO



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area
Province of Frosinone

PRODUCT DESCRIPTION Pecorino ciociaro is a semi-cooked cheese, with a hard and compact texture of pale yellow colour, which is produced from July to April for the 3-month aged pecorino and from May to August for the 6-month, but can be sold even after just 30 days. The taste is never salty, but intense, spicy in the more seasoned forms. It can be smoked or treated with ripening oil. The weight ranges from 2 to 4 kg.

PRODUCTION METHOD Pecorino ciociaro is produced with sheep's milk, filtered and heated directly (raw milk processing) around 38 °C, to which lamb or kid rennet texture, or liquid or calf powder rennet is added. Some producers pasteurise the milk at 68-70 °C for 30 seconds, with the addition of thermophilic enzymes at 35-36 °C. The coagulated mass is manually broken twice, at a distance of 1 hour, until it achieves the size of a corn or rice grain with a subsequent 10-minute stop under whey. At this point, the clump is cooked until it reaches 45 °C and stops for 30 minutes. The clump is manually pressed inside the boiler, collected and poured into

moulds, where it undergoes further pressing in order to facilitate the draining of the residual whey. Once the draining is complete, the stewing is carried out at 40-45 °C for 24 hours, and the salting in brine for about two days, or dry salting with medium or coarse salt. Pecorino ciociaro, after a drying phase at 4-8 °C for 4-5 days, is left to mature in cold rooms at 7-15 °C or at room temperature for variable periods (20 days, 3 months, 6 months). During this period, the product can be periodically washed, massaged with oil, and in some cases treated with Aglianico wine for 49 hours after 60 days of seasoning and for another 48 hours after another 10 days of seasoning. The smoked Pecorino ciociaro variant is obtained by smoking for 10-12 hours with wood or straw.

HISTORY BACKGROUND Pecorino ciociaro is historically produced in local dairies. Mentioned in the *Illustrated volume of typical Products: The cheeses* of the National Institute of rural sociology. Families from the Ciociaria area used to always entrust shepherds directly for their "annual supplies" of fresh cheese. The cheese had to be preferably obtained from winter pasture, more suitable for processing, thanks to the freshness of the herbal essences.



LOAF WITH PORCINI MUSHROOMS AND PECORINO CIOCIARO

Ingredients: a homemade loaf, 500 g of porcini mushrooms, 4 eggs, 3 cloves of garlic, 100 g of grated Pecorino ciociaro, extra virgin olive oil.

Method: chop the mushrooms; sauté the garlic, add the mushrooms, and cook for around 30 minutes. When cooked, add the scrambled eggs and a sprinkling of Pecorino ciociaro. Cut the top of the loaf into a lid, remove the crumb, and fry it in hot but not steaming oil. Drain it and set it aside. Toast the crumb cut into cubes. When the loaf is warm, fill it with a layer of diced toasted breadcrumbs, and pour the mushroom soup over it. Mix and cover the loaf with the previously removed part.



PECORINO VITERBESE



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

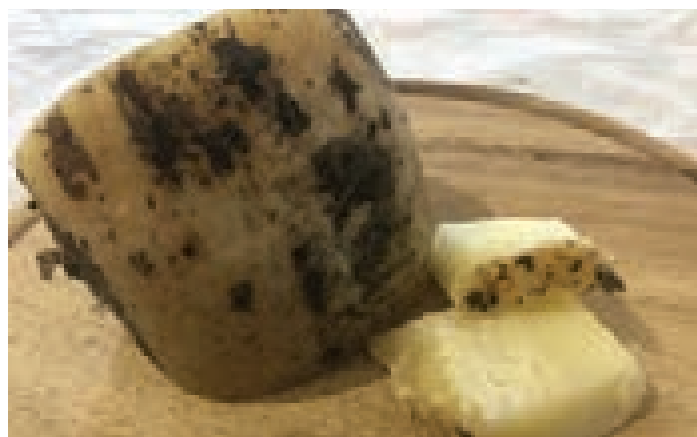
Production area
Province of Viterbo

PRODUCT DESCRIPTION Sheep cheese, sometimes produced with raw milk, with a hard and compact texture and a uniform straw yellow colour, medium elasticity with irregular holes. The taste ranges from sweet to slightly salty, to spicy, when aged over 6 months. Some variants are produced: Pecorino viterbese "*cenerino*", treated with oil and chimney ash after a 40-45-day storage period and left to mature for another 60-90 days, Pecorino viterbese "*alle foglie di noci*", coated with walnut leaves and left to mature for another 10-30 days. The aromas are characteristic of milk, dried flowers, and hay. The size ranges from 1.8 to 4 kg.

PRODUCTION METHOD For the production of Pecorino viterbese, sheep's milk is collected 2-4 times, subjected to pasteurisation at 62-72 °C, for 15-20 seconds or processed raw, after filtration by centrifuge or with a cloth. When the milk undergoes the heat treatment, thermophilic enzymes are added at 35-38 °C and paused for about 20 minutes. Coagulation takes place with lamb rennet texture at 35-38 °C, with a setting time of 10-30 minutes, or with liquid calf rennet at 34 °C and setting time in 20--40 minutes with subsequent breaking to corn grain. After breaking, the clump is cooked until it reaches a temperature of 43-45 °C. After draining, the curd is taken and placed in plastic or wooden moulds and subjected to stewing in a chest at 36-38 °C until reaching a pH of 5.2-5.6, or 50-60 °C for 10 minutes. Once the stewing is complete, the cheese is left to rest for 12-24 hours at room temperature and then salted in brine at 20 °C for 8-12 hours/kg at 15 °C, or dry for 24 hours/kg. Maturing takes place in various ways and times, de-

pending on the production area: for a first period of 30 days at 8 °C and a second period of 20-45 days at 10-11 °C and RH of 85-90%, in a cold room at 14 °C at a RH of 81% for 40-45 days, from 30 days to 12 months at 6-8 °C. At this point the Pecorino Viterbese can undergo treatment with oil and chimney ash and subsequent finishing for 60-90 days (Pecorino viterbese "*cenerino*") or coated with walnut leaves, after 60 days of seasoning and subsequent finishing in the cold room for another 10-30 days (Pecorino viterbese "*alle foglie di noci*").

HISTORY BACKGROUND The dairy supply chain in the province of Viterbo is centred primarily on the production of sheep's milk for processing. This production has been rooted for centuries, thanks to the particular vocation of the area and has further developed in recent decades. Herding activity was present in medium and large agricultural farms in the Viterbo-Tuscia area, and had a prominent role in this territory until the expropriations of land (due to the land reform of the 1950s) restricted the region, since the large estates of the coastal area were converted to irrigated crops. The breeds preferred by the farmers were originally the "*vissana*" and the "*sopravissana*" for their rusticity and their triple excellent productivity of wool, milk, and meat. Since the last century, sheep farming has passed for the most part into the hands of Sardinian shepherds, who have also imported Sardinian sheep. Among the products that boast a centuries-old production in the province of Viterbo, there is undoubtedly the Pecorino viterbese, which dates back to the time of the Etruscans. The product is now also registered in the *Illustrated volume of typical Products: The cheeses* of the National Institute of rural sociology).





PECORINO AI BRONZI

PAT

POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area
Province of Frosinone

PRODUCT DESCRIPTION Produced between March and September, Pecorino ai bronzi is a hard and fat cheese made from sheep's milk. The shape is cylindrical with flat faces, the texture is compact, straw yellow in colour, with slight holes. The taste ranges from slightly salty to salty. Weight 700-800 g.

PRODUCTION METHOD Pecorino ai bronzi is obtained from the raw processing of sheep's milk collected twice: the one milked in the evening, refrigerated at 4 °C, is mixed with the one milked in the morning, which is immediately addressed to processing. Coagulation takes place with liquid rennet inserted at 38 °C with a setting time of 30 minutes. The curd undergoes breaking with the clump size of a rice grain and is kept under whey for 10 minutes and then placed in wooden or plastic tubs. The salting, after rapid pressing and turning of the cheese, takes place dry at room temperature. The salt is sprinkled on each level and left for 24 hours. At the end of the salting, a first washing with water is carried out, followed by a drying phase for 7-15 days at room temperature and a second washing with water, oil, and vinegar. For 30 days, Pecorino ai bronzi is stored in wooden cupboards, then washed, for the third time, with oil and vinegar and left to mature, according to a precise arrangement of the cheeses (on the side) in the so-called "bronzi" (truncated conical wooden bowls) covered with cotton or linen tablecloths for 45 days at room temperature.

HISTORY BACKGROUND Original variant of the Pecorino di Pisciotta for the seasoning phase, since it is produced in a more humid area than that of the territory of the Comino valley. Seasoning was probably introduced to protect the cheese from excessive environmental humidity, first in a wooden cupboard for about a month, then for a period of about a month and a half, in the "bronzi", i.e., truncated conical wooden bowls.



PECORINO DEI MONTI DELLA LAGA

PAT

POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area
Province of Rieti: Monti della Laga

PRODUCT DESCRIPTION It is a mixed sheep and goat milk cheese, with a spicy and rather savoury taste. Goat milk is added in the maximum amount of 30%. The texture is hard and fatty, straw yellow in colour with slight holes, the rind is thin with ochre colour. The weight ranges from 2 to 3 kg.

PRODUCTION METHOD Pecorino dei Monti della Laga is obtained from sheep and goat's milk (up to 30%) milked twice, refrigerated at 4 °C, processed raw or pasteurised at 74 °C for a few seconds in a boiler. Coagulation takes place with lamb rennet paste at 38 °C, followed by around two hours of rest under whey. The clump, reduced to a rice grain, is cooked at 46 °C for 30 minutes and then passed into the appropriate cylindrical moulds with rapid manual pressing on both sides. Salting is dry on both sides for 48 hours (24 hours on one side and 24 hours on the other) followed by a 10-20 day drying phase at 10-14 °C on wooden boards. Pecorino dei Monti della Laga ages for 3-6 months on wooden boards, in historic rooms such as cellars or in seasoning cells at controlled temperatures and RH. Before sale, the cheese is washed and brushed to remove any mould that may have developed on the surface.

HISTORY BACKGROUND Traces can be found in the local oral tradition, in the municipal archives, in the historical presence for at least 25 years in the shops of the area and in the local market. Pecorino dei Monti della Laga is partially linked to Pecorino del Pastore mentioned in the *Illustrated volume of typical Products: The cheeses of the National Institute of rural sociology*.



(SIMPLE AND HERBAL) PECORINO DELLA SABINA



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area

Province of Rieti: Montopoli Sabina, Poggio Mirteto.

PRODUCT DESCRIPTION Cheese obtained from the transformation of raw or pasteurised sheep's milk, with a semi-cooked, hard and fat texture. The shape is cylindrical, with sizes from 1 to over 20 kg (rare sizes, mainly produced in the late lactation period and aged in caves). The texture has a typical straw yellow colour, compact structure and a slightly salty and spicy flavour.

PRODUCTION METHOD The processed sheep's milk is generally milked twice: the evening milk is refrigerated, the following morning's milk is directly placed in the boiler. It can be transformed into raw milk or pasteurised at 70 °C for 15 seconds and, in this case, inoculated with thermophilic lactic ferments at 36 °C. The rennet (in lamb texture in the more traditional version or in calf powder) is left for about 30 minutes and then the curd is broken up to the size of a chickpea. The curd undergoes a cooking at 43 °C for 10 minutes and remains under whey for another 10 minutes. The shaping takes place in plastic or wooden moulds. Sometimes, when shaping, the curd can be flavoured with chili, rocket, pepper, coriander, radicchio, green olives, capers, and basil, according to seasonal availability. Pecorino della Sabina then undergoes drying at room temperature for the time necessary for the stiffening of the cheese, a double stewing for 20 minutes at 43 °C and salting in saturated brine immediately after stewing for 24 hours/kg of product. Peco-

rino della Sabina is stored at 12-13 °C on wooden boards for the period needed for the aging, which goes from 1 month (for the fresh type) to 3-6 months. The more seasoned type is mainly obtained with spring milk.

HISTORY BACKGROUND Between the Sabini mountains and the Tiber valley lies a hilly area, rich in evergreen pastures, an ideal environment for feeding the sheep of the area which give the milk (and, consequently, the Pecorino della Sabina) an unmistakable aroma. The production of pecorino is traditionally linked to this area, devoted to both sedentary and transhumant sheep farming. The oral tradition of the elderly inhabitants of these pleasant places, as well as explicit references in documents preserved in the local historical archives, confirm the presence of pecorino since remote times. The production, once entrusted only to shepherds, has been taking place for over 25 years in local dairies that sell the product in local shops and markets and to restaurants.



PECORINO DELLA SABINA WITH FAVA BEANS

Ingredients (4 people): 4 tablespoons of extra virgin olive oil, 200 g of Pecorino della Sabina cheese, 500 g of fresh broad beans, 200 g of homemade bread, 200 g of mixed salad, balsamic vinegar.

Method: dress the salad with extra-virgin olive oil and balsamic vinegar. Place a slice of toasted homemade bread, soaked in olive oil, a handful of peeled fresh fava beans, and a slice of pecorino cheese.



PECORINO DI AMATRICE



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area

Monti della Laga, mainly Amatrice, which is part of the Gran Sasso and Monti della Laga National Park

PRODUCT DESCRIPTION Pecorino di Amatrice is a hard and fat sheep cheese, aged from a minimum of 6 to a maximum of 12 months. It has a cylindrical shape, a straw yellow colour inside and an intense yellow colour outside due to treatments with oil and vinegar. The size is 2-3 kg and the taste is intense, never salty and generally spicy.

PRODUCTION METHOD Traditional production with raw milk from sheep reared on the pastures of the Monti della Laga takes place from April to June, while from September to March production takes place with thermised milk and, in some cases, also from other areas. In the latter case, the milk, after filtering with a cloth and/or sieve, undergoes a heat treatment at 70-72 °C for 15 seconds. The following steps for the production of this cheese are inoculation at 38 °C of thermophilic enzymes, in the case of pasteurised milk, or no inoculation of enzymes, in the case of raw processed milk. After about 15 minutes the lamb rennet texture is added, inserted at 38 °C, for a coagulation time of 40 minutes. The breaking of the curd, carried out with the curd knife, takes place up to the size of a corn grain clump, with subsequent cooking of the clump, for the time

necessary to achieve the temperature of 43-44 °C. Shaping takes place in plastic moulds with cheese turning and no pressing. This is followed by stewing at 40-45 °C with subsequent rest for 12 hours and salting in brine for 8 hours/kg of product. Seasoning takes place in the cold room at 12 °C and 75-78% RH for 6 or 12 months, during which the cheeses are washed with vinegar and oil.

HISTORY BACKGROUND Pecorino di Amatrice is one of the essential ingredients for the success of good Spaghetti all'Amatriciana. Locally called "*lu pecorino*", it has been produced since ancient times by transhumant shepherds who, from the beginning of the 19th century to the 1950s and 1960s, brought their herds from the Roman countryside to the pastures of the Amatrice area. Its production has always been intimately linked to the rural reality of these areas which, in the past, received an important source of income from sheep farming, as well as an essential supplement to nutrition. Even today, the lands used for pastures are all located above 800 m asl, while in the summer mountain pastures are also used around 1200 m asl, although in recent times there has been a gradual abandonment of the practice of transhumance, replaced by permanent forms of farming and modern productive structures. The cheese was produced from the period following Easter until the whole summer, directly in the spaces (known as "*stazzi*") in the mountains.





PECORINO DI FERENTINO



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area

Province of Frosinone: Ferentino

PRODUCT DESCRIPTION Pecorino di Ferentino is obtained from sheep's milk collected four times from Sardinian and Comisana sheep and their related crosses. It has a cylindrical shape with flat faces, a variable plate diameter and a size ranging from 500 g to 7-8 kg. The rind is yellow or dark yellow with a thickness ranging from thin to thick and a rough appearance. Internally, the texture has a compact structure or with slight white or straw yellow holes. The taste, from sweet and intense with marked aromas of mountain pasture grass particularly present in raw milk cheese tends to be spicy, depending on the aging period which lasts between 6-7 months to 12 months. In particular, the Pecorino di Ferentino produced in the months of March, April, and May and obtained with raw milk, retains all the aromatic and microbiological component brought by the spontaneous forage essences in the natural meadows and pastures of the area. In some cases, it can be smoked or treated with marc.

PRODUCTION METHOD Pecorino di Ferentino is obtained from the processing of raw or pasteurised sheep's milk. The milk, processed 2 days after milking, is refrigerated at a temperature between +4 °C and +6 °C. If during the processing the milk is treated by pasteurisation, this occurs for 15 sec and at 72 °C, otherwise, the milk is processed raw. The lack of heat treatment represents the key element in the traditional processing of this cheese

and this favours the conservation and safeguarding of the specific flora, since the microorganisms brought to the cheese are those which are present in the milk, in the processing and maturing environment. The milk is heated up to a coagulation temperature of 38 °C and added with lamb rennet texture or calf rennet granules. Once the coagulation is complete, generally in 40-60 minutes, the cheesemaker breaks the curd, keeping it in motion for 10-15 minutes in order to favour a greater draining of the clump. During the breaking, the curd is brought back to a temperature of 42 °C. Then, it is poured inside moulds of variable dimensions, from 500 g, 1 kg, 2-3 kg, 7-8 kg, and subsequently subjected to stewing in a steel vat for 2-3 hours with hot whey (60 °C) to facilitate the draining. After the draining phase, the wheels are subjected to dry salting for 1 day on one side of the cheese and 1 day on the other side. The last phase of the production of this cheese is the seasoning, which can take place in a conditioned environment or in a natural/historical room (such as cellars and/or caves), placing the wheels on fir or beech wood boards or on plastic or teflon boards. The aging lasts between 6-7 months and 12 months. In some cases, during the seasoning, the cheese undergoes natural smoking for 30 minutes with wheat straw, or it is treated with marc for about 1 month (September-October period). Depending on the consumer's request, Pecorino di Ferentino is sold fresh, i.e., as Primo sale (0.5-1.0 kg).

HISTORY BACKGROUND Built by the Hernici people on Via Casilina, the city of Ferentino stands on a hill which is part of the Hernici mountain chain at about 400 meters above sea level. Its territory is very rich in water and dominates the valley of the Sacco river. It is limited to the west by the first chain of the Sub-Apennines. Since the pre-Roman era, the natural environment enabled the activity of sheep farming, a pivot of Ferentino's economy, society, and culture. The abundance of water and the high rainfall prevent the aridity of the natural meadows and pastures in the area, and therefore contribute to preserving an excellent nourishment for the local sheep and goats. Therefore, in this landscape there are wonderful pastures that make sheep farming a traditional activity that even today continues to give excellent results in the production of pecorino: a not very refined cheese obtained in most cases from artisan processing and with ancient methods. Appreciated since the imperial era, when Ferentino hosted the Roman nobility attracted not only by pecorino cheese, but also by the good climate, the beautiful villas, and the sources of acidic-sulphurous water. Pecorino di Ferentino, celebrated every first Sunday in June in the famous dedicated "Sagra" (festival), stands out for its taste and aromas.



PECORINO IN GROTTA DEL VITERBESE



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area
Province of Viterbo

PRODUCT DESCRIPTION Hard sheep cheese which—after about 15 days of storage in the cold room at 9-10 °C—is aged in tuff or volcanic lapillus caves for 60-90 days at around 10-11 °C and 90% of RH. The size ranges from 1.8 to 3.5 kg, it has a straw yellow colour and a wrinkled, dry or oiled rind. The seasoning can last up to 100 days. The taste ranges from slightly salty to spicy with a characteristic herbal aroma, thanks to the finishing carried out in a natural environment by wrapping the cheese with aromatic herbs from natural meadow hay.

PRODUCTION METHOD Pecorino in grotta del viterbese is obtained from the processing of 100% sheep's milk coming from the farms spread throughout the Viterbo area, with particular reference to those around the Bolsena lake. The milk, after filtration, undergoes heat treatment at 62-68 °C for 10-20 seconds and is subsequently enriched with mesophilic and/or thermophilic enzymes, inoculated at 36-38 °C. Coagulation takes place at 38-40 °C through the use of lamb texture rennet or calf powder (40-60 g per 100 l of milk). The average coagulation time is 10-30 minutes. After this time, the curd undergoes a break to the size of a corn grain clump and is shaped in plastic or wooden moulds with sides of 18-20-22 cm. The draining of the whey is favoured by placing the cheeses in the moulding chest for 10 minutes at 50-60 °C and after 2-18 hours of stewing the cheeses are salted dry or in brine at 20-22 °Baumé at a temperature of 15 °C. The duration of the salting is respectively

8-18 hours/kg or 12 hours/kg. Pecorino in grotta del viterbese is left to dry for 12-24 hours at room temperature and matured for 10-15 days at 9-10 °C in a seasoning room and for a further 60-90 days in traditional tuff or volcanic lapillus caves at 10-11 °C and RH of 90% (finishing in the cave). During the seasoning, the pecorino can be wrapped with aromatic herbs, that is natural meadow hay, and massaged with oil. The processing techniques follow the tradition: the rotation of the cheeses, exclusively manually carried out 15 times, and the finishing in a volcanic cave. In Lazio, the exploitation of natural environments, such as tuff or volcanic lapillus caves, is rather frequent thanks to the possibility of maintaining constant temperature and humidity in these environments over different seasons. This aspect allows the maturation and seasoning of food products, in particular milk derivatives, without the use of particular technologies and, therefore, with a considerable saving of energy and resources.

HISTORY BACKGROUND The headquarters of the company that first produced this particular type of cheese is located in Montefiascone and is still equipped with a very long natural cave of volcanic lapillus where, story has it, Martin Luther retired. Legend also has it that a man called Saverio, innkeeper of a slum room located in this cave in ancient times, under the Rocca dei Papi stronghold, discovered the wonderful flavour of some cheeses that, after being left for months next to some fragrant herbs, had acquired a very particular taste and smell. Following this narration, in that cave cheeses are still produced with the same technique. The cheese is left to rest on chestnut shelves and on fragrant herbs.





PRESSATO A MANO



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area
Province of Rome

PRODUCT DESCRIPTION Pressato a mano is a sheep's cheese, made with lamb or kid rennet or liquid rennet and subjected to natural smoking with apple tree wood. It is characterised by a sweet, medium salty, and slightly acidic taste, pungent and with a smoked aftertaste and hints of apple. The smell of fresh milk is intense, broad, and rich. It has a cylindrical-conical shape and weight from 0.5 to 1 kg. This cheese has a straw yellow rind, which tends to darken with aging, until its colour becomes grey-brown. The texture is compact, soft, and slightly grainy, with a high moisture content. The consistency is similar to that of stretched-curd cheese.

PRODUCTION METHOD Sheep's milk collected 2-4 times is processed raw and previously filtered with a strainer or cloth in order to remove any impurities. The milk is heated at a temperature of 38-39 °C and left to coagulate with lamb texture rennet or kid or liquid rennet, with a coagulation time of about 30 minutes. This is followed by two breaks of the curd—at the end of the second the grains achieve the size of a grain of rice, then the curd is left to rest under whey for a period ranging from 20 minutes to 2 hours. After the rest under whey, the curd is treated with hot water at 80 °C and hand-pressed for a few minutes. The stewing of the cheese carried out at 38-42 °C for around half an hour can follow. At this stage, the cheese is never turned, hence the classic cylindrical-conical shape.

Salting can take place dry or in saturated brine (7-8 hours per kg of cheese). After 4-5 days of drying, the cold natural smoking is carried out at a temperature below 40 °C, by burning apple tree wood for 7-9 hours. The apple tree sticks are burnt at the base of a basic "combustion room". The hand-pressed cheese is placed in the "smoking room", with a wooden boards floor, where it is turned over from time to time. The seasoning, which takes place in a natural room at 10-12 °C and 85-90% RH, lasts up to a maximum of 80 days. During the aging process, the pressed cheeses must be manually turned at least once a day in order to avoid an excessive development of surface mould.

HISTORY BACKGROUND The "*manu pressum*" is a pressed sheep's milk cheese, subjected to smoking with apple tree wood, with a similar consistency to stretched-curd cheeses. This is how Lucio Giunio Moderato Columella tells us about it in the seventh volume, *De caseo faciendo*, of the *De Re Rustica* 50 A.D.: "*The cheesemaking method we call 'hand-pressed' is very well known. The milk, slightly congealed in the milking bucket when it is warm, separates from the whey and, pouring hot water over it, is manually moulded or pressed into boxwood moulds. It also tastes pleasant if it is hardened in brine and then coloured (smoked) with apple tree wood or straw smoke*". In short, it is the ancestor of stretched-curd cheeses, which unlike other cheeses, whose curd is put in the mould, was worked by hand and soaked in cold water. Moreover, this tradition, as well as in the Roman countryside, is still maintained in Poland, in the Tatra Mountains, that were at the border of the Roman Empire and where Oscypek, a cheese pressed in hot water, is produced.



"SFIZIOSA" SALAD WITH PRESSATO A MANO

Ingredients (4 people): 100 g of pressato a mano, 450 g of mixed salad (celeriac, diced ham, cucumbers and carrots cut into sticks, tomato), 50 g of mayonnaise, 10 g of mustard, salad, salt, and pepper.

Method: cut the pressed cheese into cubes, add it to the salad mix, add salt, pepper, and season with mayonnaise and mustard. Mix everything on the salad and serve.



(SIMPLE AND SMOKED) PROVOLA DI BUFALA



Production area

Provinces of Latina, Frosinone, and Rome

PRODUCT DESCRIPTION It is a stretched-curd cheese, with a soft or semi-hard consistency, made with buffalo milk. It has a pear or oval shape with a thin, smooth rind, white yellow or hazelnut colour in the smoked variant. The seasoning can last up to 1 week. Size from 1 to 4 kg.

PRODUCTION METHOD Simple and smoked provola di bufala (buffalo provola) is obtained from buffalo that is collected twice—only the evening milking is refrigerated. The milk, filtered with a cloth and processed raw, is enriched with the starter whey at 15-17 °C. Coagulation takes place with liquid calf rennet, inserted at 36-37 °C and with a setting time of 45 minutes. This is followed by the breaking of the curd with the size of the hazelnut clump, followed by a 10-minute stop under whey.

The curd, placed to mature on a bench at room temperature, is spun with hot water at 93-95 °C, inside wooden bowls called “mistelle”. The cheese is shaped manually or through the use of pyriform or oval shaped moulds. The salting, which takes place after or simultaneously with the hardening in cold water, takes place in brine, with a dilution of 1:24 for 12 hours/kg. Provola di bufala can be smoked with straw or placed directly to mature for 7 days in a cold room at 6-8 °C.

HISTORY BACKGROUND A product that is traditionally widespread in southern Lazio, an area of ancient diffusion of buffalo breeding. The origin is to be associated with the production that takes place in southern Italy, especially in the province of Caserta. According to the Italian Institute of Food Sciences (ISA), the term “Provola” derives from the word “Pruvatura” or “Pruvula”, with which the cheese made for the members of the Chapter (religious assembly) was identified in ancient times. They regularly went in procession to the monastery of San Lorenzo in Capua, in the province of Caserta.





(SIMPLE AND SMOKED) PROVOLA DI VACCA



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area
Entire region of Lazio

PRODUCT DESCRIPTION Stretched-curd cheese, traditionally matured over 30 days, up to 6 months. Recently, it is also sold fresh in the Primo sale type, after 1-2 days of drying. It has the classic ovoid or truncated conical shape. The rind, shiny and smooth, is straw yellow in the white provolone or amber in the smoked one. The internal texture is ivory-coloured and compact. It has a delicate smell and a sweet taste when fresh, it becomes savoury and spicy when aged. Size from 2 to 3 kg.

PRODUCTION METHOD The cow's milk used for the production of simple and smoked cow's milk provola is milked twice, of which only the evening milking is refrigerated at 4 °C. The milk, depending on the production area, after filtering with a cloth or centrifuge, is processed raw or pasteurised at 65-70 °C for 15 minutes with consequent inoculation of thermophilic or mesophilic enzymes inserted at 35-37 °C. Raw processed milk is enriched with the starter milk, that is acidified milk in the fridge for 2 days, inserted at 38 °C. Coagulation takes place with liquid rennet at 40-42 °C, with setting time of 30 minutes, or with kid or lamb rennet paste at 35-36 °C, which gives the provolone a distinctive and spicy taste. The curd,

broken until it reaches the size of a chickpea or peanut grain clump, undergoes the cooking of the clump for the time necessary to reach 46 °C, followed by a pause of 10-15 minutes and/or maturation for 2-5 hours under whey or 2-3 hours on a table at room temperature. At the end of this phase, the curd is spun, with the aid of a wooden tub, with hot water at 43-45 °C, until the pH 5.1-5.2 is reached. Shaping is manual, in the typical ovoid or truncated conical shape. Firming takes place in cold water for 6-8 hours and salting occurs in saturated brine for 8-12 hours/kg. The maturation of cow provola lasts from 1 day in the cold room at 4 °C, from 2 to 60 days in the cold room at a temperature of 11-12 °C and 76-77% relative humidity, from 30 to 60 days in a ventilated room at 12 °C and 73% relative humidity. Before being sold, the product can be massaged with oil or smoked with liquid smoke or more traditionally with straw.

HISTORY BACKGROUND In southern Italy, undoubtedly the area of origin of provola whose production over time has spread widely in most Italian regions, this name is usually given to hard stretched-curd cheeses made from whole cow's milk with various shapes. According to the Italian Institute of Food Sciences (ISA), the term "Provola" derives from the word "Pruvatura" or "Pruvula", with which the cheese made for the members of the Chapter (religious assembly) was identified in ancient times. They regularly went in procession to the monastery of San Lorenzo in Capua, in the province of Caserta.



RISOTTO WITH SMOKED PROVOLA AND PISTACHIOS

Ingredients: Arborio rice, smoked Provola di vacca, shallot, white wine, pistachio, butter, extra virgin olive oil, salt, broth as needed.

Method: finely chop the shallot and brown it with a little butter. Add the rice and pour a little white wine. Cut the provola into cubes, add it to the rice, and slowly pour in the broth. Before cooking is finished, add the chopped pistachio and stir in the remaining butter. Add Parmesan cheese and a sprinkling of white pepper as needed.



PROVOLONE VACCINO



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area
Entire region of Lazio

PRODUCT DESCRIPTION Proposed in different shapes (spherical, cylindrical, pear-shaped, ovoid), provolone vaccino has great variability in size. Tied externally with twine, it weighs around 3 kg or more, straw yellow colour, intense taste tending to spicy. The seasoning lasts from 60 days to 1 year.

PRODUCTION METHOD The cow's milk, after cloth or centrifugal filtration, is processed raw or subjected to heat treatment at 70-72 °C for 15 seconds, with the insertion of thermophilic or mesophilic lactic ferments at 40-42 °C or with starter milk (acidified milk for around 2 days in the fridge, inserted at 38 °C). Coagulation takes place with rennet paste at 40-42 °C with a setting time of 40 minutes, or with liquid rennet (together with the starter milk) at 38 °C with a setting time of 10 minutes. The curd, broken to the size of chickpea or hazelnut, undergoes cooking at 45 °C or 55-65 °C and is then left to mature under whey for about 3-5 hours. The cheese-

maker proceeds with the spinning in hot water at pH 5.1-5.2, with the aid of a wooden tub, kept at a temperature of 43-45 °C until positive in the spinning test. The cheese, manually moulded into the classic pear shape, is then left to harden in cold water for 6-8 hours and subjected to salting in brine at 20 °Baumé or in saturated brine for 36 hours/kg. The last step is the seasoning in dedicated rooms ranging from 30-60 days to 1 year, in a ventilated room at 12 °C and 73% relative humidity or in a cold room at 4 °C.

HISTORY BACKGROUND The production of provolone, a hard stretched-curd cheese, obtained from the transformation of cow's milk, has its origin in the South, but its peculiarities have ensured that its production spread to other regions of Italy, including Lazio. The processing of Provolone vaccino, through a more traditional process, e.g., with the use of raw milk and the aid of starter milk, gives this cheese an 'original' aspect, if compared with the cheeses obtained by highly standardised processes.



GREEN GNOCCHI WITH PROVOLONE VACCINO

Ingredients (4 people): 200 g of sweet provolone cheese, 750 g of potatoes, 800 g of spinach, 250 g of flour, 2 eggs, salt, and pepper.

Method: wash and boil the potatoes in hot salted water, peel them as soon as they are ready, and pass them through the mill. Peel and wash the spinach, and boil it adding a little salt. When cooked, drain and chop finely. Mix the spinach with the potato puree and add half of provolone vaccino cut into small and thin pieces, the flour and the eggs to the mixture, then lightly salt. Work the dough with your hands until you get a smooth and homogeneous mass (if it sticks too much on your hands, add a little more flour). Obtain strips and balls of the size of a hazelnut from the mixture, then cook them in small quantities in hot salted water. Manually drain the gnocchi and place them in a bowl. Season with the remaining provolone cut into slices and a pinch of pepper.



SCAMORZA APPASSITA (OR CACETTO) DI SUPINO



Production area

Province of Frosinone: Supino

PRODUCT DESCRIPTION Scamorza appassita or Cacetto di Supino is a stretched-curd cheese, obtained from whole cow's milk from the Ciociaria farms, delivered raw to the dairy, within 24 hours from the first milking. The texture has an ivory colour and a fibrous structure with thin leaves, enclosed by a very thin waxy rind. The consistency is semi-hard with slight elasticity. Slightly savoury taste.

PRODUCTION METHOD The processing involves heating the milk at 36-38 °C, coagulation by adding liquid calf rennet and then, during coagulation, starter whey. This is followed by the breaking of the curd through the lyre-shaped curd knife, and then wait until the right maturation, that is the optimal moment to start the stretching of the texture. As with all stretched-curd cheeses, it is necessary to set the most suitable moment to carry out the stretching, which undoubtedly represents the crucial phase of processing, in which the experience and skills of the cheesemaker are decisive. The maturation of the texture is evaluated on the basis of the elasticity and temperature of the texture. Almost boiling water is added (in any case at a temperature not lower than 55 °C), in order to favour the

stretching of the texture, and manual moulding is carried out in the desired shapes and sizes. The scamorzas are then left to harden in cold water for about 20 minutes, after which they are salted in brine, if not already done during the stretching phase. The scamorzaz, which must be eaten fresh within 48 hours from production, are then placed in a bowl with preserving liquid (water, salt, and/or buttermilk), stored and refrigerated at a temperature of 4 °C. Dried scamorzaz, on the other hand, are hung in the air to dry in a cool (10-12 °C) and well ventilated room, until they acquire a light waxing, for a period of about 10 days, and eventually stored in the refrigerator at around 4 °C.

HISTORY BACKGROUND Scamorza appassita di Supino has a history that dates back to the early 19th century. It is similar to other local cheeses, the result of the historical Ciociaria tradition, handed down from one generation to another. This artisan dairy production has been recorded since 1940, when a producer began making cheese by using an old brick kiln and a copper boiler (the “callaro”) to heat the milk. Since then, with alternating ups and downs determined by the economic crisis of the 1950s, three generations have succeeded each other, keeping the processing and preparing methods unchanged.





(SIMPLE OR STUFFED) SCAMORZA VACCINA



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area

Entire region of Lazio, especially
the provinces of Frosinone and Latina

PRODUCT DESCRIPTION Stretched-curd uncooked cheese, obtained from the processing of cow's milk collected twice. Produced in the "simple" or "stuffed" version with anchovies and olives, scamorza vaccina has a spheroidal shape with a narrowing in the upper part, straw yellow colour, compact texture without holes, more consistent than mozzarella, but always soft and buttery. Smooth, thin and ivory white rind, weight of around 400 g. The taste is sweet or slightly salty and flavoured in the stuffed version.

PRODUCTION METHOD The scamorza is produced with whole cow's milk, refrigerated at 4 °C and filtered with a cloth, in order to remove any impurities. The processing is based on raw milk, as there is no pasteurisation, but only heating at 38 °C to which liquid calf rennet is added, together with the started milk (acidified milk in the fridge for 2 days). Setting time is 10 minutes. The curd obtained is broken until it is reduced to walnut-sized grains and left to mature under whey for 3-5 hours. The texture, cut into strips, is spun and salted in a wooden tub, with hot water at 75-85 °C until positive in the spinning test. At the end of the stretching process, manual moulding is carried out, shaping the texture so as to give it a sphere

shape with a neck and a head, and adding the filling of olives and anchovies, in the stuffed version. Aging, after firming in cold water for 6 hours, takes place at 4 °C for 10 days, tying the scamorzas two by two with vegetable fibres.

HISTORY BACKGROUND The term "scamorza" seems to derive from "scamozzare", which means to remove a part. It refers to the work of the cheesemaker who breaks the texture with his hands to give the cheese its characteristic shape, with a narrowing in the upper part. Undoubtedly, it is a cheese originating from southern Italy, which today is produced in various regions, especially Lazio, Campania, Abruzzo, and Molise. The stuffed version is typical of the province of Latina.



BRUSCHETTA WITH SCAMORZA

Ingredients: some slices of homemade bread, garlic, some slices of smoked scamorza cheese, chopped tuna in oil, chopped rosemary.

Method: brown a few slices of homemade bread, rub them with the garlic, and place a slice of smoked scamorza on top of each one. Put the bread in the hot oven until the cheese softens. Garnish with chopped tuna in oil and chopped rosemary.

(http://www.dossier.net/ricette/piatti_tipici/lazio/331.htm)



SQUARQUAGLIONE DEI MONTI LEPINI



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area

Province of Rome: Artena, Carpineto Romano, Gavignano, Gorga, Montelanico, Segni Province of Latina: Sermoneta

PRODUCT DESCRIPTION Fresh and soft cheese flavoured with honey from the Lepini mountains and walnuts, obtained by processing raw sheep's milk. The shape is cylindrical, the colour white with nuts and honey. Not salty.

PRODUCTION METHOD Fresh soft cheese, Squarquaglione dei Monti Lepini is obtained from sheep's milk collected twice, of which only the evening's milking is refrigerated. The milk is coagulated with lamb rennet paste at 35 °C, whose coagulation time is 15 minutes. This is followed by the breaking of the curd with the size of a rice grain clump and a 10-minute pause under whey. After extracting the whey, the curd is enriched with chopped walnuts and placed in cylindrical wicker moulds. Before the curd is inserted, a layer of honey from the woods of the Lepini mountains is placed both at the base of the moulds and on the surface of the curd. The cheese, not subjected to salting, is stored in a cold room at 4-6 °C for 1-4 days.

HISTORY BACKGROUND Squarquaglione dei Monti Lepini is an original product of the Lepini mountains that has always been in the local food tradition, especially during the work in the countryside and during the olive harvest.





STRACCHINO DI CAPRA



LINK WITH
BIODIVERSITY



POSSIBILITY OF
FOOD HYGIENE AND
HEALTH EXEMPTIONS

Production area

Provinces of Rome and Viterbo

PRODUCT DESCRIPTION Stracchino di capra (goat stracchino cheese), obtained only from whole goat's milk, processed raw or pasteurised, is a fresh cheese with a very short seasoning. It can have a thin (sometimes flowery) rind or no rind, a white porcelain colour and a homogeneous internal texture, with slight holes. It is soft, creamy, and spreadable. The shape can vary according to the production area: square, as a tile or a *caciottina*, with sizes from 250 g up to 2 kg, or with flat sides and straight or convex heel. The taste is characteristic of goat's milk, delicate, sweet, buttery, and slightly acidic after a few days. The production period runs from March to September and coincides with the lactation period of the goats.

PRODUCTION METHOD The milk is collected twice and processed immediately or after refrigeration for a few hours. It is obtained from goats reared in cross pastures or Maremmana, Saanen, or native goat populations (Caprestina, Bianca Monticellana, Grigia Ciociara) at risk of genetic erosion and protected by L.R. 1 March 2000 no. 15. The processing methods are different depending on the production area and above all on the experience of the cheesemaker. In any case, the result is always the same, that is of a fresh and soft, creamy and spreadable cheese. The milk can be processed raw or subjected to pasteurisation until it reaches 70 °C, followed by immediate cooling by placing the boiler in another bowl with cold water. When pasteurisation is foreseen, in order to restore the

natural microbial flora, the cheesemaker adds goat yogurt, which is particularly rich in natural enzymes (*Lactobacillus bulgaricus* and *Streptococcus thermophilus*). After heating at 45 °C and resting until 36-35 °C, kid rennet texture is added to the milk, with a setting time of 20-30 minutes. This is followed by a first break in large squares with rest for about 20 minutes in order to favour the draining of the whey, albeit in a limited quantity, and the second break in fairly large pieces. The clump is then removed with a ladle and placed in moulds of various shapes (square, round, parallelepiped). The following day, the curd undergoes dry or brine salting for about 30 minutes per 2 kg of product. This is followed by a drying/short seasoning phase of 3-4 days or in some cases up to 15 days, which provides the Stracchino with a soft, creamy, spreadable texture.

HISTORY BACKGROUND A historical research carried out on dairy technology texts proved that the origin of the "stracchino" cheese can be traced back to northern Italy and that the term derives from the Lombard "stracch", that means "tired", and which in the past was attributed to the soft and short-aged cheese made with whole cow's milk. However, it seems that with the passage of time, the attribution of the term stracchino to cheese made with goat's milk has spread especially in central Italy and significantly in Lazio. From some testimonies collected from goat breeders, it seems that in the past local shepherds, as an alternative to the production of the so-called "primo sale" cheese, tried to apply the processing of cow's milk stracchino to goat's milk. The result was surprising as the goat stracchino was a tasty, delicate, sweet, buttery, and slightly acidic cheese after a few days of seasoning. Over time, the technology for preparing goat Stracchino has been handed down from one generation to another and even today, some companies in Lazio (especially family-run companies) have preserved the production of this cheese and also received a good response by consumers.



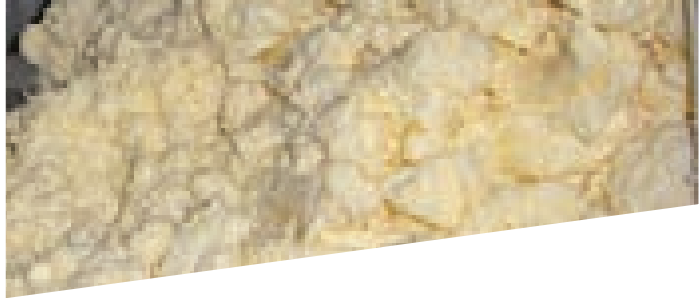






FATS (BUTTER, MARGARINE, OILS)

LAZIO'S AGRI-FOOD HERITAGE - BETWEEN BIODIVERSITY AND TRADITION



SAN FILIPPO BUTTER (BURRO DI SAN FILIPPO)

Production area

Province of Rieti: Contigliano - hamlet of San Filippo

PRODUCT DESCRIPTION Rectangular butter, whitish in colour and with a cream taste.

PRODUCTION METHOD Originally, the butter was prepared by simply surfacing the recovered cream with a slotted spoon. To improve the yield and obtain a greater quantity of cream, the use of the separator was introduced, i.e. a tank with discs which allows to separate the cream from the milk. The cream is left to rest for around 2 days. The traditional churning of San Filippo butter is carried out by a wooden churn which, by rotating on its axis, shakes the cream strongly, allowing the fat globules to break and amalgamate, with the residual water (buttermilk) coming out. The last operation to which the butter is subjected is the moulding: from one hectogram to one kg.

HISTORY BACKGROUND The preparation of butter was introduced in the 1920s, in the hamlet of San Filippo in the municipality of Contigliano, by a local inhabitant who treasured the experience he had gained in Switzerland, where he had emigrated and lived for many years in search for work. Since then, butter has been produced according to the ancient tradition, using wooden churns. For some years now, on 15th August, a demonstration of butter production and subsequent tasting has been taking place.



CARBONCELLA MONOVARIETAL EXTRA VIRGIN OLIVE OIL

Production area

Provinces of Rome and Rieti, especially the Sabina Reatina and Sabina Romana areas

PRODUCT DESCRIPTION The Carboncella variety is widespread above all in the Sabina Reatina and Sabina Romana areas, sporadically in the other provinces. The plant has an upright habit and limited vigour, a little voluminous foliage with medium density, short and branched-out fruit-bearing branches, small grey-green leaves on the upper part and a drupe with a rounded shape and modest size (1-1.5 g). The optimal harvesting period when the fruit changes colour. The oil, with an intense green colour, is bitter and pungent with a good harmonic fruitiness and a good content in polyphenols and chlorophylls.

PRODUCTION METHOD The plants have a variable size, from 10x10 m for the old olive groves, to the current 5x5 m or 7x7 m for the new ones. The growing system is generally a polyconic or bushy vase. Pruning is carried out manually in February-March of each year or every two years, fertilisation is realised with natural organic fertiliz-

ers, and the practice of green manure with legumes is frequent. The fight against parasites is carried out by respecting the environment and avoiding the indiscriminate use of fungicides. At the time of harvesting, the drupes' collection sheets are placed around the plant, throughout its projection on the ground. The harvesting is performed manually with facilitating means (combs) by avoiding beating. The harvested drupes are placed in wooden or plastic boxes no more than 50 cm high and weighing no more than 20 kg, in order to avoid heating. The drupes collected are taken to the mill to be pressed within 24 hours. Upon arrival at the mill, the olives are washed in water at room temperature to remove impurities and kneaded in traditional mills. After milling, the oil is decanted in insulated steel silos, thanks to which temperature changes are avoided and are then bottled.

HISTORY BACKGROUND The cultivation of the Carboncella variety and the oil that derives from it have been part, since ancient times, of the history and culture of the Sabina territory (provinces of Rieti and Rome).



CAPPUCCIO DI BACCALÀ

Ingredients (10 people): 1 kg of cod fillet, 1 stick of celery, 2 carrots, 1 onion, 250 ml of Carboncella extra virgin olive oil, 350 g of potatoes, 150 g of milk cream, 50 g of tuna bottarga.

Method: wash the previously soaked cod (possibly the day before) and remove the remaining bones. Put the celery, carrots, and onion in a pot with plenty of cold water and bring to a boiling temperature. When boiling, add the cod and cook for 5 minutes.

Remove the cod from the water and after draining it, pass it to the blender with the oil until it becomes creamy.

Boil the potatoes aside and, after peeling them, sauté them in a pan with the milk cream. Also blend the potatoes until creamy. In a small glass, place the cod on the bottom, then the residual oil and the cream of potatoes on top. Garnish by grating the tuna bottarga.

(Ricetta dello chef Adriano Baldassarre)



CIERA MONOVARIETAL EXTRA VIRGIN OLIVE OIL

Production area

Province of Frosinone: Monte San Giovanni Campano, Fontana Liri, Arpino, Castelliri, Veroli, Boville Ernica, Strangolagalli

PRODUCT DESCRIPTION The Ciera monovarietal extra virgin olive oil is obtained from the olive trees of the local variety, particularly vigorous, which have an upright posture, a thick crown, long and thin branches, elliptical-lanceolate leaves of medium size and dark green colour. The fruit, with its medium size and ovoid shape, ripens in the first ten days of November. The average yield is 22%. The oil, bright green in colour, is characterised by a fruity flavour of medium intensity, a harmonious taste reminiscent of fresh ripe fruit and a bitter almond aftertaste.

PRODUCTION METHOD The plants have a structure which is mostly irregular or traceable to 7x7 or 8x7 meters. The growing system is the polyconic vase, while in many olive groves in the area there are indefinite growing systems. The olive grove is kept naturally grass, more shredding is carried out in the period between August-October. Pruning is done manually, in two different periods: February-March and in the summer. Fertilisation is carried out in the autumn-spring period, manure is mainly used. The harvest of the drupes, by hand or with the help of facilitating means (pneumatic combs), by placing the nets on the ground, is carried out when the fruit ripens and lasts from early November to the end of December. The milling takes place within 24 hours

from collection. The olives are subjected to defoliation and/or washing at room temperature.

HISTORY BACKGROUND The olive tree, a typical plant of the Mediterranean areas, has always found in the Ciociaria hinterland, at an average altitude of 300 meters above sea level, suitable climatic conditions for its cultivation. The introduction of this plant in the reference area is unknown, but the first historical-documentary evidence dates back to the beginning of the 16th century. Those were the years of the *"Riformanze"* of Monte San Giovanni Campano (1524-1532), today a municipality among the major producers of oil, of Notarial Acts (1543-1549), and the Cadastre of Monte San Giovanni Campano and Colli (1685 and 1865). All these documents are kept in the State Archives of Frosinone. Those reforms established the selling price of the oil and the reference market, and also provided for a financial penalty for those who damaged the olive groves with the introduction of cattle and buffaloes. In the Notarial Acts, reference is made to activities related to olive growing. There are also frequent references to the existence of oil mills, mostly linked to monasteries. In the 1865 Land Registry, there are numerous toponyms that refer to oil such as *"Li oliveti delli Colli"*, *"L'olivella"*, *"Gli oliveti"*, *"L'olivastro"*, *"L'olivuccio"*. The Ciera variety is by far the most widespread on the monticiani hills and in the neighbouring municipalities. The planting settings of the secular olive trees of this variety, still visible, were increased at the beginning of the 17th century, at the time of the notification of Pius VII (1800-1823) who established a fee of one *"paolo"*, the currency of that period, for each olive tree that was planted and cared for until the age of 18 months.



SOUP WITH CANNELLINI BEANS AND POTATOES

Ingredients (1 person): 100 g of 'Fagiolo Cannellino di Atina' PDO, 2 medium-sized potatoes, a few cabbage leaves, vegetable broth (celery, carrots, onion), Ciera monovarietal extra virgin olive oil, 1 slice of bacon, salt, onion (1 veil).

Method: cook the Cannellini beans with water and bay leaves in a pot for 30 minutes. Boil the potato and cabbage together in the vegetable broth for 15 minutes. Prepare a sauté with the bacon and a little onion. Add the Cannellini beans and the bacon to the potatoes and cook for 15 minutes over low heat. Prepare the stale bread in a bowl, add the soup and sprinkle with plenty of Ciera monovarietal oil, let it rest for 5 minutes and serve. (Recipe by chef Matteo Iacobelli)



ITRANA MONOVARIETAL EXTRA VIRGIN OLIVE OIL

Production area

Province of Latina and part of the provinces of Rome and Frosinone

PRODUCT DESCRIPTION Itrana is a dual-purpose native variety, mainly used for the production of green table olives, and more commonly changing or black, as well as for the extraction of oil, with an average yield of 18-21%. The plant, with an upright growth and high vigour, has a voluminous, high density crown, short and branched fruiting branches, elliptical-lanceolate leaves of intense green colour on the upper side. The drupe with a rounded shape is large (4-5 g). The best harvesting period is November-December. The oil has a good harmonic fruitiness, a mainly sweet, delicate, and soft taste with light bitter notes and a more perceptible spicy finish. The colour is green tending to yellow. Itrana is suitable for low density plants, the preferred growing systems are polyconic, bushy pots.

PRODUCTION METHOD Itrana plants are planted with an average setting of 6x5 m. The prevailing growing system, used by olive growers, is the polyconic vase, one of the most popular traditional forms. Pruning, done manually, takes place in February and early

April. Fertilisation is carried out exclusively with natural organic fertilizers. The practice of green manure with field beans or field beans and spelled is frequent. The fight against parasites is carried out in compliance with the guided fight, by avoiding the indiscriminate use of fungicides. At the time of harvest, November-December, the drupes-harvesting sheets are placed on the ground around the plant and throughout its projection. The harvesting is performed manually with facilitating means (combs) by avoiding beating. The harvested drupes are placed in wooden or plastic boxes no more than 50 cm high and weighting no more than 20 kg, in order to avoid heating and to take them to the mill for pressing within 24 hours. Upon arrival at the mill, the olives undergo washing in water at room temperature, in order to remove impurities, kneading and spinning, generally cold, in a continuous cycle. After milling, the oil is decanted in insulated steel silos, thanks to which temperature changes are avoided.

HISTORY BACKGROUND The cultivation of the Itrana variety and the oil production that derives from it have been part of the history and culture of the production area since ancient times. It is also appreciated as table olive thanks to its organoleptic characteristics, the Itrana olive has represented an original food since the past: for instance, its transformation into natural brine olive commonly known as 'Oliva di Gaeta' PDO, which arises from the inseparable bond between raw material, environment and transformation system, the traditional '*alla itrana*' (in Itrana's way) one.



SPAGHETTI ALL'ITRANA

Ingredients: Itrana monovarietal extra virgin olive oil, garlic, anchovies, sweet pepper, and tomato pulp.

Method: boil the spaghetti in plenty of water and in the meantime prepare a tomato sauce with Itrana monovarietal oil, garlic, pieces of anchovies, and strips of peppers. Once the spaghetti is cooked, pour them into the pan with the sauce and put them on a low heat for about 10 minutes. Add a spoonful of capers, the pitted Itrana olives and parsley.



MARINA MONOVARIETAL EXTRA VIRGIN OLIVE OIL



LINK WITH
BIODIVERSITY

Production area

Province of Frosinone: San Donato Valcomino, Atina

PRODUCT DESCRIPTION The Marina green monovarietal extra virgin olive oil is characterised by a medium-intense fruitiness and a harmonious taste with barely perceptible sensations of leaf and bitterness, with a clear denotation of spiciness. The results of the Panel Test indicate: Olive Fruity: 3, Bitter: 2, Spicy: 3, Grass: 1. The drupe, a local marine variety, of ovoid shape with evident umbo and medium size (2-2.5 g), is characterised by a late inolition with a medium-high yield, a medium-high pulp-kernel ratio and medium-late scaling veraison. The colour of the fruit ranges from light green to vinous red. The plant, with an upright posture of limited vigour, has a not very voluminous crown, short and branched fruiting branches, small and light green leaves on the upper side. The Marina variety is a native resource at risk of genetic erosion, protected by L.R. 1 March 2000 no. 15.

PRODUCTION METHOD The plants from which the Marina monovarietal oil is extracted mostly have an irregular or attributable

to 6x7 meters setting. The prevailing growing system is the poly-conic vase with three branches. In many olive groves in the area there are indefinite growing systems. The olive grove is kept naturally grassed, green manure with field beans is practiced every 5-6 years. More than one shredding per year is carried out in the spring-autumn period, one is carried out just before harvesting. Pruning is done manually from February to April of each year or every two years. The fertilisation is carried out with only organic products in the autumn-spring period. The harvest of the drupes lasts from the first ten days of November to the end of December and is done by hand or with the help of facilitators (combs), by placing the nets on the ground. The harvested olives are placed in rigid, perforated bowls with a maximum capacity of 25 kg. The milling takes place within 48 hours from harvesting. The olive oils are subjected to defoliation and/or washing at room temperature. The extraction of the Marina monovarietal extra virgin olive oil takes place only with mechanical and physical processes. The extra virgin olive oil is stored in stainless steel containers.

HISTORY BACKGROUND The cultivation of the olive tree has always been linked to the people of the Comino valley. Introduced by the Samnites in the first centuries B.C., it spread in the Middle Ages, when the Benedictine monks planted numerous olive groves around the San Donato Tower. In 1500 the oil was marketed by noble Florentine merchants residing in San Donato Valcomino. On the other hand, ancient chronicles of the 17th century narrate that oil was dear to Tommaso da San Donato, a potentially saint friar who rewarded the poor, humble, and sick by making oil and wine come out of empty barrels and flasks. Today, the quality of the product has remained the same as then, unchanged, thanks to olives that do not require chemical treatments because they are grown over 700 meters above sea level and, once harvested, completely cold pressed. Genuine product and easy to digest, the Marina variety is typical of the northern area of the Comino valley, on the Lazio side of the Abruzzo, Lazio and Molise National Park. It has acclimatised in the area for centuries and, according to an oral popular tradition, it was introduced in the mid-18th century by a pharmacist, researcher and scholar from San Donato, of the Marini family, who brought it there from the heights between France and Spain. Today, in Spain, this crop has been abandoned as the oil produced gave off a strong smell of carbolic acid, while in these lands it has a highly appreciated aromatic profile.



OLIVASTRONE MONOVARIETAL EXTRA VIRGIN OLIVE OIL

Production area

Provinces of Rome and Rieti, especially the Sabina Reatina and Sabina Romana areas

PRODUCT DESCRIPTION The Olivastrone monovarietal extra virgin olive oil derives from the indigenous variety Olivastrone, *Olea europea sativa*. The fruit (drupe) is medium in size, green to dark purple in colour, with a slightly elongated ellipsoidal shape, slightly pruinose, with numerous small lenticels. The plant is characterised by large dimensions, high vigour and good but not constant productivity. It is present in the olive groves of the provinces of Rome and Rieti. The taste of this oil is particularly appreciated for its unique aroma of ripe fruit and aromatic profile characterised by grass, artichoke, and tomato. It also has a low content in polyphenols. The ratio of unsaturated/saturated fatty acids and the content of oleic acid determine an oil with low fluidity and a coarse sense.

PRODUCTION METHOD The quality indicators, the pigmentation index, and the hardness of the pulp determine the average harvesting period in the middle of November. Due to its vegetative and productive characteristics, this variety is suitable for settings with traditional density (6x6) and polyconic pot system. The plant is better suited to facilitated harvesting with combs. The harvested olives are placed in rigid, perforated bowls with a maximum capacity of 25 kg.

The milling takes place within 48 hours from harvesting. The olives are subjected to defoliation and/or washing at room temperature, followed by pressing, gentle kneading (for about 40 minutes) and at a controlled temperature, in order to homogenise the paste itself and ensure better extraction of the oily part and separation of the olive oil from the vegetable water. The last stage of processing takes place by putting the oil in different steel containers based on its acidity. The juice that comes from these intense brown olives is highly appreciated by professionals in the catering sector because it is particularly suited to the taste of red meats, grilled vegetables, and peasant soups.

HISTORY BACKGROUND *"Omnis tamen arboris cultus simplicior quam vinearum est longeque ex omnibus stirpibus minorem in pensam desiderat olea, quae prima omnium arborum est"* (De Re Rustica - LGM Columella, Book V/8 1-3). The cultivation of any tree is simpler than that of the vine, and among all the plants the olive tree is the one that requires the least expense, but holds the first place among them. Beyond these classic evocations, much has been written and talked about the usefulness and importance of the olive tree for the countries bordering the Mediterranean. It is assumed that it was the Phoenicians, if not the navigating peoples before them, who brought the olive tree to Europe and precisely to Italy, France, and Spain, but only the Greeks raised awareness on the preciousness of this plant. The Romans subsequently spread olive cultivation in a more organic way, also by following very strict rules dictated by the convenience and economic policy of the Empire. In Lazio, and particularly in the ancient Sabina territory, the cultivation of the olive tree for the production of extra virgin olive oil has very ancient origins. For instance, the presence of centuries-old olive trees such as the Olivone di Canneto Sabino (Rieti), which with its 2000 years is considered perhaps the largest in Europe, as well as the prestigious community recognition of the mention Sabina PDO attributed since 1996. Olivastrone is one of the oldest varieties present in the area, whose presence is already testified from 1850-1870. In those years, the Bertini family bought from the monastery of Farfa the plot of land in which the famous Olivone di Canneto already appeared and that *"the Bertini olive tree and the olivastone variety obtained in average 7-8 quintals of olives that 17 people, with the so-called 'spiccatura' method, collected in a day and a half."* Olivastrone is a rather particular variety which, alone or associated with the other varieties (Carboncella, Leccino, Raja, Frantoio, Moraiolo, Salviana, Olivago, Rosciola) most widespread in the area, offers an oil with excellent quality.



ROSCIOLA MONOVARIETAL EXTRA VIRGIN OLIVE OIL



LINK WITH
BIODIVERSITY

Production area

Provinces of Frosinone and Rome, especially the municipalities of the upper Ciociaria area: Paliano, Piglio and Serrone, Acuto and Anagni, and the municipalities of Roiate, Olevano Romano, Genazzano (in the province of Rome)

PRODUCT DESCRIPTION The Rosciola monovarietal extra virgin olive oil is slightly veiled, golden yellow in colour with green reflections. Its smell has good intensity, and persistence and is characterised by hints of green fruit, with the main scent of apple and grass. Its taste is harmonious and fruity, with strong bitter and spicy notes at the end, linked to a high content of polyphenols. The ratio of unsaturated/saturated fatty acids and the content of oleic acid determine an oil with high fluidity. The acidity expressed in oleic acid is at most 1% and when tasted it has absolutely no defects but a hint of fruitiness. The shape of the fruit is round and with medium size, the colour of the fruit ranges from light green to lenticellated purplish red. It is among the first varieties of olive to reach maturity. The fruits, which can be harvested from the end of October, have a pruinose epicarp with numerous and large lenticels. The maximum diameter is placed centrally, with rounded apex and base. Pedicle cavity: wide, deep, circular. The leaf is elliptic-lanceolate of medium length and reduced width, longitudinal curvature of the lamina: hy-

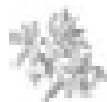
ponastic. The delicacy of its aroma makes it ideal for fish and dishes with a delicate taste.

PRODUCTION METHOD The Rosciola variety plant has medium vigour and rising foliage. It adapts well to the different environments of central Italy, therefore, in Lazio—especially in the province of Frosinone, thanks to the type of temperate climate, the orography of the terrain (sub-mountainous and hilly of the mid-Apennine)—it finds the optimal conditions to develop. The ripening period of the Rosciola fruits is early. The veraison is scalar and proceeds irregularly from the apex towards the base. The drupes have a reduced resistance to detachment. It resists the cold, but is sensitive to mange, cycloconio, and the olive fruit fly. Harvesting is mainly done by hand or by mechanical combs, the drupes have little resistance to detachment. The harvested olives are placed in rigid, perforated bowls with a maximum capacity of 25 kg. The milling takes place within 48 hours from harvesting. The olives are subjected to defoliation and/or washing at room temperature, followed by pressing, gentle kneading (for about 40 minutes) and at a controlled temperature, in order to homogenise the paste itself and ensure better extraction of the oily part and separation of the olive oil from the vegetable water. The last stage of processing takes place by putting the oil in different steel containers based on its acidity. High and constant productivity, medium-high oil yield.

HISTORY BACKGROUND In southern Lazio, the first evidence of a noteworthy oil dates back to the 1st century BC. The oil was that of the territory of *Casinum* (Cassino). Varro (1st century B.C.), in an excerpt reported by Macrobius (4th century A.D.) speaks of a flourishing oil industry in this area. Indeed, by citing the gastronomic specialties of various places in Italy, he remembers the oil of the *Ager Casinum* being excellent for food. Macrobius in the *Saturnalia* reports the passage of Varro which praises “... *ad victum optima fere ager campanus frumentum, falernum vinum, casinum oleum...*”. An excellent oil is that obtained from the Rosciola variety which is undoubtedly one of the most ancient varieties present in the Lazio region and above all in the Ciociaria area. In the *Statistica Murattiana* of 1811, the Rosciola is designated with the name of “*Lergia, commonly resciola*” and described as “*round fruit bigger than the aurina, very generous with oil*”. It is also said that Rosciola oil was already appreciated by the Roman general Lucullus: Lucius Licinius Lucullus, Rome, 117 B.C.-56 B.C. Italian synonyms: Caprigna, Caprigne, Caprino, Ogliarola, Procanica, Ragiola, Rasciola, Razzetta, Ricciuta, Risciola, Rossa, Rossaia, Rossastro, Rossellino, Rossolino, Rossolo, Rusciola, Tordino.



SALVIANA MONOVARIETAL EXTRA VIRGIN OLIVE OIL



LINK WITH
BIODIVERSITY

Production area

Provinces of Rome and Rieti, especially the Sabina Romana and Sabina Reatina areas

PRODUCT DESCRIPTION The Salviana monovarietal extra virgin olive oil is obtained from the Salviana varieties, found mainly in the Sabina Romana and Sabina Reatina area. The plant, with an expanded habit and medium vigour, has a voluminous foliage of medium density, short and branched-out fruit-bearing branches, small elliptic-lanceolate leaves, dark green on the upper surface and medium-sized ovoid drupe (2-2.5 g). The optimal harvesting period is around mid-November. The plant is characterised by a notably alternating production. The harmonious fruity oil, mainly sweet, with a bitter and spicy hint, has an intense yellow colour. The Salviana variety is a native resource at risk of genetic erosion, protected by L.R. 1 March 2000 no. 15.

PRODUCTION METHOD Salviana plants generally have a polyconic bushy vase growing system. Pruning is done manually in February-March of each year. Fertilisation takes place exclusively with the practice of green manuring of legumes, and the fight against parasites is carried out in compliance with the guided fight, by avoiding the indiscriminate use of fungicides. At the time of harvesting, the

drupes' collection sheets are placed around the plant, throughout its projection on the ground. The harvesting is performed manually with facilitating means (combs) by avoiding beating. The harvested drupes are placed in wooden or plastic crates no more than 50 cm high, weighing no more than 20 kg, in order to avoid heating. The drupes collected are taken to the mill to be pressed within 24 hours from harvesting. Upon arrival at the mill, the olives are washed in water at room temperature, in order to remove impurities. The olives are kneaded in traditional mills. After milling, the oil is decanted in insulated steel silos, thanks to which temperature changes are avoided and are then bottled.

HISTORY BACKGROUND The cultivation of the Salviana variety and the oil that derives from it are now part of the history and culture of the Sabina Romana and Sabina Reatina area since ancient times. There are olive trees dating back to Roman times, many Salviana plants date back to 1890.



CHICKEN SCALOPPINA WITH ORANGE

Ingredients: 700 g of chicken breast, 1 orange, Salviana monovarietal extra virgin olive oil, 1 glass of rum, flour, salt, pepper as needed.

Method: cut the chicken breast into slices and flatten with a meat mallet, pass the slices in the flour. Remove the orange zest and squeeze the orange. Put Salviana monovarietal oil in a pan, add a piece of orange zest, and place the floured chicken slices in the pan. Leave to brown on both sides. Add the orange juice and rum, add salt and pepper, and cook for a few minutes. Serve immediately.



SIROLE MONOVARIETAL EXTRA VIRGIN OLIVE OIL



LINK WITH
BIODIVERSITY

Production area

Province of Rome: Fiano Romano, Civitella San Paolo,
Sant'Oreste, Ponzano Romano, Filacciano, Nazzano, Rignano,
Torrita Tiberina

PRODUCT DESCRIPTION Sirole is a native variety of the Sant'Oreste area. The only plots in the whole national territory are only at the foot of Mount Soratte. It is a variety known for its high productivity, for the quality of the oil that derives from it, and for its particular adaptability to the techniques of modern olive growing. The plant, with an expanded habit and medium vigour, has a voluminous foliage of medium density, short and branched-out fruit-bearing branches, small leaves, dark green on the upper side and medium-sized ovoid drupe (2-2.5 g). The fruit has an early veraison period and an average ripening. The optimal harvesting period is around mid-November. The Sirole, raised in pots, hedges and central leaders, is resistant to cold, drought, but also to parasites such as: fly, mange, and peacock's eye. The resulting monovarietal oil has a light fruitiness, an aromatic flavour, a colour from yellow to light green, a balanced taste with sensations of sweet and slightly spicy, due to the very fresh oils. The Sirole variety is a native resource at risk of genetic erosion, protected by L.R. 1 March 2000, no. 15 on the "Protection of native genetic resources of agricultural interest".

PRODUCTION METHOD The oldest olive groves are planted in rather spaced distances of 8x8 and 10x10, both for reasons of thinning, due to time, and to associate them with herbaceous crops or pasture. In these types of olive groves, the scaffolding has been raised. However, the prevailing system is 6x6, and lately also 6x4. The polyconic vase is one of the most widespread traditional systems. Autumn tillage is carried out at a maximum depth of 25 cm, in order to increase the water storage capacity of the soil. Weeding is carried out in spring and summer. Pruning is done during the winter or early spring. The one carried out during the spring-summer period involves limited interventions to the plants in breeding (growth and control of the shoots) or removal of the suckers. The winter one, on the other hand, is performed exclusively on plants in vegetative rest. The useful period is the one that goes from the harvesting of the product to the spring budding. The drupes are harvested from October to December, manually or with facilitating and mechanical means. The harvested olives are placed in rigid, perforated containers and, once they have reached the mill, are subjected to cleaning and/or washing at room temperature. The extraction of the Sirole monovarietal extra virgin olive oil takes place only with mechanical and physical processes. The oil obtained is stored in dark rooms, air-conditioned at 16-17 °C, and in suitable containers.

HISTORY BACKGROUND The presence of the Sirole variety dates back to ancient times. In 1568, the famous architect Jacopo Barozzi, known as Vignola, in a letter asked to be paid for his works and consultancy, with good oil "*as they use in S. Resto*". In 1888, the Marquis Canali participated, with the oil from his olive groves, in the Vatican Exposition on the occasion of the ceremony for the 50th anniversary of Leo XIII's priesthood, receiving a prize for quality.



MACCHERONI A IFFA

Ingredients (4 people): 320 g of spaghetti, 40 g of cheek lard of bacon, 60 g of tuna in oil, 150 g of fresh porcini mushrooms, 1 clove of garlic, 2 tablespoons of Sirole extra virgin olive oil, salt, and pepper.

Method: Clean the mushrooms and slice them. Heat the Sirole extra virgin olive oil in a pan and add the bacon, the crushed garlic clove, then the mushrooms, salt, and pepper. Cook over low heat for about 5 minutes and then add the tuna. Cook the spaghetti in abundant salted water and drain when al dente. Season with the obtained tasty sauce.







NATURAL OR PROCESSED PLANT PRODUCTS

LAZIO'S FOOD HERITAGE - BETWEEN BIODIVERSITY AND TRADITION



ACTINIDIA

Production Area

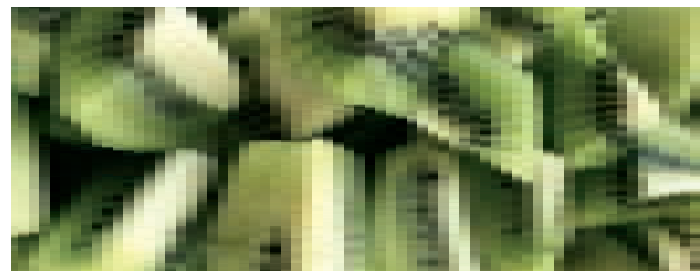
Province of Rome: Ardea, Artena, Lanuvio.

Province of Latina: Aprilia, Cisterna di Latina, Cori, Latina, Pontinia, Priverno, Sabaudia, Sermoneta, Sezze

PRODUCT DESCRIPTION Cylindric and ovoid shape berry with a thin, light brown with a green background skin, covered in fine hairs. The pulp is emerald green, the columella is whitish, soft and surrounded by a crown of small, numerous black seeds arranged radially. The commercial weight varies between 70 and 200 g. If consumed at the right degree of ripeness, it has a pleasant sweet-sour taste.

PRODUCTION METHOD The forms of cultivation used are the pergola or the canopy. The fresh, deep, well-drained soil, rich in iron and magnesium, is cultivated between rows and weeded along the row, or grassed over with periodic cutting of the herbage. Irrigation is generally carried out by sprinkling or under-foliage spraying. Pruning takes place in winter. Harvesting takes place between late October and the early November, but the global radiation and the almost complete absence of early frosts in the area means that harvesting can be postponed until the second decade of November, thus reaching a sugar content of 6,5-7 degrees Brix. The higher sugar content, which allows the storage temperature to be lowered by tens degree Celsius, makes sure the fruit can be stored for at least two or three months longer than average, even in a normal atmosphere. The harvested fruit is processed in specialised centres, mechanically sized and stored at low temperatures.

HISTORY BACKGROUND The province of Latina was among the first in Italy to host specialised Actinidia plantations from the early 1970s onwards. In 1971, an experimental plantation was set up in Borgo Montenero di San Felice Circeo, while in 1974 the first two hectares were planted in Borgo Flora, described in an article by the magazine Pontina Informazione in 1975, published by the Latina Chamber of Commerce. Since 1970, several articles have been published in national and international newspapers and specialised magazines, attesting the progressive development of Actinidia in the province of Pontina. The monthly magazine Italia Agricola also published an article on the subject in 1975. In 1978, the first conference on Actinidia was organised in Turin; on this occasion, the Agro Pontino area was indicated as an Italian area particularly suited to produce Actinidia.



BAVARESE WITH ACTINIDIA

Ingredients: 5 ripe Actinidias, 2 eggs, 100 g sugar, 1 tbsp flour, 250 ml milk, 1 packet of vanillin, 5 sheets of gelatine, 1 shot of rum, 250 g fresh cream, fruit jelly, salt.

Method: peel 4 Actinidias, blend the pulp and sift it. In a bowl, stir the egg yolks with sugar, until you get a frothy cream. Mix in the flour, a pinch of salt, the egg whites beaten stiff, the kiwi pulp and season with vanillin. Slowly add milk. Pour the mixture in a casserole and put it on heat. Mix carefully, slowly bringing it to the boil, and leave it to boil for two minutes. Let the gelatine soak in cold water, then strain, squeeze and add it to the mixture. Let it cool. Whip the cream and add it to the mixture. Then, pour it into a pudding mould and put it into the fridge to solidify for half a day. Turn the Bavarese over on a serving dish with thin Kiwi slices on top and add the fruit jelly.



CASTELLIRI RED GARLIC (Aglia rosso di Castelliri)



LINK WITH
BIODIVERSITY

Production Area

Province of Frosinone: Castelliri, Isola del Liri

PRODUCT DESCRIPTION The plant of Castelliri Red Garlic' (Red Garlic), species *Allium sativum* L., local variety Castelliri Red Garlic, grows from erect to semi-erect, with green leaves of medium intensity. The bulb, which is wrapped in a tight and firm white tunic, has an elliptical shape, broad to narrow lengthwise and round in cross section. The bulb is made up of 10 to 14 medium-sized cloves wrapped in a pink to purple tunic. The colour of the pulp is yellowish. The taste is acrid, pungent and spicy. Castelliri Red Garlic' cloves come from the cultivation of the local variety at risk of genetic erosion, *Aglia Rosso di Castelliri*, protected by Regional Law No. 15 of 1 March 2000.

PRODUCTION METHOD Soil preparation begins with the tillage in summer, and continues with the soil harrowing. Before sowing, the bulbs must be separated ("ginning") into the (phenotypically best) bulbils shortly before planting, and then placed in the soil from mid-November to the end of January. Only exceptionally are they planted in March-April. Farmers take care to plant them with the apex pointing upward, at approximately 3-4 cm of depth, so as to encourage a faster germination. The planting pattern ranges from 25 to 45 cm between the rows and from 10 to 15 cm along the rows; the planting density can therefore vary from 15 to 40 bulbils per m². Weeding is carried out in May; with this exclusively manual operation, the floral shaft scape or thallus (*cazzarieglie*) is pulled off. It is carried out late in the morning, when the temperature rises, to encourage the bulbs swelling and allow the plant to be braided.

The garlic is ripened and ready to be harvested when the leaves are yellow or dry and begin to bend on the ground: the optimal time is between 1st and 15th June. After harvesting, the plants are left to dry on the ground for 4-5 days. The dried plants are grouped in bunches of 25-50 heads and hung in a dry and ventilated place for a month. The leaves of the plants to be braided are left to soak in water in wooden vats overnight; the wet tails are then braided manually. Each braid contains between 10 and 50 garlic heads.

HISTORY BACKGROUND In ancient times, being Castelliri a municipality in the district of Sora, in the province of Terra di Lavoro, belonging to the Kingdom of Naples, the garlic trade routes were more likely to reach the coast of the Kingdom of Naples. From the *Statistica del Regno di Napoli* in 1811, *Terra di Lavoro, VII Agriculture and its Products* we learn that: "Among the *cepaceae*, we grow garlic (*Allium sativum*), leeks (*Allium porrum*) and onions (*Allium coepa*), of which we have many varieties ...". The testimonies of historical local producers are of particular historical value, such as the one by Mr. Armando Di Carlo: "20-30 years ago, we used to go to the Casamari fair the night before and traders from Rome and Albano attend too to buy garlic". Mrs. Pierina Pessia says: "They used to sell garlic in Veroli, then the shopkeepers came to Castelliri to buy it; now they go to the market in Isola Liri". Mrs. Marcello Venditti, from the Associazione Aglio Rosso di Castelliri, recalls: "In the 1970s, my father used to sell 50 quintals of garlic to the traders coming from Sulfmona and the garlic was also taken to northern Italy, where it was sold for 7-8 thousand lire per kg, and to Filettino, where the Romans who went to Fiuggi spa usually passed through". Mr. Domenico Natalizia recalls: "Before the war, the Neapolitans from Afragola came to Isola Liri and gathered the garlic, making large piles that were then taken to Naples by truck... all the families in Castelliri had garlic".



MARINATED CASTELLIRI RED GARLIC

Ingredients: for 3 pots of 150 ml each: 350 ml of white wine vinegar, 4 heads of Castelliri red garlic, 3 bay leaves, 3 cloves, 3 juniper berries, 15 mixed pepper grains, 1 tsp of salt, 350 ml of dry white wine and 1 tsp of sugar.

Method: take the garlic heads, separate the cloves, and peel them. Put the vinegar, the wine, the spices, the salt and the sugar in a casserole; put the Ingredients to the boil and add the garlic cloves. Fill the jars with the cloves and, while filled, cover them with the mixture of wine and vinegar. Let them sit for one month before consumption.



PROCENO RED GARLIC (Aglio rosso di Proceno)



LINK WITH
BIODIVERSITY

Production Area

Province of Viterbo: Acquapendente, Proceno

PRODUCT DESCRIPTION Proceno red Garlic is a local variety belonging to the species *Allium sativum* L. The plant is characterised by an erect growth; plant height 45 ± 2 cm. The leaves are sheathing at the base, 60-80 cm long, linear, smooth, greyish green. The apical inflorescence is umbrella-shaped with bulbils derived from the transformation of flower buds. The edible part is the bulb, with 14 ± 3 small cloves. The tunics surrounding the bulb are whitish while those surrounding the cloves are vinous red. The diffusion and quality characteristics that make it distinctive depend on the type of soil, located 400-450 m above sea level and with a tempered sublittoral climate. The cloves of Proceno red Garlic come from the cultivation of the local variety at risk of genetic erosion, *Aglio Rosso di Proceno* protected by Regional Law No. 15 of 1 March 2000.

PRODUCTION METHOD It is grown mainly in the tough, clayey soils typical of the hills rising up to 480 m above sea level throughout the Proceno area. Tillage begins by burying the cereal straw and continues with one or more passes with a disc harrow to a depth of 15-20 cm. Otherwise, ploughing is carried out at a depth of 30 cm. Sowing is done manually, after separating and selecting the bulbils, from December to February. Sowing involves making a groove about 7-10 cm deep and arranging the bulbs in the central part with the cercine, (i.e., the small roots), pointing downwards.

The distance along and between the rows is determined by each individual farm according to family tradition. Generally, farmers usually adopt a distance along the row equal to 10-15 cm and a distance between the rows equal to 25-70 cm, resulting in a density of 10-27 plants per m². Manuring is generally performed along with sowing. The control of the infesting weed is mainly carried out manually, using hoes or gloves. In May, when the floral scape elongates, it is manually cut off from the upper part of the leaf to encourage the formation of bulbils inside the bulb. Harvesting is done manually towards late June/early July. The harvested product is dried for about two months under well-ventilated sheds and held together in bunches or braids ("reste").

HISTORY BACKGROUND The cultivation of Proceno red Garlic has developed in the area since ancient times, but there is no historical evidence to date the origin of this particular variety. The oldest Proceno farmers interviewed said that "*it has always existed*". However, we know for a fact that the Etruscans, of whom numerous cemeteries have been preserved in the area, already cultivated the Proceno red garlic and used it abundantly, so much so that they preferred it to onions for its hygienic, curative, aphrodisiac and stimulating properties. In the 13th and 14th centuries, garlic was one of the most widely used vegetables in Viterbo's vegetable gardens, as it was used not only in food but also in medicine for its exceptional therapeutic properties. It is also mentioned in the *Statuto degli ortolani* of 1481 and is recorded in numerous documents of the 15th and 16th centuries concerning the Val di Lago. We have a document from 1500 in which the mention of the red garlic is accompanied by the drawing of a "resta" (garlic braid) sitting on a chair. Other documents demonstrate its presence in the area in more recent times, such as the book by Nutarelli, dated 1932. Every year, the Pro Loco of Proceno organises the "Sagra dell'Aglio Rosso" (Red garlic Festival), which runs from the first Sunday in August until the 14th of that month.



'ABBACCHIO ROMANO' PGI WITH PROCENO RED GARLIC

Ingredients: Proceno red garlic, 'Abbacchio romano' PGI, extra-virgin olive oil, salt, tomatoes and vegetables.

Method: the garlic lamb is cooked in a pan with the unpeeled garlic and any type of vegetables. Fry it in extra-virgin olive oil, add the PGI Roman Lamb and gently fry it; finally, add the tomato sauce and let it cook.



FONDI BLONDE ORANGE (Arancio biondo di Fondi)

Production Area

Province of Latina: Castelforte, Fondi, Formia, Gaeta,
Monte San Biagio, Sperlonga

PRODUCT DESCRIPTION A local variety of the Pontine area only. Currently, there are three local ecotypes: Biondo Nativo (that comes from the seed of the not grafted Arancia Gentile, has 2-3 cm thorns and is not very resistant to rooting rottenness); Grafted Biondo Nativo (that is obtained by grafting on bitter orange - melangolo - to improve resistance to rooting rottenness, leading to less thorny and more durable plants); Biondo detto Porcino (it is obtained by grafting on bitter orange - melangolo - with scions of the already-grafted Biondo variety, resulting in plants with slow growth, with globular foliage that recalls the appearance of a porcino mushroom, with very small thorns). The spheroidal Orange, characterised by a thin skin, has a juicy and very sweet yellow-orange pulp, full of large, elongated seeds.

PRODUCTION METHOD The plant is grown in plots of land with irregular planting patterns and a high density of approximately 550-700 plants per hectare; it is grown in pots and pruned in April-May, even during flowering. Manuring is predominantly done with ternary and organic chemical fertilisers with the addition of microelements buried in very small doses, in Spring, before flowering. Depending on the Area of cultivation, harvesting be-

gins at the end of February in Fondi and continues until the end of July-August in Suio, in the municipality of Castelforte.

HISTORY BACKGROUND Historically, the greatest number of references shall be found around the 18th century, when the product became so commercially important that Fondi became synonymous with orange. Fondi orange groves were so characteristic of the area that the famous travellers of the 19th century, who came to Italy on their Grand Tours, could not help but praise them. Madame de Steel, Chateaubriand and Goethe did so. Goethe recalls them in the following verses: *"the bright orange midst the foliage glows"*. In the most suitable areas of Fondi and Suio (in the municipality of Castelforte) there are plants over a century old. The 1811 Statistics of the Kingdom of Naples identifies the production area as being in the Fondi Plain and states that *"this is perhaps the only plant that ... spreads by seed"*. There is information on the area in which it is grown: *"this branch of cultivation in those places is a major selling point, because it is traded with the province and the Roman State, and large cargoes are sent to Livorno and Genoa by sea"*. He also provides us with production figures: *"in 1815, 909,000 oranges and lemons were extracted from Gaeta by sea, and 449,000 in 1816, from June to July; 269,587 oranges and lemons were extracted from Fondi in 1815, and 334,600 in 1816, from June to July"*. The famous Jacini investigation of 1880 describes cultivation of trees with a diameter of 40-50 cm and an age of 300 years. Despite the varietal conversion of citrus-growing that took place in Fondi in the 1980s, there are still plots with oranges of this variety. In the area in question, there are 100-year-old specimens of the common Blonde Orange with exceptional vigour, despite the many adverse weather conditions, starting with the frosts of 1741 and 1788 and ending with more recent ones such as the frosts of 1956 and 1985. The frost in 1788 was so disastrous that it almost completely destroyed the crop and it took more than a century to rebuild the destroyed citrus groves. At the beginning of the 20th century, there were 1,000 hectares of groves, almost all belonging to the Biondo variety, and the area continued to grow until 1950, reaching 1,500 hectares, until the effects of the hydraulic reclamation carried out in the 1930s led to a change in the microclimate and the crops, thus leading to a reduction in the crop. Nowadays, the citrus-growing area is estimated at 700-750 hectares, almost all of which have been converted, while only 5-6 hectares are now estimated to be planted with Blonde Orange trees, distributed among a multitude of specialised plots.



THE ACQUE ALBULE DI TIVOLI AND GUIDONIA MONTECELIO ASPARAGUS

Production Area

**Province of Rome: Tivoli - Guidonia Montecelio,
with particular reference to the Piana
dei Travertini delle Acque Albule**

PRODUCT DESCRIPTION The Acque Albule di Tivoli e Guidonia Montecelio Asparagus belongs to the *Asparagus officinalis* L. species, a perennial herbaceous plant (60-150 cm), belonging to the Liliaceae family, *Liliflorae* type, rhizomatous and cespituous, with stems initially in the form of cylindrical, pointed, scaly buds (turioni), which are the edible part of the plant. The hypothermal 23° and sulphurous Albula waters have a great influence on the development of this asparagus, which is very developed, fleshy and early maturing. Rich in fibre, vitamins and mineral salts, potassium, calcium and magnesium, low-calorie and diuretic, it has specific organoleptic characteristics conferred by the particular soil of the Piana (limestone) and therefore by the Albula sulphurous water with which it is watered; these properties make it unique.

PRODUCTION METHOD The cultivation of the asparagus is generally done by seed and micropropagation. The seedbed is prepared between February and March: the seeds germinate after approximately 40 days, but many Tiburtine farmers used to soak the seeds for 3-4 days before burying them, so as to anticipate the germination period. The soil had to be well fertilised, divided into furrows and irrigated,

taking care to bury the plants lightly and remove any weeds: the asparagus (called “sparacina” in Tiburtine dialect) began to be really productive after the fourth year, eventually alternating the soil with celery before a new asparagus plant. Currently, the crowns are placed in pits 20-30 cm deep and 50-90 cm wide. It requires various cultivation operations, such as organic fertilisation, weeding and hoeing, and every time the buds are harvested, they must be tamped. The Asparagus fields begins to produce in the third or fourth year after planting (i.e., in the third or fourth spring, the first being that of planting) and the harvesting period is about two months. The buds are manually harvested from the last ten days of March until the beginning of May, cutting the buds at ground level with a clean break.

HISTORY BACKGROUND In ancient times, it was already appreciated in cooking by the Greeks and Romans, who left numerous references to it in their writings. Among the Romans, Cato, in his *De agri cultura* around 200 B.C., clearly illustrated its cultivation and we can say that the techniques of the time were not very different from those used for growing the Acque Albule asparagus; according to Cato and Pliny, it was most assiduously and carefully cultivated herb. (reference: L'Asparago by P. Morganti and C.Nardo). Juvenal and Tiburtine historians extolled its value in every age: the Acque Albule asparagus was indeed a valuable vegetable in the Roman Countryside. Mr. Francesco Bulgarini, in his 1848 treatise *Notizie storiche, antiquarie, statistiche e agronomiche intorno all'antichissima Città di Tivoli e al suo Territorio* (Historical, antiquarian, statistical and agronomic news about the ancient Tivoli and its territory), wrote that it was sold at a high price: “fifteen bajocchi a pound”. Until the first half of the twentieth century, the Acque Albule di Tivoli e Guidonia Montecelio Asparagus, which included the Villalba area, was a typical product of the Tiburtine countryside. In the area surrounding the sources of Acque Albule (Regina and Colonnelle lakes), known as “le Sparacine”, near Bagni di Tivoli, asparagus had already been grown since 1912, after the reclamation of the plain, which eliminated the swamps.

Subsequently, in a more organised fashion, crops of Tivoli asparagus, a renowned variety of green asparagus that farmers watered “for free”, were planted all over the area of the Acque Albule travertines and along the canals that carry the sulphurous water to the spa. In 2016, the municipal administration, as part of the “Settembre Tiburtino” initiative, organised an exhibition of documents and tools dedicated to the asparagus of Tivoli and Guidonia Montecelio at the Pizzutello Museum. In particular, pages from 1922 magazine ‘L'Italia Agricola’, devoted to this product, were exhibited.



GREEN ASPARAGUS OF CANINO AND MONTALTO DI CASTRO

Production Area

Province of Viterbo: Canino, Montalto di Castro, Tarquinia

PRODUCT DESCRIPTION *Asparagus officinalis* L., belonging to the *Liliaceae* family, green type. The varieties used are: Atlas, Grande, UC157, the latter being considered the “oldest”. The green Asparagus of Canino and Montalto di Castro is a vegetable intended for fresh and frozen consumption and, to a lesser extent, for baking. It is medium to large in size and erect, with a constantly narrow and closed apex. The distinctive quality of the product is its bright green all over the stalk, with purple tones, especially at the apex. Due to the uniformity of the whole edible part and the absence of waste, it is known as an “eat-off”. It ripens earlier than other types of asparagus cultivated in other areas and good organoleptic and nutritional qualities, due to its contents of carbohydrates (about 3,2%) and proteins (3%), and the richness of vitamins A, B1, B2 and C, calcium, phosphorus and iron.

PRODUCTION METHOD The organoleptic characteristics of this asparagus depend on the type soils and on the environment characterised by a mild and temperate climate (in winter below 0 °C only on certain days and in summer ranging from 25 to 32 °C). Namely, it is important to mention the use of geothermal resources for the production in protected cultivation. The crops are heated by underground water pipe, through which hot water from aquifers in the Piana del Paglieto flows. In winter, the edible part is protected in polyethylene tunnels. In this way, a warm microclimate, ideal for the asparagus, is maintained.

Using geothermal technology, the asparagus can also be harvested during winter. For the production of the Green Asparagus of Canino e Montalto di Castro, the soil is prepared by making furrows 50-70 cm deep in which the buds are transplanted. Since this is a multiannual crop that lasts 8-10 years, whole plants or “crowns” (approximately one-year-old plants) are transplanted each year. In the case of the “crowns”, the furrows are covered with soil, whereas with the seedlings, the furrow remains open and it is closed as the plant grows. The seedling lasts from the end of March to June. The planting layouts provide for a distance between stalks of approximately 1.5 metres. Watering is carried out by sprinkling or drip irrigation and, in protected systems, often the same geothermal water is used for heating. Harvesting is entirely manual and takes place between January/June and September/October, using a knife with a blade/end shovel. Thus, the stalk is harvested slightly below the root.

HISTORY BACKGROUND The cultivation of the Green Asparagus of Canino and Montalto di Castro is due to the establishment, between 1975 and 1980, of a well-known food industry, Findus, which began experimenting with its cultivation in the Canino and Montalto di Castro area, with a view to creating a product for deep-freezing. The excellent results, due in part to the favourable soil and climate conditions and the geothermal cultivation technique, led local farmers to continue the production. However, the initial varieties were replaced with others more suited to fresh consumption. The traditional nature of the product is documented not only by the oral testimonies collected, but also by invoices and delivery notes filed with the cooperatives to which farmers have been giving their product for years.



ASPARAGUS SOUP WITH SPELT AND GREEN ASPARAGUS OF CANINO AND MONTALTO DI CASTRO

Ingredients: 1 onion, 2 celery stalks, 1 carrot, 150 g spelt, 500 g asparagus, 2 potatoes, 4 slices of bread, extra-virgin olive oil, grated parmesan, parsley, basil, salt, pepper and chili pepper.

Method: Chop the onion, celery stalks, parsley and basil; dice the carrot, add the spelt, cover with plenty of water, season with salt, pepper and laurel. While the water is boiling, add the asparagus and the chopped potatoes and continue cooking for about an hour. Sprinkle with Parmesan cheese, add a little oil and serve with a slice of homemade bread.



SINI BROCCOLETTO FROM SEZZE

Production Area
Province of Latina: Sezze

DESCRIPTION It is a light green, thin type of broccoli with long leaves, characterised by a bitter and very pleasant taste. It is planted in August and harvested between January and February. According to oral testimonies, “sini” broccoletto from Sezze has been cultivated in the territory of the municipality of Sezze since time immemorial. Today, cultivation takes place at family level.



SPELT

Production Area
Province of Rieti: Posta

DESCRIPTION The hallmark of Posta spelt (RI) is the grain, whose outer layer strongly adheres to the endosperm. It is sown in autumn and harvested in August. Before durum wheat, spelt (dressed wheat) was an essential element in the diet of the ancient populations. It began to circulate in the Italic peninsula around the 7th century B.C. and was certainly the first cereal cultivated in Lazio, becoming the favourite food of the Etruscans and Romans. Spelt cultivation has never been completely abandoned in the mountainous areas of the province of Rieti. The grain, whole or ground, is the main ingredient in many traditional dishes.



CHICKPEA

Production Area
Province of Rieti

DESCRIPTION Grain legume characterised by its globular, lumpy seeds. The shape of the beige seed resembles a ram's head. It is planted in spring and harvested in the second half of August. Like other leguminous crops, the chickpea has always been cultivated for its essential protein contribution to the diet. Like most legumes, it was used as a substitute for meat, especially during winter; in fact, it was considered 'the meat of the poor' and was used every day in many ways. Within living memory, it is known to be widespread in the production area under consideration.



FIGUES IN SYRUP WITH NUTS

Production Area
Province of Rome: Anguillara Sabazia, Bracciano, Trevignano Romano

DESCRIPTION The figs, divided in half, after being dried in the sun, are stuffed with hazelnuts, placed in glass jars and seasoned with lemon juice, sugar and liqueur, then hermetically sealed and boiled in a bain-marie for an hour. This is a typical preparation of some towns on la Bracciano, where its presence has been demonstrated for more than 25 years. Many convents in the area still maintain the leadership in the preparation of these tasty fruits with their high energy and nutritional value due to the trace elements present in both the hazelnuts and the figs. Even today, the well washed whole figs, are placed on tables in the sun and left to dry for a few hours.



ANGUILLARA BROCCOLETTO

Production Area

Province of Roma: Anguillara Sabazia

PRODUCT DESCRIPTION The Anguillara Broccoletto plant has a central stem from which broad, irregularly lobed and dentate, deep green leaves grow. At the base of each leaf is the floral shaft which, once developed, is harvested by cutting the stem 8-10 cm from the ground. The varieties used can be divided into two categories: early (cinqantino, sessantino) and late (novantino, centoventino, aprilatico). The two early varieties are self-produced using seeds aged more than 30 years. The taste is sweet with a cauliflower aftertaste.

PRODUCTION METHOD In July and August, the soil is worked. Given the volcanic nature of the soil (which is fairly loose), light tilling (20-30 cm deep) is normally carried out with a disc harrow or subsoiler. In pre-sowing, diammonium phosphate is distributed at a rate of approximately 200 kg per hectare; it is buried when the soil is tilled. Sowing is done by scattering, with an average distribution of 2-4 kg of seed per hectare, buried with a mesh harrow. The sowing period is from August to mid-November, using different varieties according to the length of the production cycle.

After sowing, soil rolling is traditionally carried out. Irrigation is usually carried out for summer sowing; in autumn and winter, only backup irrigation is carried out. Harvesting, which is carried out manually when the plant reaches a height of 30/40 cm and begins to form the first floral shafts, begins from mid-September onwards, depending on the variety. Harvesting must take place before the inflorescence opens, as the product with open flowers suffers a significant commercial downgrade. The product is packaged in bunches with an average weight of 1 kg and placed in crates. Normally, the harvested product is packed, wet and transported to the market within the day. Occasionally, the product is stored in cold storage for up to two days. The wetting and the temperature, which does not exceed 4°C, allow optimal preservation of the fresh product.

HISTORY BACKGROUND Broccoletto has been grown in the municipality of Anguillara since ancient times. There are numerous oral and photographic records about the history of this crop. Until 1950, before the Second World War, only the inflorescences were harvested and eaten; later on, farmers started to harvest stems too. Documents dating back to February 1953 have been found in the municipal archives and they show that the mayor used to give broccoletti producers permission to enter Rome's general markets. In recent years, the Broccoletto Festival has been held in Anguillara in January and February.



TACCALACCI WITH BROCCOLETTI AND SAUSAGES

Ingredients: Anguillara Broccoletti, sausage, oil and salt, garlic (one/two cloves chopped), chilli, white wine and taccalacci (homemade pasta with water and flour).

Method: prepare the taccalacci with water and flour. Cook the broccoletti and sausage in a pan with oil and garlic, adding white wine when they are cooked. Boil the taccalacci in water, drain them and toss them in the pan with the broccoletti and sausage. Garnish the dish with toasted bread croutons. Serve piping hot.



ROMAN CAULIFLOWER

Production Area
Province of Roma

PRODUCT DESCRIPTION Nature has worked with chisel and microprinting to create those small green rosettes which, close together, rise up to form a perfect pine cone. Present on the market from mid-October to the end of March, with autumn, autumn-winter and spring cultivation cycles, Romanesco broccoli is a vigorous, upright plant with bluish-green foliage, excellent resistance to lepidopterans and downy mildew; the corymbs are deep green and pyramidal in shape, with small, uniformly coloured and shaped florets that are tightly closed at the base of the head. Plants belonging to local populations or F1 hybrids obtained from local ecotypes are used, both of which can be traced back to the Romanesco type. The cultivar can be divided into three categories: early, medium and late.

PRODUCTION METHOD In July, preparation of the clayey, fertile soil for planting begins. This is followed by ploughing to a depth of 40-50 cm, grubbing, and milling. The Romanesco broccoli seedlings are transplanted in the open field from 10 August (early varieties) and at the beginning of October (late varieties). The planting pattern involves single rows at around 1-1.2 m, while the distance between plants along the row is around 60 cm. Irrigation is carried out using the sprinkler system in 10-15-day shifts. Fertilisation takes place approximately 30 days after planting. Pesticide and phytosanitary treatments are carried out 1-2 times during the cultivation cycle. The harvest usually takes place, depending on the varieties, from mid- to late October onwards, and precisely

80 days, 110-140, 140-200 days after transplanting. The product is harvested "crowned" with many leaves and placed in boxes for sale.

HISTORY BACKGROUND A non-aristocratic vegetable, Roman broccoli is not afraid to declare its age. Since the days of the Roman consul Cincinnatus, who grew it in his garden, Rome has held it in high regard on its tables. Cato told of eating it raw with vinegar; Pliny the Elder recommended eating home-grown broccoli as a wholesome and healthy food. Catullus even engaged in an invective to the Senate in defence of the precious vegetable. Cicero claimed that it possessed all seven of the elements identified by Pythagoras as the basis for the balance of living organisms: hot, cold, wet, dry, sweet, bitter and sour. The important role it played in food, its ease of cultivation, its nutritional properties and, above all, its low cost, made it the mainstay of people's daily diet, but perhaps such daily life was sometimes indigestible, so much so that the famous French novelist Stendhal, in his *Passeggiate Romane*, was disturbed by the "smell of rotten broccoli poisoning the beautiful Via del Corso". Lastly, the pervasive smell of boiled cabbage, which spreads through working-class housing estates, can be found in pages and pages of nineteenth-century newspapers, often describing less than edifying environments. But despite this bad reputation, cabbage has never ceased to be appreciated on tables, and not only on those of the underprivileged. In 1834, in his sonnet *Er Testamento Der Pasqualino*, Giuseppe Gioacchino Belli called the market gardener "Tozzetto", referring to the Romanesco broccoli he grew and sold.



PASTA WITH ROMAN CAULIFLOWER IN ARZILLA'S BROTH

Ingredients: 1 kg of arzilla (or stingray), 300 g of Roman Cauliflower florets, 200 g of broken spaghetti, 200 g of polenta, 2 cloves of garlic, 1 small onion, parsley, 1 anchovy in salt, extra virgin olive oil, 1/2 glass of dry white wine, hot chilli pepper.

Method: Add the arzilla and cook for 20 minutes. Cut the flesh out of the cooked arzilla to serve as a main course, putting the fish waste back into the broth, which cooks for a further 20 minutes and is then strained. Brown in a pan, with oil and a clove of garlic, a chopped anchovy (washed and boneless) and parsley, add the wine and let it evaporate. Add chilli and tomato, cook for 20 minutes and add the washed and chopped Roman cauliflower florets and the broth. Season for 5 minutes and, when the water boils, cook the pasta. Serve hot.



ARTICHOKES IN OIL

Production Area
Lazio Region

PRODUCT DESCRIPTION Small artichokes, trimmed and without their tough outer leaves, boiled with water, citric acid and vinegar and preserved in oil. Part of the product is grilled to produce roasted artichokes. The product is packaged in glass jars or aluminium tins.

PRODUCTION METHOD The first operation is the selection and sizing of the artichokes. Then, after a short storage period, they are passed through the turning machine and leaf remover. They are then cooked (boiled) with water, citric acid and vinegar at a temperature of 95-96°C for varying lengths of time depending on the size of the artichoke, followed by pasteurisation in 12 kg aluminium containers containing a low-salt solution and part of the drained product. This is followed by pasteurisation at 95°C to 100°C for 16-20 minutes. The artichokes prepared in this way are also packaged in glass jars of 300 g and 3 kg, filled with oil (automatic filling). The jars are then pasteurised at 95-100°C for 16-20 minutes.

HISTORY BACKGROUND The preparation of artichokes in oil has a long tradition. The process was rather unusual: the artichokes were placed in a small "Caldarella" with water and vinegar, left to dry on large cloths and, when they were dry, put into plastic bags to be sold in Rome. In the past, this was an activity that families carried out in their homes or cellars; a simple application to the municipality was enough to get the necessary clearance. Today, it is processed industrially by the many companies in the area.



CARCIOFO DI SEZZE

Production Area
Province of Latina: Sezze, Priverno, Sermoneta, Pontinia

PRODUCT DESCRIPTION Romanesco' type artichoke with a large, spherical, compact head and green to purple bracts. It is a multi-annual crop. Artichokes are planted from August to the end of October and harvested in March-April. Its typical fragrance, the softness of its "heart" and its tender petals make it highly appreciated on the tables of gourmets.

PRODUCTION METHOD The Sezze artichoke, appreciated for its organoleptic properties, owes its characteristics to its production area. The exceptional climate of the area, sheltered to the north-east by the Monti Lepini and warmed to the south-west by the Tyrrhenian breeze, along with the exclusive characteristics of the cultivated land, are the main factor determining the quality of the local artichoke. The Artichoke Festival has been held in Sezze since 1970: over the years, the traditional event has been enriched and become an event of national importance.



EGGS AND SEZZE ARTICHOKES SOUP

Ingredients: 1 lettuce; 4 artichokes; 4 eggs; 200 g cherry tomatoes; 4 slices homemade bread; onion; olive oil; 50 g grated pecorino cheese; pepper.

Method: add the thinly sliced artichokes and the lettuce cut into strips to the chopped onion browned in oil. When the vegetables are wilted, add the tomato slices and pepper. Allow the sauce to reduce for about 10 minutes. Cover with a litre of boiling water and cook with a lid on a low heat. In a frying pan, prepare 4 poached eggs cooked in the broth and place them on the slices of bread. Before serving, break the eggs, cover the bread with the soup, let it stand for a few minutes and sprinkle with pecorino cheese.



ORTE ARTICHOKES

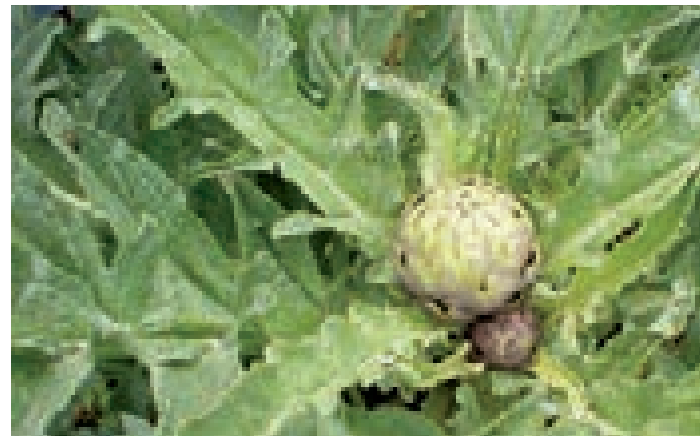
Production Area
Province of Viterbo: Orte

PRODUCT DESCRIPTION The flower head, of medium firmness, is spherical and globular, with a hole at the apex. The weight of the first flower heads or florets can reach 200/300 grams, with 80% edible pulp. The secondary artichokes ripen in phases of one week each, and the harvest time is about 30/35 days. It is a product appreciated for its early ripening and for its particular organoleptic features which allow it to be eaten fresh, raw, thanks to the high sugar content in the bracts. It is eaten in spring (April-May) and sold at local fairs and markets and those in neighbouring villages.

PRODUCTION METHOD It is a multi-annual crop. The offshoots are planted from August to the end of October and the artichokes are harvested in spring. The cultivation technique is based on normal agronomic practice, which is unusual only because of the high level of manure residues from numerous livestock farms in the area. As soon as the artichokes are harvested, they are sold fresh in bunches with a stem that is no longer than 10/14 cm.

HISTORY BACKGROUND In the Orte area, on the banks of the Tiber river, where the land is flat, artichoke cultivation developed in the years immediately following the end of the Second World War and reached its peak in the 1950s, when artichokes were planted in vegetable gardens next to the farmhouses with sharecropping.

The places where cultivation was most widespread were S. Masseo, Piscinale and Molignano, all in the municipality of Orte. Towards the mid-1960s, the crop declined as a result of the abandonment of the countryside and the introduction of new cultivars in new areas. Today, artichokes are grown on small family-run farms in the area.



STEW OF 'ABBACCHIO ROMANO' PGI WITH ORTE ARTICHOKES

Ingredients: 1 kg 'Abbacchio Romano' PGI, garlic, mint, 50 g bacon (or ham), parsley, lemon, 6 cloves, oil, pepper, wine.

Method: Cut the lamb into pieces after washing it well and removing the skin and visible fat parts. Cut the artichokes into four wedges and soak them in water with the juice of one lemon. In a pan with a glass of extra-virgin olive oil, sauté a chopped mixture of a few mint leaves and parsley, the pancetta (or ham) and 2 whole cloves of garlic, then add the pieces of lamb and brown them for a few minutes, pouring in a glass of dry white wine; When the wine has evaporated, add the artichokes, salt and pepper and leave to cook in a covered pan, adding, if necessary, some stock or hot water to prevent the Ingredients from sticking to the bottom of the pan. Turn both the pieces of lamb and the artichokes from time to time and, when cooked, add some more finely chopped parsley and serve hot.



TARQUINIA OR VITERBO MAREMMA ARTICHOKES

Production Area

Province of Viterbo: Montalto di Castro, Tarquinia

PRODUCT DESCRIPTION Artichoke of the 'romanesco' type. The head, of medium firmness, is spherical, flat and globular, with a characteristic hole at the apex. The bracts are green to purple. This artichoke is known and prized for its quality characteristics, which are linked to the varieties used, but above all to its firmness, consistency and flavour due to the characteristics of the saline soils.

PRODUCTION METHOD It is a multi-annual crop. The artichokes are planted from August to the end of October and harvested in Spring. The artichoke, as a rotation crop, occupies the soil for several years and leaves a large amount of crop residue; rotation is necessary to avoid "soil fatigue". The optimum duration of stay of the artichoke gardens is 5-6 months. Based on the results of the soil analysis, a fertilisation plan is drawn up. Generally, 3 to 5 irrigation operations are carried out (of 300 to 350 m³/ha/shift). Harvesting is done manually and in stages when the heads have reached the right size.

HISTORY BACKGROUND The Viterbo Maremma is one of the most traditional regions for growing artichokes. According to the botanist Montellucci, the Etruscans were responsible for the domestication of this vegetable, starting with the wild

populations of *Cynara cardunculus* L. (Thistle). This is confirmed by the depictions of artichoke leaves in some Etruscan tombs in Tarquinia. Cultivation in the area began in the early 20th century and the first experiments to select the 'Carciofo di Tarquinia' cultivar date back to 1928: a cross between the Romanesco artichoke and the artichoke of Provence. It is said to have been the work of a diligent farmer ... The aim of the cross-breeding was to impart the earliness to the local artichoke, while preserving its abundance and good production. In 1930, at the first "Tarquinia Vegetable Show", organised by the Cattedrale Ambulante of the Province of Viterbo, prizes were awarded to the producers of the best examens. At the second "Exhibition of Artichokes and Vegetables of Tarquinia", held in 1933, 13,000 artichokes were brought in and, on this occasion, the Director of the Cattedrale Ambulante stressed the versatility and spirit of initiative with which the sons of old Etruria, traditionally wheat farmers and patient shepherds, were able to become magnificent market gardeners in just a few years. At that time, more than 200 hectares of artichoke gardens were being cultivated, with an average annual production of 18-20,000 quintals, and by the mid-1960s, there were 1,000 hectares, as can be seen from the 1987 "Artichoke Day" conference. This large quantity is almost all exported to the major consumption centres of Rome, Florence, Viterbo, Perugia, Terni, and Aquila. Local tourist magazines in the 1970s insistently recommended a visit to Tarquinia, not only for its artistic and scenic beauty but also for its artichokes, of which Tarquinia is said to be the home. Here, on Sundays in spring, nature is celebrated with the traditional "carciofata": artichoke omelette, fried artichokes, artichokes in "pinzimonio" (with vinaigrette), artichokes in "salsa verde" (asparagus sauce).



ARTICHOKES OMELETTE

Ingredients: 4 artichokes from Tarquinia or Viterbo Maremma; 5 eggs; 1 handful of mint; 3 tablespoons olive oil; salt; pepper

Method: second-rate artichokes are used, cut into wedges and then into very thin slices. Fry the artichokes in a pan of extra virgin olive oil, mixing often until they are well browned, then add the beaten eggs with salt, pepper and mint. Leave to cook on one side before turning the omelette over.



VITERBO CARROTS IN AROMATIC SOAKS

Production Area
Province of Viterbo

PRODUCT DESCRIPTION The carrots used in the aromatic soaks are bigger than the more common yellow carrots, with broad, greenish, red-striped leaves and roots that are between purple-red and cinnamon-yellow-brown. The seed of this variety is currently no longer available. Preparation takes place at home: the carrots are cut into long slices, dried naturally in the sun and soaked in vinegar for a few days. The carrots are then left to soak in a sweet and sour sauce of vinegar, sugar, cloves, nutmeg, and possibly chocolate, pine nuts, sultanas and candied fruit. It is stored for the first 15 days in earthenware containers and covered with a cloth. After 15 days, the product is ready for consumption.

HISTORY BACKGROUND *"Every town boasts something. Well, we have carrots as a speciality and the Festival of Santa Rosa. As for carrots, tell me: where can you find someone who knows how to prepare them with such grace and skill as a Viterbese?"* The carrots praised in the verses taken from a 1938 manuscript by the Viterbo dialect poet Enrico Canevari are those prepared in sweet-and-sour sauce, following a rather laborious procedure and using a particular carrot cultivar, which cannot be found today. The preparation is described in detail in an article of 1975, taken from a local newspaper: *"After removing the outer leaves, (the carrots) are scraped and put to cook in a cauldron, from which they are removed at the right*

time, i.e., when they are neither very cooked nor raw. Once they are cooled, they are washed and cut into slices, like fettuccine, and finally put them to dry on rush matting or wicker mats, so as to remove the moisture, below and above. Therefore, never put them to dry on boards, and remove them, in case of rain, during the drying period, because they could produce worms. After drying, the slices of carrot are placed in a container with vinegar, if possible black and strong, mixed with sugar, and left for a fortnight. Finally, they are packaged in glass or terracotta jars, adding, according to taste, cinnamon, nutmeg, cloves, aniseed seeds, sultanas, peanuts, chocolate, sugar and lemon or orange candied fruit". It is not known exactly when this type of carrot was prepared. If we are to believe the oral testimony of local scholars, it would date back to Etruscan times or, according to Italo Arieti, to the end of the Middle Ages, when the bittersweet preparation was widespread. The first written record dates back to 1488 (Roma die sexta Martii 1488). It is a letter sent by the Conservatori di Roma and found by the historian Aleandri in the municipal archives of Vitorchiano. The letter asks the municipality for some carrots to be *"manufactured"*, a clear sign that at that time there were no carrots in the Roman countryside suitable for being manufactured in the Viterbo manner *"both for our own use and to be able to honour some foreigners who come to our table during this Carnival period"*. Since 1800, the Sisters of the monastery of Santa Rosa, who used to repay their benefactors with small gastronomic gifts, have lovingly taken care of their preparation. From their jealous hands, the recipe is then passed on to the wealthy families of Viterbo, as shown by a letter found by Attilio Carosi in the archives of the Biblioteca di Viterbo, sent by a Viterbo notable on 25 November 1827 to an acquaintance in Rome. The letter contains the recipe for Viterbo carrots. Thanks to the Schenardi family, owners of the historic café-restaurant in Corso Italia, the product was marketed in large and small ceramic jars specially made in Tuscania. Thanks to them, Viterbo carrots in aromatic soaks became so famous that, according to some chroniclers of the time, they were included in the lunches held in Viterbo in honour of Giuseppe Garibaldi in 1876. From the middle of the 20th century, due to changes in taste, the difficulty of finding 'red' carrots and the increase in the price of the ingredients, production declined so much that it was difficult to find the product in town's restaurants, despite the ever-diminishing reputation. From oral testimony collected by the cloistered nuns of Santa Rosa Monastery, we learn that the cultivar died out during the famous snowfall of '56.



TERELLE CHESTNUTS

Production Area

Province of Frosinone: Terelle

PRODUCT DESCRIPTION Depending on the ecotype, the Terelle chestnut is light brown (Primutica, so called because it is harvested earlier than the others, i.e., in mid-September), dark brown (Pelosella, so called because of the abundance of white hairs around the stem) or reddish (Pizzutella, recognisable by its curved, pointed shape). The size ranges from small (Pelosella and Pizzutella) to large (Primutica). The flavour is more or less sweet. The plants generally have a very high trunk, from which a “candelabrum” of large, excessively vertical branches starts, due to the extreme light competition. Chestnuts are harvested manually from mid-September to the end of October.

PRODUCTION METHOD Pruning is generally carried out every 5-6 years using traditional methods that do not alter the characteristics of the fruit. The ground, which is grassed and terraced, is kept clean by mowing, which is carried out just before harvesting. The planting distances are unregulated: the average distance between trees is 10 metres. The chestnuts are manually harvested from mid-September to the end of October. At this stage, the fruit is already quickly sorted and selected. The harvested chestnuts are placed in wooden boxes or plastic or jute sacks and sold as they are or are ‘cured’ or ‘soaked’ in water at room temperature and with no chemicals for a period of 2-7 days.

This is done using plastic containers or wooden vats. The fruit is drained and sorted. Chestnuts are dried by means of frequent groping (‘drilling’) after being spread out in thin layers (no more than 20 cm) on clean, porous floors in caves or cellars. They are stored in cellars or cool rooms, lying on the floor or in wooden boxes, usually until Christmas.

HISTORY BACKGROUND Chestnut growing has been present in the municipality of Terelle since ancient times. There are numerous specimens of ancient chestnut trees in the municipality, whose age, based on their size, has been estimated at over 200 years. Oral evidence from the residents of Terelle dates the spread of the chestnut tree back to 1350, the period of greatest demographic development in the town. The people of the time, given the adverse soil and climatic conditions of the area for the cultivation of herbaceous species, encouraged the planting of chestnut groves to produce flour for bread, even during famines. Even today, the methods for processing and preserving the product respect the times and methods of historical tradition. The appreciation and respect of the local population for chestnut groves is demonstrated by the annual Terelle Chestnut Festival, which has been held every year since 1982, renewing the tradition of chestnut production



TERELLE CHESTNUTS MARMALADE

It can be used not only to make a tart, but also to make an excellent homemade ice cream, by mixing it in the ice cream container with a pastry-type cream.

Ingredients: 1 kg hulled Terelle chestnuts, 800 g sugar, 1 glass water, confectioner's rum or a glass of Marsala, 50 g unsweetened cocoa and a pinch of vanilla.

Method: Boil the Terelle chestnuts, remove the skin and sift them through. In a saucepan, cook the sugar with the water until the syrup is not very thick. Add the chestnut puree with another small amount of water, if necessary, and continue cooking until the desired jam is obtained, stirring continuously with a wooden spoon. Pour it while it is still warm into glass jars and when it is cold, cover it with a layer of confectioner's rum. The addition of bitter cocoa and vanilla is optional.



CICOLANO RED CHESTNUT

Production Area

Province of Rieti: Accumuli, Amatrice, Ascrea, Borbona, Borgorose, Cantalice, Cittareale, Collalto Sabino, Collegiove, Concerviano, Fiamignano, Longone, Marcellini, Nespole, Orvinio, Paganico, Pescorocchiano, Petrella Salto, Posta, Pozzaglia, Rocasinibalda, Turania, Varco Sabino

PRODUCT DESCRIPTION The Cicolano Red Chestnut is obtained from chestnut groves belonging to the *Castanea Sativa* Mill. variety known as 'Rossa del Cicolano'. Larger than "marroni" chestnuts and other chestnuts, the 'Rossa del Cicolano' has no more than three fruits per husk; it is rounded, with a tomentum on the apex and a tomentose tuft; it has a rectangular hilar scar, generally convex and lighter in colour than the pericarp. The pericarp is reddish-brown, darkening after hydrotherapy, with a rectangular hazel-coloured hilum and an epidermis with more or less extensive introflexions inside the pulp; the seed is white, crunchy, delicate and sweet. The Cicolano Red Chestnut can be marketed fresh or processed, dried in the shell, shelled, whole or in flour, in chestnut jam and chestnut cream, made using traditional local techniques.

PRODUCTION METHOD The Cicolano Red Chestnut is grown along the Salto and Turano valleys in the south-eastern part of the province of Rieti. An average density of about 125 plants/ha (with an average diameter of 60 cm) has been noted in the area, with minimum values of 81 plants/ha (and an average di-

ameter of 73 cm) and maximum values of 169 plants/ha (with an average diameter of 38 cm). In old traditional chestnut groves the density drops to 60 trees per hectare. The most important cultivation operation is pruning, which is carried out every five years. During summer, the following operations are carried out: cleaning of the chestnut groves, mowing of weeds and shrubs and removal of waste material. In some cases, perishing plants are cut and shoots are grafted. The chestnuts are harvested by hand, usually in the second decade of November. The freshly harvested chestnuts are transported to the farm or delivered to the cooperative where the product is manually weighed and sorted and then placed in stainless steel or wooden silos with a capacity of 80/100 hl for hydrotherapy for 5 days. The chestnuts are then emptied into wooden crates for drying, which lasts an average of 5/6 days. Before being put on the market, they are brushed, polished and sized. Sizing and packaging are carried out manually, while bag filling is automatic.

HISTORY BACKGROUND Along the Salto and Turano valleys, in the south-eastern part of the Province of Rieti, where the Monti Navegna and Cervia Nature Reserve are located, there is one of the most prized varieties of chestnuts to which, especially in the past, the economy of the vast mountain area of Cicolano was strongly linked. This sweet autumn fruit was once used by farmers and mountain dwellers to support their whole families. Behind the widespread use of this fruit today is a history dating back to the Bronze Age. In fact, the first traces of charred chestnut remains date back to this period, in a site in a cave in Val di Vani, in the municipality of Pescorocchiano. In the Middle Ages, chestnut-growing expanded most in the province, laying the foundations for its consolidation in modern times. From the 8th century onwards, chestnuts became a main component of the diet of the mountain populations of the province, supplementing or replacing winter and spring cereals with low yields. At the same time, chestnut wood used as a basic element in the structure of buildings also grew in importance. The writer Plinio Dominici, in one of his books 'Marcellini Terra dei Marsi nell'Alta Sabina', devotes a chapter to chestnut harvesting in which he states: "*The population participates in the chestnut harvest in large numbers, with each family using its youngest members. Once, in the chestnut grove, the children had a great time because they played "gnoccu" and "castellittu" with the chestnuts*".



SOLCO DRITTO DI VALENTANO CHICKPEA

Production Area

Province of Viterbo: Acquapendente, Valentano

PRODUCT DESCRIPTION The Solco dritto di Valentano chickpea has yellowish seeds weighing between 250 and 350 mg and possesses exceptional organoleptic characteristics in terms of flavour and cooking time. It is grown in volcanic soil with a high potassium content and low calcium content, located at 300-400 m above sea level in a hilly environment with a mild climate due to the presence of Lake Bolsena. Sowing takes place in February, while harvesting takes place in July.

PRODUCTION METHOD The soil is prepared by ploughing at a medium depth (30/35 cm), followed by soil harrowing (1-3 passes) with a disc harrow and a tiller. Before sowing, the soil is levelled, refined and cleared of weeds, in order to guarantee the best conditions for the development of the seedlings. There is no chemical fertilisation or weeding; cultivation techniques do not differ from those used in the past. Harvesting is almost entirely carried out with adapted combine harvesters and, more rarely, by hand.

HISTORY BACKGROUND Every year on 14 August, on the plain crossed by the Olpetà river and below the municipality of Valentano, the "tiratura del solco dritto" takes place. At dawn, after the sign of the cross and the invocation of St Isidore, patron saint of "bifolchini", a very long straight furrow (4-6 km) is made, using a wooden plough, once pulled by oxens, nowadays by a tractor. We follow the path previously traced by a few wooden "stakes". The best observation point is undoubtedly the village, from which it is possible to see the straightness of the track.

The other reference point is the horizon line. At the time of the oxens, it used to take at least 6-7 hours to complete the work, but nowadays it takes two hours only; during this time, people are not allowed to eat or drink anything other than water. Only at the end of their toil the "Lord" of the feast, today the Mayor of the municipality, offers them a hearty breakfast of wine and biscuits. The ploughing of the furrow has various meanings. The most legendary oral tradition sees in the furrow the passage created by a peasant to facilitate the transit of the Virgin and Child, fleeing to Egypt, or that which identifies the journey made by the Virgin to ascend to heaven. The most accredited meaning, on the other hand, identifies the auspice for the following agricultural year in the straight furrow, under the protection of the Virgin, whose Ascension is celebrated on the following day (15 August). The straighter the furrow, the better for the future harvest. The event is linked to the denomination of Ceci di Valentano, whose presence was once of great importance to the population. Having an abundant supply of chickpeas meant that the inhabitants of the village had one of the few available sources of protein. The presence of this legume in the area under consideration is very ancient. The legume production inclination of the municipalities around Lake Bolsena has been demonstrated since Etruscan times and is later confirmed by medieval documents. In the 13th-14th centuries, chickpeas were widely cultivated in the Val di Lago, so much so that some statutes devote special rubrics to "*de pena colligentium cicera et alia legumina*".



RAVIOLI WITH CHICKPEA PASTE (CECIAROLI)

Ingredients: Pasta: a glass of wine, half a glass of extra virgin olive oil, half a glass of sugar, a pinch of bicarbonate of soda, flour as required. Filling: 1 kg of chickpeas, 600 g of honey, brandy or liqueurs, 3 packet of vanilla, 1 packet of cinnamon, 100 g of grated dark chocolate

Method: soak the chickpeas overnight, boil them in lightly salted water, then make a dough by mixing together the mashed chickpeas, the honey, the grated dark chocolate, a small glass or two of brandy or other liqueur and the vanilla and cinnamon packets. Leave the mixture to rest for 24 hours. Prepare the dough by mixing together wine, extra virgin olive oil, sugar, a pinch of bicarbonate and flour as required. Roll out the dough into a thin sheet and cut it into strips about 15 cm wide. Place a spoonful of chickpea mixture on top, at a distance of 10 cm from each other, fold the dough over on itself and cut out ravioli with a wheel. Fold the dough over on itself and cut out the ravioli.



CICERCHIA

Production Area

Area Province of Rieti: Accumoli, Amatrice, Borgorose, Concerviano, Fiamignano, Leonessa, Marcellino, Pescorocchiano, Petrella Salto, Varco Sabino

PRODUCT DESCRIPTION A dry legume grown in the Rascino area at an altitude of around 1,200 metres above sea level. It is a rather rustic plant and, therefore, it does not need special care: it grows even in difficult conditions and is very resistant to drought. Sowing takes place in spring, whereas harvesting takes place in the second half of August.

HISTORY BACKGROUND The history of the Cicerchia dates back to the mists of time and originates in the Middle East. The Romans, who knew and appreciated it, called it Cicercula and under this name it has come down to us. Its nutritional and health characteristics were unjustly ignored for a long time, but thanks to the perseverance of a few producers in the area in question, it has been possible to preserve this ecotype until now. Nestled in the Apennines, the Rascino plain, whose name derives from raxis, meaning the back of a mountain, stretches out in a wide and majestic landscape. Here, in addition to lentils, potatoes, wheat and barley, lentils have always

been grown chickling vetch, which, like other legumes, has always been an essential part of the diet of poor people and is used to prepare many typical local dishes.



CICERCHIA SOUP

Ingredients: 500 g cicerchie (soak the night before); 250 g tinned peeled tomatoes; a fondue of cured ham; 1 onion; 1 carrot; 1 celery stalk; 2 garlic; parsley; basil; oil, salt, pepper.

Method: Put the cicerchie in cold, salted water in a pan and cook them for 35 minutes after boiling. In the meantime, prepare a sauce by browning the chopped herbs in oil, then add the chopped ham and cook quickly. Add the peeled tomatoes, season with salt and pepper and cook for about ten minutes. Pass a couple of ladlesful of cicerchie with a little of their cooking liquid through the mixer and add the purée obtained back into the pan containing the remaining cicerchie, along with the prepared sauce and cook for another quarter of an hour or so to allow everything to flavour. Serve the soup with croutons, which can be placed on the bottom of the plate before pouring in the soup.



CAMPODIMELE CICERCHIE



LINK WITH
BIODIVERSITY

Production Area

Province of Latina: Campodimele

PRODUCT DESCRIPTION It is a grain legume with a characteristic irregular shape (the seeds are flattened and rather angular), a light beige colour and a delicate, vaguely sweet flavour. Its shape recalls that of pebbles, so much so that some people used it to make the gravel in the nativity scene marking the path of the shepherds and the Magi. Its cultivation does not require any intervention: it does not need fertilising, chemicals or irrigation. The plant is uprooted from the ground or cut to the bark when it is completely dry, and placed on the ground for manual threshing, from which the seed is obtained. It is sown in March and harvested between July and early

August. The product Cicerchia di Campodimele comes from the cultivation of the autochthonous variety 'Cicerchia di Campodimele' at risk of genetic erosion and protected by the L.R. 1 March 2000 n. 15.

HISTORY BACKGROUND Situated on the top of a steep hill of Carso origin, surrounded by wooded hills and barren mountains, on the extreme foothills of the Ausoni mountains, Campodimele offers the ideal habitat for the cultivation of Cicerchia, which boasts ancient traditions. Widely grown in the inland hills of Lazio until after the war, it was an important source of food for the inhabitants of Campodimele, thanks to its fundamental protein content. Even today, the pods from which the seed is obtained are exclusively threshed. Once upon a time, this event was experienced as a moment of great joy in which the whole village participated. Every year, on the first Sunday in August, the town in the south of Pontina dedicates a festival to this type of legume from the agropastoral tradition, held in Taverna, with a tasting of chickling vetch accompanied by sausages, wheat bread and a good glass of wine.



LAINA WITH CICERCHIE

Ingredients: half a litre of water, 1 kg of flour, 300 g of Campodimele chickpeas, 300 g of tomatoes, 50 cl of extra virgin olive oil, 50 g of celery, 50 g of onion, salt and chilli pepper.

Method: Knead the flour with the water to form a homogeneous dough with which to prepare the fettuccine. Boil in plenty of water and dress with the cicerchia sauce and the other ingredients.



JAGGED CICORIA OF CATALOGNA AND GAETA (PUNTARELLE)

Production Area

Province of Latina: Fondi, Formia, Gaeta

PRODUCT DESCRIPTION The heads of Puntarelle are characterised by an elongated shape (approx. 40-50 cm), a light green colour and floral stems (the puntarelle) which flower vertically from the head. Puntarelle have dented and jagged leaves. The taste is pleasantly bitter, the texture is tender and crunchy. Sowing is carried out by scattering the seeds in an outdoor seedbed between the end of June and mid-July; planting is done approximately 30 days after. Manual harvesting begins about 40-45 days after planting. Preparation of the puntarella involves cutting and peeling off of the fibre, which results in the characteristic curling. The harvested product is placed in plastic or wooden boxes and taken to the market.

HISTORY BACKGROUND This local ecotype has been traditionally grown in the horticultural districts of Formia, Fondi and Gaeta for a long time. The ancient Romans already appreciated its goodness. In Rome, Pliny and Galen praised the plant: Galen said it was "friend of

the liver" and Pliny bragged about its valuable refreshing virtues. In their works, both Columella and Pliny included chicory among the plants that should not be missing from the kitchen garden, as it was useful for the table, for domestic pharmacy and for household rituals. There are also numerous oral testimonies from local farmers testifying that its cultivation started in ancient times.



PUNTARELLE WITH ANCHOVIES

Ingredients: 1 kg of Gaeta Catalogna jagged chicory (puntarelle), 50 g of salted anchovies, 1 sprig of parsley, 2 peeled garlic cloves, extra virgin olive oil, white wine vinegar, salt and pepper

Method: Pull the leaves off the central head of the Catalogna chicoria, then remove the fine surface fibres with the aid of a knife. Cut the heads into thin strips and soak them in fresh water for about 1 hour so that they curl up. In a separate container, mash the garlic and half the anchovies, which have previously been desalinated in water. Dilute the preparation with 3 spoons of vinegar and 3 spoons of oil, season with salt and pepper and mix all together. Drain the puntarelle well and dress them with the mixture obtained. Complete with a sprig of parsley.



CELLENO CHERRIES



LINK WITH
BIODIVERSITY

Production Area

Province of Viterbo: Celleno

PRODUCT DESCRIPTION The cherry trees (*Prunus avium* L.) grown in the municipality of Celleno belong to varieties with a long local tradition, such as Maggiolina, short-stemmed Ravenna, long-stemmed Ravenna and, to a lesser extent, Buonora and Cuore (Duro-na). They have vigorous trees with an expanded growth habit. Fruits are generally medium-small, with not very firm pulp and a particularly pleasant taste. They ripen between the end of May and the second decade of June. The cultivation prefers loose soils, tending to sandy, typical of the hills south-east of Celleno. Because of the hilly terrain, all operations (winter pruning and weeding) are not mechanised and harvesting is also carried out by hand. The most suitable areas are located south-east of Celleno and include the whole of the S. Angelo and Roccalvecce areas. Here we find volcanic, low-consistent and stratified soils, but also sedimentary clayey or clayey-sandy soils. The Maggiolina, the short-stemmed Ravenna, the long-stemmed Ravenna, Buonora and Cuore (Duro-na) are indigenous varieties at risk of genetic erosion, protected by Regional Law No 15 of 1 March 2000. In the province of Viterbo, other indigenous varieties at risk of genetic erosion are Bella di Pistoia, Morona, Biancona and Crognolo.

HISTORY BACKGROUND The cultivation of cherry trees in the Celleno area has ancient roots. The plant was introduced into Lazio at the time of the Romans, by the proconsul Lucullus, who

noticed it on the shores of the Black Sea, near the port of Kerasos, as he was about to embark to return home after a long military campaign. When he arrived in Rome, it was given the name 'cerasus' in tribute to the place from which it came. Its cultivation later spread throughout the Tiber Valley. In the area under consideration, its origins can be traced back to the late Middle Ages, as a secondary crop in olive groves and vineyards. Traces of it can be found in notarial protocols from the 14th century. In the recent past, the crop has played an important role in preserving the area and the socio-economic context, as witnessed by the traditional festival. Since the post-war years, Celleno and neighbouring villages, which are known for their sweet cherries, have been the source of a trade that has had a major impact on the economy of local businesses thanks to the area's good overall production and the excellent quality of the product. In 1960, the "Sagra delle Ciliegie" (Cherry Festival) was inaugurated in Celleno to promote the crop. In spite of its success, good public participation and the resonance of the event, the last edition was held in 1972 because of the serious crisis in the sector, which mirrored the national situation. Courageously, in 1980, the initiative was resumed in S. Angelo di Roccalvecce and, after a difficult start, it became a regular event in Viterbo's cerasiculture on the first Sunday in June, thanks also to the passion and perseverance of the growers. An echo of the enthusiasm for the return of this initiative can be found in a 1982 article in a local tourist periodical, in which it was recommended that, before leaving the town, a stock of one of the most prized varieties of cherries, the maggiolina, a cultivar excellent for preparing cherries in alcohol, be stocked up for the winter. Volpicelli's tourist guide dates back to 1967 and advises tourists visiting Lazio not to miss out on the Celleno cherries. Since 2003, the town of Celleno has become the "town of cherries". As part of the festival, the cherry stone spitting competition has become popular in recent years.



SCALOPPINE WITH CELLENO CHERRIES

Ingredients: 2 scaloppine slices (80 g each), 16 cherries in alcohol, 2 cl cherry alcohol, 2 sage leaves.

Method: Chop eight cherries and remove the stone from the others. In a frying pan, lightly cook the floured slices in 30 g of oil. Add the eight chopped cherries, turn the slices over and season with salt and pepper. After cooking for a few minutes, add the sage leaves and the remaining cherries. Pour in the alcohol, let it evaporate and serve.



RAVENNA DELLA SABINA CHERRY



LINK WITH
BIODIVERSITY

Production Area

Province of Rieti. Province of Rome: Montelibretti, Montorio Romano, Moricone, Nerola, Palombara Sabina

PRODUCT DESCRIPTION The “Ravenna della Sabina” cherry is derived from the local varieties of early Ravenna and late Ravenna. Early Ravenna cherries are characterised by a fruit whose shape ranges from spherical to cordiform, of medium size, with dark pink skin, red pulp and juice, crunchy and not very clingstone. The ripening period is the third decade of May. The late Ravenna, which is particularly suitable for storage and processing (e.g., cherries in alcohol), has a dark red skin of medium thickness and is very firm. The pulp is red, juicy, not clingstone, sweet, crunchy and aromatic. The pulp remains crunchy even after a few days, while the stalk dries out. Ripening time: second half of June. The early Ravenna and late Ravenna cherries are local varieties at risk of genetic erosion, protected by Regional Law No. 15 of 1 March 2000. In the Rieti and Roman Sabina area there are other local varieties at risk of genetic erosion, such as the Lingua de Fori and Petrocca.

PRODUCTION METHOD When working the soil, great care is taken to ensure that water drains away perfectly. It is also common practice to cover the soil with, so as to favour the natural inclination of the roots to remain on the surface. The plantation system can be both irregular or regular (5-10) with a maximum density per hectare of 400 plants.

The cultivation is usually done by pruning the branches in a multiconical shape. Maintenance pruning is carried out annually after July harvest. Breeding pruning is only carried out for the first three years. Plant protection for cherry trees is carried out using guided or integrated pest management methods. Harvesting is carried out by hand, including the stalk. The fruit is placed in wooden or plastic crates and taken to the farm where it is sorted to eliminate wastes and cherries of insufficient size. The cherries are stocked in cool, dry and shady places. If the product is not marketed within 48 hours, the fruit is cooled in cold rooms.

HISTORY BACKGROUND At the time of the Pope King, a specialised cherries cultivation was done on the hills of Romagna in the Papal States until the 20th century. At the end of the nineteenth century, a round cherry with pink pulp and a very sweet taste, although originating in Ravenna, found its ideal location in the mild climate of the Roman Sabina, upstream of the Tiber bends. The ‘Ravenna della Sabina’ or ‘Ravenna del Papa’ cherry has been present in the area for more than 100 years, as evidenced by the centuries-old trees in the area and by the first festival held in Palombara Sabina back in 1933, traces of which can be found, in addition to an article in the Messaggero of that year, in two posters for the “Festa delle Cerase” in 1936 and 1937. Its value lies in its tasty pulp, which remains crunchy even a few days after harvesting.



GUINEA FOWL WITH CHERRIES

Ingredients: 1 guinea fowl; 750 g cherries. Sauce: 1/2 l red wine, 1 dl vinegar, 1/2 l brown game stock, 2 carrots, 2 onions, 2 cloves of garlic, 10 g thyme, 3 laurel, 30 g parsley, 20 cl Kirch.

Method: Pour 40 g oil into a pan and fry the chopped carrots, onions and garlic, add the spices. Pour in the vinegar, allow to reduce and sprinkle 6 g of flour over the top; stir and pour in the wine and game stock. Reduce the heat as soon as it comes to the boil and cook for 1 h 30. Strain the sauce. In a pan with 40 g butter, cook the cherries for 10 minutes. Prick the cherries over a high heat and return them to the pan with the Kirch. Cut the guinea fowl into four parts and cook in a pan with 100 g butter, season with salt and pepper. After 40 minutes of cooking, add the cherries and sauce and cook for a further 15 minutes. Serve with grilled vegetables.



NEPI ONIONS

Production Area
Province of Viterbo: Nepi

PRODUCT DESCRIPTION The Nepi onion (*Allium cepa*) is a biennial herbaceous plant of the Liliaceae family with a fasciculate root system that can grow up to one and a half metres in height. The onion is made up of many scales rich in reserve substances; on the outside, it is covered by a very thin membrane. The leaves are fusiform, very pointed and cylindrical; the inflorescence can be white or pink and is very conspicuous; the flower is umbrella-shaped and is divided into 3-4 main parts. Onion varieties differ from each other both in terms of their end use (fresh consumption, storage, industrial production for pickles) and harvest time (spring-summer and autumn-winter onions). The Nepi Onion, a white ecotype with a large, flattened bulb centre, is characterised by a medium-large size (more than 12 cm in diameter and 5 cm thick), its weight of up to 0,6-0,7 kg each, its much thinner and lighter outer skin and, above all, its sweet taste. These characteristics give the Nepesina onion its unique character, thanks to two factors related to the area of cultivation: on the one hand, the fertile, alluvial soil, which is not asphyxiated and allows the bulb to grow regularly; on the other, the noble Nepi mineral and/or sulphur water, which is rich in minerals. One of the characteristics that make it so delicate is that it is hollow, so the bulb activates the photosynthesis process and consequently does not develop a tough skin and an aggressive taste. Once harvested and dried, it can be consumed within a maximum of 3 months.

The taste is delicate and very fragrant, not at all aggressive and very digestible, so its uses in the kitchen can be different: from eating it raw, in soups, baked in foil or as a dressing for ancient Nepean recipes such as “Barley with Nepi onions and Chestnuts from the Monti Cimini”, “Acquacotta with Nepi onions”.

PRODUCTION METHOD The production cycle of Nepi Onions begins with the waning moon in January when it is sown in seed-beds, from which the seedlings are obtained and transplanted into the open field in April. Approximately 20 days after transplanting, the seedlings are replanted by removing weeds. Harvesting takes place between the end of July and the beginning of August, when the leaves turn yellow. Once the onions have been harvested, they are stored in a dark, airy place where they can be dried and prevent disease and rotteness. To obtain seeds, the bulb is buried in December and the seed is collected in June. All operations are carried out manually, including weed control. The bulbs for consumption are kept until late autumn; those that remain and are on the way to degradation can be replanted and used to produce fresh spring onions.

HISTORY BACKGROUND In the past, onion production in the municipality of Nepi was flourishing. The entire economy of the town revolved around onions, so much so that the people of Nepi were known throughout the upper Lazio region as “cipollari”. For centuries, in fact, in this Etruscan territory rich in mineral waters, the main source of income was represented by fruit and vegetable production: growing onions meant having capital. The history of the Nepesina onion goes back a long way. Romans allegedly introduced the cultivation of this bulb in Cimini mountains, having imported the seed from Greece, who, around 350 B.C., conquered the Frisian countryside. The Romans, attracted by the presence of mineral waters, exploited these areas for thermal baths. Over time, the people of Nepal became expert growers of this vegetable. The Nepesian onion was sold in Roman markets and was known, appreciated and exported both in lower and upper Tuscia. The onion seed was also a bargaining chip: it was also bartered for other vegetables. Until the middle of the last century, the onion's fame was unquestionable; in 1976, there were still 220 market gardens in Nepi with more than 1 200 farmers. Today, there are only 20 gardens and around 100 farmers.



PICKLED ONIONS, PEPPERS AND PEARS

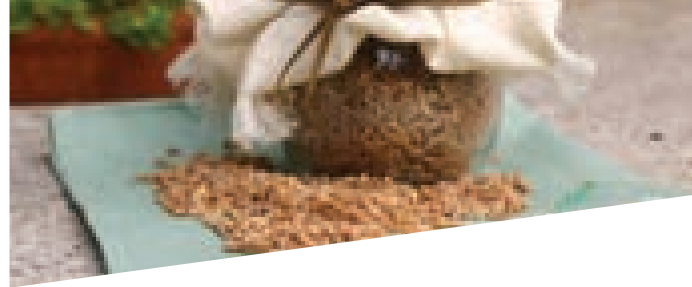
Production Area

Province of Frosinone: Ausonia, Castelnuovo, Parano, Coreno Ausonio, Esperia, Pico, Pontecorvo, Sant'Andrea del Garigliano, Vallemaio.

Province of Latina: Campodimele, Fondi, Formia, Itri, Lenola, Monte San Biagio, Spigno Saturnia

PRODUCT DESCRIPTION Pears and peppers are washed and cut into pieces, onions have their surface layers removed and their roots shortened and are then placed in glass jars containing vinegar made from home-made red wine. The fruit and vegetables to be used for pickling must be slightly unripe, firm and without bruising.

HISTORY BACKGROUND The practice of preserving in vinegar is a typical method of domestic preparation, which has been taken up and adopted at industrial level, and which made it possible to consume all the fruit and vegetables produced at family level, as they could not be stocked, due to their perishable nature. At one time, when oil was too precious a commodity to be used as a preservative, it was the only way to secure vegetable products even out of season. These preparations have been carried out in the area for a long time, as can be seen from evidence gathered in Ausoni-Aurunci.



MONTI LUCRETILI SPELT

Production Area

Province of Roma: Licenza

PRODUCT DESCRIPTION Monti Lucretili spelt has a caryopsis that is very similar to wheat, but more elongated. It is stone-ground in a water mill located in the Monti Lucretili district. Sowing begins in early spring (late March) and harvesting takes place around 20 August.

HISTORY BACKGROUND The Monti Lucretili Regional Nature Park has a pre-Appennine landscape, which has contributed to the formation and coexistence of particular products such as spelt. Spelt was an essential element in the diet of archaic populations, so much so that even prisoners or slaves in Republican Rome are said to have been entitled to a pound (about three hundred grams) of spelt a day, and even Caesar's legionaries are said to have left with a handful of spelt in their saddlebags. In this area, Monti Lucretili spelt has found its ideal microclimate since time immemorial, even if today it is grown privately and only for self-consumption. Since 1989, during the first ten days of October, the municipality of Licenza has been hosting the historic "Elle Sagne 'e Farre" festival.



PONTINE WATERMELON

Production Area

Province of Latina: Sabaudia, San Felice Circeo, Terracina, Latina, Pontinia, Sezze, Priverno, Aprilia e Cisterna

PRODUCT DESCRIPTION The Pontine watermelon, also known as watermelon, is an annual plant of the Cucurbitaceae family (*Citrullus lanatus*). It has a branched, prone stem with large, simple cirri, heart-shaped, deeply divided leaves and monoecious, yellow-corolla flowers. Botanically speaking, it can be defined as a false berry or pepo: a fruit covered with a hard pericarp (skin) and a fleshy, soft, watery, seed-rich endocarp (pulp). The Pontine watermelon is characterised by a smooth or slightly wrinkled skin, uniform or with regular longitudinal grooves, greyish green or dark green in colour for the round type and medium bright green for the oval and elongated types. The pulp is firm and crunchy and, when fully ripe, the oval type is red, whereas the round and elongated ones are bright red. The flavour is particularly sweet. It weighs between 5-12 kg for the round type, 7-16 kg for the oval type and 7-20 kg for the elongated type.

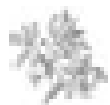
PRODUCTION METHOD The Pontine watermelon plant requires a warm temperate climate that is not excessively humid and adapts to medium-textured soils with a pH of between 5.5 and 6.5 and rich in organic substances, which contain not only the macro-nutrients but also the nutrients of the soil.

The cultivation process involves a series of operations such as ploughing or equivalent work (ripping or digging) in order to create an adequate surface that can be easily explored by the roots; mowing (harrowing and/or milling) of the soil with which fertilisers are distributed. Fertilisation normally involves the use of organic and mineral fertilisers, following a chemical analysis of the soil. The 'Pontine Watermelon' is grown in open fields and/or in a protected environment with a protective covering (greenhouses and tunnels). Sowing in the open field is done in rows, when the risk of frost is over and the temperature has reached 14-15 °C, sowing 3 or 4 plants per hole; these plants will be then reduced to one when the plants have their third well-formed leaf. The transplant, almost exclusively with grafted plants, begins from the beginning of February to the whole of March for the greenhouse cultivation, whilst in open field, with a plastic tube, from mid-March to June for the late productions with ripening in September. Harvesting, a very delicate cultivation operation, takes place manually from May to September using the so-called "stacchini" to understand when the watermelon is ripe: the fruit, when fully ripe, has a red, crunchy and sugary pulp.

HISTORY BACKGROUND According to the testimony of local farmers, watermelons growing in Agro Pontino began even before the Second World War, around Mount Circeo. In the book published in 1951 by Baron Luigi Aguet, a local nobleman, entitled *Circeo note di agricoltura pratica* (Circeo notes on practical agriculture), watermelon is mentioned as a crop cultivated in this area. Numerous publications and articles in trade journals dating back to the 1980s highlight the importance of watermelon growing in the Province of Latina. The importance of this product has led watermelon producers in both Borgo Grappa and San Vito, a locality in the "Golden Triangle", to organise two separate festivals (R. Campagna, *Il sapore della palude. Viaggio tramite prodotti, ricette, vini e sagre dell'Agro Pontino*, Gangemi, 2012). Over time, the importance of these events, sometimes referred to as fairs and others as festivals, have aimed to promote and make known this product. These include the Watermelon Festival in Campoverde di Aprilia, which takes place annually at the beginning of August in the central square of the village.



ARSOLANA BEAN



LINK WITH
BIODIVERSITY

Production Area

**Province of Rome: Arsoli at about 400 m above sea level;
spread in Cineto Romano as well**

PRODUCT DESCRIPTION The Arsolana bean is a particular ecotype of bean, belonging to the *Papilionaceae* family, type *Phaseolus*, species *P. Vulgari* L. or common bean. The seeds of the Arsolana beans, which are 3-4 per pod, are white, very flattened kidney-shaped and vary in size from 5 to 7 mm. The protein content is 24-26%. The product Arsolana bean comes from the cultivation of the local variety at risk of genetic erosion, *Fagiolina Arsolana*, protected by Regional Law No. 15 of 1 March 2000.

PRODUCTION METHOD The area in which the Arsolana bean is grown is rich in springs that bring good flows of water, used for irrigation, which is usually carried out only as a relief measure. All that is needed to prepare the land is a 30-35 cm deep tilling, followed by a second tilling to carefully refine, arrange and level the soil. Sowing is done in May, placing 6-7 seeds per hole. The dry seed is harvested by hand, between the end of August and the beginning of September. The cultivation of Arsolana bean takes place on sandy-clay soils of heterogeneous composition.

HISTORY BACKGROUND Old farmers' accounts show that, in the past, Arsoli plain was entirely given over to bean cultivation and that beans could be found in every home, as they represented the main meal, an essential foodstuff for providing protein in particular. Being a climbing plant, the Arsolana bean was associated with association with maize, which acted as a support, while the bean guaranteed the necessary supply of nitrogen, in the absence of mineral nutrients, thanks to the nitrogen-fixing mechanism of leguminous plants. The maize was then topped at harvest time to ensure the subsequent ripening of the Arsolana bean pods. Part of the production was sold at the Mercati Generali in Rome, where this ecotype was particularly appreciated. In more recent times, the reduction in the cultivation area has led to changes in cultivation techniques, first and foremost the abandonment of intercropping with maize and the introduction of the use of supports. The people of Arsola have always dedicated village festivals to the Arsolana bean harvest, which over time have become festivals, held at the end of August and the beginning of September, currently becoming a forty-year tradition.



FAGIOLO A CARNE

Production Area

Province of Viterbo: Fabrica di Roma

PRODUCT DESCRIPTION Local variety called “Fagiolo a carne”; belonging to the *Papilionaceae* family, genus *Phaseolus*, species *Phaseolus vulgaris* L. The plant has bright green leaves, determined growth (resulting in reduced height) and a white, pinkish-white radicle. The seed is characterised by an average weight: 290 g/1000 seeds; these beans are oval and quite short and narrow. The main colour is brown with no veining or streaks.

PRODUCTION METHOD The local Fagiolo a Carne ecotype, which still survives today thanks to the passion of a few local farmers, is cultivated on volcanic soil on which, after potatoes or wheat are grown, rows are normally manually hoed. Sowing traditionally takes place in two crop cycles per year: sowing in April with harvesting in June and sowing in the first decade of July with harvesting in October. Sowing is normally done by hand with a planting pattern of 60 cm between rows and 25 cm along the row; rarely, sowing is done by machine. The quantity of seed used is 100-120 kg/ha. The “Fagiolo a carne” crop is irrigated by running water, thanks to the abundance of water in the area. Production is around 12 quintals/ha.

HISTORY BACKGROUND Evidence of the cultivation of this ecotype archive produced by the Municipality of Fabrica and

partly kept in the historical archives and in the Viterbo State Archives, where notarial documents and those of the Apostolic Delegation can be accessed. In Fabrica area, in times when land ownership consisted mainly of public land or land belonging to ecclesiastical-state bodies and large families, the bean was often in the agricultural concession contracts for land to be cultivated, which provided for a payment in kind for the land that the farmers were entrusted with. This concerned the ancient level contracts or emphyteusis, where the land was granted “*in perpetuum*” to the farmer for agricultural use only, thus excluding the possibility of building, and could be passed on to descendants. Moreover, at the end of the 17th century, beans were always found in good quantities in the annual declarations or “*assegne*” provided to the municipality by the citizens and regarding the production figures for the countryside. In Fabrica di Roma, the areas highly suited to the cultivation of Fagiolo a carne are those beside the two streams flowing from the Barco and Salvani springs, just outside the walls of the built-up area, reaching La Mola, where the local mill was located and where the municipality itself owned a large, prized plot of land for use as an irrigated vegetable garden, frequently mentioned in leases. The availability of water not only allowed the planting of many species, but also made it possible to grow beans as a “second crop” after the cereal harvest in July, using this local variety selected over time. The possibility of having two harvests a year meant that the bean could be grown more often than other crops, thus encouraging the selection and spread of this ancient variety, which has adapted to the soil and climate of the village of Fabrica di Roma through a natural process of selection and improvement. The quality of this bean compared to other legumes, especially for its protein content and pleasant taste, which makes it suitable for many dishes, was emphasised by naming the Fabrica di Roma bean “meat bean”, comparing it to the noble proteins of animal origin for which it was a valid substitute. Another historical reference to the “fagiolo di Fabrica di Roma” is the dialect dictionary written by Paolo Monfeli and printed in 1993. Under letter F, reference is made to the “*fa òlo a kkàrne*”, described as a variety of light brown bean that matures early: “*ò rronkàto sta lètta de fa òl a kkàrne , è ppe ffàlli sekkà bbè lò ppikkàti se piànte*”. The renewed interest in the crop is also attested to by the annual festival organised after the harvest.



PEA BEAN



LINK WITH
BIODIVERSITY

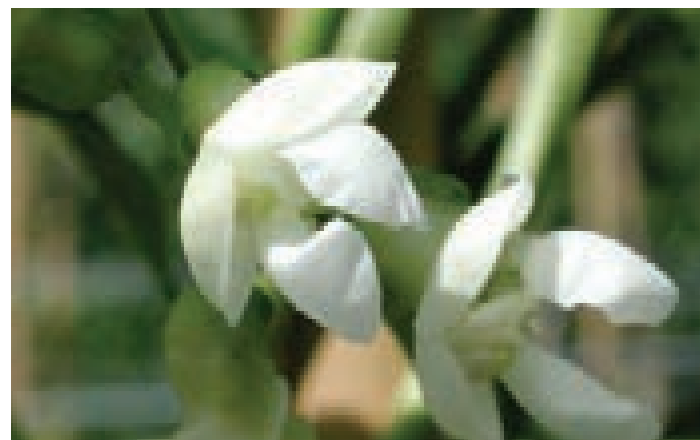
Production Area
Province of Rieti: Colle di Tora

PRODUCT DESCRIPTION It is a small round-oval shaped bean, reminiscent of a pea (hence the name Pea Bean); white in colour, with a particularly thin skin which, when cooked, becomes almost imperceptible but remains attached to the seed. It has a delicate taste, a thick consistency and extremely fast cooking time. The plant has a climbing habit and a height of more than 3 m with the legumes attached on top. All cultivation operations are carried out by hand. The shelling of the pods after drying is also done by hand. It is eaten boiled, seasoned with oil, salt, pepper and lemon. The Pea Bean comes from the cultivation of the local variety at risk of genetic erosion, Fagiolo a pisello, protected by the L.R. 1 March 2000 n. 15.

PRODUCTION METHOD Soil preparation begins at the end of winter, with medium-depth ploughing and the incorporation of manure. At the time of sowing, light nitrogen is added to allow the seedling to grow quickly and overcome one of the most critical stages, which immediately follows germination. Climbing development is facilitated by guiding the stems around the support pole, thus preventing them from intertwining, shading each other and making harvesting difficult. The hardest work is hand hoeing after the seedlings appear. Irrigation is also carried out weekly, during the critical period, when the plants need watering.

The flowering and setting of the first flowers coincide with the generally hottest time of the year. Pesticide treatments are not normally carried out. Sowing takes place in the second half of May-first week of June and is traditionally carried out by seedlings (4-5 seeds). Once the seedlings have sprouted, a 4-5 m long stake is driven into each pocket and a sort of 'shed' is formed for each group of four stakes tied together, which then serves as a support for the stems. The pockets are 80x80 cm apart. Harvesting is carried out in stages from the second half of October to the first half of November and is done exclusively by hand.

HISTORY BACKGROUND The Pea bean is grown on small plots of less than one hectare surrounding Lake Turano (Rieti), at an altitude of around 900 metres. The calcareous, impervious soils, with a clayey-sandy texture and very rich in fine gravel, offer the ideal habitat for the production of this variety. The origin of these beans dates back to the beginning of the 20th century when, probably from Central America, the seed was introduced by some emigrant in the Colle di Tora area. It is said, in fact, that in the early 20th century, a woman named Adelina, a relative of a Collepicollese (inhabitant of Colle di Tora), left for a trip to South America, came back with a sack of white beans bought at the market in a village at the foot of the Andes and gave them as a gift to her family, which had remained in this village in the Rieti area. According to others, the woman was an emigrant who left with her husband to work in the mines of Brazil and brought the beans home as a souvenir. Certainly, since then, this precious product has been skilfully cultivated by a few local farmers. The peculiarity lies in the fact that, if grown in other environments, it loses its productive and organoleptic characteristics. Every year, on the last Sunday of October, Colle di Tora hosts the Fagiolo a Pisello Festival.





SURICCHIO BEAN (OR INCERATIELLO)

Production Area

Province of Frosinone: **Paliano**;

Province of Roma: **San Vito Romano**

PRODUCT DESCRIPTION Local ecotype of the *Papilionaceae* family, genus *Phaseolus*; species *P. Vulgari* L. The plant has a climbing habit with a limited growth and a not very vigorous vegetation. The papilionaceous flowers are white and develop from the lower part of the plant to the upper part of the plant itself; they flower from the end of June until August. The pod is bright green and not very large and has a characteristic crescent shape, or as they say in dialect “*forma a suricchio*” (sickle shape), from which the name of the product derives. The pod contains a maximum of 5 to 7 seeds. The pods develop on different levels: more numerous, larger and turgid at the base of the plant (the seeds of which are intended for reseeded); smaller and more tender at the top of the plant (intended mainly for human consumption, either by directly consuming the fresh pod or the dried seed). The slightly kidney-shaped seed is amaranth red with light/dark shades and a characteristic white eye at the hilum. The skin is moderately tender and needs to be placed in a bain-marie overnight. The taste is sweetish.

PRODUCTION METHOD According to the evidence gathered, the “suricchio bean” has always been grown in the municipality of Paliano (FR) and the municipality of San Vito Romano (RM), whose territories are characterised by clay and volcanic soils and a rather compact structure.

The soil is lightly milled and then ploughed to a depth of 50-60 cm in February. This is followed by harrowing and milling again in March and April. Sowing, after preparing the furrows, is done by hand towards the end of April, placing 3 to 4 seeds per furrow. 4-6 reeds are placed vertically between the furrows to form small pyramids (“*a canocchia*”), on which the climbing plant will develop. The planting system is 30-40 cm on the row and 60-80 cm between rows. Planting tends to be narrow because the suricchio bean plant does not like light. Irrigation is by drip and fertilisation is organic. Harvesting takes place towards the end of August and in September, harvesting the pods containing the seeds for re-seeding from the lower part of the plant; on the other hand, the green pods can be harvested from the upper part of the plant to be partly eaten fresh and partly dried in the heat and sunlight from which the seed for harvesting is recovered by mechanical or manual threshing. In order to avoid the presence of parasites (such as weevils), the seed is frozen at -20°C for about 15 days, then dried and stored in jute sacks or glass jars.

HISTORY BACKGROUND In the municipalities of Paliano (FR), where the La Selva Nature and San Vito Romano (RM) Reserves are located, the “suricchio bean”, named after the crescent shape of the pod has always been cultivated. Until about 50-60 years ago, the seed of the “suricchio bean” was a commodity traded between farmers and local women, each with her own garden, who grew it and sold it directly at their homes or in the village square. There are many oral accounts concerning this bean, which for centuries has been an important food resource for the winter period, but was also a source of income. Among the elderly people of the village of Paliano who tell of this bean are Mr. Mario Minori and Mr. Italo Bicorni, manager of the village farm shop, who received from an elderly local woman, Mrs Clementina Spera, the last seeds of the “suricchio bean”, which he regularly grew in his kitchen garden in Contrada Passalupo. Mr Bicorni in turn entrusted them to Mrs Maria Massimi in Sperati, who has continued growing the bean in Colle Madonna to this day. Today this important vegetable resource has been recovered from Mrs Maria by the managers of a farmhouse in Plaino, who have been growing the bean in Suricchio for some years, reproducing the seeds and proposing them in the most traditional recipes.



BORBONTINO BEAN



LINK WITH
BIODIVERSITY

Production Area
Province of Rieti: Borbona

PRODUCT DESCRIPTION This is a particular bean, borlotto type, grown at an altitude of 750 metres above sea level, in small plots of land. It belongs to the *Papilionaceae* family, genus *Phaseolus*, species *P. Vulgari* L., common name Borbona bean or Fagiolo Borbontino. When fully grown, the plant can reach a height of 180-200 cm. The pod is straight, about 15-18 cm long, with red streaks and contains an average of 6-7 large, kidney-shaped seeds with purple streaks on a creamy white background. Due to the soil and climatic conditions in the area where it is grown, it is particularly valuable from an organoleptic point of view: the skin is imperceptible, so it is delicate in the mouth and easier to digest. Its taste is reminiscent of chestnuts. It is sown in May and harvested in stages from the end of August to the beginning of September. Total annual production is around 15 quintals, with fluctuations due to the production season. The product Borbontino bean comes from the cultivation of the local variety at risk of genetic erosion, *Fagiolo Borbontino*, protected by the L.R. 1 March 2000 No. 15.

PRODUCTION METHOD The Borbontino Bean is planted in the second half of May, after the soil has been properly tilled. Traditionally, sowing takes place close to the day dedicated to Santa Resti-

tuta (27 May), the patron saint of the town. For each “frasca”, two small and shallow holes are made in the ground, a few centimetres apart, in which 5-6 beans are placed.

The beans are carefully covered with soil and watered. Once the seedlings have sprouted, previously prepared wooden stakes are placed in the ground between the two holes to support the plant, which can be up to two metres high. The plants and branches are planted in rows, so as to facilitate cultivation operations, allow uniform sunlight and facilitate the correct drainage of rainwater. When the seedling reaches 10-15 cm, an initial hoeing is carried out to loosen the soil around the plant. Once the bean stalks have started to climb up the branches, a second hoeing is carried out to cover the roots well, facilitate regular drainage of rainwater and help the plant to grow vertically on the supports. After that, the plant needs occasional watering, depending on the season, and maintenance by hoeing to remove weeds and aerate the soil. The beans are harvested by hand in stages from August to early September. Once harvested, the beans are drained and left to dry on cloths placed on the ground in the open air, in order to preserve them. Part of the product is eaten fresh; part is dried and put away for winter; another quantity (usually the best) is kept as seed for the following year.

HISTORY BACKGROUND Bean cultivation, which is linked to all poor economies, has found an ideal location in the Borbona area (from which it takes its name), thanks to the composition and position of the land and the family traditions of a mountain economy of survival, which has led to a natural selection of the variety, intended exclusively for self-consumption. The small quantity of product is determined by the fact that no mechanical means are used for production, but all stages of working the land are carried out with traditional tools and methods. Chemical fertilisers are not used and animal manure, which is available thanks to the many farmers in the area, is preferred. Traditionally, sowing takes place around 27 May, the day dedicated to the celebrations in honour of Santa Restituta, the town's patron saint.

Also linked to tradition is the drying of the unshelled pods in the sun. The village has been cultivating this product for a long time, as attested by the numerous oral testimonies collected. Since 1980, every year on the third Sunday in October, the Sagra del Fagiolo borbontino (Festival of the Borbontino Bean) takes place, attracting numerous visitors.



CAPPELLETTE DI VALLEPIETRA BEAN



LINK WITH
BIODIVERSITY

Production Area

Province of Rome: Arsoli, Marano Equo, Riofreddo, Vallepietra, Vallinfreda e Vivaro Romano

PRODUCT DESCRIPTION The Cappellette di Vallepietra bean is a local ecotype belonging to the Papilionaceae family, Phaseolus type, species P. Vulgari L. The seed is kidney-shaped, with large cotyledons. The colour is unusual and gives rise to the name of the ecotype: it is half white and half purple, creating a hat on the seed. The hilum, which is located in the purple area, appears white and is very developed compared to the size of the seed. The plant is climbing, with indeterminate growth, and is linked to the type of tutor used. When the apex, due to the lack of anchoring, is subject to gravity and returns downwards, the growth rate decreases. This is also a consequence of the competition between apex and seeds within the pods, so the height is particularly unbalanced in favour of the latter, in the final phase of the plant life cycle. The leaves are three-lobes, heart-shaped, of limited size, in particular the lateral ones. The flowers are papilionaceous, white during the first phase of the blooming and turn to the yellow after the insemination. The fruit is a green pod which turns yellow.

There are never more than five seeds inside, and on average there are four. The product Cappellette di Vallepietra bean comes from the cultivation of the local variety at risk of genetic erosion, *Fagiolo Cappellette di Valpietra*, protected by Regional Law n. 15 of 1 March 2000.

PRODUCTION METHOD Cappellette di Vallepietra beans are grown in an area with abundant water resources and a mountain climate that makes cultivation of this important agricultural species particularly easy. In fact, the maximum temperatures never exceed the critical levels for the species (35°C at flowering), favouring fertilisation of the flowers, a good level of assimilation and, consequently, good production. The soils are of karst origin, rich in very fine gravels, tending to be loose even if with a good supply of organic substance. Sowing takes place when the soil reaches 12°C, a condition that occurs in these areas during the first 10 days of May. Sowing is carried out by placing 5-7 seeds per pocket and the planting pattern requires a distance of 70 cm between rows and 50/60 cm along the row. Harvesting takes place when the pods are fully ripe, approximately 100 days after sowing, at the end of August/beginning of September, or when the seeds reach the wax stage, approximately 85 days after sowing.

HISTORY BACKGROUND The area in which Cappellette di Vallepietra Bean is produced is located within the Monti Simbruini Regional Park and the Aniene Mountain Community, on the slopes of Mount Autore (1855 m above sea level) and downstream the town centre, along the narrow strip of land formed by the action of the River Simbrivio, where the various bean ecotypes originating in Vallepietra are grown. Bean cultivation has been practised for a long time in this karst terrain, which is rich in very thin gravel and tends to be loose, although it is well supplied with organic matter. Along the banks of the river, one can observe a series of micro-farms that form an integral part of the landscape, where the local population grows vegetables using traditional techniques. Even today, some farmers keep the seed in their cellars, using a traditional technique: in glass containers, mixed with nettle and mint leaves, which traditionally prevent weevil attacks.



SMALL CIAVATTONE BEAN YELLOW BEAN SOLFARINO BEAN VERDOLINO BEAN



LINK WITH
BIODIVERSITY

Production Area Province of Viterbo

PRODUCTS DESCRIPTION The **Small Ciavattone Bean** has a flattened shape, white colour and medium size. It is harvested and eaten when fully ripe or at wax stage, is tender and firm after cooking. It has an almost non-existent skin. The plant has a semi-determined growth, semi-prostrate bearing and an average height of 42 cm. The fruit is a brown pod of medium size. The sowing period falls in the first two weeks of May, the seeds at wax stage are harvested in mid-July, whereas the dry seeds are harvested in the first ten days of August. The **Yellow Bean** is consumed both when waxy or dry. It is globular, oval, with a well-marked eye, a brown colour and medium size; it is particularly easy to cook and has a sweet flavour. The plant has a semi-definite growth, a semi-prostrate habit and medium height. It is sown in single rows in the first two weeks of May; the flowering time is in mid-June; the waxy seeds are harvested in mid-July and the dry seeds are harvested in the first ten days of August.

The **Solfarino Bean** is globular, ivory yellow and medium-sized. The plant has a semi-determined growth rate, semi-prostrate and of medium height.

The pod is brown and medium-sized. It is sown in the first two weeks of May and flowers in mid-June. The seeds at wax stage are harvested in mid-July whereas the dry seeds in the first ten days of August.

The **Verdolino Bean**, consumed both when waxy or dry, is globular, grey-green and medium-sized. The plant has semi-determined growth, a semi-prostrate habit and a medium height. The fruit is a brown pod of medium size. Flowering time is mid-June. The harvest of the waxy seed takes place in mid-July and the dry seed in the first ten days of August.

All these beans are local varieties at risk of geological erosion and are protected by Regional Law no. 15 of 1 March 2000.

HISTORY BACKGROUND The beans cultivated in the province of Viterbo are ancient local varieties whose seeds have been jealously guarded for years and reproduced for personal use by elderly farmers in the area. Their particular organoleptic and nutritional characteristics are determined by the climatic conditions and the composition of the soil in which they grow. Cultivation takes place in volcanic soils characterised by a strong presence of total and assimilable potassium, an absence of phosphorus, an optimal grain size, a good presence of organic substance and an absence of calcium. The name "Small Ciavattone" derives from its flattened and elongated shape, reminiscent of "ciavatte", a dialect term for slippers. It is a bean of great quality from an organoleptic point of view: it has a buttery pulp and a very thin skin that is easy to cook, so much so that it is much appreciated for its remarkable digestibility. The Yellow Bean has always accompanied the diet of the people living on the northern side of Lake Bolsena, for whom it was the main source of vegetable protein. They are also known as "fagioli cottori" (cooking beans) because they are easy to cook and have a sweet taste. They were essentially eaten dry. The Yellow Bean must be sown in the third decades of June, after the wheat is harvested. Hence the name "fagiolo secondo" (second bean), as it is a product of the second harvest, or "fagiolo delle stuppe" (stubble bean), as it is sown on freshly processed wheat stubble. Solfarino Bean, a close relative of the Tuscan "zolfino", has a round shape and a thick paste, a pale yellow colour reminiscent of sulphur and is particularly appreciated in its production area. Verdolino Bean is the most sought-after and appreciated bean on the market, due to its delicate taste and particularly tender skin. Suitable for any recipe, it has a very short cooking time.



CIONCONE BEAN



LINK WITH
BIODIVERSITY

Production Area

Province of Rome: Arsoli, Marano Equo, Riofreddo, Vallepietra, Vallinfreda e Vivaro Romano

PRODUCT DESCRIPTION The Cioncone bean is a local ecotype belonging to the *Papilionaceae* family, *Phaseolus* type, species *P. Vulgari*. The seed of the Cioncone bean is oval, beige and 8 to 10 mm in size. The protein content is around 23%. Cioncone Bean is currently grown mainly in family vegetable gardens and is therefore mainly for self-consumption. Cioncone Bean comes from the cultivation of the local variety at risk of genetic erosion, Fagiolo cioncone, are protected by Regional Law no. 15 of 1 March 2000.

PRODUCTION METHOD Cioncone Bean is grown on land situated on the plain or in hill and valley locations, always near springs. The microclimate in this area is characterised by high humidity even at night and persistent cold in winter. The territory of these municipalities is abundant in springs, which are used by farmers to irrigate their fields. The soil is calcareous in the plain near the built-up area of Vallinfreda and gradually becomes clayey. The farmers of Vallinfreda indicate the crest of the hill, at about 600 m above sea level, as the best area for growing beans. In Vivaro Romano, however, Mola Penneo valley is considered the best area for growing beans.

Sowing takes place at the beginning of May and then the supports are placed. Harvesting is done manually between the end of August and the beginning of September.

HISTORY BACKGROUND From the accounts of elderly farmers, it is possible to date the start of Cioncone Bean cultivation immediately after the Second World War. The bean is said to have originated in Liguria but found a particularly suitable habitat for its cultivation in this area. Old farmers remember that other bean ecotypes were also cultivated on the plain near Vallinfreda, some of which have now disappeared. Until the 1950s and 1960s, production of Cioncone Bean exceeded the producers' requirements and the surplus was sold in Sabina. In recent decades, progressive depopulation and the consequent abandonment of the fields have led to an unstoppable decline in Cioncone Bean and all non-mechanised crops in the area. At present, total annual production is around 1-1.5 tonnes and about 70% of this is absorbed by the producers themselves. The cultivation techniques have remained substantially unchanged from the original ones. In historically difficult periods for food supply, the daily dish consisted of a maize pizza cooked in the embers and seasoned ("breaded") with Cioncone sauce.



BEANS SOUP OF THE UPPER ANIENE VALLEY

Ingredients: 500 g of "cioncone" beans, 200 g of "cicerchi-ole" (a water-and-flour pasta in the shape of a square, about the size of a cicerchia, hence the name), 1 onion, 1 small cabbage, 1 stick of celery, 1 slice of bacon, 6 tablespoons of extra virgin olive oil, 1 piece of chilli pepper, 2 tablespoons of grated local pecorino cheese, salt.

Method: Boil the beans in lightly salted water and, in the meantime, sauté the finely chopped herbs and the diced ventresca in an earthenware pot with oil. Add the chilli pepper and about 1 litre of hot water, salt and cook for 20 minutes. Pour the well drained beans into the earthenware pot, and when the soup comes to the boil again, add the pasta and cook it al dente. Season the soup with more raw oil and sprinkle with pecorino cheese.



GRADOLI PURGATORY BEAN



LINK WITH
BIODIVERSITY

Production Area Province of Viterbo: Gradoli

PRODUCT DESCRIPTION The plant has a semi-determined growth, a semi-prostrate habit and an average height of 38 cm. The leaf is three-leaved, ovate in shape and light green in colour. The flower is papilionaceous, white, with a loose cluster and self-pollinating. The fruit is a medium-sized brown pod. The seed of this local ecotype is globular, grey-white and medium-sized. Sowing takes place in the first two weeks of May, flowering takes place in mid-June, harvesting of the seed at wax stage is in mid-July, while that of the dry seed falls in the first ten days of August. The characteristics of the product depend largely on the type of soil, which is of volcanic origin, loose, cool, fertile and not very calcareous, situated in a hilly environment at around 400 m above sea level. Gradoli Purgatory Bean comes from the cultivation of the local variety at risk of genetic erosion, *Fagiolo del Purgatorio* (*Fagiolo di Gradoli*), protected by Regional Law No 15 of 1 March 2000.

PRODUCTION METHOD Traditional cultivation techniques that do not involve the use of chemical products are still used today. The land is prepared by ploughing to a medium depth (30/35 cm), followed by soil loosening (1/3 passages) using a disc harrow or tiller. Before sowing, the soil is levelled, refined and cleared of weeds. Weeding the inter-row and hoeing and tamping along the rows, in order to ensure the best conditions for the development of the seedlings.

Sowing is carried out by hand or by machine, preferably using pneumatic seed drills, and the seed is placed in furrows in quantities of 10-13 plants per square metre (50 cm x 15-20 cm). Irrigation is by sprinkling. Harvesting is carried out mainly by hand, or with a suitably adapted cereal combine, at the end of August.

HISTORY BACKGROUND In the fourteenth century, the Statutes of Gradoli showed particular consideration for legumes, dedicating a special section to "*de pena colligentium cicera et alia legumin*". The beans produced in this municipality are historically linked to their use at the Ash Wednesday lunch, organised by the Confraternita del Purgatorio, reiterating a very old tradition. Some would like to date this tradition back to 1200-1250 in memory of the Gradolese Captain Taddei, who died defending the inhabitants from the abuses of the papal legates. During lunch, therefore, people would shout: "*Viva 'l Priore, viva 'l Capetano!*" meaning Captain Taddei. From the 17th-18th centuries, tracing the history of the Confraternita, it is possible to find frequent references to beans. The research is based on documents kept in the Bishop's Archive of Montefiascone (*Acta Ecclesiastica; Books of Holy Masses from 1600 onwards; Pastoral visits from 1707 to 1953*) and the Parish Archive of Gradoli (*Statute of the Confraternita del Purgatorio of Gradoli of 1925*). Several references are made to beans, whose cultivation, in 1910, together with other legumes, is considered to be one of the main activities of the inhabitants of Gradoli, along with the wheat harvest, sowing and grape harvesting, and even earlier, in 1873, its presence in the province of Viterbo as one of the main crops. This is the report sent by the Agrarian Committee to the Rome Prefecture in response to various queries from the Ministry of Agriculture, Industry and Commerce. The importance of this legume for the community is also proven by the fact that it is often associated with an economic value in documents dating back to the 18th century: it appears not only among the donations from the faithful but also as a reward for Mass celebrants. In a document of 1847, it was even decided to appoint 'treasurers' of the bean revenues who were not allowed, without authorisation from their superiors, to incur expenditure using these revenues. In the *Bollettino del prezzo dei cereali e altri generi venduti sul pubblico mercato di Viterbo* (Bulletin of the price of cereals and other products sold on the public market in Viterbo in July 1873), white beans were found to cost 21,25 lire per hectolitre. In 1930, at the first fruit and vegetable exhibition in Bolsena, documented by a video by the Istituto Luce, Purgatory Bean were on display. In 1934, the product was also exhibited at the National Agricultural Show, in the sector dedicated to nuts and legumes.



SUTRI BEANS

Production Area

Province of Viterbo: Sutri

PRODUCT DESCRIPTION Sutri, situated on a tuffaceous hill between two streams flowing in very deep valleys with sheer cliffs, is characterised by loose soils of volcanic origin, rich in nutrients, very fertile along the alluvial valleys, located at an altitude of about 280 m above sea level and supplied with water for irrigation. The acidity of the area's soils, which lack active limestone, the high air humidity and the low temperatures typical of small valleys make up the ideal environment for growing Sutri Bean, also known as "Regina", which belongs to the "borlotto" type. It is characterised by its medium to large size, creamy white colour with dark red veins and tender skin. Fagiolo di Sutri is cooked quickly and is particularly tender to the palate. Consumed fresh until September, it is then used as a dried product or preserved throughout the winter period, keeping its nutritional characteristics unaltered.

PRODUCTION METHOD Manual tillage is the basis for this excellent product. Ploughing is carried out at a depth of around 30 cm, with the soil being tilled and levelled before sowing. Sowing starts in April and continues until June, so that the crop can be harvested throughout summer until October. The technique consists of sowing in holes 70 cm apart; the quantity of seed used is approximately 170 kg/ha (1 kg of seed normally for 320 holes) and each hole normally contains 6-7 seeds. Twenty-five days after sowing, the pods are tinned to allow them to grow and get better exposure to the sun, along the stem of the plant which wraps around the cane. The canes are harvested with great care and according to traditional times and techniques. In September, before the harvest, the landscape seems to turn into an expanse of pyramid-shaped canopies from which the pods with their characteristic white-purple spots full of seeds. Weed control is manual; irrigation is overhead irrigation. Harvesting is done by hand in July-October.

HISTORY BACKGROUND "Sutri is a great producer of 'facioli' and this great festival is dedicated to it. This festival is due with honour, because it has conquered every palate". This is what the poem *Li facioli de Sutri* by Pietro Mocavini states; the poem was printed on leaflets promoting the 1978 festival. The first edition dates back to 1974 thanks to the initiative of the Pro-loco to promote the "Regina" bean of Sutri, a foodstuff with exceptional organoleptic qualities. The festival celebrates the end of the harvest of this product, which has a long association with the territory. Legend has it that Charlemagne was one of the first famous connoisseurs of the "Fagiolo Regina" when, having eaten too much meat at the papal court during the celebrations for his coronation as emperor, he suffered a gout attack in the Sutri area and was cured by a Sutrian "cerusico" (surgeon) who cured him by giving him these beans. This is an unreliable legend, given that the beans come from the Americas and their cultivation only started in Europe in the 16th century. Local growers date the introduction of this particular cultivar back to the 18th century, when beans replaced hemp cultivation, which had been discontinued due to its declining use following the introduction of cotton yarn. From the beginning of the 20th century, it became so important, especially on the markets of Rome and Civitavecchia, that, immediately after the war, a cooperative called 'La Regina' was set up to market the entire production. The success of the product lasted until the end of the 1970s, when, due to its high content of noble proteins, it earned the nickname of "poor man's meat". Later, as eating habits changed, production and the area of land devoted to this particular crop declined. The local tourist magazines of the 1970s mention these beans of the traditional cultivar, saying that it is the most sought-after and dedicating to it the recipe "Facioli alla Sutrina sempre della Regina".



SUTRI BEANS WITH STEWED PORK RINDS

Ingredients: Sutri beans, extra virgin olive oil, onion, pork rinds, salt, chilli pepper, pork sausage and/or bacon, tomato puree, home-made bread.

Method: Soak the beans for 12 hours, then drain them and cook them in a pot with water and a pinch of salt for 15-20 minutes. In a separate pan, brown the onion with oil and ham fat, then add the chilli pepper and the pork sausage, well skinned and crumbled. When browned, add the baked beans, stir and finish with the tomato puree. Cook until a thick sauce has formed, then serve with homemade bread croutons.



LABRO GENTLE BEAN



LINK WITH
BIODIVERSITY

Production Area
Province of Rieti: Labro

PRODUCT DESCRIPTION A local ecotype, the Labro Gentle Bean or Fagiolo della Valle belongs to the *Papilionaceae* family, type *Phaseolus*, species *P. Vulgaris* L. The variety is a climber, characterised by a plant with a twining stem and taproot, leaves consisting of three pedunculate leaves and small white flowers with violet shades; the pod is green when ripe and turns a yellow ochre colour when dried. The number of seeds is on average 4 but, in some cases, there might be up to 8 seeds. The kidney-shaped legume, with a particularly delicate flavour, is uniformly ivory-white in colour, tending towards hazelnut with time; the tegument is thin and the hilum is white with a brown edge. The skin is thin and tender when cooked quickly over a low heat. The product Labro Gentle Bean comes from the cultivation of the local variety at risk of genetic erosion, *Fagiolo Gentile di Labro*, protected by Regional Law No 15. of 1 March 2000.

PRODUCTION METHOD Traditionally, Labro Gentle Bean is grown in Valle Avanzana, in the municipality of Labro (RI), whose soil and climatic conditions are particularly favourable for growing this legume. The soil is alluvial (calcareous clay), rich in very thin groves, is well structured and aerated, and rich in organic matter, ensuring a good supply of nutrients. Given the particular fertility of the soil in the Valle Avanzana, it is possible to grow the Labro Gentle Bean year after year, (which was also the case in the past), without this leading to soil stress.

In the spring, ploughing is carried out at a depth of about 25-30 cm, followed by refining and levelling the soil. Before sowing, furrows are made with a raised area for depositing the seeds and a depressed area for irrigation. Sowing, which takes place from the end of April to mid-May (traditionally on 12 May to coincide with the patron saint's day of San Pancrazio), is still done by hand, placing 7-9 seeds in each hole, which is then covered with soil using a hoe. The planting density provides for a distance of 80-90 cm between rows and about 40 cm along the rows. Irrigation by surface irrigation has always used the water from Forma stream, which rises from the mountains above the village. Traditionally, irrigation was carried out every 10-15 days, depending on weather conditions, starting at night and ending in the morning, but today it is carried out in shorter shifts. Once germination is completed, hoeing is carried out to implant the wooden poles, usually of hornbeam or chestnut, tied in groups of three or four (the so-called "goat" poles) to ensure greater stability of the pole itself. Maturation and harvesting are scalar and take place between September and October. Some seeds are eaten when they are at wax stage, while the majority are dried in the sun.

HISTORY BACKGROUND Elderly local farmers remember that, every year, the municipality of Labro granted a plot of land divided into small plots, on which the main crop was the Labro Gentle Bean. This is reflected in the *Verbali di deliberazione del commissario prefettizio* (Minutes of the prefectural commissioner's meeting) of Labro, dated 4 October 1953 and 18 March 1957, which refer to the "Asta pubblica per affitto beni rustici patrimoniali" (Public auction for the renting of rural properties), which stresses that the act can be carried out immediately "*in order to give the tenants the opportunity to promptly perform their seasonal activities, as the land is arable land*". The plots of land mentioned are those in the Campette area, where even today there is the greatest amount of land planted with Labro Gentle Bean.

The local elders still remember the days when the land, ploughed by oxen, "*small wells*" (holes) where created by using a hoe; here, the seeds were placed "*always in odd numbers for good luck*". In 1972, during the festivities in honour of Our Lady of the Rosary, the municipality of Labro instituted the Festival of the Labro Gentle Bean, held in the second half of August, with a gastronomic competition based on beans. Evidence of this can be found in the diploma awarded to Mrs Gina Curini as a "well-deserving cook of beans with pork rinds", dated 17 September 1972.



MARANO EQUO REGINA BEANS



LINK WITH
BIODIVERSITY

Production Area

**Province of Rome: Arsoli, Marano Equo, Riofreddo, Vallepietra,
Vallinfreda e Vivaro Romano**

PRODUCT DESCRIPTION The Marano Equo Regina Beans is a local variety belonging to the *Papilionaceae* family, type *Phaseolus* species *P. Vulgari* L. It is an ecotype with indeterminate development; flowering also ends with the beginning of blossoming. The plant, with a prostrate-climbing habit, has trilobed leaves with medium-sized heart-shaped leaves and a papilionaceous, pink/purple flower with a racemose inflorescence usually bearing 3 to 5 flowers. The fruit is a large pod containing 5 to 8 seeds; the seeds are kidney-shaped and the pod has red stripes when at wax stage and the seeds have a hazel background and streaks ranging from red to dark brown. The product Marano Equo Regina Bean comes from the cultivation of the local variety at risk of genetic erosion, *Fagiolo Regina di Marano Equo*, protected by Regional Law No. 15 of 1 March 2000.

PRODUCTION METHOD The Marano Equo Regina Beans is carried out on lowland terrain, which tends to be loose but still fertile, and is particularly suited to the cultivation of these beans for growing beans.

The soil, which is well drained with lateral ditches for drainage, is divided into furrows which, after the legume has been hoed, act as channels for watering the plants at least once a week, or as needed. Sowing takes place when the soil temperature has reached at least 12 °C, which in the area occurs between the second half of April and the beginning of May. The seed placed in holes (5 to 7 seeds) produces a seedling that reaches a height of 2.5 to 3 metres. The pod may contain 5 to 9 seeds. The canopy of the climbing Fagiolo Regina is supported by four canes crossed like a cone and is therefore nicknamed "*fasulone palatu*" by the locals. The flowering period is from mid-June to early July, depending on the time of sowing; the ripening at wax stage takes place 90 days after sowing, around the end of July/beginning of August; the physiological ripening starts 110-120 days after sowing (end of August). Harvesting starts on 20 August and reaches its peak in September.

HISTORY BACKGROUND Regina Bean was already being cultivated in the valley floor with its springs (called "marane") between Subiaco and Marano Equo before the Great War to meet family and local needs. Cultivation declined during the Second World War, but resumed intensively with rather rational techniques in the 1950s until the 1970s, when it declined again. However, Fagiolo Regina di Marano Equo has never disappeared from the tables of the people of Marano Equo, who still continue to grow it on small plots of land using traditional methods and to appreciate it for the tenderness of its skin and its high digestibility. A study carried out in 1967 by the "Centro di Sviluppo Aniene" listed the legumes grown in the valley, including: the "Regina rampicante", for fresh consumption when shelled, the Corallo Marconi and the Cannellino. The "Regina" was cultivated on about 95 hectares, 50 of which were in Marano Equo alone. The cultivation technique was satisfactory, but there were shortcomings in pesticide protection, fertilisation and soil preparation. Average production per hectare of Fagiolo Regina reached 90 quintals in 1975-76, with peaks of 110-120, giving a total of 4 500-5 000 quintals in the Marano area. The product was harvested and consumed when ripe and, until the 1970s, was produced in large quantities for the roman market. Marano Equo Regina Bean is celebrated in an annual festival on the last Sunday in August.



VALLEPIETRA BIG BEANS (Fagiolo Ciavattone)



LINK WITH
BIODIVERSITY

Production Area

Province of Rome: Arsoli, Marano Equo, Riofreddo, Vallinfreda, Vicovaro Romano, Vallepiaetra. Province of Frosinone: Filetino

PRODUCT DESCRIPTION The Vallepiaetra Big Bean is an ecotype belonging to the *Papilionaceae* family, type *Phaseolus*, species *Phaseolus coccineus* L., common name fasciolone or ciavattone. The plant, with a twining stem, has a climbing habit and vigorous flourishing: the flowers are white and very numerous. The dry pod, which is on average 10-12 cm long, contains large, sugared seeds. The colour of the dry seed is white. The “fasciolone” is grown in the Vallepiaetra area, which is part of the Monti Simbruini Park, and in the Filetino Park. These areas are part of the Alta Valle dell’Aniene and are located between 800 and 1000 m above sea level. The territory shows the typical features of an area where the original ecosystem has been sufficiently preserved. The soil is strongly calcareous and the climate is cold in winter but cool in summer. The presence of numerous fresh-water springs that can be used to irrigate the fields make it an ideal area for growing beans. The product Vallepiaetra Big Bean comes from the cultivation of the local variety at risk of genetic erosion, *Fagiolone di Vallepiaetra* (*Fagiolo Ciavattone*), protected by Regional Law No. 15 of 1 March 2000.

PRODUCTION METHOD The soil is prepared for sowing by surface milling of about 20 cm and then ploughed 30-40 cm deep, after which the manure is spread on the soil.

After sowing, the so-called “roccate” is carried out: small pyramids made up of four rods or sticks each, which are inserted into the ground and tied at the top with wire or string. These roccate are placed along the furrows, at a distance of about 30 cm from each other. Each of them reaches a height of about 2,50 metres and each side is about 60 cm long. As they grow, the individual plants are twisted and tied around the canes of the roccate. Sowing is done by hand after 10 May each year, selecting seeds kept from the previous year. The seeds in a number of 2-3 per hole are interred at a depth of about 10 cm, on the 4 sides of the roccate.

Irrigation is carried out by flow, usually in 6-8 day shifts, using the waters of the Simbrivio and Aniene rivers. Flowering generally takes place 40-50 days after sowing. Harvesting, exclusively done by hand, takes place from mid-September. The ripe pods are harvested and left to dry in the sun for 6-10 days, after which the beans are picked and laid out on the ground to dry in the sun for a few days. They are stored in jute sacks with bay leaves in dry, cool cellars or in a vacuum.

HISTORY BACKGROUND *Phaseolus coccineus* is distinctly different from *Phaseolus vulgaris*. Originally, this species was only cultivated for ornamental purposes due to the large number of scarlet flowers that appear at flowering. Later, white-flowered types such as the “fasciolone” were selected for human consumption.

The name derives from the shape of the white seed, which is very large, hence the habit of referring to it by the augmentative suffix -one. However, the information gathered on the ground from old farmers, has not made it possible to define either when the cultivation of this ecotype began. The seed is kept by elderly local farmers who have handed it down for generations.



BREAD SOUP AND VALLEPIETRA BIG BEANS OR BREAD

Ingredients: 400 g Vallepiaetra Big Beans, 200 g stale home-made bread, extra virgin olive oil, salt and 50 g onion.

Method: Cook the Vallepiaetra Big Beans in plenty of water. Once cooked, season with oil and salt. Cut the bread into small slices and place them in a soup tureen. Add the beans with their cooking water and leave until the bread has soaked (45 minutes). Fry the onion and put it into the soaked bread. Serve and drizzle with extra virgin olive oil.



FALLACCIANO DI BELLEGRA

Production Area

Province of Rome: Bellegra

PRODUCT DESCRIPTION The Fallacciano di Bellegra fig belongs to the *Moraceae* family, genus *Ficus*, species *Ficus carica sativa* and local cultivar called "Fallacciano". The Fallacciano plant is botanically a female plant, while the male is the Caprifico (*Ficus carica caprificus*). The leaves have an 8-10 cm long stalk, from which five veins with as many lobes start, three of which are more marked. They are deciduous, webbed, wrinkled and dark green on the upper side, while the lower side is paler and covered in thick hairs. The flowers are numerous, small and semi-dense and grow inside a fleshy structure ranging in colour from green to violaceous brown, called a receptacle, from which the fruit later develops. There are two types of Fallacciano fig fruit, as the is a bearing variety: the "fioroni", known as Fallacciani, are produced on two-year-old branches; the "forniti", known in dialect as Ritornelli, are produced on one-year-old branches at the axil of the leaves. The fiorone, or Fallacciano, is a green, ribbed sicon ("false fruit"), more or less piriform, with an ostiole at the end (a small opening in some plant tissues). The skin is thin and not very elastic, the pulp is full, homogeneous and sugary, speckled with pink otriolo and has no achenes because of its parthenocarp. The weight of the fruit varies from 70 to 100 g. Ripening is gradual, lasting about three weeks from the second ten days of July, giving the Fallacciano variety the typical characteristic of a late fruit. The fruits, called Ritornelli, are smaller than Fallacciani and almost spherical, have never had a commercial value and, in the past, were used for pig feed.

Maturation starts in mid-September and lasts for most of the autumn.

PRODUCTION METHOD The ideal environment for fig cultivation is warm temperate, similar to the olive tree, but more resistant to low temperatures (-15°). The plant is rustic, not very demanding and prefers loose, light soil, also rich in very thin gravel and lime, and does not tolerate water stagnation or excess clayey substances. In the Bellegrano area, the best results are obtained at altitudes above 500 metres above sea level, with a north-east and north-west exposure. Cultivation is either specialised or mixed; in the specialised variety the planting pattern is generally 5 x 5 or 6 x 6; in the mixed variety it is grown in association with olive trees, vines and other herbaceous crops. The form of cultivation is usually free standing. Propagation is by agamogenesis and can be carried out either by cuttings from two or three years old or by radical shoots taken from the base of the already adult plants; ring grafting can also be used in spring. The fig harvest, known as "Fallacciano" in Bellegrano dialect, begins in the second half of July and lasts about twenty days. The farmer, equipped with a hook and a wicker basket, known in Bellegrano dialect as "ancinu" and "manicutu", goes to the harvesting point, arranges the bottom of the basket with a bed of fig leaves, which he will gradually layer over the fruit to avoid vertical contact between them; then the actual harvesting begins, testing the ripest fruit with skilful hands and leaving the others to be picked in the following days, once they have reached the right ripeness.

HISTORY BACKGROUND For centuries, the dried fig was of fundamental importance in Bellegrano's agricultural economy and was produced and used as a bargaining chip for the populations of the inland areas until almost the middle of the 20th century. From the 1940s to the 1950s, however, there was considerable economic interest in the fresh fig, known as 'Fallacciano', with an exponential growth in cultivation and production until the 1980s. As early as the mid-1970s, the first "Fallacciano" festivals were held in the municipality of Bellegra. During the harvesting period, in the last weekend of July, which also precedes the feast of the town's patron saint, St Sixtus II P.M., the famous and traditional "Sagra del Fallacciano" is dedicated to this sweet and highly prized fruit, during which, amidst popular and folkloric performances, it is possible to taste the tasty fig in all its different forms of preparation.



MARRONI CHESTNUT FLOUR

Production Area

Province of Rieti: Borgo Velino

PRODUCT DESCRIPTION Flour obtained from processing Antrdocano chestnuts. It is light hazel and has a sweetish flavour, used to make bread, soups, focaccia, polenta, as well as the traditional Castagnaccio.

PRODUCTION METHOD After harvesting, the chestnuts are sorted to discard defective fruit. After being immersed in water for 5 days in silos, they are soaked in water. The chestnuts suitable for processing are selected manually using a conveyor belt, shelled with the aid of machines, left to dry for 15-20 days at 40-50°C, then ground using a mill to obtain flour.

HISTORY BACKGROUND Pliny recounted that chestnut flour was used to make a special bread that women ate during the festivals in honour of Ceres, when it was forbidden to eat cereals. In the 16th century, Mattioli reported that chestnuts:

"chestnuts cause the coitus as they are very winding... in the mountains where little grain is harvested, they are dried... and made into flour, which is very useful for making bread". Grandmothers in the mountains, enriched this flour with fragrant rosemary leaves and a "C" of olive oil. If the Castagnaccio was a prize for the "best", everyone took part in the 'candy' entertainment in front of the fire, which was done by putting a little flour into a sewing thimble, which was then placed in the embers in order to obtain a hot bean.



PANCAKES WITH MARRONI CHESTNUT FLOUR

Ingredients: 300 g chestnut flour, a small glass of rum, a teaspoon of toasted hazelnuts, 2 egg whites, icing sugar, oil for frying.

Method: In a bowl, mix the warm water with the chestnut flour to form a thick batter, add the teaspoon of rum, the chopped toasted hazelnuts and the stiffly beaten egg whites. Mix everything well and fry it in spoonfuls in hot oil. Turn the pancakes in the pan and, when they are cooked, drain them on absorbent paper. Serve them covered with icing sugar.



PUNGOLO SPELT OF ACQUAPENDENTE

Production Area

Province of Viterbo: Acquapendente

PRODUCT DESCRIPTION The Pungolo Spelt of Acquapendente is now grown in a restricted area of 3-4 hectares and is obtained from a local variety that has been cultivated since time immemorial. More recently, some new varieties of different origins have been used in order to assess their yield and adaptation to local conditions, as well as their organoleptic characteristics. The product's characteristics are dictated by the area's soil and climatic conditions and by cultivation techniques that do not involve the use of chemicals. The soils, located at around 450 metres above sea level, are deep, free of groves, of medium texture, neutral or sub-acidic in reaction and of average permeability; rainfall is between 800 and 900 mm.

PRODUCTION METHOD Spelt (*Triticum dicoccum*) is a variety of wheat belonging to the *Graminaceae* family, also known as "dressed wheat" because, after threshing, the grain (caryopsis) remains covered by its protective husks (glumes and inner glumes). Spelt, in order to be used, must undergo the process of cleaning (husking or flouring), a very ancient method that consists of grinding the ears

of spelt with a stone in order cause the various parts to break off and become unusable.

Pungolo Spelt of Acquapendente is sown in November and harvested in July.

HISTORY BACKGROUND The cultivation of Pungolo Spelt of Acquapendente has been documented since the 3rd millennium B.C. and its use continued for a long time until it became fundamental in the diet of the Etruscans and early Romans (*Pliny called it *primus antiquis latio cibus**). Archaeological discoveries in the Fiora Valley have provided ample documentation of the existence of farming communities in the area that cultivated mainly spelt. The Etruscans used it mainly in the preparation of puls, a kind of polenta. With the appearance of wheat, however, the cultivation of this cereal ceased almost completely and today it is limited to a few farms in the area, all located in the municipality of Acquapendente. Old farmers remember it being associated with legumes (lentils and beans) to make tasty soups. Every year, on the third weekend of August, the municipality of Acquapendente and the Pro Loco, along with other local associations, organise an event entitled "Viaggio nella civiltà contadina e artigiana" (Journey through rural and artisan civilisation), during which food stalls where visitors can taste Pungolo Spelt of Acquapendente soups and other dishes based on this ancient product are set up.



DESSERT WITH SPELT OF ACQUAPENDENTE

Ingredients: 200 g Pungolo Spelt of Acquapendente, 1 litre of milk, 1 lemon, 120 g of sugar, 100 g of chopped almonds, 100 g of candied fruit, 100 g of macaroons, a glass of brandy, 3 eggs, butter, Cointreau.

Method: Soak the spelt, then pour it into a saucepan with the milk, the whole peeled lemon, the sugar, the chopped almonds, the candied fruit and the macaroons soaked in brandy. When the spelt is cooked, let it cool down, add the well beaten eggs, mix well, pour the whole mixture into a buttered cake tin and bake in the oven at 170° C for about an hour. As soon as it comes out of the oven, moisten the cake with Cointreau and serve warm.



AQUINO HORSE BEAN

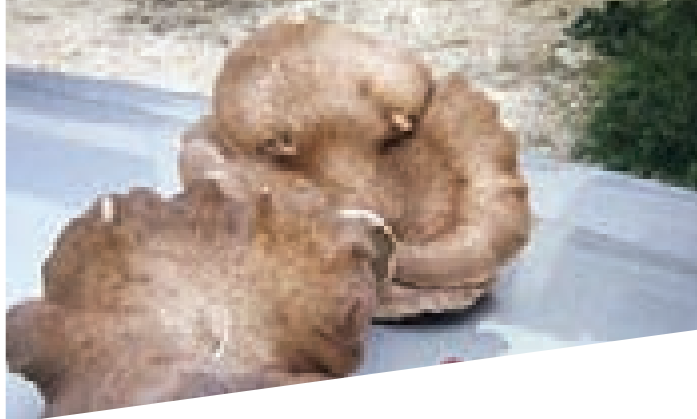
Production Area
Province of Frosinone: Aquino

PRODUCT DESCRIPTION The Aquino Horse Bean plant is characterised by a determinate development with an average height of 165 cm and medium green leaves. The floral raceme bears an average of 6 flowers, each about 6,5 cm long, with the presence of black flecks and a small patch of melanin. The pod is erect, on average 8.9 cm long and 1.4 cm wide, uncurved, medium green in colour and with a low number of ovules (3-4). The seed is elliptical in shape both transversely and longitudinally, green when ripe and beige with black pigmentation of the hilum when dry. 10 seeds weigh on average 8-12 grams.

PRODUCTION METHOD In August, the soil is ploughed. Then, in mid-October, harrowing is carried out in order to manage and prepare the land for sowing, which is carried out by scattering or with a seed drill in November. Around 2.20-2.30 quintals/ha of seed is used. No fertilisation or weed and/or pathogen control operations are carried out. Harvesting takes place in June/July. The yield of product per hectare is approximately 50 quintals. The product is stored in dry and ventilated premises.

HISTORY BACKGROUND Every year on 2 November in Aquino, an event is held in the Piazza di San Tommaso that attracts many people who are attracted by the history of the event. The rite has ancient origins and dates back more than 200 years, when an ancient family from Aquino, the Pelagalli, prepared a broad bean soup on the night between 1 and 2 November. Don Battista Colafrancesco, parish priest of Aquino for many years, reflected on the time that has passed: *"This tradition has unfortunately disappeared and lasted for years and years: perhaps a hundred, perhaps two hundred years. No one can say, not even the Pelagalli, who started this tradition! They have always cooked horse beans at dawn on the Day of the Dead because that is what they saw their parents and grandparents doing. Pelagalli beans entered our homes and we all ate them. No one felt offended by that bowl, no one felt humiliated: on the contrary, those who, for one reason or another, could not get them were disappointed."* Beginning the summer before, the Pelagalli used to 'set aside' at least a couple of sacks of horse beans (corresponding to about 80-90 kg of the product) and as many sacks of maize. The horse bean used was actually field bean (more commonly known as *favetta*), i.e., the one normally used in Ciociaria for green manure. Setting them aside from the previous summer really marked the impetus for such an important and heartfelt family event. The period before 2 November, however, was the real highlight of the event.

First of all, horse beans were carefully chosen, so as to discard those with defects, partially damaged, since at that time the beans were only unpacked manually. The beans were then washed and, since they were dry, they were kept in water for several days in large containers, so that they could soften as much as possible for subsequent cooking. Alongside this initiative, there was the preparation of bread in the usual form of small buns, which were baked in the oven located in a room in the same courtyard. On the night between 1 and 2 November there was the greatest fervour in organising and getting everything ready for the first light of dawn. The tradition of the "Fave dei Morti" has now been revived in Aquino by the "La Torre" cultural association. The beans are cooked in the home of an Aquino resident and then transferred to the place where the event takes place using large casseroles.



FERLENGO OR FINFERLO OF TARQUINIA

Production Area
Province of Viterbo

PRODUCT DESCRIPTION Ferlengo is the name used in the Viterbo area to identify *Pleurotus eryngii*, variety *pherulae*, of the *Pleurotaceae* family, genus *Pleurotus*, known as the “ferla mushroom” because it grows in ferula stumps, spontaneous plants common in the uncultivated fields of the Tarquinia and Monteromano area, similar to wild fennel. The Ferlengo has a fleshy, smooth, fan- or oyster-shaped cap; an off-white long stalk, medium-dense gills on the stalk. It has whitish flesh, negligible odour, sweet taste.

PRODUCTION METHOD The Viterbo area’s woods are an ideal territory for a wide variety of fungal species, thanks to a combination of factors: varied vegetation (beech, oak, chestnut, hornbeam, maple, conifer woods, etc.), a wealth of minerals and water, and suitable temperatures. Depending on the weather conditions, the Ferlengo harvests begin between the end of August and the first fortnight in September; sometimes, if the drought persists, it is as late as November.

HISTORY BACKGROUND The first information on Ferlengo comes from a fragment of the *Canto del Pellegrino buongustaio*, written by an anonymous citizen of Tarquinia in the 15th century. Reference is made to the existence of a Ferlengo festival in Tarquinia at that time. The Canto was put on the index by the Holy Office because, it was said, it induced pilgrims to sins of gluttony. A copy was burnt in the Belvedere square in Tarquinia. After centuries, the text was found in a private archive. This is what it says about the Ferlengo: “Come to Corneto to see the Ferlengo mushroom festival; come even if you do not like mushrooms. Mushrooms are not the only dish. You will find good meals, wines and typical dishes. Whether it rains or it is windy, come. There is a big circus tent that can give you shelter in Corneto.”

Even today, at the end of October, the town of Tarquinia hosts a festival dedicated to this mushroom. The Ferlengo appears as one of the most characteristic products of Tarquinia in a local tourist magazine in 1976 and, later on, the same magazine dedicated an article to it, stating that the Ferlengo was born and reproduced in a narrow area with very short borders: “a triangle in which the patches between Tarquinia, Monteromano and Tuscania make up 95 % of the territory. Outside this area, the Ferlengo does not come out and has only a few poor cousins such as the caldarella of the Tolfa Mountains”.



In the Viterbo Maremma area, there are various ways of cooking Ferlengo mushrooms: exquisite homemade fettuccine served with a tomato and mushroom sauce; excellent acquacotta enhanced with Ferlengo mushrooms; excellent fried Ferlengo mushrooms, roast Ferlengo mushrooms, fried Ferlengo mushrooms, pan-fried Ferlengo mushrooms and Ferlengo mushrooms from Viterbo: pan-fried with tomatoes and wild fennel. Mostly, however, it is cooked on the grill; in this case, rather large ones should be used.



SONNINO DRIED FIGS

Production Area

Province of Latina: Sonnino

Third-flower figs (the smaller ones that develop from July onwards) are dried, whole or in two parts, first in the sun and then in a wood oven. They are preserved by sticking them in a cane, cut into strips: in this way, they can be consumed even until the next season. The method of processing and preserving the product has been handed down for generations. Mainly eaten at Christmas, dried figs can be stored for a long time, maintaining their many nutritional properties. Drying is one of the classic methods of preserving the fresh product, which is assembled in such a way as to give life to figures of ladies and knights.

PEPPER WITH MARC

Production Area

Province of Frosinone: Pastena, San Giovanni Incarico, Falvaterra

Peppers sown late in the season are used for this preparation, in order to delay the harvest and make it coincide with the grape harvest.

After harvesting, the peppers are placed in a single layer on wooden shelves in a cool, ventilated place for about 10 days to dry. They are then transferred to wide containers, alternating with layers of unpressed grape marc. After layering, the container is filled with a solution of equal parts water and vinegar to which coarse salt is added. This is a family preparation of ancient tradition.



FENNEL OF THE MAREMMA VITERBESE

Production Area

Province of Viterbo: Montalto di Castro, Tarquinia

PRODUCT DESCRIPTION Fennel of the Maremma Viterbese is firm, particularly crunchy and white. It is a compact, medium-sized plant with a taproot system, medium-late production, good resistance to cold and pre-flowering. The stem is cylindrical, the leaves are long-stalked, tri- or tetra-pinnatisect, with a large, thickened, enveloping white basal sheath to form the "heart". The medium-sized heartwood is white in colour and has gathered leaves. The varieties used in the production of Fennel of the Maremma Viterbese are those of the "Romanesco Fennel" variety. The seed is selected from the best plants produced by local farmers. The production area is characterised by flat land that facilitates the mechanisation of cultivation operations, a medium-textured, sandy soil and a mild, slightly humid climate with an average temperature of 20-25° C, with a good supply of water. It has a mild, slightly aromatic, refreshing and sweet taste.

PRODUCTION METHOD The preparation of the soil for the production of Fennel of the Maremma Viterbese consists of more or less deep ploughing (20-35 cm), depending on the previous crop. Cultivation begins with direct sowing in open fields, from 1 August to 30 September, or sowing in seedbeds in August, followed, as soon as the seedlings have reached 20-25 cm, from transplanting in the period from 10 August to 15 October.

The optimum planting pattern is 80-90 cm between rows and 15-20 cm along the row, which is wider than in other Italian areas, so that the number of plants per hectare is 40 % lower, resulting in a plant that is more fibrous and has a slow but greater growth rate. In order to meet the water requirements of the Maremma Viterbese fennel crop, sprinkler irrigation systems are permitted. Watering must be frequent and abundant, especially during the periods of maximum light intensity and high temperature, corresponding to the sowing period. Fertilisation must take into account the natural soil supply and removal. The ripe shoots are harvested by hand or by machine, cutting the plant at the collar. Harvesting begins on 1 November and lasts until 15 May. When the outer leaves have been removed and the bulb is prepared for marketing, it must have a diameter of more than 60 mm.

HISTORY BACKGROUND It is believed that the earliest food uses of the species date back to 1300-1400, when fennel was reported to have been cultivated around Florence and northern Lazio. These crops were confined to family vegetable gardens, whereas today fennel occupies large areas of land as a field crop. As early as 1379, in the Statuto degli Ortolani di Tarquinia, reference is made to the horticultural districts cultivated outside the walls, providing information on both the horticultural species produced (including fennel) and their sale.

A contract for the sale of a kitchen garden dated 1 April 1850 by Count Luciano Bruschi Fulgari also refers to about 700 fennel plants in the "Giardini" district. Lease agreements of 1864 estimate the existence of 12 fennel saltworks, while in lease agreements of 1895 and 1899, fennel plays an important role in the catalogue of existing herbage. In 1939, the Istituto nazionale per il commercio estero (National Institute for Foreign Trade) published *Produzione e commercio dei prodotti agricoli italiani* (Production and trade of Italian agricultural products) and found that fennel production in Lazio ranged from a minimum of 150 to a maximum of 400 quintals per hectare. Moreover, in 1949 the Etruscan Maremma Land Reclamation Consortium was set up at the same time as the land reclamation in the 1950s, which led to the spread of cultivation over much of the Tarquinia area. In 1979, according to ISTAT data, Lazio ranked fourth in Italian fennel production with 2760 hectares and a yield of 220 quintals/ha, with the largest production concentrated in the Tarquinia area.



TERRACINA STRAWBERRIES

Production Area

Province of Latina: Terracina, Monte San Biagio, Sonnino, Fondi, Pontinia, San Felice Circeo, Sabaudia, Priverno

PRODUCT DESCRIPTION The product derives from the use of a variety of French origin "Favette", introduced into this about 50 years ago and still present today, thanks to the favourable soil and climate conditions that have allowed it to take root exclusively in this area. This could be mistakenly considered a weakness of the system, given the rapid turnover of varietal standards that characterises other Italian strawberry-growing areas. However, it is definitely a strength, due to the specificity and history of this variety, which is grown worldwide only in this area. The Terracina Favette strawberry is round and circular, deep red and much sweeter than other varieties, which are also less fragrant and more consistent. The production period runs from the end of March in the greenhouse to the end of June in the open field, allowing the product to periodically reach the market over the course of the marketing year.

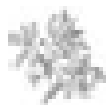
PRODUCTION METHOD In July, the land on which the Terracina strawberry will be grown is solarized with plastic film for about

40 days. In August, after this disinfection measure, the soil, both for greenhouse and open field cultivation, is milled, fertilised and mulched, the furrows are prepared and the driplines and installed. The seedlings are transplanted when, after being irrigated for 3-4 days, vegetative recovery occurs and a new leaf arises. One seedling is transplanted to each furrow in single or twin rows. For the first 10 days after transplanting, irrigation takes place every day, then every 7 days depending on the weather. In October, the plant flowers; to prevent it from bearing fruit, the flower is removed manually to keep the plant in a vegetative state. In November, only 1-3 stalks per plant are left; the remainder are cut and used to produce seedlings to replace those that have not taken root. Greenhouse cultivation begins in January when the dry leaves are removed, leaving only 3-4 green leaves. In February, with the blooming, beehives are placed inside the greenhouses, and remain there for 15-20 days in order to fecundate the flowers. The strawberry harvest starts in mid-March and continues throughout April and early May with the first flowering; from mid-May to mid-June, for the second flowering. At the end of June, the seedlings are uprooted and solarisation begins. In open field cultivation the dry leaves are removed at the end of February, leaving only 3-4 green leaves. Some growers cover the rows with tunnels, which are removed in mid-April. First flowering takes place towards the end of March; harvesting is from 20 April to May. Second flowering is at the end of May with harvesting throughout June.

HISTORY BACKGROUND The succession of fertile valleys and karst highlands between the Ausoni mountains and the sea provide the ideal microclimate for the cultivation of a niche product such as the Terracina Favette strawberry. This noble fruit, praised by Ovid, Pliny and Virgil, found favourable soil for planting after the reclamation of the Pontine Marshes. Since the end of the 1950s, farmers in the area have welcomed the proposal of a French seed company to plant a new variety of strawberry: the Favette. This very sweet fruit found a suitable habitat in the Pontine plain, covering just over 100 hectares. Since then, seed conservation in the area has been carried out by the farmers themselves, who send the seedlings to flower. The period of greatest production of the Favette was between 1960 and 1980.



NEMI STRAWBERRY



LINK WITH
BIODIVERSITY

Production Area
Province of Rome: Nemi

PRODUCT DESCRIPTION The Strawberry traditionally grown in Nemi belongs to the species *Fragaria vesca variety semper florens Duch* (wild strawberry of European origin). The primary and secondary fruits are elongated and fusiform, sometimes conical, rather small and with an average weight of 1.2 g (minimum 0.5 - maximum 2.2). The surface colour of the fruit is bright red, the pulp is whitish, often dyed with red when fully ripe. The flavour is moderately sweet and moderately acidic. The aroma is very intense. The product Nemi strawberry comes from the cultivation of the local variety at risk of genetic erosion, *Fragolina di Nemi*, protected by Regional Law no. 15 of 1 March 2000.

PRODUCTION METHOD The soils in which Nemi wild strawberries grow are of medium texture, tending towards loose, acidic or sub-acidic, with excellent permeability, high fertility, good phosphorus and potassium content, and low calcium and iron content. The Strawberry plants are planted manually in March with the aid of the wooden "pizzuto", at the beginning of spring in beds approximately 1 square metre wide, with a density of 36 plants per square metre. The plants have a high stolonising capacity (locally the stolons are called

"lupari") which allows ground cover ("appattamento") as early as the end of summer. Fertilisation is generally of organo-mineral origin with a low nitrogen content. Weeds are manually removed. Irrigation is carried out by sprinkling or running every 2-3 days, especially in summer, as the plant is sensitive to drought. The flowering period is from April to September. Harvesting is carried out exclusively by hand every 4-5 days in the period from early May to October.

HISTORY BACKGROUND Also known as the re-flowering strawberry, the four-season strawberry Nemi strawberry has a centuries-old history. It has been growing wild for centuries in the woods of the Lake Nemi valley, where it finds a favourable microclimate. Transplanted and cultivated with patience and skill, it remains in production for 3-4 years. It is a "tiring" product: you have to pass between the rows of vines at least once a week to remove weeds by hand, protect the ripening fruit from birds and insects and, finally, pick them, naturally by hand. Every kilo of strawberries harvested requires hours of hard work, which has always been entrusted to the skilful hands of the women, known as "le fragolare", the protagonists of the historic festival: they parade through the town dressed in the old traditional costume (red skirt, black corset, white blouse and mandrucella on the head). The Strawberry Festival, which is held every year on the first Sunday in July, is one of the most famous and oldest village festivals, although the date of its creation is not known.

However, it was certainly established before 1922, when a municipal resolution was issued allocating funds for the celebrations and the distribution of strawberries. There is also an engraving by Bartolomeo Pinelli, made in 1822, showing *The Triumph of the Strawberries at the Rotonda* (i.e., the Pantheon), which bears witness to the existence of a strawberry festival that has been held in Rome for centuries on 13 June. The Roman festival also included "le fragolare" and a public distribution of fruit. And, since at that time all the fruit for the Roman market came from the Castelli, one may conclude that the strawberries were supplied by growers in Nemi. It has been suggested that the festival was suppressed in Rome and probably transferred to Nemi when the Savoy arrived in 1870, when the Pope locked himself in the Vatican and Rome went into mourning. Certainly, however, there is already mention of Nemi's strawberries and flowers as typical products in the Acts of the Jacini Parliamentary Inquiry into the state of agriculture in the newly formed Kingdom of Italy (1877-1884). Production peaked after the war (early 1950s).



FORMIA SIGNORINELLA LETTUCE

Production Area

Province of Latina: Formia, Gaeta

PRODUCT DESCRIPTION The plant is characterised by a rounded globular shape, with light green leaves edged in red; the average weight is around 300-400 g/plant. Seeds and seedlings are reproduced by local farmers and cultivation continues throughout the year, although the biological production time (outside the greenhouse) is from May to October.

PRODUCTION METHOD This type of lettuce is grown both in open field and in a protected environment. In the open field, after careful preparation of the soil, the lettuce is sown in seedbeds or in containers of various types; the plants are transplanted when they have reached at least 4-5 well-formed leaves (January-February). Manual harvesting begins in April according to the ripeness of the individual heads which, once harvested, are taken immediately to the market to be sold and consumed fresh.

HISTORY BACKGROUND The name Signorinella Lettuce comes from its appearance similar to “a young woman dressed in skirts and lace”. It is also called “Erba dei saggi” or “Erba dei filosofi”. It is a vegetable of ancient origin and there are numerous oral testimonies from local farmers attesting to its cultivation since ancient times.



SOUP WITH PUMPKIN AND FORMIA SIGNORINELLA LETTUCE

Ingredients: 200 g conchigliette pasta, one Formia Signorinella lettuce plant, 400 g hulled pumpkin, one blond onion, 4 sage leaves, 40 g flour, 40 g butter, 4 dl milk, 6 dl vegetable broth, salt, pepper.

Method: Melt the butter in a saucepan, add the sliced chickpea, chopped sage leaves, cleaned lettuce cut into strips, flour and stir with a wooden spoon for 2-3 minutes. Dilute the mixture with the boiling milk and broth, cook for 20 minutes and pass through a sieve. Pour the mixture into the same pot, add the diced pumpkin and pasta, and cook for a further 15 minutes. Season with ground black pepper before serving.



ONANO LENTILS



LINK WITH
BIODIVERSITY

Production Area

**Province of Viterbo: Onano, Latera, Grotte di Castro,
San Lorenzo Nuovo, Acquapendente e Gradoli**

PRODUCT DESCRIPTION The seed varies in size from 3 to 8 mm, has a flattened lenticular shape, a smooth, thin tegument, a colour ranging from light brown to greenish, varying in intensity and degree of marbling (1-95%) on the surface. It differs from other lentils in that its skin is almost non-existent and does not need to be soaked before cooking, although once cooked it retains an intact seed and a velvety, fine, creamy texture. The peculiarities of the product are conferred by the type of soil in the production area, which is loose, with excellent permeability and of volcanic origin. The low tannin content gives the seed good digestibility, while the volcanic origin of the soil enhances the flavour, ease of cooking and integrity of the seed at the end of cooking. The product Onano Lentils with large seed (6-8 mm) comes from the cultivation of the local variety at risk of genetic erosion, Lenticchia di Onano, protected by the L.R. 1 March 2000 no. 15.

PRODUCTION METHOD The preparation of the seedbed involves ploughing or equivalent tillage to a depth of 20-30 cm in September-November, followed by soil refinement in January-March. Sowing, carried out by hand or mechanically, takes place between December and April. With a seed investment of 80-100 kg/ha. Sowing may be followed by rolling. No fertilisation is allowed. Harvesting takes place between 15 June and 30 August each year.

Maximum production is 2,5 t/ha of grain. The harvested product is threshed mechanically and then cleaned through sieves to remove residues.

HISTORY BACKGROUND In the Middle Ages, lentils were already known to be eaten in the Viterbo area because of their high protein and iron content: they were considered “the meat of the poor”. The continuity of lentil cultivation in the province of Viterbo is confirmed in 1873 in the report sent by the Viterbo Agrarian Committee to the R.a Rome Prefecture in response to various questions from the Ministry of Agriculture, Industry and Commerce, in which it appears among the province’s main products. However, the first historical reference is in the *Ordini, statuti, leggi municipali della comunità e popolo di Onano* of 1561, a publication edited by Bonafede Mancini, where chapter 63 provides for a penalty for anyone caught stealing or damaging other people’s legume crops. A fine of ten baiocchi was set, to be paid not only in cases of flagrante delicto, but also when the suspect, under forced oath, admitted the theft of the vegetables. Further evidence can be found in the letter written by Duke Sforza in 1616 to the Council of the Community of Onano, to grant authorisation to hold the weekly market, which states the need to ensure that excessive quantities of vegetables are not taken out of the Dukedom and sets the maximum quantity that can be exported per person at one staio (around 18 kg). In a manuscript of 1802, *Memorie Istoriche* (Historical Memoirs) by Father Epifanio Giuliani, a publication edited by the “Aulanum” Archaeological Group, it is suggested that development could be increased and the inhabitants’ standard of living raised, thanks to “trade and industry, especially in pulses, which the Onano area produces in excellent quality, and induce in the village an abundance of every kind necessary for life”. Another quotation comes from Senator Giulio Andreotti in his book *La sciarada di Papa Mastai* (The charade of Pope Mastai), where he recalls that, following the loss of temporal power in 1870, Pius IX, on the eve of New Year’s Eve in 1871, consoled himself that “tomorrow he would always have Cardinal Prospero Caterini’s good lentils from Onano at his table”. This is what he could compare the lost power to, “a plate of lentils”. Diamondo Scalabrella too, in *La chiesina del Piano nella storia di Onano* (The little church of the Piano in the history of Onano), 1969, tells of the cultivation and trade of Onano lentils. However, it was in the early years of the 20th century that “Lenticchia di Onano” achieved its greatest fame, receiving recognition all over the world. It was the Alfonsi company that stood out for the quality and quantity of the product at numerous national and international exhibitions and fairs from 1910 to 1966. Since 1966, a festival organised by local producers has been held on 15 August.



RASCINO LENTILS



LINK WITH
BIODIVERSITY

Production Area

Province of Rieti: Fiamignano, Petrella Salto, with particular reference to Rascino Plateau

PRODUCT DESCRIPTION The Rascino lentil, a local ecotype, belongs to the family Leguminosae, genus *Lens*, species *Lens culinaris* Med. It is small and of uneven colour, ranging from pink to reddish, greenish yellow, light brown and rarely ochre, with or without ornamentation (mottled, dotted). It is grown on the Rascino plateau at an altitude of around 1 200 m above sea level and has an excellent protein content. Its pleasant flavour and the fact that the seed remains intact when cooked make it a particularly prized niche product. Rascino lentils comes from the cultivation of the local variety at risk of genetic erosion, *Lenticchia di Rascino*, protected by Regional Law No. 15 of 1 March 2000.

PRODUCTION METHOD From the end of October to the first days of November, the soil is prepared by ploughing at a depth of 30-35 cm; then harrowing or morganatura is carried out to break up large clods, eliminate weeds and level the ground. Sowing starts at the beginning of spring (generally in March, depending on environmental conditions); in some plots, sowing is done "alla vo- lata" (by hand), while in others the seed drill is used. This is followed by tamping and harrowing to cover lentil seeds and perfectly level the soil, and weeding, i.e., the removal of weeds.

Fertilisation is not carried out. Harvesting takes place in the first 15 days of August using a threshing machine. The uprooted seedlings

are left on the ground to dry for a period that varies depending on weather conditions; the plant must dry out, but the pod must remain closed. This is followed by stripping, carried out with a combine harvester, to separate the lentil seeds from the rest of the plant. The so-called 'soiled product' is thus obtained. Finally, seeds without defects are selected and dirt is removed.

HISTORY BACKGROUND Present since Roman times, written sources dating back to the 13th century attest to the continuity of its cultivation, not as a sporadic phenomenon, but as a crop rooted in the social fabric. In the following centuries it was also used as a commodity to exchange "*sicut moneta*" with wheat and other products or services. Famous for its organoleptic qualities, flavour and ease of cooking, the Rascino lentil was also characteristic of the Pescorocchiano and Borgorose areas, while today its cultivation has been restricted in the last half of the last century to the Rascino plateau. Official written sources document the presence of Rascino lentils in 1929, as they were included in the area by the Catasto Agrario del Regno. The land register shows the hectares under lentil cultivation and the average yield per hectare. The Sagra della Lenticchia di Rascino (Rascino Lentil Festival) has been held in the municipality of Fiamignano every second Sunday in August since 1971.



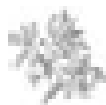
LASAGNA WITH RASCINO LENTILS FLAVOURED WITH THYME

Ingredients: 200 g Rascino lentils, oil, onion, celery, carrot, thyme, 300 g egg pasta rolled into thin sheets, grated parmesan, garlic, oil, salt and pepper.

Method: Boil the Rascino lentils in cold water with onion, celery, carrot and salt. Drain them when they are "al dente" and sauté them in a mixture of oil, garlic and thyme sprigs, without frying. After a few minutes, remove them from the heat, set a few spoonfuls aside and puree the rest, adding a little of the lentil cooking water. The result should be a liquid and homogeneous sauce. Cut the lasagne into squares and cook it al dente in salted water. Place a layer of pasta in an oven dish, spoon over the lentil purée and sprinkle with Parmesan cheese. Put another layer of pasta on top, add the lentil purée and Parmesan cheese. At the end scatter the whole lentils and season with extra virgin olive oil. Place the baking tray in the oven and leave to brown. For a richer flavour, it is advisable to add cubes of bacon or sausage, browned in oil, to the purée to be spread over the pasta.



VENTOTENE LENTILS



LINK WITH
BIODIVERSITY

Production Area

Province of Latina: Ventotene Island

PRODUCT DESCRIPTION The Ventotene Lentil is an ecotype belonging to the family Leguminosae, *Lens* type, species *Lens culinaris Med.* It is characterised by its small to medium size, light brown colour with light pink veins, sometimes green or greenish yellow. Sowing takes place from January to February, depending on the type of soil: sandy soils first, then clay soils. Ventotene Lentils comes from the cultivation of the indigenous variety at risk of genetic erosion, *Lenticchia di Ventotene*, protected by Regional Law No 15 of 1 March 2000.

PRODUCTION METHOD They have always been grown using natural methods in the fertile volcanic soil recognisable by the yellow tuffs, trachytes and basalts that characterise the coasts of the island. Along the country lanes, at the edge of the coastline, it is easy to come across well-kept lentil cultivations, depending on the season. In spring in particular, when the plant is in full blossom, an irresistible scent permeates the air. In general, lentils are sown from January to the end of February, depending on the type of soil.

Sowing is done manually in rows with a 30-40 cm spacing. At the end of March, the row hoeing and manual weeding lasts until the end of May, when the plant reaches the flowering period. Harvesting takes place in June, at dawn, when the damp pods do not risk breaking in when the plants are torn out from the ground. Afterwards, once left to dry for a few days on large rectangular sheets, the pods are beaten using a pair of wooden sticks tied by two iron rings known as a “v-villo”, and then they are stripped, i.e., the seeds are separated from the remaining straw. Ventotene Lentil seed is reproduced on the farm by local growers.

HISTORY BACKGROUND Ventotene lentils have been grown on the island since it was colonised by the Bourbons in the second half of the 18th century. Historical records, such as Tripoli's *Monograph of the Islands of the Poncian Group* of 1855 show an annual production of at least 200 quintals. The most productive period, for which there are still living testimonies, dates back to the middle of the last century, when production was estimated at least 500 quintals per year, until the end of the 1960s. But with the island's depopulation in those years, there was also an inevitable reduction in all types of activity, including lentil production. Fortunately, this ancient tradition has survived thanks to the purely family-based cultivation of a few farmers and has been revitalised in the last decade.



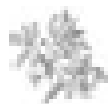
VENTOTENE LENTILS SOUP

Ingredients: 350 g lentils, four tablespoons of extra-virgin olive oil, two cloves of garlic, one stick of celery, four or five cherry tomatoes, basil, chilli pepper to taste, salt to taste.

Method: the Ventotene lentil does not need to be soaked beforehand, but should be cooked immediately in water for about 60 minutes with all the Ingredients. Add the oil and salt about 10 minutes before the end of cooking. This will allow the lentils to remain soft.



MAIS AGOSTINELLA



LINK WITH
BIODIVERSITY

Production Area
Province of Rome: Vallepietra

PRODUCT DESCRIPTION Agostinella Maize is a local variety belonging to the Gramineae family, Zea type, species Zea Mais. The seed is an orange-red caryopsis with a vitreous fracture when fully ripe.

At maturity it may be subject to lodging if the crop remains in the field beyond the ideal harvesting period. The height of the plant is 150-190 cm (measured from the collar); the height of insertion of the last leaf is 140-185 cm; the height of insertion of the ear is 60-80 cm, at the 5th node.

Some plants have a double spike inserted at the 6th node, and panicle insertion (male inflorescence) at the 11th node. The leaves are small to medium in size and the ear is small to medium in size with an average number of 400-500 caryopses. The product Agostinella Maize comes from the cultivation of the local variety at risk of

genetic erosion, Mais Agostinella, protected by Regional Law no 15 of 1 March 2000.

PRODUCTION METHOD Agostinella maize is grown in a three-year crop rotation, with potatoes, beans or savoy cabbage in the second year and maize again at the end of the rotation. It is a crop grown in all soils, although it prefers fertile valleys. In the Vallepietra area, sowing takes place in spring, i.e., towards the end of April, since local climate allows the crop cycle to be completed, avoiding both the return of winter cold and the bad autumn weather. Sowing is carried out manually or mechanically and the doses of seed used are always low: generally, between 30-40 kg/ha of seed, for a density of between 15 and 20 caryopses per m². Maize is on average susceptible to corn borers, depending on the season, growing conditions and sowing time. Fertilisation is straightforward and is carried out in November-February, before the main tillage, which is generally carried out in March. In traditional cultivation areas, characterised by marginal agriculture, which makes little use of chemical products, maize is not weeded. During drought periods, irrigation is carried out by flowing in furrows between the rows. Harvesting is done by hand and the ears are kept throughout the winter until they are milled. Production is low and does not exceed 50 quintals/ha. After harvesting, the ears are intertwined with the glumes, and are hung from the ceilings of the warehouses, in order to allow the caryopses to dry gradually.

HISTORY BACKGROUND In the past, maize grain was particularly used in animal feed and for fattening lambs and calves. Today, its use in both human and animal nutrition is threatened by the possible introduction of highly productive hybrid varieties. Thanks to its vitreous grain, this maize has long been used for the production of flour (obtained from the crushing and subsequent grinding of the caryopses) and the subsequent preparation of polenta, typical of Vallepietra.



CITRUS, CHESTNUT, APPLES WITH MOSTO COTTO, UVA FRAGOLA AND SOUR CHERRY MARMALADE

Production Area

Citrus marmalade - Province of Latina: Castelforte.

Chestnut marmalade - Province of Rieti: Antrodoco, Borgorose, Concerviano, Fiamignano, Marcellino, Pescocostanzo, Petrella Salto, Varco Sabino.

Apples with mosto cotto - Province of Rieti: Accumoli.

Uva fragola marmalade - Province of Latina: Fondi, Monte San Biagio. Sour cherry marmalade - Province of Latina: Sezze

PRODUCT DESCRIPTION Citrus fruit marmalade: this can be made using bitter or blond oranges, tangerines, clementine or lemons. After washing, peeling and cutting the fruit, the amount of sugar corresponding to the weight of the citrus fruits is gradually poured

in, and the peel is added for every six fruits. The mixture is then placed in hermetically sealed glass jars. It is produced according to the seasonality of the fruits.

Chestnut jam: sweet-tasting, brown-coloured jam. The shelled chestnuts, boiled in water and freed from the inner skin, are added with sugar in a quantity equal to the weight of the chestnuts. The mixture is then placed back on the heat until obtaining a thick paste, which is poured into glass jars while still hot. Finally, the preparation is covered with liqueur. It is prepared in autumn, when the chestnuts are harvested.

Apple with cooked must marmalade: marmalade made from apples of the Renetta, Limoncella, Pianella and Cotogna varieties. The apples are boiled for 4-5 hours in grape must of the "pecorino" variety, with sugar.

It is produced from October to December. All unloading, sorting, washing, peeling and cutting of the Ingredients is done manually.

Uva fragola marmalade: the grapes are mashed to remove the seeds and then cooked for a long time, adding the quantity of sugar corresponding to the weight of the grapes. The mixture is then placed in stoppered glass jars and sterilised in a bain-marie. It is produced according to the seasonality of the fruit.

Sour cherry marmalade: the fruit is placed in a container and left to cook for fifteen minutes, then the sugar is poured in and stirred continuously for about two hours, preventing the marmalade from caramelising.

HISTORY BACKGROUND The preparation of marmalades is linked both to the preservation of an easily perishable product such as fruit, and to the possibility of using the processed product to fill desserts. It is, therefore, a preservation, similar to what was done with the salting of meat or fish. Its shelf life is guaranteed by the long cooking time and the presence of sugar. The preparation of these jams became widespread in the areas where they are produced around the 1950s, at a time when sugar became accessible to many people, thanks to the spread of large sugar factories in Italy and the introduction of sugar beet cultivation. Each preparation is linked to the abundance of the fruit in each area.



ANTRODOCANO MARRONI CHESTNUT

Production Area

Province of Rieti: Antrodoco, Borgovelino, Castel Sant'Angelo, Cittaducale, Micigliano

PRODUCT DESCRIPTION Antrodoco Marroni chestnuts refer to chestnuts of the species *Castanea sativa* Miller, a local variety commonly known as Antrodoco Marroni Chestnut. They are usually big, sweet and heart shaped, with a lighter shiny skin and dark streaks. The inner skin is very thin and does not penetrate the fruit, making it easier to peel. It has a very intense, balanced, sugary taste. The number of fruits per receptacle never exceeds three and the number of fruits per kg does not exceed 60 or 80-85, depending on the size. It has a slightly prominent apex, with the presence of tomentum and a tomentose torch. The seed is white and crunchy.

PRODUCTION METHOD The cultivation of Antrodoco Marroni chestnuts takes place in the areas around the Valle del Velino in the north-eastern part of the province. According to Pavari's phytoclimatic classification, chestnut groves in the *Castanetum* phytoclimatic zone, located at an altitude of between 400 and 1 200 metres above sea level and cultivated in typical acidic, very loose, deep, light and fresh soil, are suitable for production. The planting patterns are those in use in the area, i.e., irregular, with a maximum density per hectare of 100 trees in chestnut groves in full production. The fruit, harvested between mid-September and mid-November, is moved to the farms or cooperatives and unloaded into the hopper where it is first sorted. The fruit is then stored by "hydrotherapy" in cold water for no more than 7 days. Drying takes place with naturally ventilated containers with a capacity of 10 quintals for 5-6 days. During the drying process, from the sec-

ond or third day, the product is transferred from one container to another to favour better drying and avoid fermentation and the development of mould.

HISTORY BACKGROUND The municipalities facing the Velino Valley have a landscape strongly characterised by the presence of chestnut groves. This is the chosen area for Antrodoco Marroni chestnuts, the result of centuries of intelligent human work. Since the 8th century, chestnuts have been a main component of the diet of the area's mountain populations. Moreover, in the middle of the 12th century, following the Norman conquest, new chestnut groves were planted, almost completely redesigning the valley's landscape. For centuries, this fruit played the role of a true providential food, so much so that in 1876 Domenico Monterumici, in his study of the Cittaducale area, quoted the saying "*Allu Burghittu (Comune di Borgovelino) se non fosse pe' li frutti (castagne) se sarianu morti tutti*" (Everyone in the Burghittu would be dead if it wasn't for this fruit). However, with progressive industrialisation, the crop was abandoned and only became an important source of income again in 1974, thanks to the initiative of a group of producers who formed a cooperative under the encouragement of the local authorities and with the support of the trade association. Every year, in October, festivals are held in the Antrodoco chestnut-producing villages, during which stands are set up for the sale, cooking and distribution of roasted chestnuts and the typical Antrodoco chestnut ice-cream.



TORTELLI WITH MARRONI CHESTNUTS

Ingredients: 100 g 00 flour and 100 g chestnut flour; 2 eggs; 500 g fresh mushrooms; 50 g spreadable cheese; 100 g parmesan or pecorino cheese; a clove of garlic; white wine; extra virgin olive oil; salt, pepper, parsley; nutmeg

Method: Prepare a mixture of fresh mushrooms, garlic and many other herbs and mix it with the spreadable cheese. Even before preparing the pasta, start cooking our fresh mushrooms. Remove the stalks and clean the soil. Cut them into small pieces. Take a large frying pan, add a little oil and fry the chopped garlic with the parsley. Add the mushrooms and when they are wilted, add the white wine. Now that the mixture is ready, let it cool and put it in the mixer together with the cheese. Add the parmesan or pecorino cheese, a pinch of salt, pepper and nutmeg to taste. For the dough: mix the two flours together with the eggs, kneading well to obtain a very homogeneous and smooth dough. Let it rest for about half an hour. Roll out the dough - with the help of flour - cut it into squares and fill it with your mushroom sauce. Dress with the classic mushroom sauce with butter and sage.



ARCINAZZO ROMANO MARRONI CHESTNUTS

Production Area

Province of Rome: Arcinazzo Romano

PRODUCT DESCRIPTION Arcinazzo Romano Marroni chestnuts are large and light brown, with a few streaks of dark colour. It has a more intense sweetish flavour than chestnuts from neighbouring villages. Harvesting takes place manually from mid-October.

PRODUCTION METHOD Chestnut trees are pruned every two or three years in March using traditional methods which do not alter the characteristics of the fruit. Only old, dry branches are removed annually. The soil, which is generally covered with grass, is kept clean by mowing 2-3 times a year (spring-autumn), including once just before harvesting. The harvesting of Arcinazzo Romano Marroni chestnuts, which is carried out manually from mid-October, involves both collecting the chestnuts that have fallen to the ground and come out of the husks and collecting the green husks that are still closed. In the latter case, the chestnuts are shaken off the individual branches with chestnut rods so that the husks fall off. During harvesting, the fruit is also quickly sorted and selected. The green husks, with the chestnuts inside, are placed in jute sacks. The chestnuts are sold as they are or undergo “hydrotherapy” or “soaking” in cold water for 7-10 days, without the addition of any chemicals. Drying of the fruit takes place through frequent shovelling placed in thin layers (no more than 20 cm) on clean and porous floors. The chestnuts are stored in cellars or cool rooms, lying on

the floor or in wooden boxes or jute bags. The jute sacks containing the previously collected green chestnut-filled husks are also stored in these rooms. The chestnuts are packed in net or jute bags. They are generally stored until Christmas.

HISTORY BACKGROUND In the economy of the Simbruini Mountains area, the chestnut has always played a fundamental role, so much so that the chestnut tree was called “bread tree” and the chestnut “bread of the poor”. Chestnut growing has been present in the municipality of Arcinazzo Romano since ancient times. In fact, in addition to oral and photographic evidence, there are numerous examples of centuries-old trees in the municipal area. Even today, the methods of processing and preserving the product respect the times and methods of historical tradition, as evidenced by the technique, still in use, of “hydrotherapy” in cold water. The local population’s gratitude and respect for chestnut groves is demonstrated by the annual “Sagra del Marrone” (Chestnut Festival), which has been hosted every year by the municipality of Arcinazzo Romano since 1974.



RABBIT WITH ARCINAZZO MARRONI CHESTNUTS

Ingredients: 1 rabbit cut into pieces, 250 g roasted Arcinazzo Romano Marroni chestnuts, 100 g diced smoked bacon or speck, 1 small glass grappa, 1 glass red wine, 1 glass red wine vinegar if possible, 1 onion, 3 cloves of garlic, 4 bay leaves, 1 sprig of thyme, 1 sprig of rosemary, 1 tablespoon juniper berries, meat broth, oil, salt and pepper.

Method: After washing and drying the rabbit, marinate it for an hour in an emulsion of wine and vinegar with 1 bay leaf and half of the juniper, mixing it often. Cut the onion and garlic into thin slices. Heat 5 tablespoons of oil in a large pan containing the pieces of rabbit and brown the drained and dried pieces of rabbit. When they have taken on colour, remove them and, in the cooking juices, brown the onion, garlic and bacon. Put the rabbit back into the pot, stir and pour in the grappa. Let it evaporate on a high flame, add salt and pepper, the Arcinazzo Romano Marroni chestnuts, bay leaf, thyme and rosemary, the remaining juniper. Add the boiling broth, lower the flame and cover with a lid. Cook for about three quarters of an hour, adding a little boiling broth if the bottom should dry out. Serve piping hot.



MONTI CIMINI MARRONI CHESTNUTS

Production Area
Province of Viterbo

PRODUCT DESCRIPTION Fruit of the species *Castanea sativa*, varieties “Castagna”, “Marrone fiorentino” and “Marrone primaticcio o premutico”. The chestnut husk almost always contains three medium-sized, elliptical seeds with a pericarp and epispem that are difficult to remove. The flesh is sweet and tasty. The Florentine Chestnut always contains one to two seeds of a very homogeneous globular shape with pericarp and epispem that are easy to remove. The flavour is very sweet. The first-ripe Marroni chestnuts normally contains one to three rounded seeds in the husk with an easily removable pericarp. The flesh is sweet. The three cultivars with a staggered ripening calendar favour a very long production season. Harvesting takes place from September to November.

PRODUCTION METHOD Monti Cimini Marroni chestnuts comes from chestnut groves located in the phytoclimatic *Castanetum* zone at an altitude of between 350 and 850 metres above sea level. The planting patterns are irregular or regular, with a maximum density of 100 trees per hectare in chestnut groves in full production. Periodic pruning is carried out with the aim of optimising the vegetation-production ratio, using traditional methods that do not change the characteristics of the fruit within a maximum of 10 years. The land, which is generally covered with grass, is kept clean by chopping, mowing and/or grazing in both spring and summer. Harvesting, which takes place between 15 September and 15 November each year, is carried out across the field or after windrowing, either by hand or by suitable mechanical means, so as to safeguard the integrity of the product. The maximum yield is 6 t / Ha of product.

The conditioning operation includes sorting, sizing, and possible sterilisation in hot water at 46-49°C for 45 minutes, followed by a 30-minute cold water bath. The hydrotherapy, on the other hand, foresees an immersion in cold water for no more than 6 days without addition of any chemical product and the subsequent drying either with air conditioners or through frequent palling (“drillings”), placed in thin layers on clean and porous floors or by handling in wooden or plastic containers. The fruit can be dried either in gas or wood-fired ovens or using the traditional method, i.e., using special constructions (raticci) in which the chestnuts are placed on shelves (graticci) under which the heat source (braci) is placed, for a period of 20 to 30 days.

HISTORY BACKGROUND The Monti Cimini area has historically been a place of chestnut cultivation and the species has spread to such an extent that it characterises the landscape. Since the Middle Ages, there have been old two-storey buildings in the area, known as “metati” or “raticci”, in which the chestnuts were dried. In the valleys, along the streams, numerous mills with stone wheels obtained flour from dried chestnuts that had already been peeled and husked. Another historical link with the environment can be seen in the ancient tufa caves for hydrotherapy, which allow the chestnuts to be preserved using completely natural methods.



CHICKPEAS, CHESTNUTS AND CHICORY SOUP

Ingredients: 400 g dried chickpeas; 250 g Monti Cimini Marroni chestnuts; 300 g hulled chicory; 4 tbsp extra virgin olive oil; 1 clove of garlic; 1 celery stalk; 1 carrot; 1 sprig of rosemary; 2 leaves; salt; 1 slice of bruschetta bread.

Method: Soak the chickpeas in warm water for at least 12 hours, then put them in a pan with 2 litres of water. Add salt and cook. Wash and boil the chestnuts in salted water, then peel them while still hot. Clean and boil the chicory in salted water when half cooked. In a pan, sauté the garlic clove, chopped celery stalk and carrot in oil. When the mixture starts to sweat, add the rosemary sprig and a ladleful of the chickpea cooking water. Cook for at least 5 minutes and then add the chickpeas, half of which have been blended, the chestnuts and a bay leaf, and cook for a further 15 minutes. Remove the rosemary sprig and bay leaf, add the chicory and cook for a further 5 minutes. Remove the soup from the heat and serve with a slice of bruschetta bread and a drizzle of oil.



CAVE MARRONI CHESTNUTS

Production Area

Province of Rome: Cave, Rocca di Cave

PRODUCT DESCRIPTION This highly prized autumn fruit of the *Castanea sativa* L. species has a particularly sweet flavour and is produced in the enchanting, centuries-old chestnut groves of the Prenestini Mountains. Like all chestnuts that can be traced back to the Florentine chestnut, the seed is large, with a light brown, shiny skin with dark streaks, and a soft, white interior that is easy to peel.

PRODUCTION METHOD Chestnut groves are pruned for health and production purposes, and fungal and viral diseases and insect infestations are monitored, prevented and repressed. Pruning is carried out manually in winter using shears, while suckering takes place in summer. Harvesting begins in October and lasts for a fortnight, with the chestnuts being placed in wooden baskets. The chestnuts undergo the 'hydrotherapy' in wooden vats, soaking the fruit in water at room temperature for 4-5 days. During this process, in addition to the elimination of insects and fungal spores, the carbohydrate content changes, which improves the flavour. At the end of this period, the chestnuts are selected by draining and drying for 3-4 days. This is followed by brushing and sorting, prior to packing in 5-10 kg plastic net bags or 25-30 kg jute bags. The conservation of Cave Marroni chestnuts is guaranteed for at least 3-4 months.

HISTORY BACKGROUND The area of the municipality of Cave and the surrounding territories is rightly among those that have devoted time and energy to chestnut production for several centuries and this commitment is attested to and codified in the surviving archive documents. Chapter XXI of the Annibaldi Statute of 1296, translated, like the subsequent statutes, by Umberto Mariani, states: "...On every packhorse of any kind of fodder, chestnuts and walnuts, which will be extracted from Cave and brought or sent for sale, the Curia shall have three denarii...". The statutes of the Annibaldi safeguarded the fruits of the chestnut tree, while the Statute of the Colonna family of the 16th century - Book V, while referring in all respects to those that preceded it, was concerned with imposing penalties also on those who cut chestnut wood. By the beginning of the 20th century, Cave Marroni chestnuts were already being exported all over the world, especially to France, where they were mainly used for the production of the famous Marrons Glacés. In 1900, a cooperative of all local chestnut producers, known as the "Società", was set up and exported to America, Germany and France. Since 1934, every year on the last Sunday in October, the municipality of Cave has held the historic festival to celebrate the precious fruit. Similarly, since 1979, the municipality of Rocca di Cave has honoured the excellent quality of the product.



MARRONS GLACÉS

Ingredients: 600 g big Cave Marroni chestnuts, 400 g sugar and vanilla essence.

Method: peel the chestnuts and blanch them for 5 minutes, peel them without crushing them, then peel them. Return the peeled chestnuts to boiling water and cook until tender (10 minutes or so), then peel and set aside. Prepare a syrup of sugar and a glass of water, add the vanilla and boil for 5 minutes; add the chestnuts, boil for 1 minute, then turn off the heat and allow to cool. Repeat this operation every day for 5 days; on the sixth day, wash the chestnuts from the syrup and put them to drain on a wire rack. Separately, allow the remaining syrup to thicken slowly. When the chestnuts are dry, pierce them with a stick, dip them one at a time in the syrup, drain them, place them on a tray and leave them to dry. When they are finally covered with an opalescent glaze, it is advisable to remove the excess sugar and place them in waterproof paper baking tins.



LATERA MARRONI CHESTNUTS

Production Area
Province of Viterbo: Latera

PRODUCT DESCRIPTION Latera Marroni chestnut is large, reddish-brown, circular-globular in shape, very homogeneous, with a thin, yellowish episperm (film) that is easy to remove. The taste is more or less sweetish. The plants vary in height between 20 and 30 metres, with crowns that take on a very broad appearance and a habit that develops according to natural forms.

PRODUCTION METHOD The grassland is kept clean by mowing, which is carried out shortly before harvesting. The planting pattern is irregular. The form of cultivation used in the area is natural, i.e., free. The chestnuts are harvested by hand throughout the month of October, which also includes a quick sorting and selection of the fruit. The harvested chestnuts are placed in wooden crates or plastic or jute sacks and sold as they are or undergo the “hydrotherapy” or “bain-marie” operation in water at room temperature for 7-8 days without the addition of any chemical products. After “hydrotherapy”, the fruit is drained and sorted in order to eliminate those that are visibly damaged. The fruit is dried by means of frequent grooves on clean, porous factory floors. During this stage, the chestnuts undergo further selection.

HISTORY BACKGROUND Latera, located west of the ridge of Lake Bolsena at 508 m above sea level, has an ideal microclimate for chestnut cultivation. The surrounding area, in fact, is dotted with numerous centuries-old chestnut groves.

The best-known variety present is the Marroni chestnut, which produces excellent-quality fruit in the area. In the 15th century, the statutes of the Farnese family provided for a penalty of one scudo d'oro for each chestnut tree cut, as the dukes were convinced that chestnut groves made the air healthier. Furthermore, an analysis of the “Cabreo della Pieve” of Latera, the oldest land register in the historical archives of the local church of San Clemente, which contains a detailed description of all the ‘stable’ assets of the church, in chapter “C” there is a reference to “Pianellaria” (probably a distortion of “Pian dell’Aia” - a chestnut grove close to the residential area) where it appears that *‘the Eredi di Dionitio Signorelli own an arboretum with a piece of chestnut grove in the Pianellaria district. ...’*. The compiler, the parish priest Francesco Bonaparte, reported the data recorded more than 100 years earlier in the old land register of 1568, updating them according to the situation in his day and enriching them with valuable sketches and drawings of daily life that he had made. Every year, on the last Sunday in October, the municipality of Latera makes a centuries-old chestnut grove, owned by the municipality, available to the organisers of the chestnut festival.



CHICKPEAS, LATERA MARRONI CHESTNUTS AND CHICORY

Ingredients: 400 g dried chickpeas; 250 g Latera chestnuts; 300 g hulled chicory; 4 tbsp extra-virgin olive oil; 1 clove of garlic; 1 stalk of celery (not very large); 1 carrot; 1 sprig of rosemary; 2 laurel leaves; salt; extra-virgin olive oil; 1 slice of bruschetta bread.

Method: Soak the chickpeas in lukewarm water for at least 12 hours. After this time, put the chickpeas in about 2 litres of water in a pan, add salt and cook. Drain the chickpeas and keep the water to one side. Wash and boil the chestnuts in salted water and then peel them while hot. Clean and boil the chicory in salted water halfway through cooking. In a pan, fry the garlic clove and the chopped celery stalk with the carrot in oil. When it starts to sweat, add the rosemary sprig and a ladleful of the chickpea cooking water. Cook for at least 5 minutes and then add the chickpeas, half of which have been mashed, the chestnuts and a laurel leaf, and cook for a further 15 minutes. Remove the rosemary sprig and the laurel leaf, add the chicory and cook for a further 5 minutes. If necessary, add a small ladleful of the chickpea cooking water or as much as necessary to prevent the chickpeas from drying out too much. Remove the soup from the heat and serve with a slice of bruschetta bread and a drizzle of oil.



SEGNINO MARRONI CHESTNUTS

Production Area

Province of Rome: Segni, Carpineto Romano, Gorga

PRODUCT DESCRIPTION The Segnino Marroni chestnuts is reddish-brown with obvious dark streaks, medium to large in size, oval in shape with flattened apex, thin, yellowish epispem (film), not very adherent and easy to remove, white to yellow, crunchy seed and sweet flavour. The plants are of average vigour, varying in height between 10 and 20 metres, with crowns that take on a very broad appearance and develop in natural forms. The stems each tree mostly follow a non-straight line before forking into main branches followed by others of a lower order. The estimated total production, before the arrival of the Oriental Chestnut, was around 1,400 tonnes per year. Much in demand by the confectionery industry for its high sugar content.

PRODUCTION METHOD The Segnino Marroni chestnuts, belonging to the species *Castanea sativa* L., comes from chestnut groves at an altitude of between 300 and 800 metres above sea level. The planting layouts are irregular vase-shaped, with high stakes and a density of between 70 and 130 plants per hectare. The grassy soil is kept clean by mowing and chopping, carried out both in spring and summer, in order to enrich the soil with organic substance and facilitate harvesting. Pruning is carried out periodically (within a maximum of 10 years), using traditional methods that do not alter the characteristics of the fruit and with the aim of optimising the vegetation-production ratio. The old and dry branches are cleaned

out annually, while is carried out in September, when the shoots at the base of the trunk are removed.

The marroni chestnuts are harvested by hand throughout October, with a maximum yield of 3 tonnes/ha. The harvested product is sold as is or undergoes "hydrotherapy" in cold water for four days, without the addition of any chemical products. After "hydrotherapy", the fruits are dried and sorted to remove those that are visibly damaged. The drying of the fruit is done by using air conditioners or by airing the fruit several times a day.

HISTORY BACKGROUND There is a wealth of historical evidence of the many traditions associated with this plant and its abundant fruit. In addition to food and timber, a real economy was linked to this plant: the leaves were used for litter (food supplement for animals) or mixed with fertilisers, the flowers guaranteed abundant nectar for bees, which in turn produced honey as well as wax used for illumination in sacred ceremonies. The introduction of "Marrone Fiorentino" in the Segni area on existing chestnut groves dates back to the mid-16th century, when chestnut trees from the Santa Fiora area on the slopes of Mount Amiata were introduced for the wedding of Mario Sforza and Fulvia Conti. A law, however, attributes the introduction of chestnut trees into the Lepine area to the Pontiff Vitaliano (657-672). Pierre Toubert, in his work on southern Latium and the Sabine region between the 9th and 12th centuries, states that the most remarkable chestnut groves for their compactness and beautiful layout are those of Patrica, Segni, Norma and Morolo, which represent the last stage of the agrarian conquest. The statutes of Segni, the original draft of which can be traced back at least to the 12th century, document the presence of chestnut groves and all the various operations connected with this plant and its fruit, with specific precautions to protect against possible damage, sanctioned in detail. The Regesto di Bessarione of 1462 was commissioned by the cardinal, commendatory abbot of the Abbey of Grotta Ferrata, to compile an inventory of the abbey's possessions; chestnut groves in Scalelle and Marano are mentioned among the possessions in Segni. In 1584, out of a total area of 5 943 hectares in the Municipality of Segni, chestnut groves alone covered 300 hectares, making a total of 660 plots, with an economic value that was one of the highest after arable land. More recent data, 1993, show the chestnut surface to be 1,060 hectares, equal to 40.64% of the arboreal surface, of which 810 hectares are cultivated with chestnut trees and 250 with deciduous tree; a total of 1,000 hectares belong to private property, while 60 are in the public domain.



AUBERGINES PRESERVED IN OIL

Production Area
Lazio Region

PRODUCT DESCRIPTION AND PRODUCTION METHOD The aubergines, appropriately cleaned and cut into slices or strips, are put into water with lemon and then steeped in cold vinegar for about 24 hours, after being rinsed 2 or 3 times. At the end of this period, they are drained and stored directly in glass jars in extra virgin olive oil or grilled for 15 minutes at 230-250°C, with subsequent potting. In some cases, chilli, carrots, celery, garlic and parsley are also added. The production period is from July to September.

HISTORY BACKGROUND The method of preserving in oil has been well known since ancient times. In fact, it offered the possibility of having a large variety of vegetables available even in winter, when there was not a large choice of varieties available to the consumer. The cultivation of aubergines in the Pontine area dates back to the last century, when housewives prepared them using vinegar as an antiseptic and oil as a preservative, two products that were used at the time.



WHITE AND BLACK TABLE OLIVES ITRI WHITE OLIVES

Production Area
Province of Latina, with particular reference to
Aurunci and Ausoni area

PRODUCT DESCRIPTION AND PRODUCTION METHOD Itri white olives derive from the Itrana type. It is harvested and placed in brine before it matures, i.e., between November and December. The production process involves the manual selection of the fruit with a minimum size of 1.5 cm and storage for at least 5 months in a solution of water and salt (min. 60 g/kg), to remove the bitter taste. The surface of the preserving liquid must be cleaned continuously and fermentation must also be monitored. At the end of the treatment, the olives, ready for consumption, have an iridescent colour ranging from pink to light green, with firm flesh that can be easily removed from the pit. The brine keeps both the flavour and the turgidity intact, even for several years, guaranteeing the typical aroma that comes from the fermentation process caused by the micro-organisms that are naturally present.

HISTORY BACKGROUND There is historical and statistical information and documentation on the preparation of the olives dating back to the 17th century, while narratives, scientific, local news and journalistic articles date back to the early 20th century. According to the old local tradition, the olives are stored in oak or chestnut barrels, which are now replaced by plastic barrels for foodstuffs.



DRIED PENNYROYAL

Production Area

Province of Frosinone: San Giorgio a Liri, Alvito

PRODUCT DESCRIPTION Greenish-brown mint with a delicate flavour, dried for 15 days. The vegetative phase runs from mid-May to the end of November.

PRODUCTION METHOD In February, selected wild plants are transplanted in the fields. After rooting, the seedlings are left to grow wild. The product is harvested from May-June. Drying takes place in the shade, in ventilated premises and lasts about 15 days. The dried product is packaged in food bags or glass jars. Pennyroyal for distillation is harvested in July, after flowering.

HISTORY BACKGROUND The hills of Ciociaria are dotted with aromatic herbs that emit characteristic odours. Pennyroyal, in

particular, has a very intense fragrance and has always been used as a basic ingredient in many traditional recipes. For this reason, they used to harvest it when it was in full blossom, dry it and eat it off season, if necessary. A ciociaro and Abruzzese proverb says: "Whoever sees pennyroyal and does not smell it, will not see the Madonna when they die". This is because it is one of the most fragrant herbs and, for this reason, was considered a blessed herb. In this regard, in some villages bordering Abruzzo, it was once customary to harvest it on Holy Saturday and make an omelette which, after the priest's blessing, was called 'holy omelette' or "omelette of the Madonna". This was because it was believed that Pennyroyal was the first thing the Madonna had eaten after fasting following the Resurrection of Christ. Pennyroyal is also the name of an extraordinary liqueur, made by macerating the small leaves of Pennyroyal harvested on the Ernici Mountains and left to macerate in a solution of water and alcohol.



ACQUACOTTA CIOCIARA

Ingredients: 8 slices of stale home-made bread, 2 onions, 8 tomatoes, a few dried mint leaves, extra virgin olive oil, peppercorns, salt.

Method: Put 1½ litres of water into a saucepan, season with salt, add the finely sliced onions, the peeled, seeded and chopped tomatoes and a few stalks of dried mint. Bring to the boil and keep at a moderate boil for about twenty minutes. Put the slices of bread in a soup tureen, season with plenty of oil and pepper crushed in a mortar. Pour the soup over the bread slices, cover them and let them stew for a couple of minutes. Serve immediately afterwards.



"MOSCIARELLA" DI CAPRANICA PRENESTINA

Production Area Province of Rome:
Capranica Prenestina, San Vito Romano, Genazzano

PRODUCT DESCRIPTION The dried chestnut, or Mosciarella, is processed according to the traditional method of smoking in "cassette" or drying rooms. The fruit is small and sweet, with strong organoleptic qualities. The dried product loses much of its original weight: 1 kg of Mosciarelle contains around 100 fruits. The fruit is elongated, with a pointed tip, dark with lighter shades towards the hilum, which is quite small. The inner skin is easy to remove. These are dried chestnuts with no skin, which in the local tradition are eaten boiled in water or milk, with flavourings and spices for the preparation of soups and gastronomic dishes.

PRODUCTION METHOD Dried chestnuts are obtained using a long production process that is still linked to traditional systems that are maintained and handed down from generation to generation according to a very ancient custom. The process involves placing the chestnuts on a trellis inside "cassette" (small houses), made up of two small rooms one on top of the other, the upper of which is built on a scaffolding supported by chestnut beams, with a floor made up of wooden slats, 2 metres above the ground. A small door at the back gives access to this room. The harvested chestnuts are spread out to form a uniform layer of about 70 cm. The half-timbered floor can hold several quintals of fresh chestnuts. The room at the bottom consists of a room with a natural compartmented earth floor in which fire is constantly burning and fuelled with

pruned wood and chestnut skins, making sure to smother the fire and release smoke and heat.

The chestnuts accumulated on the upper floor are turned over periodically, to make the smoking and exsiccation uniform. The fire remains lit continuously for about 30 days until the fruit is completely dry. The heat and smoke reach the chestnuts, dehydrate them and impregnate them with antiseptic substances, giving them a delicate smoky aroma. At the end of the drying phase, the chestnuts are pushed through a hole at the base of the trellis and then extracted for "threshing", i.e., the separation of the fruit from the dry skin. The chestnuts are then extracted for "threshing", i.e., separating the fruit from the dry skin. Threshing is carried out by hand by means of a vigorous beating, which breaks up the skin and allows the chestnuts to be separated, and then sorted by skilled female hands. After this process, the chestnuts are "white", sterilised and ready to be stored well closed in dry bags.

HISTORY BACKGROUND Cato already mentions the "prenestina chestnut" in his *De Agri Cultura*, including it in the category "Nuts". He considers them to be more valuable than those of the Neapolitan area. Legend has it that they were the only means of survival for the Prenestini during Sulla's long siege. Evidence of their long-standing presence in the area in question is provided by the existence of centuries-old plants of considerable circumference, which could well be included among the monumental plants. The first strong impetus for the cultivation of chestnuts came in the Middle Ages, thanks to Countess Matilda of Canossa. Then, in the 15th century, papal provisions encouraged owners of mountain forests to replace natural woods with chestnut groves. However, the real expansion occurred in the 16th-17th centuries when these crops eventually replaced the vineyards, moved to higher altitudes. Chestnuts have been preserved by drying since ancient times: the drying process in the Monti Prenestini is a long one that produces excellent "Mosciarelle". In the chestnut groves of the area, it is easy to find small dry stone premises (the typical "cassette") with a roof of canals and chimneys kept continuously lit in autumn, which are used for drying the "Mosciarelle". Capranica Prenestina is the centre of the Monti Prenestini, where the largest number of chestnut gatherers and drying kilns for Mosciarella production are concentrated. Here, the now historic "Festa della Mosciarella" has been held every December since 1981. Its first editions date back to a time when the town of Capranica Prenestina was one of the most important market centres for chestnut products in the province of Rome: it is estimated that annual production reached 2,000 quintals in the middle of last century.



MONTI CIMINI HAZELNUTS

Production Area

Province of Viterbo and part of the Metropolitan City of Rome

PRODUCT DESCRIPTION The Monti Cimini hazelnut can be traced back to the *Corylus avellana* cultivar “Tonda Gentile Romana”. This cultivar has a medium-thick, sub-spheroidal shell with a slightly pointed apex; it is hazel and not very shiny. The seed is medium-small, sub-spheroidal, with a colour similar to its shell. The hazelnut “roma” or “tonda gentile romana” takes its name from its spherical shape, its pleasant aroma and the place of origin of its production.

PRODUCTION METHOD The plantations of this “cultivar” found an excellent growing area in the volcanic soil at the foot of the Monti Cimini. Harvesting takes place from mid-August to mid-November. The product undergoes a natural drying process by placing the hazelnuts on paved areas, in thin layers, in the sun, turning them periodically and covering them at night or in case of rain.

HISTORY BACKGROUND There are many historical references attesting to the traditional nature of the Monti Cimini hazelnut. As early as 1949, Giuseppe Nizi, in *Il Nocciuolo nella zona del Cimino* (The hazelnut tree in the Cimino area), recounts that, among the Romans, hazelnut wood was burnt during sacrifices to the god Janus on Carbognano hill and used for torches at weddings.

Martinelli, in *Carbognano illustra*, points out that hazelnut cultivation dates back to around 1412. This hazelnut is of considerable interest to the most renowned confectionery industries in Italy, since the time of the sanctions against the fascist regime, when it became necessary to replace cocoa with other Ingredients in the production of chocolate. Hazelnut cultivation spread extensively in the Viterbo area in the early 1950s. Among the many elements that still attest to the typical nature of the product, mention must be made of the “Sagra della Nocciola di Caprarola” (Caprarola Hazelnut Festival), which, from the post-war period onwards, attracts numerous visitors from the last Sunday in August to the first days of September.



HAZELNUTS CAKE

Ingredients: Doses for a cake tin of 26 cm diameter: 50 g potato starch, 200 g flour 00, 350 g sugar, 60 g chopped milk chocolate, 200 g toasted hazelnuts, finely chopped, 50 g sultanas softened in a little milk, 170 g milk.

Method: In a fairly large bowl, mix the starch, flour, sugar, chocolate, chopped hazelnuts and softened butter. Add one egg at a time and mix it into the mixture before adding the next one. Finally, add the sultanas, the grated rind of 1 lemon, the milk and the yeast mixed with a tablespoon of flour. Butter the cake tin, sprinkle it with flour mixed with a little sugar, pour in the mixture and bake it in the oven at 170° for 45-60 minutes. Remove the cake from the oven, let it cool down, spread the apricot jam on it and sprinkle it with hazelnut grains.



LIME AND ASH OLIVES; SMOKED OLIVES

Production Area

Province of Latina: Maenza, Prossedi, Roccagorga,
Sonnino, Terracina

PRODUCTS DESCRIPTION AND PRODUCTION METHOD

Lime and ash olives: The olives of the Itrana variety, harvested between the end of October and the beginning of November, while still green or at the beginning of ripening, are left for about 24 hours in a paste consisting of one part lime and two parts sifted ash, obtained from the wood-fired oven, then washed in running water until they lose their sour taste. It is a domestic preparation for both family consumption and sale at local weekly markets.

Smoked olives: The olives of the Itrana variety, harvested when fully ripe in February-March, are placed in reeds baskets hanging from the chimney hood and smoked for about 20 days. After this treatment, the olives, which are dry, black and wrinkled, are soaked in hot water and seasoned with oil, salt, juice and lemon or orange peel. They can be stored for about a year. They are eaten as such or used for the preparation of focaccia with vegetables, parmigiane and pizzas.

HISTORY BACKGROUND

Olive lime and ash: this preparation has established in the area of the Lepini Mountains, which are rich in limestone rocks from which lime was usually obtained. The dry kilns built on terraces on two levels, where the stones were baked until they were transformed into lime, can still be seen today.

Smoked olives: drying by heat or smoke was one of the most widespread methods of preserving food products in the Monti Lepini area.



TABLE OLIVES (olives preserved in oil, dried olives)

Production Area

Province of Rieti

PRODUCTS DESCRIPTION AND PRODUCTION METHOD

Olives in oil: Dark brown to black Carboncella olives with a fruity flavour, harvested between November and January and used with bread or as an aperitif. The olives are picked by hand and placed in a basket, selected, then dried in cloth bags hung in the fireplace, taking care to move them daily. Once dried, the olives are seasoned with garlic and orange peel and placed in extra-virgin olive oil in glass jars.

Dried olives: olives of the Carboncella variety, harvested between November and January, known locally as *aliva seccata nu camminu*, with a slightly smoky flavour. The olives are picked by hand and placed in baskets after being selected and cleaned. The olives are then dried in cloth bags hung over the fire, taking care to move them every day for a period of 10 days. The olives are stored in cloth bags.

HISTORY BACKGROUND

Olives in oil: this production has been carried out for generations according to a procedure was passed on orally.

Dried olives: the practice of preserving dried olives is very old and is still followed today by the families who grow the olives. The production has been carried out for generations according to a procedure passed on orally.



WHITE AND BLACK TABLE OLIVES (Split and seasoned olives, olives in brine)

Production Area

Province of Latina: Campodimele, Fondi, Formia, Itri, Lenola, Monte San Biagio, Spigno Saturnia. **Province of Frosinone:** Ausonia, Castelnuovo Parano, Coreno Ausonio, Esperia, Pico, Pignataro Interamna, Pontecorvo, Sant'Andrea del Garigliano, San Giorgio a Liri, Vallemaio. **Province of Roma:** Artena, Carpineto Romano, Gavignano, Gorga, Montelanico, Segni

PRODUCTS DESCRIPTION E PRODUCTION METHOD

Split and seasoned olives: The olives of the Itrana variety are harvested in October, when they are still green, and split with a stone or a wooden hammer, taking care not to damage the stone. They are placed in a brine of water and salt prepared in the traditional proportions and stored in glass or plastic jars or demijohns for up

to a year. Upon consumption are seasoned with garlic, fennel seeds, carrot, celery, chilli pepper and oil.

Olives in brine: Within twelve hours after harvesting, which takes place at the end of March, the olives are sent for processing according to the "Itrana" system. The drupes are placed in containers filled with drinking water and remain there for 10 to 30 days to allow the natural fermentation process to start and develop; after this process, the pH becomes lower or equal to 4,5. Cooking salt is then added in quantities of about 65-70 grams per kilo to produce the brine. The brine is bright wine-red in colour, with a lactic scent and a slight hint of vinegar. No less than 5 months after salting, the olives are ready to be packaged and sent for consumption. They are stored in glass demijohns or plastic bins for several years.

HISTORY BACKGROUND

Split and seasoned olives: locally known as "split, dried and beaten" olives. At local and weekly markets and in grocery stores, the marketing of this type of olive dates back to the 1970s, but at olive growers' homes it is a much older method of processing, preserving and diversifying the final product. Already the agronomists Columella (1st century A.D.) and Ibn al-'Awwam (12th century A.D.) report the recipe for these olives.

Olives in brine: the technique of brining is one of the oldest methods of preservation which preserves the fruit from changes in flavour and turgidity, even up to four years. Traditionally, pickled olives were only sold in local weekly markets, but nowadays they can also be found in grocery stores or directly from the producers. Legend has it that the preparation dates back to the time of Aeneas, who, on his way to the Italian peninsula after the Trojan War, sailed along the coast of Gaeta and came across tiny dark fruits floating on the water. The sailors decided to pick them up and realised that they were olives, which had probably fallen from the trees on the land closest to the waterways. They fought they were delicious, because of the extra taste they got from being at sea.



PEARL BARLEY OF THE NORTHERN LAZIO

Production Area
Province of Viterbo

PRODUCT DESCRIPTION Northern Lazio pearl barley is obtained from the most commonly used varieties of barley in the area: Carina and Scarlet. The aleurone has a light colour, which allows the production of a light pearl barley (Carina) or one tending to yellowish (Scarlet). It is well sized and of medium hardness and it does not cause breakage during processing but also holds up well to cooking, although the Carina variety shakes earlier than the other. A significant influence on the characteristics of the product is given by the soil and climatic conditions of the cultivation area, especially the soil of volcanic origin.

PRODUCTION METHOD For the production of 'Pearl Barley of Northern Lazio', the soil is ploughed, but this is generally replaced by surface tillage with a heavy crusher or shallow subsoiling. Sowing is carried out from the end of January to March using wheat seed drills, placing the seed at a shallow depth to allow better tillering, with a quantity of seed of around 2 quintals/ha. This time of spring sowing means that little fertiliser is used, distributed in February, and that weed control is completely eliminated, as the plant is able to cover the ground before weeds appear, stifling them if they do. Fertilisation provides 80 units of phosphorus and 40 units of nitrogen per hectare, distributed at sowing time, saving two thirds of fertiliser compared to other cereals. Harvesting takes place between the end of June and the beginning of July, with normal wheat harvesters. The barley stored in the silos is immediately ventilated to lower the temperature of the yield from 35° C to 20° C. The product is then cooled using cooling machines (granigrigor)

that apply cold air, bringing the product down to a temperature of around 10-12°C. This prevents the development of moulds and mycotoxins and also freezes any insects present. The product taken from the silos undergoes selection, eliminating foreign seeds, any stones or small, shrivelled seeds, leaving only barley seeds with a diameter of more than 2.2 mm. The barley, selected and graded, is passed into the pearling machines that, with the wheels, remove the outer tegument from the caryopsis; after 5 grinding passages the product is round, clear and ready for consumption. The pearl barley undergoes the second pneumatic grading that divides the product into 3 classes: small, medium and large.

HISTORY BACKGROUND The presence of cereal cultivation in Northern Lazio dates back to the Etruscans who, equipped with a high technical level, cultivated the fertile soils of Valdilago. Barley was considered the grain of the Etruscans, who used it to prepare the famous *puls*, a kind of polenta. The dressed grains were roasted in the oven to remove the stigma, then pounded and boiled in water, even sea water, until a kind of polenta was obtained, to which pulses (broad beans, lentils and peas) and other cereals (spelt, millet) were added. In more recent years, industrial technologies have been used to eliminate the tegument more quickly. In 1974, the first Italian pearl barley production plant was set up in Acquapendente and is still in operation today. The demand for pearl barley from Acquapendente has spread from the local market (Viterbo, Rome) to the national market, particularly in northern Italy, where the tradition of cereal soups is very much alive (Brescia, Trento, Padua and Arezzo). Traces of this can be found in invoices dating back to the early 1980s.



BARLEY SOUP

Ingredients: 200 g pearl barley from Northern Lazio, 100 g diced sweet or smoked bacon, 1 celery, 2 carrots, 2 potatoes, 1 leek, 1 clove of garlic, 1 vegetable broth cube, parsley, salt and pepper, extra virgin olive oil, grated cheese.

Method: Wash the barley under running water and soak it for about an hour. Wash the celery, carrots and potatoes and dice them. Cut the leek into round slices. Sauté the bacon and garlic, and when the garlic turns golden, remove it and add a glass of water, the broth cube, salt and barley. Bring to the boil and add the diced vegetables. Cook for 30 minutes, stirring occasionally, and add a handful of chopped parsley. Serve with a drizzle of raw extra virgin olive oil and, if desired, some grated parmesan or pecorino cheese.



SPAGNOLETTA DI GAETA TOMATO SAUCE



LINK WITH
BIODIVERSITY

Production Area

Province of Latina: Gaeta and Formia

PRODUCT DESCRIPTION Tomato sauce made from the Spagnoletta di Gaeta and Formia tomatoes, a local variety at risk of genetic erosion, protected by Regional Law No. 15 of 1 March 2000.

From an organoleptic point of view, the sauce of this tomato is characterised by a sweet and sour taste. The production period is linked to the Spagnoletta tomato harvest, which generally takes place in August.

PRODUCTION METHOD Spagnoletta di Gaeta Tomato Sauce is obtained by cooking the tomatoes, washing them, cutting them into pieces and then draining them. After about ten minutes, while still hot, the tomato pieces are passed and bottled in bottles with crown caps. These bottles are placed in metal containers filled with water and sterilised by boiling them for about an hour. The current circulation is limited to the municipalities of Formia and Gaeta.

HISTORY BACKGROUND Spagnoletta tomatoes are consumed as table tomatoes or for the preparation of sauces (locally known as "*le buttigli*"), a use in which their organoleptic characteristics are best expressed. The current method of producing Spagnoletta di Gaeta Tomato sauce dates back to 1945-50, the period in which this technique for processing and harvesting tomatoes established. In the past, recycled bottles with corks tied with string were used for bottling; the tomatoes were cooked and then sterilised using wood rather than gas, as is often the case today.



SUN-DRIED PEPPERS

Production Area

Province of Latina: Fondi, Monte San Biagio, Sperlonga

Province of Frosinone: Pontecorvo

DESCRIPTION AND PRODUCTION METHOD Well-ripened red peppers are generally used; they are first baked in a wood-fired oven (not very hot) to remove the stalks and seeds and then dried in the sun on wire netting. Once dry, they are stored in glass jars and are traditionally eaten with cod or, after being soaked in water, with salted anchovies and extra virgin olive oil, to make sandwiches.

HISTORY BACKGROUND The sun-dried peppers are a unique product. In the past it was sold in the weekly markets of the area, but now it has crossed the natural boundaries represented by the mountains separating Fondi, Monte San Biagio and Sperlonga from Terracina and Gaeta. As with other dried products, including tomatoes from southern Italy, the preparation was created with the aim of preserving the vegetables beyond the production season, to accompany other dishes or eat with bread and oil.



SALT COD WITH DRIED PEPPERS

Ingredients: 2-3 onions, 600 g peeled tomatoes, 8-10 dried peppers, extra virgin olive oil, 800 g dried salt cod, salt, pepper, flour.

Method: add an equal quantity of peeled tomatoes, salt and pepper to the thinly sliced onions and cook for about 20 minutes over a low heat. Add the dried peppers, which have been soaked in water, and cook for a further 10 minutes. Fry the cod fillets in hot oil after they have been softened in water, carefully drained and floured: place them in the pepper sauce and allow them to take on flavour for a few minutes before serving hot.



LEONESSA POTATOES

Production Area
Province of Rieti: Leonessa

PRODUCT DESCRIPTION Thanks to the soil and climate conditions prevailing on the Leonessa plateau and the cultivation techniques used, the Leonessa Potatoes have special characteristics that make it a valuable product: the tubers are well formed and of the right size; the skin is smooth and varies in colour from beige to reddish. The pulp is yellow and, thanks to the balanced content of sugars and starches, the pulp does not absorb excess water, holding up well during cooking. The most productive varieties currently used are: Désirée, with red skin and yellow pulp, Agria, with white skin and yellow pulp and Marfona, with smooth white skin and yellow pulp; while the most widespread variety in the past was the Tonda di Berlino, imported around the 1930s.

PRODUCTION METHOD The land is prepared by ploughing at 30-35 cm in April and then refining the soil with a tiller. Sowing, partly mechanical and partly by hand, using machinery to form furrows of around 20 cm, takes place in May. After the seedlings emerge, weeding is carried out. Rain irrigation is carried out on two occasions: before and during flowering. Semi-mechanical harvesting takes place at the end of September/beginning of October.

HISTORY BACKGROUND Leonessa, a splendid village situated at an altitude of about 1,000 metres in the Lazio region, in a wide valley in the Apennines, has always preserved the right microclimate for growing potatoes, which in the past occupied much larger areas. Since 1989, the Leonessa Potato Festival has been held here every second Sunday in October. As part of the festival, a prize is awarded to the largest potato. At nightfall, the Ballo della Pupazza takes place: a large papier-mâché puppet, stuffed with fireworks, is "worn" by a man who dances until the fireworks start to explode.



The Leonessa Potato is excellent for the preparation of gnocchi, which, according to local culinary traditions, go well with mutton sauces or refined sauces with black truffles from the Altopiano. Also very tasty is the "rescallata" potato, boiled and then sautéed with onion and bacon. For children, fried potatoes can be even more appetising, especially those with red skin, which make the fried potatoes crispier and browner. For dessert, a delicacy of the typical cuisine in Leonessa are the potatoes doughnuts, a very popular recipe in the area.





TURCHESA POTATO

Production Area

**Province of Rieti with particular reference to the territory
of the National Park of Gran Sasso and Laga Mountains**

PRODUCT DESCRIPTION The tuber of the Turchesa potato is irregularly shaped with frequent tuberosities and is mainly characterised by its deep purple skin, which contains an interesting amount of antioxidant substances, comparable to those found in cabbage. Inside, the pulp is completely white and has a low water content; the texture and grain size are medium. The tubers have a thin epidermis covered with small lenticels, which are suberised in conditions of low water. The plant has pinnate-compound leaves, consisting of 7-9 alternating leaflets of different sizes. During their development, the stems are erect and 60 to 150 cm high; when ripe, they tend to become prostrate and often turn yellow. The inflorescences are carried in a terminal position and consist of flowers with 5 petals arranged in corymbs. In the Turchesa Potato, the petals vary in colour from pale blue to turquoise and have yellow stamens. In favourable years, flowering can last a long time, until the first cold winter days.

PRODUCTION METHOD The plant needs a fair amount of water at every biological stage. The water requirements are reduced near maturity. Ideal are siliceous or siliceous-clayey, slightly acidic, light, loose, permeable, deep soils. As far as rotation is concerned, the Turchesa potato has once again taken first place in the rotation, as a replacement crop. The soils are worked deeply in summer (40-50 cm).

The only form of fertilisation is the burial of organic matter. Ploughing is followed by adequate harrowing. To sow Turchesa potatoes, small tubers are used (usually 50-80 g); they are pre-sprouted before sowing and placed in stacked boxes in no more than two layers in a well-lit environment.

Normally, short, sturdy, purple-pigmented shoots emerge from the eyes of the tubers after 4-6 weeks: this is the stage when the tubers are sorted. The tubers are spaced 30-35 cm apart along the row and 75-80 cm between rows. The sowing depth is 5-8 cm depending on the nature of the soil. Sowing is done manually or using planters. Tilling is an essential operation for good production of the 'Turchesa Patata' and consists of placing soil between the rows of potato plants, so as to encourage the emission of rhizomes and roots from the inter-row part of the stems. Sowing normally takes place in March at lower altitudes and lasts until June in the high mountains. The 'Turchesa Patata' is placed on the market gradually over a period of time that can extend up to 8-10 months.

HISTORY BACKGROUND Towards the end of the 18th century, the Turchesa Potato appeared in the area of the Gran Sasso and Laga Mountains National Park and represented a real 'food guarantee' for the local mountain population, as demonstrated by a popular saying still found in many Abruzzi municipalities: "*La patane è mezza pane*". For the first time, the mountain people had an agricultural surplus to trade with the people of the valley. Potatoes were also grown at very high altitudes, over 1 600 m above sea level, contributing to the shift of farming to higher altitudes in historically pastoral areas, a phenomenon which had already begun in the second half of the 19th century.

This tuber has also changed the urban layout of some mountain centres: caves and underground areas have been dug close to urban agglomerations, especially in areas with a southern exposure, precisely to preserve the precious tuber. Among the varieties of potatoes grown, there are some ancient ones, probably among the first to be introduced and spread. These include the one known as Turchesa or Viola, due to the purplish colour of the skin and part of the pulp. The term turca, turchesa, turchessa or turchesca was formerly attributed to those varieties probably coming from other production areas. It can be regarded as a synonym for outsider, foreigner. In 2009, with the technical input and support of the Gran Sasso and Laga Mountains National Park, the Association of Producers of the Park's Turchesa Potato was established.



SPADONA PEARS OF CASTEL MADAMA (Early Spadona, Castellana Pear)



LINK WITH
BIODIVERSITY

Production Area

Province of Rome: Castel Madama and neighbouring villages

PRODUCT DESCRIPTION The Spadona Pear of Castel Madama, belonging to the *Rosaceae* family, *Pyrus* type, species *P. Communis* L., has been protected since 2009 by Regional Law No 15 of 1 March 2000 as a local variety at risk of genetic erosion. The plant has medium vigour, an expanded growth habit and medium-high productivity. The fruit is medium-sized, has an elongated pyriform shape, a long, straight stalk, no peduncular cavity, open, superficial calyx cavity; medium-sized core, elongated seed shape. The colour of the skin is greenish-yellow, no overcolouring and it is smooth, with small and numerous lenticels, thick and no russetting. The pulp is white, moderately firm with a medium-fine texture, melting, juicy, medium flavour. Blossoming time: beginning of April. Harvesting takes place in the second to third month of July.

HISTORY BACKGROUND The Spadona Pear of Castel Madama is a variety found on fruit farms and in family vegetable gardens in the Agro di Castel Madama and the Sabina foothills. In this area it is known by the name of “*stuvaledda*” (or “*stualetta*”), as it seems to have been produced for the first time in the area in the first half of the 19th century by a farmer nicknamed “de Stualetta”, resulting in a much-appreciated variety.



POACHED PEARS WITH MUST POACHED PEACHES AND PERCOCHE PEACHES

Production Area

Province of Rieti: Fiamignano, Petrella Salto. Province of Latina: Castelforte, Minturno, Santi Cosma e Damiano

PRODUCTS DESCRIPTION AND PRODUCTION METHODS

Poached pears with must. The pears, peeled and cut in slices, are simmered for a few minutes in the boiled white wine must until they reach a thick consistency. After cooking, the pears are stored in glass jars.

Poached peaches and percoche peaches. A syrup of water and sugar is prepared and left to cool. The peaches (with or without skin) are washed and pitted; after cutting them in half, they are placed in hermetically sealed glass jars, covered with syrup, closed and sterilised in a bain-marie. The resulting product is particularly crunchy.

HISTORY BACKGROUND

Poached pears with must. A traditional method of preserving pears to be eaten out of season. The recipe is passed on orally from generation to generation.

Poached peaches and percoche peaches. A set of limiting factors, the fact that the fresh fruit is only available for short periods of time, the lack of early and late varieties, have led to this method of preservation, which ensures the presence of the fruit throughout the year, preserving its flavour and fragrance. This type of mainly domestic preparation is carried out according to a recipe handed down through generations, which clearly differentiates the product from the industrial one.



PINE NUT OF LAZIO COAST

Production Area
Lazio coast

PRODUCT DESCRIPTION AND PRODUCTION METHOD

Lazio Coast pine nut, rich in protein and dietary fibre, are the edible seeds of the stone pine (*Pinus pinea*) which, not surprisingly, is also called the "stone pine". The cones are large, heavy and globular and ripen in three years. Harvesting starts in October and lasts throughout the winter. From May onwards, the cones are dried in the sun until the scales drop off the pine nuts, which, once the wooden casing has been removed, are light yellow, with a pleasant taste, a slightly resinous flavour and a doughy pulp. The spread of pine trees along the Lazio coast is due to the creation of windbreaks during the reclamation works carried out, first during the fascist period, in the Pontine Marshes and then from Pomezia to the Maremma after the war.

HISTORY BACKGROUND Consumed in Europe since the Palaeolithic period, pine nuts have always been considered so noble and genuine that they are even mentioned in mythology as the fruit loved by Bacchus, the God of vegetation and fertility, while in Japan the fruit appears in wedding ceremonies as a symbol of the constancy of conjugal love. Pliny extolled its properties as an invigorator of weakened strength and an excellent remedy for urinary tract ailments. They have been considered a powerful aphrodisiac since ancient times: Galen, in the 2nd century AD, recommended that men drink a glass of honey with 20 almonds and 100 pine nuts before going to bed. Lazio coast, and in particular the state forest of the Circeo National Park, has always been an area rich in domestic pine woods, thanks to the pleasantly temperate climate and the protective function of the crops growing on the beaches from the salty winds. This is confirmed by Migliorini, in his 1973 Memoir illustrating the map of land use in Lazio, when he states that "*at Castel Porziano and in the Circeo Park there appear to be vast extensions of maritime and domestic pines, which are also present in Fregene and in Salto di Fondi*" and recalls that pine nuts are produced in this area.



CORNO DI TORO TOMATOES

Production Area
Province of Rieti: Contigliano.

PRODUCT DESCRIPTION The Corno di Toro Tomato has a characteristic elongated shape, generally 14-16 cm in length, ending in a slightly curved tip, hence the name Corno di Toro (Bull's Horn). The skin is very thin but crispy and has a bright red colour. The pulp is firm. Each berry has a small internal cavity with little seed. A characteristic feature of the variety is that at the time of fruiting, in some cases in the second and often in the fourth stage, a large rounded fruit develops, weighing on average 450-500 g. Some plants are intended solely and exclusively for the cultivation of Corno Toro Tomatoes. Some plants are intended solely and exclusively for reproduction of the seed, which takes place only within the production companies.

PRODUCTION METHOD This tomato prefers fresh, calcium-rich soils, prepared with good organic fertilisation. The variety is medium-late, with open-field transplanting of the seedlings from the end of April to the end of May. Supports are to be installed at the time of tamping. Given its indeterminate growth habit, the 25-30 cm seedling can reach a height of 2 to 2.5 m and 2 to 4 lodges, with an average production of 8-10 kg of berries. The fruit is harvested when it has reached the right ripeness.

HISTORY BACKGROUND A tomato variety obtained and grown in the Rieti Plain more than 50 years ago by a farmer living in the town. Oral records show that, thanks to its special characteristics, the cultivation of this tomato spread over time to other growers in the area, who ensured both the preservation of the seed and the spread of the seedlings and fruit to areas bordering on the Rieti plain.



FIASCHETTA DI FONDI TOMATOES

Production Area

Province of Latina: Fondi, Sperlonga, Monte San Biagio

PRODUCT DESCRIPTION The Fiaschetta di Fondi Tomato is a local ecotype belonging to the *Solanaceae* family, species *Lycopersicon esculentum* (L.). It has a characteristic “flask” or oval shape, with a uniform deep red colour and no depigmentation. The skin is tough, robust and consistent. The fruit, particularly full of pulp, has the characteristic sourish taste of tomatoes tending towards sweet, with an average Brix level of 5. The Fiaschetta di Fondi tomato has yellow flowers, medium to large, deep green leaves and a mainly uniparous inflorescence. The internodes are short with alternating clusters on the trunk, with opposite leaves. The clusters, which are very resistant because they do not abscise, are quite numerous, at least 10/12, with between 6 and 12 fruits per cluster; they have a peduncle with an abscission layer and an average weight of each fruit of 40 grams. The root is white, tapering and very resistant to fungi. The production data from the cultivation of this tomato are particularly significant. For example, if we consider a number of 9 fruits per bunch x 40 grams of weight, we have 360 g of product per bunch, which, multiplied by 10 stakes, gives an average production of 3.6 kg per plant. Assuming a planting pattern of 33 cm along the rows x 1 m between the rows, i.e., an investment of 30 thousand plants/ha, an average production of 1,080 quintals/ha of product can be achieved.

PRODUCTION METHOD Fiaschetta di Fondi tomatoes are grown both in open fields and in greenhouses on sandy, medium-textured soils rich in organic substances. Typical of the area are “marshy” soils, which are dark in colour and have an almost outcropping layer. Before the seedlings are transplanted, the soil is lightly tilled and the previous crops and organic matter are buried, followed by plowing and mulching with drip irrigation or open field irrigation, in accordance with tradition. In the case of greenhouse cultivation, Fiaschetta di Fondi Tomatoes is sown in seedbeds at the beginning of February and transplanted around the middle of March. In the open field, sowing takes place in seedbeds towards the end of March and transplanting in the third decades of April. The planting pattern is 35 cm along the row and 70-80 cm between rows. Harvesting in greenhouses takes place in May-June; in the open field, Fiaschetta Tomatoes are harvested in July.

HISTORY BACKGROUND Fiaschetta di Fondi Tomato is a local variety, the production of which was widespread in the 1960s. It is an ancient tomato, not a hybrid, which has always been appreciated in the area for its sweetish flavour and the high shelf life of its fruit. Today it is an endangered resource that has recently been rediscovered thanks to the activities that Arsial carries out on the territory to census and protect local traditions and biodiversity. At the moment it has not been possible to find any written historical documentation on this product; the only historical trace is that of an oral testimony given by Mr. Di Vito Raffaele - known as “Pennacchiello” - born in 1938, who recounts in a narrow Fondano dialect that in the area of the Fondi marshes hundreds of hectares of “fiaschetta” tomatoes were grown on behalf of Cirio, which collected the Fiaschetta di Fondi Tomatoes (‘a variety similar to the Roma variety’) from all the farmers in the area in a single reference area. “Pennacchiello” describes the fiaschetta tomato as “round, slightly elongated, red in colour, with a thin cuticle”. As soon as the colour of the skin changes, the tomato inside is completely red, compact and full, with no internal cavities. The Fiaschetta di Fondi Tomato was an excellent product used to “adjust the tomato of Cirio”. “Pennacchiello” has always reproduced the seed for his family’s consumption and is one of the few farmers to have preserved it over time, guaranteeing today a progressive relaunch of the crop.



OVALONE REATINO TOMATO

Production Area

Province of Rieti: Rieti (Piana Reatina)

PRODUCT DESCRIPTION The Ovalone Reatino tomato has a dual suitability for consumption (for sauce and/or peeled tomatoes and for fresh consumption) but above all a high resistance to cryptogamic and parasitic adversities. It is characterised by a plant with a specific growth habit that does not exceed 60 cm in height when ripe. It has good branching in the collar area and little bud development. The plant adapts well to fresh soils of good fertility, tolerates dense planting and does not suffer from the night/day temperature variations typical of the Rieti plain. The leaf has a classic petiolate and pinnate shape and is about 20 cm long, with petiole and apex. The leaves are inserted in fairly short internodes, 5-10 cm, with clusters of numerous flowers at the axil, which are not very big and have a corolla with a maximum diameter of about 3 cm; the leaf is well protected and does not protrude. Fertilisation, characteristic of the species, is of the self-pollinating type, which provides certain security in maintaining the characteristics of the variety during propagation. The fruit justifies the name given to the ecotype: it is oval with excellent product characteristics, with a thick epicarp that contributes to its resistance to adversity and shelf life. When fully

developed, the size is not excessive and therefore commercially viable. Botanically it has two carpels with a non-excessive number of seeds.

PRODUCTION METHOD Sowing is done in a pro-roof environment in the period from mid-March to mid-April in alveoli. Transplanting in the open field takes place in mid-May-June (soil temperature $>15^{\circ}\text{C}$). The planting pattern is 40 cm along the row, 75 cm between rows. Nitrogenous fertilisation in coverage is 100 kg/Ha of N in 2 doses. Harvesting at maturity is carried out at the end of August. In the 2018 campaign, about 10,000 plants were cultivated by local farmers. The average yield per hectare is about 250 quintals of product.

HISTORY BACKGROUND Towards the end of the 1960s, the Centro Appenninico del Terminillo, which at the time belonged to the University of Pavia, was involved in extensive research into the creation of new tomato hybrids, some of which, after the normal evaluation process, were entered in the National Variety Register and for years were present on the international horticultural market. The residue of that work is a large quantity of lines resulting from the thousands of crosses carried out, among which an ecotype was identified, called "Ovalone", whose survival and preservation was ensured at the seed bank of the Centro Appenninico del Terminillo. When the structure was transferred from the University of Pavia to the University of Perugia (1978), research directions and strategies changed and the "Ovalone" tomato was no longer grown for over a decade. Rediscovered by chance during an inventory of plant material on the premises, it was put back into cultivation in 1994 and immediately attracted attention for its high productivity, the quality of its berries and its good resistance to stress and pathogens. In recent years the Centro Appenninico del Terminillo has supplied some farmers with small Ovalone plants in "spot mode", to be cultivated exclusively in home gardens to ensure the purity of the seed, noting how, year after year, requests have increased. There are numerous scientific publications dating back to 1965, 1967, 1970 and 1974 on the studies carried out by the Centro Appennino del Terminillo "Carlo Jucci" on Ovalone at the experimental fields in Rieti.



SCATOLONE DI BOLSENA TOMATO



LINK WITH
BIODIVERSITY

Production Area
Province of Viterbo: Bolsena.

PRODUCT DESCRIPTION The Scatolone di Bolsena tomato, with its characteristic globular rosette and ribbed shape, has a reduced development of pulp, seeds and placenta, so as to leave an internal cavity. It has a pleasant, harmonious flavour, thanks to a balanced sugar and acid content. It is flattened and dimpled in the petiolar and apical areas; it is ribbed and roughly circular.

In cross-section, there are 7 to 9 partly or completely empty lodges, called "scatolature", from which the name derives. It is red in colour with straw-green areas and has an average weight of 150-200 g. The plant is indeterminate in its development. The plant has indeterminate development, excellent environmental adaptability and good resistance to pathogens. It is a classic table tomato for fresh consumption, whose seed is reproduced directly by the producers. In addition to the unique variety, the characteristics of the product are also given by the climatic and soil conditions of the area, as they combine microclimate, exposure and soil type. The climate, which is of the warm-temperate type, is in fact favoured not only by the southern exposure of the cultivation areas, but also

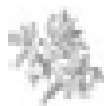
by the mitigating action exerted by the Lake Bolsena, and the soils along the lake's coastal strip as far as Gradoli are volcanic alluvial, fresh, deep, of medium texture and sub-acidic reaction with good chemical and physical properties and fully irrigated. The Scatolone di Bolsena tomato comes from the cultivation of the local variety at risk of genetic erosion, *Pomodoro scatolone di Bolsena*, protected by Regional Law no. 15 of 1 March 2000.

PRODUCTION METHOD The soil is prepared by ploughing to a depth of about 30 cm. Sowing takes place in the seedbed in March-April and in the open field in April-May, in twin rows, with an investment of 2,8 plants per square metre (55 x 60 x 75). Harvesting is carried out exclusively by hand, from the second half of July until September.

HISTORY BACKGROUND Tomatoes appeared on the shores of Lake Bolsena at the beginning of the 20th century, so much so that they were already present in 1930 at the first Bolsena Fruit and Vegetable Show, among the vegetables that predominate in the area and find excellent growing conditions here. These are small vegetable gardens that hardly ever cover an area of one hectare each, more often between 3000 and 5000 square metres. An article commenting on the exhibition complains of poor fertilisation due to a lack of livestock to produce it. The reference market for selling the product is quite extensive. Not only the towns near Bolsena, such as Orvieto, Acquapendente and Viterbo, are mentioned, but also those in the Tuscany region, where transport is by donkey or horse. Specific mention of the "Scatolone" variety began in the years immediately after the Second World War (1948-50). Some claim that it originated from mutations of a local ecotype, while others say that seeds were imported by a horticulturist from Bolsena. The period of greatest development was around 1970, when around 20 hectares were planted with Scatolone tomato. This was confirmed by local tourist magazines of the time, which praised the freshness of the fruit and vegetables and, in particular, of the Scatolone tomatoes. After that, there was a slow but steady decline, with an investment of around 5-6 ha and an overall production of around 4 000/4500 quintals/year. At present, it is assumed that the area planted with "Scatolone" has further declined, while there is still a strong demand for a type of plant, the chop, which is now covered by a wide range of newly introduced varieties.



SPAGNOLETTA DEL GOLFO OF GAETA AND FORMIA TOMATOES



LINK WITH
BIODIVERSITY

Production Area Province of Latina:

Gaeta, Formia, Itri, Minurto, Castelforte, Spigno, Saturnia, Santi
Casma e Damiano.

PRODUCT DESCRIPTION The Spagnoletta del Golfo of Gaeta and Formia tomato (also known as the 'potato tomato'), which has been cultivated since ancient times, is closely linked to its original production areas, where the special soil and climate conditions enhance its already valuable organoleptic characteristics. The plant, which is prostrate (erect if supported by supports), medium-sized (80-100 cm), is characterised by a leaf with a smooth margin that makes it unmistakable with other varieties, as it is more similar to that of the potato than to that of the tomato. The fruit is small to medium-sized flat (diameters: polar 3.5-4.5 cm; equatorial 5.5-7.0 cm), with deep, irregular ribbing. The berry, which is red when ripe, has 4 to 8 lodges and a pericarp 4 to 5 mm thick. From an organoleptic point of view, the Spagnoletta Tomato is characterised by its sweet-sour taste. The Spagnoletta tomato from the Gulf of Gaeta and Formia comes from the cultivation of the local variety at risk of

genetic erosion, the Spagnoletta tomato from Formia and Gaeta, protected by Regional Law No 15 of 1 March 2000.

PRODUCTION METHOD Sowing is done in the seedbed in October-February; transplanting of the seedlings in the open field is done in late March-early April. Harvesting takes place from June to August. The total area invested in this variety has been estimated at about 5 hectares, distributed among numerous small family vegetable gardens.

HISTORY BACKGROUND Traditionally grown in the horticultural districts of Formia and Gaeta, it is believed that this local variety has very ancient origins. This is supported by the fact that many of the first tomato introductions from the Americas into Europe were of the ribbed type and the name recalls a direct introduction from Spain or by the Spanish. It is phenotypically very similar to the local variety "Costoluto fiorentino", from which it differs in having a full margin leaf ("potato" leaf), and slightly smaller berries. A common origin of these two ancient local varieties on the Tyrrhenian coast is, however, plausible. There are numerous oral theories attesting to the cultivation of this product: the Di Tucci family of Formia has been producing the seed itself since 1935.





PIZZUTELLA OF PICINISCO PLUM (Gallinaro Plum)



LINK WITH
BIODIVERSITY

Production Area

Province of Frosinone: Picinisco, Alvito, Atina, Gallinaro, Casalvieri, Settefrati, Villa Latina

PRODUCT DESCRIPTION The plum, locally known as “pizzutella” because of its elongated shape, is an ancient fruit, present in some municipalities in the Comino Valley district, mainly in the wild. The plant belongs to the Rosaceae family, Prunus type, species *P. domestica* L., and is mainly found in hilly areas at around 400-600 metres above sea level, which is a highly suitable habitat for the development of the plant and is traditionally found on the banks of

land devoted in turn to other local crops.

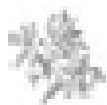
The plant is short-lived but has a good, consistent yield, usually not exceeding 3 metres in height, with deciduous, dark green, often oval leaves with the apex slightly rolled down. The flowers bloom in spring. The flowers are followed by medium-sized, elongated fruits (“a pizzutella”), with yellow skin with reddish tones. The inner pulp is yellow, rather fibrous and compact. Adherent seed. Very sweet flavour. Harvesting time, carried out by hand, is in the first decade of August. Today the yield from the plants is around 50-60 kg. The Pizzutella of Picinisco plum is part of the *Susina di Gallinaro* plum, an indigenous variety at risk of genetic erosion, protected by Regional Law No. 15 of 1 March 2000.

PRODUCTION METHOD The Pizzutella of Picinisco plum, harvested in August, is sold for consumption as it is made into tasty jams or, more traditionally, dried. For the preparation of jams, thanks to the sweetness of this plum it is possible to reduce by 20-30% the dose of sugar that is usually used for jams based on other fruits. Natural drying in the sun on a bed of straw is the traditional processing method, as the Pizzutella plum can also be eaten in winter as a source of energy, fibre, minerals and vitamins.

HISTORY BACKGROUND According to oral sources, the presence of the Pizzutella di Picinisco plum dates back to the 19th century and the area where it was most present was the Lecinara locality in Picinisco. The organoleptic characteristics of this fruit attracted the attention of many local markets, but it was mainly sold on the market in Campania. In the 60s and 70s, many lorries arrived from Campania to pick up the Pizzutella plum, which they then re-sold on the Naples market, where the product was consumed fresh or dried in the sun. At village festivals, the Pizzutella di Picinisco plums, dried according to tradition, were sold at stalls as sweets for young and old.



CATALOGNA DI ROCCASECCA TURNIP



LINK WITH
BIODIVERSITY

Production Area

Province of Frosinone: Roccasecca, Pontecorvo, Castrocielo, San Giovanni in Carico, Colfelice, Rocca d'Arce, Colle San Magno

PRODUCT DESCRIPTION Belonging to the *Brassicaceae* family, the local variety Catalogna di Roccasecca is classified as *Brassica rapa* L. var. *silvestris*. It is characterised as a plant with numerous stems and from the central stem grow large, irregularly lobed and toothed leaves of a characteristic grey-blue colour. Local farmers describe the multilobed, indented leaf as “spizzata”. Catalogna turnip is recognisable by the deep green to blue-green colour of its leaves and is renowned for its inflorescences, which are harvested from December to March as soon as they have formed after the first cold weather. The taste of the turnip is bitter, much stronger than commercial varieties, but the bitterness diminishes if the turnips are harvested after cold periods because “*frost removes the bitterness*”. The Catalogna di Roccasecca Turnip is an indigenous variety at risk of genetic erosion and is protected by Regional Law No. 15 of 1 March 2000.

PRODUCTION METHOD The Catalogna di Roccasecca turnip is traditionally sown towards the end of August or the first decade of September using the ancient technique of sowing in “porca” (in a seedbed on the ground) or “morra” (sowing by scattering directly in the field). The “porca” is made up of a small plot of land (approximately 80 cm x 200 cm) prepared for sowing by manuring and

refining, delimited by the coarsest parts and stones.

The seed, renewed every year, comes from the selected plants, i.e., the most beautiful and vigorous ones, next to which a cane is placed so that whoever goes to pick the turnip knows that the plant is to be left for seed production (“sumenta”). The planting pattern is one plant every 50 cm (‘slow’ sowing) in order to ensure better development of the root system and to obtain beautiful green and vigorous plants. After sowing, the bed is watered in the mornings and evenings, and the seedlings begin to appear after a week. After about twenty days, or a month at the most, the seedlings are uprooted and transplanted to another previously prepared plot. The furrows are prepared at 60-80 cm, irrigated in the morning, and the seedlings are transplanted in the evening at a distance of about 30-40 cm along the row, with the aid of the “pezzuco” (peg). After the first harvesting of the central inflorescence, the plant, as it has no more top, strengthens in the lateral shoots, which are formed by many buds at the base of the leaves, from which will come out other secondary shoots, even more exquisite, because now the plant has been invested by the cold, which is a panacea. The colder it gets, the sweeter the shoots become. The shoots should not be cut when the plant is frozen. In order for the plant to resist the intense cold, it should be borne in mind to leave three or four buds underneath the cut so that the other shoots can grow. This will last until St. Thomas’ Day (7 March), but if you have sown the seeds a little later than August, you will be able to enjoy this pleasure at the table throughout March.

HISTORY BACKGROUND “*Triste è quella rapa che d’agosto non è nata (Sad is the turnip that was not born in August)*” This is an old proverb from the Frusinate area, which is also used in Roccasecca, a characteristic medieval-looking town in the province of Frosinone, 245 metres above sea level. The town takes its name from its castle “Rocca Sicca”, built in 994 by the Abbot of Montecassino Mansone, to protect himself from the invasions of the Counts of Aquino. Roccasecca is the home of a particular type of turnip, which the people of Roccasecca, and especially the farmers, have always called “rapa Catalogna”. Unfortunately, the origin of this name is not clear. The old farmers themselves say that this is the name they pass on from generation to generation. What is certain is that this vegetable has, since the past, been an important economic resource and source of livelihood for local farmers. It was the vegetable always present on the stalls of local markets, not only in Roccasecca, but also in many municipalities in the province of Frosinone and even in the capital, sold in the characteristic bunches known locally as “*matr di brocc*”.



SARZEFINE DI ZAGAROLO

Production Area
Province of Rome: Zagarolo

PRODUCT DESCRIPTION Scorzobianca (*Tragopogon porrifolius* L.), or “sarzefina” in local dialect, is a plant of the Asteraceae family, whose cultivation in the Zagarolo area has very ancient origins. It is a biennial herbaceous plant with buds placed at ground level, about 120 cm high. Completely edible (both the roots and the leaves are edible), it is characterised by a rather large, fleshy taproot of variable colour, ranging from white to beige, which descends deep into the ground to seek nourishment. The leaves are green and start directly from the root and are narrow and long. It is 80 per cent water and is rich in protein, sugars, minerals, vitamins A and B, carbohydrates and dietary fibre. This particular vegetable was also the subject of a study by the University of Tuscia, in which the local accession “Sarzefina di Zagarolo” was compared with commercial accessions (Franchi, Ing and Hortus). In particular, the morphological characteristics of the ‘cypselae’, which correspond to the indehiscent dry fruits in which the seeds are enclosed, were highlighted. The cypselae of the local ecotype are light brown, with very dense spongiform protuberances along the major axis with a decidedly elongated shape tapering towards the beak. The “sarze fine di Zagarolo” should be eaten within 5-6 days. They are characterised by a sweetish taste, especially the leaves; the root is crunchy.

PRODUCTION METHOD The cultivation of Sarzefine di Zagarolo-

lo is done with the self-produced seed on the farm, on loose soils, tilled and ploughed to a depth of at least 70-80 cm. Sowing is done by hand in open fields between February and March with a planting pattern of 10-15 cm along the rows and 50-60 cm between rows.

The sarzefine has a rather long growing cycle, as it is harvested by hand from December to December-January. The Christmas period is the peak time for consumption. The best and most beautiful plants are left in the field, brought to flower and used for seed production. No fertilising or manuring is carried out. Weeds are removed by hand during the summer months and irrigation is carried out in a manner and at a time that depends on the weather. In general, Sarzefine di Zagarolo does not require much water.

HISTORY BACKGROUND It is a “root vegetable” called scorzobianca or in Zagarolo slang “sarzefine”. Much better known in the past, when they were used as a winter food because they were rich in minerals and vitamins. With the passage of time, the cultivation of sarzefine was somewhat abandoned, but today, thanks to a few daring local growers, this vegetable has not gone completely extinct. In Zagarolo, “sarzefina” has very ancient origins. No one really knows why it has spread in this area, remaining unknown if you move just a kilometre away.

The sarzefina plant was described in 1982 by the Italian botanist Alessandro Pignatti. During the 1979-80 school year, Professor Michele Lacetera, an Italian teacher at the Zagarolo secondary school, studied Raffele Simone’s book *Fare italiano*, which contained some illuminating pages on dialects, and together with his pupils decided to carry out micro-research on the Zagarolo dialect.

The result of this research was a publication entitled *Zagarolo, un dialetto, una cultura un modo di essere* (Zagarolo, a dialect, a culture, a way of being) - Trevi Editore - 1982, in which the chapter devoted to typical dishes describes a typical recipe for sarzefine; a recipe which was also included in the book *La Forchetta de canna’ - Ricette della cucina zagarolese* (The Cane Fork - Recipes from Zagarolo cuisine), published in 2007 by the Associazione culturale Amici di Zagarolo, and which we present below in the Zagarolo dialect. *Sarzefine, zazzicchie (or spareribs), erbetta, tomatoes, chili pepper, salt and oil. “You can eat the roots of the sarzefine. It’s necessary to scrape them with the knife, in order to remove the pulp, and cut them in small pieces 5-10 cm wide. They are put in a pan with oil, herbs, tomatoes, salt and pepper and spareribs. Leave to cook until the sausages are well cooked. Drink red wine with it.*



SCORSONE OR SUMMER TRUFFLE

Production Area

Province of Viterbo: Blera, Monteromano, Tarquinia, Vetralla.

PRODUCT DESCRIPTION The black summer truffle or Scorsone has a very irregular surface, a rounded, slightly bulbous, spire-shaped, a not excessively strong aroma and a taste of unripe mushrooms. The internal colour is yellowish-brown and the taste of unripe mushroom, which is weak at first taste, becomes increasingly pleasant. It proliferates near oaks and Turkey oaks. It is collected by experienced hunters with the help of dogs trained to recognise smells. The size ranges from 10-20 grams to 80 g. Harvesting runs from 1 May to July, but in the wetter seasons it can continue until the first ten days of August. It is eaten fresh, cut into thin slices to give flavour to dishes.

PRODUCTION METHOD The harvesting technique involves the use of trained dogs, then digging by hand, closing the hole with only the resulting earth, so that no other material can enter (the decomposition of leaves, twigs, etc. can cause the loss of the truffle bed). Harvesting should not take place when the ground is frozen so as not to compromise the formation of new truffles.

HISTORY BACKGROUND The ancient Romans were among the first connoisseurs of truffles. Along with truffles, it is considered an important corroborant in times of war and peace. In the province of Viterbo, from Tarquinia to Blera via Monteromano and Vetralla, there is a suitable environment for the proliferation of these tubers. The area has medium-textured soils with good calcium content and a damp rainfall pattern. The woodland species under which the Scorsone is found are generally oak and turkey oak, where pigs used to graze and which, in addition to acorns, found these tubers particularly pleasant. Although its presence has been recorded since the Middle Ages, in 1970s its collection and subsequent use for food became widespread among local people.



TRUFFLES OMELETTE

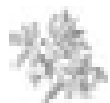
Ingredients: 5 eggs, 80 g Scorsone or Summer Truffle, 20 g butter, a few tablespoons of milk, lemon and salt.

Method: Wash the Scorsone in lukewarm water, sweeping the surface lightly to remove any remaining soil, and dry it. Beat the eggs, add a pinch of salt, the milk and the finely chopped Scorsone.

In a frying pan, melt the butter and pour in the egg mixture. Cook the omelette and, before serving, while it is still hot, sprinkle a few drops of lemon on it.



PROCENO GARLIC THALLUS IN OIL



LINK WITH
BIODIVERSITY

Production Area
Province of Viterbo: Proceno

PRODUCT DESCRIPTION The thallus is the local name for the flowering shaft of Proceno Red garlic (*Allium sativus* L.), an indigenous variety considered to be at risk of genetic erosion and protected by Regional Law No 15 of 1 March 2000. When the thallus becomes longer and reaches a length of 20-25 cm, it is difficult to allow it to change from the vegetative to the reproductive state, as it is removed or calibrated. This encourages the differentiation of several cloves within the bulb. The removed thallus is ready for consumption as it is or in oil, after boiling, flavoured with various spices.

PRODUCTION METHOD The cultivation of Proceno Red garlic is carried out mainly in the thick, clayey soil typical of the hills (coasts) rising up to 480 m above sea level throughout the territory of Proceno. In May, when the flower scape is elongating, it is cut off by hand, cutting it at the base with a fingernail and removing it from the upper leaf stalk to encourage the formation of bulbs within the bulb. The cut scape is known locally as a Thallus can be eaten fresh, as a condiment, or preserved in oil after boiling in water and wine vinegar.

Once the starling period is over, the plant loses its vegetative growth, so that it turns from green to dry and is therefore ready for harvesting. The product is then washed and cut to size, boiled and fresh natural flavourings added. Once boiled, the excess water is drained off, then placed in a sterile glass container with extra virgin olive oil. Once sealed, the jar is pasteurised at 95°C for 8 minutes, then labelled.

HISTORY BACKGROUND The production of red garlic in the ancient town of Proceno dates back to the Etruscans, who preferred it to onions and learned to fertilise it with ash. It is not widely known, however, when it was customary to consume the flower scapes of this garlic, preserved in oil. According to older local farmers, this operation, called calibration has always been practised, so much so that they recall that, in the past, part of the harvested product was eaten at home, boiled and seasoned with oil, while another part was left in the field and fed to the animals.





CAMPOLI APPENNINO TRUFFLE

Production Area

Province of Frosinone: Campoli Appennino, Vico nel Lazio

PRODUCT DESCRIPTION The Campoli Appennino Truffle is an underground mushroom in the form of an irregular tuber, belonging to the *Tuberaceae* family, class *Ascomycetes*, which grows spontaneously in symbiosis with the roots of certain trees and shrubs: oak, turkey oak, holm oak, lime, hazelnut, hornbeam and poplar. Black and white in colour, it is characterised by an intense aroma, taste of unripe mushroom, fleshy mass of “gleba” (or pulp), covered by a bark called “peridium”. Composed of a high percentage of water, the truffle also guarantees a good supply of fibres, mineral salts and organic substances provided by the tree with which it lives in symbiosis. The Campoli Appennino Truffle identifies the best known and most appreciated varieties from a gastronomic point of view, such as: *Tuber magnatum Pico* (White truffle); *Tuber melanosporum Vittadini* (Fine black truffle), *Tuber aestivum Vittadini* (Summer truffle or scorzone); *Tuber brumale* Var. *moscatum* De Ferry (Muscat truffle); *Tuber aestivum* Var. *uncinatum* Chatin (Hooked truffle); *Tuber borchii Vittadini* or *Tuber Albidum Pico* (Bianchetto or Marzuolo); *Tuber brumale* Vittadini (Black winter truffle or black truffle); *Tuber macrosporum Vitt.* (Smooth black truffle); *Tuber mesentericum* (Black truffle of Bag-noli, Italy); *Tuber moscatum* Var. *moscatum* De Ferry (Black truffle).).

PRODUCTION METHOD The product is marketed fresh or processed. The fresh product, after being harvested by local quarrymen, is only washed in running water, without the addition of additives, for about an hour; it is then brushed and packaged in food bags according to size. The processed product, on the other hand,

after undergoing the washed with running water in steel tanks, it is put into jars, with water and salt in glass jars with a capacity ranging from 20 to 500 g. Truffle residues from previous processes are used for the production of creams. After washing, the truffle pieces are ground, cooked at about 100°C and put into jars with olive oil and salt. The jars are sterilised at 121°C for 40 minutes. At present, about 8 ha are used for truffle cultivation. Law no. 752 of 16 December 1985, as amended, “Framework legislation on the collection, cultivation and trade of fresh or preserved truffles for consumption”, following the increase in truffle collection and the spread of environmentally unfriendly practices, regulated truffle collection and gave the Regions the mandate to regulate collection on their territory.

HISTORY BACKGROUND The truffle can be considered a symbol of the culture and tradition of the municipality of Campoli Appennino. The historicity of this product is testified by numerous historical sources, which show that in the past, because of its delicacy, it was sent as a gift to kings and princes. The Italian word ‘tartufo’ (truffle) or “tartufalo” appears in some municipal accounts as early as the mid-18th century, further demonstrating that the collection of this prized product was already well established and known: in 1759 the municipal accounts show “... Expenses for beds in three days and three nights for a Spanish corporal and sergeant who came for truffles”; in 1759: ‘... six and a half pounds of truffles for Mr Captain of the Cavalry’; in 1773: ‘for the rest of truffle hunters sent to Venafrò’; in 1785: ‘for two couriers sent to S. Germano (Cassino), with the help of the police’. Germano (Cassino), truffles to the colonel of the countryside squadronal’; again in 1785: “to the courier of Roccasecca sent for the truffles to be sent in Venafrò to S.M.D.G. (God look at us)”. The ten-yearly Tartufo festival held annually at Campoli Appennino shows how the strong product-territory link is also reflected in the social sphere.



ANCHOVIES WITH PRIZED BLACK TRUFFLE OF CAMPOLI APPENNINO

Ingredients: 200 g salted anchovies, 1 truffle, vinegar, parsley, extra virgin olive oil.

Method: Wash the anchovies with water and vinegar, then debone them and cut them into fillets. Place them on a serving dish and cover them with extra virgin olive oil. Slice the truffle very finely and spread the slices over the anchovies. Leave to season for about half an hour and serve garnished with clumps of parsley.



LEPINI MOUNTAINS TRUFFLES

Production Area

Province of Rome: Artena, Carpineto Romano, Gavignano, Gorga, Montelanico, Segni.

PRODUCT DESCRIPTION A local, spontaneous truffle of different varieties: *Tuber brumale*, *Tuber muschatum* (muscat), *Tuber albidum* (bianchetto or marzuolo), *Tuber melosporum* (black winter truffle) *Tuber uncinatum* (hooked). It grows in the roots of holm oak, beech, oak and downy oak in calcareous, ferrous (reddish) soil, which gives it a very intense aroma. The shape, inner and outer colour, size, taste and smell are different depending on the variety. The internal and external colour of Monti Lepini truffles is a distinctive feature: The *brumale* has a dark red bark which turns black when ripe, while the inside (gleba) is blackish-grey with white veins; the *moscato* has a dark gleba with large white veins; *bianchetto* or *marzuolo* has a whitish exterior in young specimens, which may, however, turn grey or even tawny, while the interior is reddish tawny with white or reddish veins; *nero pregiato invernale* has a blackish-brown exterior with rust-coloured spots and a blackish interior with whitish-hazel veins; *uncinato* has a black exterior and hazelnut interior. Harvesting is from January to March for *Tuber brumale*; from February to

March for *Tuber muschatum* and *Tuber albidum*; from May to September for *Tuber aestivum*; and from November to March for *Tuber melosporum*.

PRODUCTION METHOD The harvesting technique involves the use of trained dogs, then manual digging, closing the hole with only the resulting earth, so that no other material can enter (the decomposition of leaves, twigs, etc. can cause the loss of the truffle bed). Harvesting should not take place when the ground is frozen so as not to compromise the formation of new truffles.

HISTORY BACKGROUND The Lepini Mountains truffle has been collected for many years by both professional and amateur collectors. Some historical information can be found in the Annals of Cardinal Pietro Aldobrandini from the end of the 16th century and in documents archived in the Carpineto Romano municipality, where reference is made to lunches whose dishes were based on truffles picked locally. The black truffle of Carpineto Romano is said to be one of the most fragrant truffles in Europe. Even Domenico Bigioni, president of the European Truffle Federation, was convinced of this. The Lepini Mountains have always been the territory of choice for truffles, even if it is only in recent years that they have begun to be collected and valued. This was well known by the Umbrian truffle hunters who, in the 1970s, literally sacked the district's woods, passing them off as Norcia truffles. The Lepine populations, on the other hand, have taken thirty years to understand their value and have only recently begun to collect and market them. The Lepini Mountains truffle does not look good but, under its rough exterior, it "*hides surprising delicacies when handled by expert hands and accompanied by essential and very simple Ingredients*". At the sumptuous banquets of Cardinal Pietro Aldobrandini, master of the then dukedom of Carpineto, looked after by his sister Donna Olimpia, "*tartufolo grattato, a fettoline, sotto la bragia*" was never missing. Today, local restaurateurs use it in the preparation of new and old recipes. They often enrich porcini mushrooms with truffles. An aphrodisiac mixture, capable of "*awakening even the most reluctant senses*", claimed Vincenzo Corrado in his *Cuoco Galante* of 1773.



CERVARA TRUFFLE

Production Area

Province of Rome: Cervara di Roma, Gavignano.

DESCRIPTION AND PRODUCTION METHOD The truffle is a fungus that grows underground in symbiosis with different types of trees: the nature of the tree gives rise to certain characteristics of the truffle, including its colour and scent, and the nature of the soil determines its shape. The Cervara Truffle is a spontaneous product that is searched for with truffle dogs or piglets between November and February. It grows in calcareous soils typical of the area at 700-800 metres above sea level. It is black on the outside, grey-black on the inside and has a very fragrant mushroom flavour. It can be cleaned with a hard, moistened brush. It is cleaned of any earthy

residues or then wrapped in dry paper, then in slightly damp paper and again in dry paper. Finally, it should be stored in the least cold part of the refrigerator, or outside the window if the season permits.

HISTORY BACKGROUND Located in the Simbruini Mountains Regional Natural Park, Cervara is the highest village in the province of Rome, after Guadagnolo. The green of its beech forests, the breath-taking view of the Aniene Valley below and the neighbouring mountains strike the visitor and induce him to appreciate this unique and suggestive environment. Since the past, the village of Cervara, which could only be reached by riding a mule, has been renowned for its truffle, which has been collected, according to oral testimony, for over 25 years and celebrated since 1999, in September, with a Festival.



FETTUCCINE WITH TRUFFLE

Ingredients: 250 g egg tagliatelle, 80 g butter, black truffle, salt, grated parmesan cheese, if desired

Method: Take the truffle, scrape it carefully with a dampened medium bristle brush to remove any remaining soil without damaging it. Slice the truffle finely into a dish. Meanwhile, cook the fettuccine in plenty of salted water. One minute before draining the pasta, melt the butter in a large frying pan. Drain the fettuccine al dente and toss them in the pan with the butter and the truffle. Place on a serving dish and serve sprinkled with more truffle slices and, if you like, with grated Parmesan cheese.



SARACINESCO TRUFFLE

Production Area

Province of Rome: Saracinesco

PRODUCT DESCRIPTION AND PRODUCTION METHOD

The Saracinesco Truffle belongs to the species: *Tuber aestivum* with a rounded, medium bulbous and cuspidate shape; *Tuber brumale* with a wrinkled, dark-coloured rind and a more or less regular rounded shape; *Tuber mesentericum* with a black colour and a poorly scented pulp. Production takes place spontaneously in the woods in the Saracinesco area, populated by holm oaks, beeches and oaks, with which it creates a symbiosis. It is harvested from May to November, but the best period is July-August. After harvesting, the truffles are cleaned and stored mainly in the freezer, after being grated and collected in bags.

HISTORY BACKGROUND The Bible (the story of Jacob) already mentions the truffle, which was also mentioned in Roman times in the treatise *De re coquinaria* by Marcus Gavius Apicius, but was not widely appreciated in cooking until the 19th century. In the municipality of Saracinesco, truffles began to be picked in the 1950s and even today the local population still collect them as a hobby with the help of specially trained dogs.



EGGS WITH ASPARAGUS AND TRUFFLE

Ingredients: 1 egg, 20 g Saracinesco truffle, 6 wild asparagus tips, a knob of butter, 1 anchovy, 1 clove of garlic, black pepper and salt.

Method: Melt half an anchovy fillet in a non-stick frying pan with a knob of butter, add the asparagus tips previously blanched in boiling water, half a clove of garlic, salt and pepper and allow to take on flavour for a minute. Then remove the garlic clove and the asparagus, grate about 10 g of truffle into the sauce, add the egg and cook. Garnish the egg with the asparagus tips and the remaining truffle shavings.



MONTI LEPINI SOUR CHERRIES

Production Area

Province of Rome: Artana, Carpineto Romano, Gavignano, Gorga, Montelanico, Segni

PRODUCT DESCRIPTION Small fruit with a sour taste, processed by artisans. Syrups and jams are made from it. The latter are widely used in the Lepini Mountains area for the production of traditional desserts.

HISTORY BACKGROUND Sour cherry (*Prunus cerasus*) grows wild in the Monti Lepini area. Its use in the preparation of syrups and jams dates back to the beginning of the 20th century, when the use of sugar in cooking began to disappear, and even today the ingredients used are the same as in the past to maintain the recipe and ensure the final quality of the products. Studies by the National Research Council have shown that sour cherry has significant anti-inflammatory properties that are superior to those of aspirin.



MARMALADE WITH MONTI LEPINI SOUR CHERRIES

Ingredients: 1 kg of Monti Lepini sour cherries, 700 g of sugar.

Method: Take fully ripe Monti Lepini sour cherries that have reached a nice dark colour. If you are lucky enough to be able to pick them from the plant, wait until it has rained and they have dried in the air and sun. It is not necessary to wash them. Remove the stones and petioles, weigh them and add 700 g of sugar per kg of cleaned fruit. Mix the fruit and sugar together, leave for 12 hours, then cook, stirring frequently. When the marmalade has reached the right consistency, pour it into jars, leave to cool and hermetically seal the jars.



PIZZUTELLO DI TIVOLI TABLE GRAPES



LINK WITH
BIODIVERSITY

Production Area

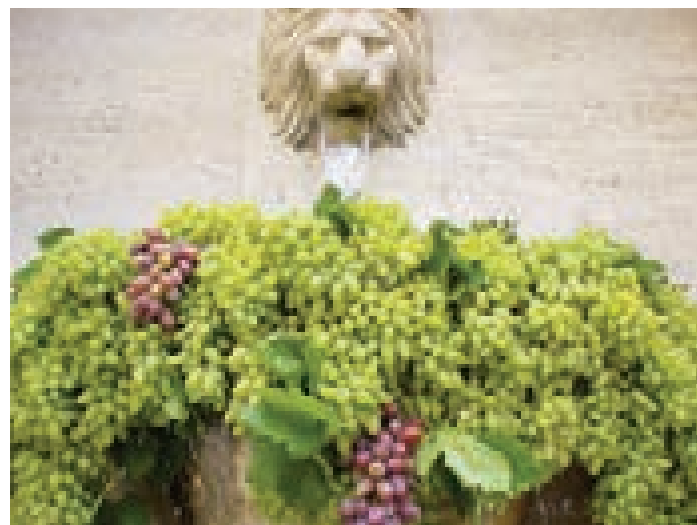
Province of Rome and Latina, with particular reference to the area around Tivoli, Castelli Romani until the northern part of the Pontine Plain

PRODUCT DESCRIPTION Pizzutello di Tivoli is a grape with an unusual aspect: the shape of the berry is curved, elongated, ellipsoidal, date-shaped and curved at the tip and horn-shaped, from which it also takes the name of Corna grape. The size of the berry is medium-large (weight varies between 4-6 g and size between 14-17 mm); the skin is thin, not very pruinose, consistent and first greenish and then pale yellow in Pizzutello Bianco; much thicker, leathery and wine-red in Pizzutello Nero. In both cases, the pulp is fleshy, elastic, crunchy and sugary, almost colourless, with a neutral, pleasant and delicate flavour. It is characterised by a vigorous plant, with a medium-large trunk, branches or primary ramifications of a vigour proportionate to the trunk. The buds are small and elongated while the green shoots with golden highlights are glabrous.

The leaf is pentagonal, trilobeta or quinquelobata with shallow, open lateral sinuses in the Bianco variety and much deeper in the Nero variety. It varies in size from medium to small and is longer than it is wide. Pizzutello di Tivoli, both white and black, is a variety of table grape entered in the national register of varieties; in Lazio it is considered a local variety at risk of genetic erosion protected by Regional Law No. 15 of 1 March 2000.

PRODUCTION METHOD The form of cultivation is the tent and/or pergola. In the "tent", the vine reaches a height of about 1.80-2.00 metres during the production phase, and then 3-5 fruiting heads spread out horizontally; this creates a continuous covering over the entire ground, which rests on a scaffolding of supporting poles and numerous galvanised iron wires. In the pergola form of cultivation, the vine has a vertical trunk from the top of which the fruiting heads branch out and are arranged horizontally or obliquely in the row, resting on special frames. In particular, the Tivoli ravine, a very ancient local system, is a technique still widespread in the Tivoli area, characterised by small vineyards and the presence of a large number of vines mostly extensive vegetable gardens of $\frac{1}{4}$ hectare cultivated directly by the owners; the pergola is of the rustic type, rather low (1.60x2.0-2.50 m from the ground). It is made up of a horizontal frame made of stakes and canes, supported by a vertical pole of forcinotti, which is firmly attached to it. It takes 5 to 6 years for the arbour to be fully established. Winter pruning is adopted for plants in full production, taking care to leave an average of 6-8 shoots with 7-10 buds per shoot, in order to exploit the cultivar's good productivity. Irrigation by sprinkling, flooding or drip irrigation can start after harvesting and finish just before the harvest.

In the Tivoli area, irrigation was historically carried out with water taken from the canal known as "degli ortolani", which is fed by the waters of the Aniene river. Irrigation is carried out four times a year, but in dry years the gardens are irrigated up to 8-10 times. The product is harvested and selected by hand. After harvesting, the selected and cut bunches are delicately deposited with the visible rachis, in wooden, plastic or cardboard boxes with a maximum



capacity of 10 kg, transported to the collection centre and sorted within a short time (maximum 12 hours), as it is considered that the product should only be consumed fresh for an enhanced fragrance and other organoleptic characteristics.

HISTORY BACKGROUND It is believed that the cultivation of Pizzutello in Tivoli was already well known to the Latins, as reported by Columella and Pliny, who called these grapes “*praelongis dactylis*” (Reda, 1952). Some historians identify Pizzutello as the grape variety indicated by Pliny in his *Naturalis Historia* (Book 14, Chapter III) as exclusive to the Tivoli and Pompeii areas. Grapes of this type were also known and cultivated by the Arabs during their occupation of the Iberian Peninsula, and they were responsible for the name “Kadim Barmak” (still in use in Morocco), which was translated into Spanish as “Dedos de doncella”, or “The fingers of the maid”. According to Zappi, a contemporary of Cardinal Ippolito d’Este, the Pizzutello vine leaves were imported from France and transplanted to Tivoli in the 16th century by the Cardinal himself, in order to decorate and shade the terraces of his famous residence. Pacifici, too, in *Ippolito II d’Este* of 1920, states that the pergolas decorated the vaults and pavilions of the villa with exquisite grapes from France. According to Miele, Renaissance memoirs speak of the “Nobile Università degli Ortolani” and mention this prized Tiburtine speciality as one of the best traditional local products. Eleonora d’Este, holidaying in Tivoli in 1575 with her sister Lucrezia, wrote to the Court of Ferrara as follows: “*In the gardens of the villa in Tivoli, there is an abundance of Pizzutello, which the villagers call horn grapes because of their elongated shape, so much so that they look like a tiny horn. It is very tasty and keeps the stomach well. There are two varieties, white and black, because they are believed to make the eyes beautiful*”. Doctor Agostino Cappello, Leo XII’s doctor from 1823 to 1829, wrote: “*The Pizzutello is a pulpy, crunchy grape, with an elongated berry, a very light skin, pale green in colour, easy to digest, even if eaten in large quantities; it contains a lot of nutritional substance, which is why I prescribe it to my patients, with good results. It can be found elsewhere, but that of Tivoli is the best*”. In 1845, on the occasion of the visit of Gregory XVI to the great works the modernisation use of the Aniene, the farmers of Tivoli erected, in honour of the Pope, on the Ponte Gregoriano, a great triumphal arch entirely covered with Pizzutello and Pergolese. To mark the occasion, people lined the streets singing: *Fiore d’Argento / il Papa c’è passato sotto l’Arco / ha detto Popolo mio mangiate tutto / Fiore d’Ornello / che c’iamo fatto al Papa pe riverillo / c’iamo fatto l’Arco de Pezzutello*. Many people trace the origin of the Sagra del Pizzutello to this event.

During the episcopal jubilee of Leo XIII (1878-1903), Tivoli offered

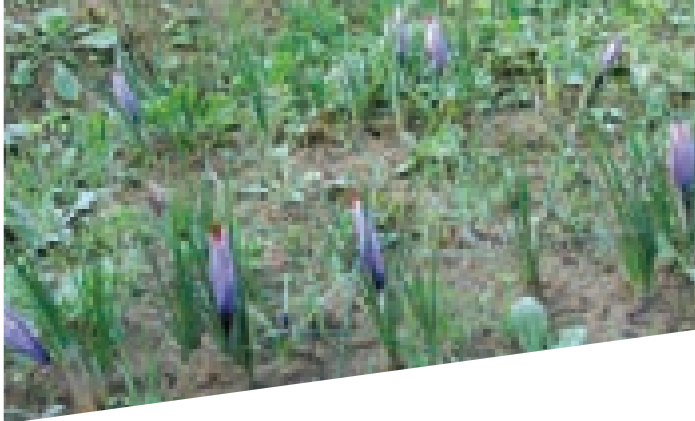
the Pope a boat decorated with several quintals of Pizzutello. Since 1950, using genetic material taken from Tivoli, the cultivation of this product has spread to other neighbouring areas, with excellent results, especially in the Agro Pontino. In 1953, a colony of people from Pantelleria who had moved to the Pontine Marshes after the Second World War founded the Corsira Agricultural Cooperative, which, based on their historical cultural tradition of producing bush-trained grapes on Pantelleria, introduced the production of the “Pizzutello di Tivoli” grape in those years, taking the shoots directly from the Tivoli market gardeners. This ensured a real economic revitalisation of this crop, which was otherwise destined for self-consumption.



CROSTATA WITH WHITE OR BLACK PIZZUTELLO MARMALADE

Ingredients: 300 g '00' flour; 150 g sugar; 50 g butter; 3 eggs (two whole eggs, one yolk only); 1 teaspoon baking powder; 1 grated lemon peel; 1 teaspoon baking powder.

Method: make the dough and prepare the baking tin. Spread a good layer of marmalade, which should not be too solid (a little liquid is better). Then place the decorations on top, like a classic crostata. As an alternative, instead of making and placing the pastry strips in the old way, make a small ball out of the pastry and freeze it for half an hour. Remove the ball from the freezer and grate it over the layer of marmalade. The decorative and taste effect is assured. Bake in a preheated oven at 180 degrees for 40 minutes.



SAFFRON FROM THE ANIENE VALLEY

Production Area

Province of Rome, with particular reference to the area of the Aniene Valley

PRODUCT DESCRIPTION Saffron is a plant belonging to the *Iridaceae* family, species *Crocus sativus*. The trifid stigma is used to obtain the spice called "saffron", which is used in cooking and in some medicinal preparations. Saffron from the Aniene Valley is dried naturally by placing it on a fine sieve near an oak or almond wood fire. The adult plant is made up of a bulb-tube with a diameter of about 5 cm that contains about 20 undifferentiated buds from which all the organs of the plant originate. Usually, however, only 3 main buds give rise to flowers and leaves, while the other smaller ones produce only secondary bulbs. The flower of the saffron is a perigonium consisting of 6 deep violet petals. The male part consists of 3 yellow anthers on which the pollen rests. The female part consists of the ovary, style and stigmas. From the ovary, located at the base of the bulb, comes a long yellow stylus which, after traveling through the whole spout, reaches the base of the flower, where it divides into 3 long deep red stigmas. The leaves are very narrow and elongated. They usually reach a length of 30/35 cm, while they never exceed a width of 5 mm.

PRODUCTION METHOD The annual transplanting of the corms (bulbs) takes place in August on raised mounds; each mound contains four rows of corms at a distance of approximately 15 cm, with the corms being placed in contact on the row. The harvesting of the

flowers usually begins in the second half of October and lasts until the first week of November.

The flowers are harvested at dawn to improve the quality of the product, followed by manual hulling, i.e., separation of the stigmas from the flower. The resulting product is dried over an oak or almond wood fire, placed on a sufficiently fine sieve (flour sieve is ideal). The initial drying temperature should be around 70°C, gradually dropping to 50°C in the final stage of drying. The total time of the process should not exceed 10-15 minutes, which gives the best results in terms of preservation of the active Ingredients, shelf life and appearance of the product. The product is stored in glass, in a dark, cool and dry place.

HISTORY BACKGROUND Thanks to a number of bibliographical references, it is possible to date saffron cultivation in the Aniene Valley to the beginning of the 18th century. In particular, in the manuscript of Livio Mariani, an Italian politician, historian and jurist of the early 19th century, on page 248r of his work *Storia di Subiaco e suo distretto abbaziale* (1838) (History of Subiaco and its abbey district), we read: *'Agriculture flourishes in the abbey despite many causes, which keep their source entertained. The practice introduced by the Benedictine monks of breaking up their landed estates into small plots has meant that the Abbey's land is well cultivated in the face of its natural sterility. The reduction of the established by Pius VI to the Abbey Court and paid by almost all the villages has contributed to the prosperity of agriculture. The varying quality of the grains grown here demonstrates the industrious activity of these villagers. Wheat, barley, lentils, broad beans, peas, chick-peas, beans, hemp, and onions are cultivated here. I am sorry, however, that the introduction of grain, which took place with too much prevention at the beginning of the 18th century and which greatly sterilized the land, has caused the rich cultivation of saffron, which formed the real and ancient wealth of the Abbey, to be totally forgotten. It is also a pity that little attention has been paid to the cultivation of spelt, the first food of the Italians, mentioned by Pliny, and that the cultivation of spelt and millet, called by Strabo a very powerful remedy against hunger, has almost been neglected, and as this agriculture was very well understood in the humid plains of the Aniene and Cona; so it would be necessary, without blindly following the cultivation of grain, which, given the danger of summer drought, does not most of the time return the fruit of so much sweat of the weeping farmer, to reactivate the cultivation of saffron, spelt, and millet, which formed the wealth of the ancient inhabitants of this district, and which they abandoned for the introduction of grain. ...'*



COURGETTES WITH FLOWERS

Production Area
Province of Latina and Rome

PRODUCT DESCRIPTION The cultivars used to produce Courgettes with flowers are morphologically related to the following types of courgette: Bianco, Nero and Romanesco. The fruit can be cylindrical or slightly clavate (Bianco) or irregular polygonal almost cylindrical (Nero) or cylindrical with very pronounced ribbing (Romanesco type), and its colour varies from light green with darker stripes to dark green. The minimum length of the fruit is 10 cm and the minimum unit weight is 50 grams. The yellow, lobster red flower confirms the freshness and wholesomeness of the product, which is its main and unique characteristic compared with other products. The flavour varies from sweetish to herbaceous, depending on the type; the internal pulp is soft and has a very pleasant texture.

PRODUCTION METHOD In the case of open-field cultivation of Courgettes with flowers, ploughing or similar work is carried out at least once a year, in order to bury both the residues of the previous crop and the fertilisers used for basal dressing. In the case of protected cultivation, digging or grubbing is permitted. Sowing is carried out directly in the open field or in tunnels, or in seed; transplanting is carried out from September to the end of January for greenhouses, and from March to September in the open field, using seedlings with at least one leaf. The planting pattern can be single or double row and the planting density is between 12000 and 15000 plants/ha. Irrigation is generally by drip irrigation and, during summer, in order to cool and lower the soil temperature, irrigation is carried out by sprinkling or by surface irrigation. Fertilisation is based on inputs established on the basis of soil analysis. Weed

control is generally carried out using agronomic techniques such as mulching, weeding and milling. The courgettes are harvested by hand the day after flowering for the “white” and “black” types and as soon as the flower is open for the “romanesco” type. The courgettes placed inside the boxes are immediately marketed; rarely are they placed in the cold stores, awaiting shipment.

HISTORY BACKGROUND The Murattian Statistics of 1811 show that in Terra di Lavoro, the region in which southern Lazio fell before 1934, there is a great variety of cucurbitaceae among the vegetables, especially the popone del volgo, the watermelon (*cucurbita citrullus*), the bread melon (*cucumis melo*), the citriuolo (*cucumis sativus*) and pumpkins of all varieties, cucurbits and cocozzelle. In the area of Fondi and Sperlonga, courgettes with flowers began to be produced around the 1950s (*Memoria illustrativa della carta della utilizzazione del suolo del Lazio*, Elio Migliorini, Consiglio Nazionale delle Ricerche, Roma, 1973), although production remained limited to family vegetable gardens. Thanks to land reclamation works, facilitated by large-scale state capital investments, irrigation, improvements in transport and the increased domestic demand for soil products, the areas of particular cultivation intensity in the Agro Pontino and Piana di Fondi gradually expanded. Vegetables were increasingly being grown to replace citrus fruits, which were in crisis due to the demand for other varieties on domestic and foreign markets. Around the 1960s and 1970s, moreover, with the spread of greenhouse cultivation, a major phase of development began, destined to revolutionise the agricultural sector. The production of an excellent courgette led a Sabaudia company to participate in and win a gold medal at the prestigious IGA in Hamburg.



STUFFED ZUCCHINI FLOWERS IN BATTER

Ingredients: 10 Zucchini flowers, mozzarella, anchovies in oil, frying oil. For the batter: 300 g flour, yeast cube, water as required, salt and, if desired, a whole egg.

Method: To make the batter, pour the flour into a bowl, add a glass of water in which the yeast has been dissolved and, if necessary, a whole egg. Add water until the batter is thick. Add salt. In the meantime, gently wash the zucchini flowers, removing the pistils and stems. Dry carefully. Cut the mozzarella into small cubes and stuff the zucchini flower with a piece of mozzarella and half an anchovy. Dip the flower in the batter until it is completely covered and fry directly in the frying pan in hot oil.







FRESH PASTA

AND BAKERY, BISCUIT, PASTRY AND CONFECTIONERY PRODUCTS

LAZIO'S AGRI-FOOD HERITAGE - BETWEEN BIODIVERSITY AND TRADITION



ANSE DEL TEVERE

Production area
Province of Roma: Nazzano.
Province of Rieti

PRODUCT DESCRIPTION Anse del Tevere (Bends of the Tiber River) are biscuits made with 00 flour, sugar, wine and aniseed. The simplicity of the ingredients results in a biscuit with a characteristic flavour that is mixed between the sweetness of the dough and the aroma of anise and wine. They have a characteristic S-shape, are whitish in colour and rather crumbly and light. Its fragrant scent recalls the ancient memories of when grandmother baked them in a wood-burning oven.

PRODUCTION METHOD The preparation of Anse del Tevere calls for anise seeds to be left to macerate in wine for roughly two hours in order to soften the seeds themselves and allow them to release their aniseed aroma and enhance the flavour. The next step involves adding flour, sugar and wine. The dough is blended by hand until it forms a homogeneous and compact ball. Once the dough has been completed, the biscuits are then moulded into an S shape. They are baked in the oven at 180°C for 15-20 minutes.

HISTORY BACKGROUND The attribution to these biscuits of the name Anse del Tevere (Bends of the Tiber), prepared once again following a historical recipe written by hand on a yellowed sheet of paper, seems to be quite recent in as much as the bakery that still continues its production today, intended to attribute the S shape of the biscuit to the characteristic morphology of the Tiber river which in the stretch that runs alongside the hamlet of Nazzano, flows quite slowly, forming wide bends and meanders. Once upon a time, these cookies were called "*tisichelle*" or "lean biscuits" because they were considered light and low in calories.



AMARETTO DI GUARCINO

Production area
Province of Frosinone: Acuto, Guarcino, Fiuggi

PRODUCT DESCRIPTION These macaroons made with bitter almonds, sweet almonds, granulated sugar, egg white and wafer paper. This light-brown coloured macaroon has an elliptical shape, and a delicate almond flavour.

PRODUCTION METHOD After having ground the bitter and sweet almonds finely enough, they are blended with the sugar and the egg white; the dough is kneaded until it "tightens up". Small quantities of dough are then dosed out on the pre-cut elliptical pieces of wafer paper; the dough is shaped by distributing it evenly on the individual wafers. The individual amaretti (macaroons) are placed on cooking sheets and baked at 180-200°C for 15-30 minutes.

HISTORY BACKGROUND The production of this almond macaroon has been going on for nearly a century. The story goes that the recipe for this macaroon was donated by an elderly friar, as a thanks to those who, after kilometres and kilometres of walking, stopped in Guarcino, and offered him food and rest. In the Middle Ages, during the hunting period, local lords found refreshment at the ancient Rocca di Rivituro, a fortress located on the slopes of Monte della Costacalla, to consume the delicious dishes made of meat of hares, wild boars and pheasants, sheep cheeses, wheat flour hearth breads, and above all else, the Amaretti (macaroons), the pride of Guarcino.



AMARETTI

Production area
Entire region of Lazio

PRODUCT DESCRIPTION These round, golden coloured macaroons, are made by processing sweet and bitter almonds, egg whites and sugar. The almonds, after being ground, are blended with the other ingredients and once the dough is ready, it is placed on wafer paper in small portions. The macaroons are baked for 20 minutes at 180°C. Amaretti have a long tradition: they were probably introduced in Italy by the Arabs towards the end of the 13th century and spread throughout the Mediterranean basin, especially in Sicily. Pilgrims and convents ensured their diffusion, which was made easier by the fact that the macaroons are not very perishable. Bakeries in Lazio have been turning out these sweets for more than thirty years and many restaurateurs offer them at the end of a meal together with ciambelline al vino (wine biscuits).



CANE-SHAPED BISCUITS

Production area
Province of Rieti: Cittaducale, Antrodoco

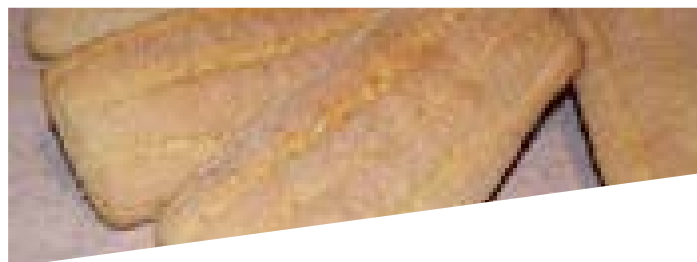
PRODUCT DESCRIPTION Sweet cane-shaped biscuits, (hence the name) are about 15 cm long and about 2 cm in diameter. They have a brownish colour and are achieved by blending soft wheat flour type 00, sugar, eggs, lemon and vanilla. The canes are baked in the oven at a temperature of 200 ° C for 10-15 minutes. The tradition of this product has been handed down orally for several generations.



AMARETTI CASPERIANI

Production area
Province of Rieti: Casperia

PRODUCT DESCRIPTION A meringue type macaroon with a dome shape, that is whitish in colour, achieved by blending together whipped egg whites, sugar and hazelnuts that have been first toasted and then ground. Essence of bitter almonds and a pinch of vanilla are added to the dough. Arrange the macaroons on cooking sheets and bake them in the oven at 200-210°C for 10-15 minutes. The town of Casperia which is located in the heart of the generous land of Sabina, has been producing these hazelnut-based macaroons for over thirty years. These macaroons are a variety of the more classic almond-based macaroons. They are baked all year round but especially during the Christmas period.



BISCUITS

Production area
Province of Rieti: Castel di Tora, Poggio Moiano

PRODUCT DESCRIPTION These biscuits are prepared with type 00 flour, eggs, milk, sugar, baking powder, grated lemon zest and Sabina PDO extra virgin olive oil. They are blended together to form a smooth dough from which elongated cookies, crafted with lightly greased hands, are achieved. The biscuits are then baked in the oven at 260-270°C for about 5-10 minutes. The recipe for these biscuits has been handed down orally from generation to generation and was traditionally baked in the home, at the same time as bread.



BARACHIA

Production area
Province of Roma: Genazzano

PRODUCT DESCRIPTION A rosette-shaped shortcrust pastry tart, filled with plum jam, and enclosed between the two discs of dough whose edges are raised and skilfully manipulated, until an artistic circular frame is crafted. A Barachia, which is made by mixing flour, eggs, sugar, lard and jam, has a sweetish and delicate taste as a first sensation, which subsequently contrasts with the bittersweet one of the jam. The tart can be kept for up to 7 days.

PRODUCTION METHOD The shortcrust pastry is made from flour, eggs, sugar and lard (in keeping with the traditional recipe) which are blended together either by a dough kneading machine or by hand. When the pastry dough, which has an intense yellow colour, has reached a homogeneous, smooth and fairly compact consistency, it is placed in a food-grade plastic container or kept inside the kneading machine. After a rest phase of about 15 minutes, the pastry dough is set on top of steel counter and rolled out until a thin layer of about 2-3 mm is achieved. Once the shortcrust dough has been rolled out, two discs of dough are formed with the aid of circle-shaped cutters, which can either both be of the same size or with one larger and the other a bit smaller, depending on the usual procedure of the manufacturer. A spoonful of plum jam then is set in middle of the base disk while the other disk is placed over the jam. The edges of the two circles are then worked until a circular

frame is created. The Barachia, in this way takes on the appearance of a flower. The tarts are baked in an oven for about 20-30 minutes at 200-220°C and then set out to cool at room temperature before being sold.

HISTORY BACKGROUND This is a tart that is made by scrupulously adhering to ancient recipes, which have been handed down orally from mother to daughter. It has been produced for at least 100 years, that is to say, when, towards the beginning of the 20th century, sugar began to become widespread and consumed by less affluent families. The rosette shape has a sacred value and alludes to divine perfection and recalls the decoration of the facades of Romanesque churches. This typical dessert used to be only prepared on particularly important religious occasions. The use of lard dates the tart back to a period in which the butter was far too costly and not always available. The origin of the name is not very clear. According to the local elders, the name derived from Greek and means, "little cake", but it is not known precisely by whom the dessert was introduced to Genazzano. It might have been done either by the Greeks or by the *Scutarini* (of Albanian origin), who at different times occupied the territory. It is known for sure, however, that it was the star of the festivals organized at Castello Colonna in Genazzano in the early 1900s.





SAINT ANTHONY BISCUIT

Production area

Province of Viterbo: Acquapendente, Gradoli, Grotte di Castro, San Lorenzo Nuovo

PRODUCT DESCRIPTION The Biscotto di Sant'Antonio is a sweet bread whose characteristic braided shape is unmistakable as are its ingredients: 00 flour, sugar, eggs, anise, milk, extra virgin olive oil, yeast, liqueurs (Alchermes Bianco, Marsala, Vermouth, Rosolino di Cannella, wine), and natural flavourings (grated lemon). This soft bread on average, weighs about a half a kilo. It gets its distinctive flavour, above all else, from anise; and is meant to be tasted with wine. It can be kept for about 10 days. It is usually baked at the time of the feast of Sant'Antonio. (Saint Anthony)

PRODUCTION METHOD The ingredients are all blended together in the mechanical dough kneading machine a homogeneous dough is achieved. This phase lasts about 30 minutes. The kneaded dough is then placed in a container and covered with a cloth and left to rise for about 30 minutes. Smaller pieces of dough are cut off from the leavened dough, which are shaped into braids. The braided bread is then placed on steel baking sheets and left to rise a second time. Before cooking, the beaten egg is brushed over the surface of the bread, which gives the final product its golden-brown colour. The bread is baked in the oven for about 20 minutes at a temperature of 180-200°C. The baked bread is placed on wooden boards and left to cool to room temperature.



HISTORY BACKGROUND In the popular tradition, the cult of St. Anthony, the protector of animals and farm worker, is quite widespread. A big festival is organized at Acquapendente on January 17th every year, during which the starts are the Biscotti di Sant'Antonio. This tradition can hark its origins to at least 1588, as proven by a manuscript (Biondo, Pietro Paolo, *Cronache sulla terra di Acquapendente*, 1588), in which we learn that the feast used to be organized by the Confraternity of Saint Antonio, today no longer existing, and was replaced with the "Lord of St. Anthony", who elected every year from among the animal breeders of Acquapendente. The festival is characterized by the parade of animals, which are carefully harnessed for the blessing. During the parade, the "Lord of St. Anthony" stops his cart in front of the hospital and shortly after in front of the Rest Home, to offer the biscuit to the sick. From there the Lord with his guests goes to the place where festive lunch will be offered, organized with the monies raised by the collection of alms, made in the previous days in the streets of the town. The alms collectors knock on the doors and offer the loaves of Biscotti di Sant'Antonio, where were blessed before distribution. These are consumed not only by people but also by animals. A magical-protective function must be recognized in this ritual: by eating these blessed foods, men and animals are protected from all evil. Based on these clues, it is therefore possible to suppose that this kind of bread is one of those ritual, flavoured breads, very common in northern Lazio which in the early 1900s, with the addition of sugar and anise took on the features of we know today of the Biscotti di Sant'Antonio.



EGG BISCUITS

Production area

Province of Rome: Capranica Prenestina, Genzano di Roma, Frascati.

PRODUCT DESCRIPTION These biscuits which are baked in the shape of a ring or a sponge finger, are made with type 00 flour, sugar, whole eggs, butter, milk baking powder and sodium bicarbonate, and natural yeast. After mixing the ingredients and obtaining sponge finger or ring-shaped biscuits, the biscuits are placed on baking trays, previously covered with parchment paper and baked in a wood-burning oven at 160-190°C for 15-20 minutes. Local bakers claim that the production these kinds of biscuits have been baked for some thirty years. These biscuits can be appreciated in Genzano di Roma, on the occasion of the Homemade Bread Festival, on the last Sunday of October.

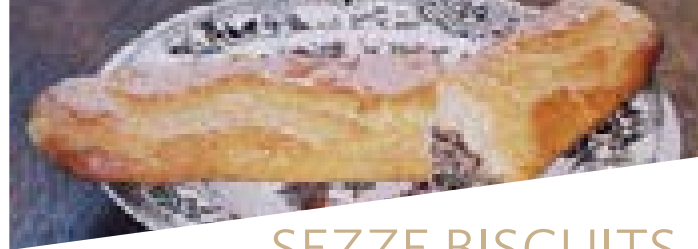


CACIATA DI SEZZE

Production area

Province of Latina: Sezze, Priverno, Latina

PRODUCT DESCRIPTION Round cheese cake prepared with a shortcrust pastry made with eggs, sugar, lard, flour, lemon peel and filled with sheep milk ricotta. The shortcrust pastry dough is rolled out manually on wooden boards, to form a sheet to cover the bottom and edges of a buttered and floured cake or pie pan. The filling consisting of ricotta mixed with eggs and sugar is poured over the dough. It is then closed with strips of pasta brushed with beaten egg, to make the surface shiny, and baked in a preheated oven at 200°C for 40 minutes. It is a traditional Sezzese dessert whose recipe has been handed down from generation to generation. The name comes from the ricotta cheese (cacio) in the filling.



SEZZE BISCUITS

Production area

Province of Latina: Sezze

PRODUCT DESCRIPTION These elongated biscuits, about 2 cm thick and 10-12 cm long, are made with flour, eggs, sugar, milk, lard, grated lemon zest and yeast. The ingredients are kneaded by hand on a wooden counter. The sticks that are achieved from the dough, are brushed on the surface with beaten egg and placed on a baking sheet, spaced apart from each other, are baked at 250°C for about half an hour. These are made in the home as well as by small independent bakeries. It is the traditional Sunday dessert, whose recipe has been handed down orally from generation to generation for more than thirty years.



CACIATELLA DI MAENZA

Production area

Provincia di Latina: Maenza

DESCRIZIONE DEL PRODOTTO Prodotto dolciario di pasta frolla a base di ricotta aromatizzata alla sambuca e cannella. Si prepara una sfoglia di pasta all'uovo salata e la si stende a mano rivestendo poi una teglia: si riempie con un impasto di ricotta, zucchero, uova intere, sambuca e cannella e si chiude con strisce di sfoglia, tipo crostata. Si cuoce in forno pre-riscaldato a 280°C per 30 minuti. A Maenza, in prossimità della Pasqua, nelle case si era soliti lucidare gli utensili di rame con limone e sabbia per la preparazione delle Caciarelle. Si tratta di una ricetta di origine pastorale e contadina a base di ricotta (cacio).



ST. ANSELM BISCUIT

Production area

Province of Viterbo: Bomarzo

PRODUCT DESCRIPTION Bomarzo's Biscotto or "Bread of Sant'Anselmo" is a ring cake that is made by strictly following ancient recipes handed down orally from mother to daughter. A skilful dosage of ingredients and a leavening process that lasts about 1 day, are the peculiarity of this tasty cake.

PRODUCTION METHOD Natural yeast that was previously prepared and stored "dry", is revigorated with the addition of water and flour and processed in the mechanical kneading machine. The ingredients of the Biscotto di Sant'Anselmo (eggs, sugar, oil, vanilla extract, as well as liqueurs such as: citron, Mistrà, Rosolino di Cannella, Sambuca Viterbese, Menta Bianca, anisette, Alchermes Bianco), are lightly heated over a double boiler at 40- 45°C, and blended together with a wooden ladle until they form a more or less liquid, homogeneous and yellowish mixture. When the yeast has reached the maximum leavening point, the mixture of liqueurs and the flour and are then blended in the mechanical dough kneader. 1.1 kg of dough is recovered from the kneader and the "*shaping of the ring cake*" is performed. The ring cakes are set out on wooden boards, covered with cotton cloths and left to rise at room temperature for 18-24 hours. Egg is brushed over the surface of the ring-shaped cakes which gives the surface a brown colour before baking them, which takes place in an oven for about 20 minutes at a temperature of 180-200 ° C.

HISTORY BACKGROUND This sweet is linked to the city of Bomarzo and to its patron saint, Saint Anselm. It is common opinion of

the local population, that its origins are to be found in the Middle Ages, more precisely in the fifth century, when Bishop Anselm lived who, it is said, used to offer "sweet bread" to the poor and needy of city, as well as to pilgrims going to Rome, and passing through Bomarzo. At the time, Bomarzo was a stopover station for the faithful headed to Rome and, moreover, Bishop Anselm's generosity was well known, of which important documents relating to his existence remain. The figure of the saint, his life, his inclinations, the miracles performed, can be reconstructed thanks to a manuscript drawn up a century after his death and found in the 17th century in the monastic library of the Augustinians of Orvieto and transcribed by the fathers Rocco Menchiaca of the Company of Jesus and Stefano Temporini of the Roman Province of the Augustinians, by order of Monsignor Cordella, bishop of Bagnoregio, who is also concerned about the dissemination of the manuscript itself. Here we read that *Polymartium*, the ancient name of Bomarzo, is the birthplace of Saint Anselm, bishop and confessor, who is qualified as *vir pius, benignus* (pious, kind man). It is also said that he was of noble origins, whose Christian parents devoted themselves to giving alms. Saint Anselm's generosity, in addition to being a family feature, is an irrefutable fact. Based on these clues, it is possible to suppose that Bishop Anselm's generosity towards the needy, as well as the welcome bestowed to pilgrims, was manifested by the gift of something very similar to a "flavoured bread" which in the early 1900s, with the addition of sugar and anise, it took on the characteristics of a ring cake. Moreover, the most numerous memories of the elderly housewives of Bomarzo date back to this period, reconstructing a ritual with an ancient flavour. The first operation, they recall, is "the search for yeast" which must absolutely be natural. This is followed by the yeast starter dough being put inside the ancient wooden kitchen chests, on which the "sign of the cross" is imprinted as a propitiatory symbol. Once ready, the leavened dough is kneaded by hand, and a mixture of liqueurs, oil, wine, sugar, lemon and anise, heated in a bain-marie is created that is called a "zozza" (punch) is blended in. The dough is "shaped into a ring" and set to rest, and to rise on boards, covered with warm cloths. The waiting time is consumed with the ritual of the "wake" by women: a moment of celebration and consultation, in order to decide what is the best time to take the leavened loaves from wooden boards and take them to the oven. The last ritual, "the unction", is done delicately, brushing the loaves with beaten eggs is then done; and the batch is baked. From the description of the preparation phases of the "biscottare" or bread making, the most persistent memory is, which is repeated nowadays, that of the town that wakes up on the feast day flooded with the delicious smell of freshly baked ring cakes wafting through it.



BUSSOLANI

Production area

Province of Roma: Genzano di Roma

PRODUCT DESCRIPTION Tozzetti-type biscuits, rhomboid-shaped, with a dark golden crust, made with type 00 flour, honey, whole hazelnuts, cubed orange peel, almonds, olive oil, natural flavourings.

PRODUCTION METHOD After mixing the ingredients, the dough is then worked by hand to form sticks of about 80 cm in length which will be placed in a mould. They are then put in a preheated wood-burning oven to bake at 150°C for about 45 minutes. They are taken out of the oven and the biscuits are cut transversally. They then undergo a second baking of about 10 minutes in order to harden them.

HISTORY BACKGROUND Bussolani (door knockers), are so named because of the hard consistency of the dough. Given the absence of any yeast, they are delicious either dipped in milk or with vin santo (sweet wine), but also without anything as a snack. They can be found all year round but are typical of Christmas holidays. Their preparation is quite ancient: it was the dessert of the popular classes, perhaps the richest one, which remained limited to the private home until the 1960s when they began to be produced in the bakeries of Genzano, preserving, however, the ingredients and preparation methods of a former time.



CACIONE DI CIVITELLA SAN PAOLO

Production area

Province of Roma: Civitella San Paolo

PRODUCT DESCRIPTION Ravioli-shaped sweets, filled with pumpkin pulp, ground almonds and hazelnuts, bitter cocoa powder, cinnamon, vanilla extract, liqueurs and natural flavourings.

PRODUCTION METHOD The pastry dough is prepared with type 00 flour, eggs, white wine, sugar and oil: the ingredients are mixed, and the dough is rolled out with a rolling pin until it forms a thin sheet. The pastry dough is cut into several disks with a diameter of about 10 cm. The filling is based on pumpkin pulp, which had been boiled in wine, ground walnuts and hazelnuts, sugar, bitter cocoa, cinnamon, vanilla, grated lemon and orange peel and Red Alchermes. The filling is distributed on each single dough disk, which is then closed by joining the edges. It is baked in the oven for about 20 minutes at a temperature of 200 - 210° C.

HISTORY BACKGROUND Cacione di Civitella San Paolo is a dessert that has been prepared for the Christmas holidays for centuries. The Cacione and typical dessert festival has been held in the village of Civitella San Paolo on the 27th of December every year since 2005.



CACCHIARELLE

Production area

Province of Roma: Montelibretti

PRODUCT DESCRIPTION The term *Cacchiarelle*, attributed to the white pizzas produced in Montelibretti, derives from the fact that the baker “tears” a portion of dough locally called “*cacchio*” from the dough of the last leavening. The dough, rigorously prepared with the “biga” (yeast-based starter), is shaped and pressed by hand, placed on baking sheets and baked in a wood-burning oven. The crust is of a light golden colour with an irregular and lumpy appearance.

PRODUCTION METHOD Cacchiarelle are prepared with natural yeast, prepared with two portions of the previous day’s dough, enriched with water, 20 g of brewer’s yeast and flour. After fermentation for 24 hours, the dough is worked by hand or in the kneading machine until a homogeneous and dry appearance is achieved. A 2-3 hour leavening follows at room temperature.

1.3-1.4 kg portions of dough are then cut out from the dough, kneaded again by hand, set on wooden boards and covered with cotton or jute cloths and left to rise for about 2 hours. Another piece of dough is then cut out, called “*cacchio*”, this is worked and pressed down with fingers to give it an elongated shape. It is baked in a wood-burning oven for a few minutes.

HISTORY BACKGROUND Cacchiarelle were traditionally baked in a wood-burning oven before baking homemade Montelibretti-style bread; the main purpose was to check if the oven was hot enough and ready for baking bread.

The name derives from the fact that the housewife tore out a chunk of bread called “*cacchio*” which she worked with her hands by stretching and pressing it.

Cacchiarelle proved to be a tasty food for both breakfast and lunch, and are generally seasoned with tomato and anchovies.

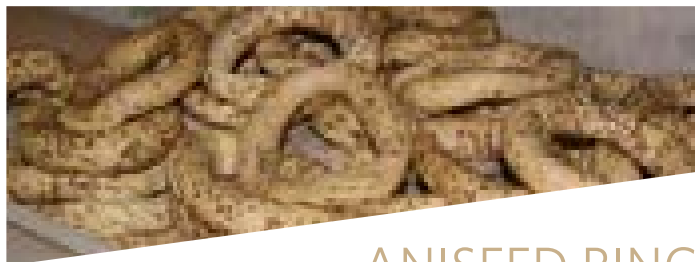


CALZONE WITH VEGETABLES

Production area

Province of Roma: Nazzano. Province of Rieti: Torri in Sabina

PRODUCT DESCRIPTION Calzone stuffed with vegetables (chard, chicory or courgettes) with a slightly spicy flavour. The raw vegetables are marinated in oil, salt and vinegar for 12 hours. The leavened dough is prepared with flour, water, salt and brewer's yeast (formerly sourdough starters were used) and the vegetables are placed on the dough, seasoned with pepper or pepper. The dough is closed and baked in a wood-burning oven at 250°C for about 1 hour and 20 minutes. The vegetable Calzone, locally called *fal-lone*, was born from the tradition of the cooking of the poor classes, when these small half-moons filled with the vegetables that were available at the time were baked with the rest of the bread dough, which was made once a week.



ANISEED RING COOKIES OF VEROLI

Production area

Province of Frosinone: Veroli

PRODUCT DESCRIPTION Ciambella (aniseed ring cookies) 20 cm in diameter, with a light brown crust, with an aniseed flavour. Mix the ingredients (type 00 flour, water, salt, brewer's yeast, anise seeds) for 20-30 minutes. The dough is left to rest for a few minutes, then pieces of dough are pulled away by hand and strips are formed, then pressed by hand and joined at the ends to form a ring-shaped cake. The ring-shaped biscuits are cooked in boiling water. Until they rise to the surface. The recipe for the aniseed ring cookies of Veroli has been handed down for generations and has a history of over thirty years; the cookies were once typical of New Year celebrations.



CIACAMARINI

Production area

Province of Rieti: Marcellino

PRODUCT DESCRIPTION Pasta based on flour, egg, salt and warm water. The past dough is left to rest for a few minutes. The dough is then rolled out to a thickness of about half a centimetre. The dough is cut into strips then rolled up by hand. Simple meal of peasant families whose preparation traditionally takes place in home kitchens. It was customary to prepare them on holidays. The recipe and, in particular, the method of processing pasta, has been handed down for generations.



CIAMBELLE AL VINO MOSCATO DI TERRACINA

Production area

Province of Latina: Terracina

PRODUCT DESCRIPTION These small ring cookies which are golden on the surface, as well as light and crumbly, are achieved from the blending of flour, sugar, oil, sweet Moscato di Terracina DOC wine, aniseed and cinnamon. After mixing all the ingredients, the ring cookies are shaped by hand and the upper part sprinkled with granulated sugar. They are then baked in a preheated oven at 170°C until done (about 15-20 minutes). They should be served cold with a good glass of Moscato di Terracina. Ciambelle al vino Moscato di Terracina DOC cookies were once prepared at home, for special holidays. The recipe has a history which dates back to more than thirty years.



CANASCIUNETTI

Production area

Province of Frosinone with particular reference to the area of the Lepini Mountains and the Municipality of Supino

PRODUCT DESCRIPTION Canasciunetti are among the most widespread and well-known of Ciociaria's typical sweets, especially during the Christmas period. They have a shape similar to ravioli. They are golden on the surface, with a crumbly dough and a filling made up of a blend of chestnuts, chickpeas, walnuts, hazelnuts and honey; all flavoured with nutmeg and pepper. In the traditional recipe, chestnuts and chickpeas are cooked in water and puréed, the hazelnuts and chopped walnuts are added and everything is mixed with honey, finally nutmeg and pepper are added. The filling is put on the pastry dough which is then folded to create many ravioli.

PRODUCTION METHOD The ingredients used for the preparation of the pastry dough are: 500 g of flour, a pinch of salt and water as required. When the dough is homogeneous and compact, it is rolled out with a rolling pin until it forms a thin sheet which is left to dry for a few minutes. For the preparation of the filling the ingredients used are: 500 grams of hazelnuts, 500 grams of chestnuts (previously

ously cooked), (previously cooked), 500 grams of chickpeas (previously cooked), 500 grams of walnuts, 500 grams of wildflower or chestnut honey, nutmeg, pepper and/or chili pepper. These ingredients are mixed and finely ground with the refiner. Spoonfuls of the filling are then placed over the pastry dough, and the edges closed like a half moon. Once they are ready, the Canasciunetti are baked in a wood oven at 180°C for 20 minutes.

HISTORY BACKGROUND An emblem of Christmas, Canasciunetti are very simple desserts, made with ingredients that were easily found in nature and are very popular in farmers' homes. It is said how, at the beginning of the 1900s, it was very easy to come across, right before the Christmas holidays, women who wandered around the village with aprons full of walnuts and chestnuts to exchange them for almonds and hazelnuts or honey from their neighbours. According to Gioacchino Giammaria, a great scholar and profound connoisseur of the history of Ciociaria, the origin of this dessert must be traced back to the Arab tradition. In a register dated 1541, written by an accountant of the Pope and used for the administration of Supino, we read "*... five tens of copetas on Christmas Eve and just enough wine: up to XV bottles are drunk*". The *copeta*, therefore, a Christmas cake made with dried seasonal fruit held together by honey, would be the origin of the Canasciunetti. This *copeta* was offered to the inhabitants of Supino in the quantity of five tens, about 16.5 kg, a quantity that suggests a wide distribution involving many people. It was accompanied with wine, distributed "just enough" (that is, sparingly) and, in any case, immediately afterwards it is said that fifteen bottles are consumed, just over 27 litres. These are not large quantities if we consider that perhaps the entire population was involved in the distribution. The addition of nutmeg and pepper dates back to the early 1800s, when Ciociara's cuisine underwent the influence of continuous commercial and cultural exchanges with Naples, the capital of the Kingdom of the Two Sicilys. For this reason, despite the prohibitive prices, spices could not be missing in bourgeois kitchens as a sign of distinction.



CASATA PONTECORVESE

Production area

Province of Frosinone: Pontecorvo, Supino

PRODUCT DESCRIPTION A particular and quite interesting dessert both as regards the mixed flavour between sweet and salty, as well as by its tricolour aspect. When cut, the Casata Pontecorvese has three clearly visible and differentiated layers of yellow, white and brown.

PRODUCTION METHOD The pastry dough of the Casata Pontecorvese cheesecake is prepared with 500 g of flour, 4 eggs, 100 g of sugar and 30 g of extra virgin olive oil, mixed to obtain a smooth and homogeneous dough, divided into two pieces, which are rolled out with a rolling pin until two thin disks are formed, one larger than the other. The filling, consisting of 20 eggs, 600 grams of unsalted fresh sheep's cheese, 600 grams of sugar, 300 grams of grated dark chocolate, a sachet of cinnamon, 300 grams of candied citron, 2 grated lemons, is prepared as follows. Pour the sugar into a bowl and the sheep's milk cheese; mix with a fork. Add the eggs, cinnamon, dark chocolate, cedar and grated lemon. Mix everything well, take a well-buttered and floured spring-board pan and arrange the larger sheet of dough in it. Pour the filling and cover the filling with the remaining pastry dough. Pinch the edges of the dough together to seal perfectly to prevent the dough from coming out. Cooking, which is perhaps the most important and delicate phase, especially as regards the layering of the filling in the three colours (so-called "*capata*"), involves preheating the oven at 200-250°C, then lowered to 180°C. Shortly thereafter, the temperature must be lowered to 130°C until the three-hour baking process is complete.

HISTORY BACKGROUND The occasion for the conception of the Casata Pontecorvo family seems to have been the visit to Pontecorvo by a Pope. Inside, the colours of the cheesecake, in the original recipe, reproduced the white and yellow colours of the papal flag. The name "*casata*" comes from the basic ingredient: "*lu case*" (the cheese).



CASTAGNACCIO

Production area

Province of Rieti: Antrodoto, Fiamignano, Petrella Salto; Province of Roma: Capranica Prenestina

PRODUCT DESCRIPTION It is a typical autumn desert which is quite particular but quite easy to make. It is made with chestnut flour and dried fruit, flavoured with rosemary. The ideal accompaniment to Castagnaccio is ricotta or chestnut honey, new wine, or sweet dessert wines such as vin santo.

PRODUCTION METHOD Chestnut flour is blended together with extra virgin olive oil, sugar and a pinch of salt are in a bowl with a wooden spoon, while the raisins are soaked in order to "revive" them, in warm water. Then cold water (or milk) is added until a batter which is fairly thick. The batter thus achieved is poured into a greased pan, sprinkled with rosemary leaves, raisins and walnut kernels, sprinkled with a little oil and baked in a wood-burning oven.

HISTORY BACKGROUND It is customary in areas where chestnut trees grow to prepare recipes based on this delicious fruit. The recipe is quite old and has been handed down orally for generations. It is a dish of "poor" folks, that was once widespread in the Apennine areas where chestnuts were the basis of the diet of peasant populations. After a period in which the usage of the dish seemed to have fallen into oblivion, which started after World War II and was due to the country's increased well-being, it has been rediscovered and is today the main protagonist, in the autumn period, of numerous local festivals. The first mention of Castagnaccio dates back to the sixteenth century, and comes from Ortensio Landi who in the *Commentary On The Most Notable And Monstrous Things In Italy And Other Places* (Venetia, 1553), states that the inventor of Castagnaccio, is a certain Lucchese, known as "Pilade da Lucca", who was "*the first to make castagnazzi and he was praised for this*". Starting in the 19th century, the recipe spread throughout the rest of Italy and was appreciated and customized.



CASTAGNE STAMPATE

Production area
Province of Latina: Sezze

PRODUCT DESCRIPTION Preparation based on chestnuts, which have been soaked for several hours with bay leaves then boiled with salt. The chestnuts thus prepared have an intense fragrance imparted by the bay leaves. They have a sweetish taste and are eaten hot, a bit like a soup, immediately after dinner.

PRODUCTION METHOD After roasting the chestnuts and cleaning both the outer and the inner peel, they are placed in an earthenware crockpot full of water with the addition of salt and bay leaves and left to cook in front of the flames of a hearth. Theirs is a slow cooking that lasts the whole afternoon of Christmas Eve.

HISTORY BACKGROUND The product has been linked to Sezze's gastronomic tradition for over thirty years. Its recipe has been handed down for generations. It is a very humble dish, whose ingredients are only some dried chestnuts, five bay leaves and a pinch of salt, which used to be prepared for Christmas Eve dinner. Preparing the printed chestnuts was a kind of propitiatory rite, which should favour a merry Christmas and a happy new year.



GRAPE MUST RING CAKE

Production area
Province of Latina: Latina. Province of Roma: Marino

PRODUCT DESCRIPTION Large and small ring cakes, made with grape must, yeast, flour, extra virgin olive oil, salt and, sometimes, aniseed.

PRODUCTION METHOD The ingredients are mixed with the freshly squeezed grape must (just enough to have a soft and elastic dough). It is left to rise until the dough doubles in volume, even overnight. It is kneaded once more and shaped into large or small ring cakes, which are placed on a cooking sheet and left to rise for another 2-3 hours; finally, the ring cake is baked in a pre-heated oven at 200°C for 20 minutes. It is eaten either fresh or after a few days of being baked.

HISTORY BACKGROUND The preparation of this ring cake is traditionally linked to the grape harvest. It was made by women during feast days for its highly nutritional properties until the 1970s, but never sold by bakeries. The Ciambella al mosto (Grape must ring cake), can be traced in the province of Latina, to the hamlet of Borgo Montello, and is said to originally come from Le Marche origins, and imported from the migrations of the 1930s. This is a story in itself, although the preparation is the same as the Ciambella al mosto di Marino (Marino grape must ring cake), which has been celebrated since 1997, in October, with the homonymous festival. In this case, the first traces are found on the occasion of a visit by Saint Francis to his disciple in Marino, Jacopa dé Settesoli. Even earlier than this, it is said (anonymous Lazio story) that when the impregnable castle of Marino was besieged by Cola di Rienzo, in 1347, the citizens of Marino, who had had plenty of time to stock up on everything and who were unworried about the siege, set out to prove it to the warlord-like tribune and make him desist from the enterprise by sending out a mule outside the city walls laden with two sacks full of grape must ring-cakes, upon which *"the tribune left the field the day after"*.



CAVALLUCCI E PIGNE

Production area
Province of Roma: Palestrina

PRODUCT DESCRIPTION The Cavallucci and Pigne are a kind of biscuit made of leavened dough decorated externally with coloured sugar candies which are given the traditional "horse" or "pine cone" shape (i.e., a kind of basket). They are baked the week after Easter and are based on eggs, sugar, flour, natural yeast, butter or margarine, milk, pastry liqueur, grated lemon and coloured sugar candies for decoration.

PRODUCTION METHOD The dough is made from the blending of all the ingredients with a mechanical dough kneader that works for 10 minutes. The dough, which is homogeneous and compact, is left to rise overnight in an enclosed area or the at room temperature. The next morning the pastry chef shapes the dough into the shape of Cavalluccio (horse) and Pigna (pine cone basket) and lets it rise for a second time for about 2 hours, placing the cake in the hottest area of the bakery. Once the leavening is complete, the Cavalluccio and Pigna are brushed on the surface with egg and decorated with coloured sugar candies. It is baked in the oven for about 20 minutes at 170° C.

HISTORY BACKGROUND In Palestrina, on the Monday after Easter, it was not customary to have a traditional outing. On the contrary, the faithful remained in the church for the commemoration of the patron saint, Saint Agapito. However, as in the fireworks,

there was a final explosion of celebration and joy on the Sunday after Easter: the picnic "*allo Pisciariglio*", a toponym deriving from a spring and a fountain, located in the south-eastern part of the town. The women, on the occasion of the lunch, prepared everything and more. There was certainly no shortage of sweets for the children: "puppets or pine cones" with the egg in the centre, a sign of fertility and the continuation of life for the girls; horses for the boys. It was on this occasion that *the matchmakers who had managed to marry off the spinsters entered the scene. The engagement was sealed the following Sunday with a very special banquet: "lo muzzico riconosciuto"* (meal to celebrate an official engagement recognized by the families of the engaged couple.) (source Mr. Peppino Tomassi)





CIAMBELLA A CANCELLO

Production area
Province of Roma: Mentana

PRODUCT DESCRIPTION This ring cake has a rosette shape that recalls the decoration of the iron gates which are popular in the area. Golden in colour tending to dark brown, Ciambella al Cannello (Gate ring cake) is characterized by a not particularly sweet flavour, in which the hint of anise prevails. It is best if accompanied by a good glass of wine.

PRODUCTION METHOD The ingredients used in the Ciambella al Cannello are: extra virgin olive oil, local wine, 00 flour, eggs, salt, anise and water. It takes two days of processing to obtain these ring cakes. These ingredients are kneaded manually or mechanically in an energetic way until a well-compacted and homogeneous mixture is achieved. A small piece of dough is detached from the mass and rolled until a cylinder with a diameter of 20 cm is achieved; from this a piece of useful length is cut to form a ring-shaped cake of 12-15 cm in diameter.

Two strips of about 13-16 cm are then cut and placed in the form of a cross on the already formed ring-shaped cake, taking care to put pressure on the joint points with a finger. Four more sections of pasta are cut which, folded into a half moon, are placed with the curve at the point of intersection of the cross with the ends next to the arms of the cross itself. The ring cakes are then placed in slightly salted boiling water for a few seconds; as soon as they rise to the surface, they are drained and placed to dry on a cloth for about 24 hours. After this period they are baked in the oven for about 1

hour. Production takes place all year round and especially during religious holidays (Christmas, Easter, St. Anthony's feast, etc.) and access to the sacraments (weddings, baptisms, confirmations).

HISTORY BACKGROUND A poor, sugarless dessert, the Ciambella al Cannello is a tradition of Mentana that could be linked to those "ritual breads" (of which Camporesi, a scholar of popular traditions, speaks about), the fruit of the ingenuity of housewives who, in addition to the traditional bead recipe, have added special sweetening ingredients such as anise for the holidays. The first historical evidence related to this product harks back to the mid-18th century and can be related to the foundation of the Confraternity of Sant'Antonio Abate di Mentana. The Confraternity came into being as the result of a group of local farmers and is connected to the Convent of Santa Maria degli Angeli. It is to them that we owe the institution of the feast of St. Anthony the Abbot, who was particularly dear to the peasant world as a protector of animals. In the ancient Statutes of the Confraternity, still in force today, in Article 7, in the sections dedicated to the feast, it is specified that among the obligations of the Confraternity members, there is the one who commits them to bring "as per tradition, two ring cakes and a bottle of wine, to the old and new *festarolo*" (host of the patron saint's statue). Tradition has it that every year the statue of St. Anthony is entrusted to a family, by casting lots among "*li festaroli*" (the hosts). The chosen one welcomes "*lu Santu*" (the Saint) with joy and reserves a corner of the house for him where he shall remain for a whole year until the evening of the eve of the feast, when the *festaroli* in procession accompany the Saint to church with lit torches in their hands, amidst the sounds of the band and the firing of the firecrackers. An ancient culinary tradition is also documented on the occasion of another solemn feast, the Epiphany. The memory of this is found in a popular song that a choir of male voices makes resound through the streets of the town, accompanied by an accordion: "*li zuffiatelli*" ("*zuffià*" means to blow, to snort, therefore, to sing "to the good"). They go from house to house inviting the owners to offer gifts and food: "*se ssi fatte le ciammelle, porta jo quelle più belle, se ssi fatti li biscottini, nun capà quilli più fini...*". (If you have made the ciammelle (ring cakes), bring the most beautiful ones, if you have made biscuits, don't bring the smallest ones...) The preparation of gate ring cakes is always linked to a festival, which in the past represented the only opportunity to eat more abundantly and, above all, to enjoy more elaborate and expensive dishes. Testimonies of elderly inhabitants of Mentana, born in the early 1900s, confirm the custom of offering these ring cakes on the occasion of the celebrations for their wedding.



CIAMBELLA ALL'ACQUA (CIAMMELLA ALL'ACQUA) DI MAENZA CIAMMELLE D'ACQUA

Production area

Province of Roma: Capranica Prenestina. Province of Latina

PRODUCT DESCRIPTION These ring cakes are crafted with flour, sugar, water and extra virgin olive oil, the Ciambelle all'Acqua (Water ring cakes) are always consumed on holidays and traditionally served with wine. The shape is characteristic of the ring cake and the colour is light brown, while the sizes vary according to the recipe.

PRODUCTION METHOD Flour, sugar, water and extra virgin olive oil are blended together in the mechanical dough kneader for about 30 minutes. The dough is taken out, divided into pieces of about 180 grams, and worked by hand to form cylinders that are then closed together at the ends to form ring-shaped cakes which, boiled in water for 8 minutes, and then left to dry for 24 hours on sheets of cotton. This time having passed, they are baked in a gas oven for 1 hour at 200°C. Water ring cakes are sold retail, placed in wicker baskets and brown paper bags.

HISTORY BACKGROUND Ciambelle all'acqua are traditionally produced in local bakeries and pastry shops and their name stems from the fact that water is both present in the dough as well as in the boiling phase. The recipe and the preparation process have been handed down from generation to generation for more than thirty years. In the town of Maenza, upon the feast of the patron saint San Rocco, each year on August 16, bakers off them in front of the church bearing the same name.



WINE BISCUITS

Production area

Entire region of Lazio

PRODUCT DESCRIPTION Light brown, sweet ring cookies, made with flour, yeast, eggs, sugar, white wine, lemon zest, butter or extra virgin olive oil, vanilla and salt; traditionally eaten after meals and accompanied by a good glass of sweet dessert wine, such as Vin Santo

PRODUCTION METHOD Blend the ingredients by kneading the dough until it is smooth and soft (some preparations also include the use of lemon zest and vanilla). Using manual processing, small strips of dough are created, joined at the ends. The ring cookies are then baked in an oven at 240-260°C for about 20 minutes.

HISTORY BACKGROUND It is a typical dessert of the entire Lazio region, the fruit of the cooking of the poor and made of easily available ingredients. The recipe, which is handed down orally, dates back to the times when the farmer allowed himself the luxury of keeping some wine for himself for the various home preparations, while he was forced to sell the remaining quantity in order to repay the debts incurred during the year and to go on until the next harvest. There are two versions, one which is soft and the other, more classic, "biscuit" type. The tradition holds that production of these tasty sweets back to 1600 when, on the occasion of the harvest, it was customary to honour the tables of the nobles with the typical products of the labours of the earth. It is said, in fact, that the tables of the Popes, during the harvest period, were often supplied with grapes, wine and typical sweets.



CIAMBELLA ALL'OLIO DI SANT'ANGELO ROMANO

Production area

Province of Roma: Sant'Angelo Romano

PRODUCT DESCRIPTION Sant'Angelo Romano's Ciambelle all'olio are prepared with a simple dough and a handful of ingredients: 00 flour, water, extra virgin olive oil and salt. No yeast is added. The flavour is salty and rich in olive oil; it has a characteristic circular shape with half-moon decorations placed on top. Nowadays, different shapes such as flakes, and smaller sizes are also developed. It can be stored for a few days.

PRODUCTION METHOD The dough made from 00 flour, water, extra virgin olive oil and salt is preferably worked by hand on a marble surface. After a resting phase of about 2 hours, smaller portions of pasta are taken from the main dough, which are left to rest for another two hours. From each portion, slices are cut and worked into cords of about 2 cm thick. The cords are then used to "draw" the characteristic and traditional shape of the ring with Sant'Angelo Romano oil. The processing involves several steps: with a dough cord, a circle of about 15 cm in diameter is first prepared; then two other cords are arranged on top to form a cross. From the centre of the cross are put other cords (called "hooks") to form a half moon. As per tradition, the centre of each *ciambella* and the joining parts between the various cords are stamped with an elderberry stick (in dialect "*ciammuco*") which has a decoration at the end: flower, star, half-moon etc ... every family has its own symbol!" The olive oil ring breads are boiled in lightly salted water, followed by a drying phase at room temperature on a wooden shelf for one night, and a second

baking in the oven at 200-300°C for about 30 minutes until to take on a golden colour.

HISTORY BACKGROUND The *ciambelle* ("*ciammèlle*" in dialect) represent a strong link with the land of origin for all the people of Sant'Angelo, especially during the festive period and are never lacking on laden banquet tables and in convivial moments. They can be considered a "ritual" bread as they are traditionally present in all the feasts linked to anniversaries and anniversaries. In ancient times, every housewife went to bake her oil ring cakes in the municipal bakery of Sant'Angelo Romano and in order to recognize her of cakes, every housewife stamped her own *ciambelle* with a symbol of recognition that had been engraved on an elderberry stick, which was sometimes handed down for generations (source: www.senza-panna.it - Vittorio Morelli). The recipe for the Sant'Angelo Romano oil ring cakes is reported in dialectal form in the book Sant'Angelo Romano. History, nature, art and culture, by the Celebration Committee of the XXXIX Sagra delle Cerase 2001, translated into Santangelese by Marco Giardini. "The ring cakes: a litre of homemade oil from Sant'Angelo, a litre of water, three kilos of flour, seventy grams of salt. Take the flour and make a hole in it. Add salt, the olive oil and the water. Mix together for a long time and then break up the dough into several pieces. The dough is allowed to rest in a bowl covered with a cloth. After a couple of hours, knead the pieces of dough to make them smooth and let them rest for another hour. Take one piece of dough one at a time. Stretch them out into cords about two centimetres long., roll them out and twist them into the shape you want. As this point let them rest for a night on a board. They are baked in an oven at 250° until they take on a golden colour." (Source: www.poetidelparco.it)





CIAMBELLA DEGLI SPOSI DI ROCCA DI PAPA

Production area
Province of Roma: Rocca di Papa

PRODUCT DESCRIPTION Rocca di Papa's traditional Ciambella degli Sposi (Newlyweds Ring Cakes) are medium sized, brushed on the surface with egg whites and sprinkled with white sugar grains. The ingredients for its preparation are: extra virgin olive oil, eggs, sugar, flour, anisette and cherry stock liqueur, grated lemon, baking powder, a pinch of salt, bicarbonate, granulated sugar for the garnish.

PRODUCTION METHOD The ingredients are blended in a rather large container (once large wooden "*masatori*" (bowls) were used) or by means of a mechanical dough kneader and worked until a homogeneous, compact and smooth dough is achieved. Once the dough has been prepared, it is divided into many small loaves, from which the ring cakes are then shaped. Placed on cooking sheets (the *sòli* in dialect), the ring cakes are then brushed with egg whites, and decorated with granulated sugar and baked in the oven at the optimal temperature of 130°-140°C for 15/20 minutes. It is a tradition that, once the ring cakes have been baked, the relatives of the newlyweds gather them from the oven and then have them delivered along with the wedding favours given by the spouses. Distribution follows a shared rule: 6 ring cakes for friends and neighbours; 8 for guests and cousins; 12 for uncles and grandparents 24 "*p'a commare de baptes-*

imu" (to bring to a baptism). Distribution is entrusted to '*n riazzu* (uncle) or '*na riazza* (an aunt, generally the grandchildren of the spouses, accompanied by an adult: they are happy when they are chosen, as they will receive a small cash tip for each delivery carried out.

HISTORY BACKGROUND In the town of Rocca di Papa, among the many preparations that engage a couple of future newlyweds and their mothers, in addition to dresses, sugared almonds and favours, '*e ciammelle* cannot fail to make their mark. One of Rocca's best known *ciammella* makers is Piella, Pia Gentilini, who, together with her daughter Anna Maria, carries on a family tradition that started some two centuries ago. As a matter of fact, Piella, who was born in 1929, boasts a long experience as a ring cake maker, which began when she was only fifteen with her then future mother-in-law, Adele Meconi in Gabrielli, her fiancé Ottorino's mother. Adele, in turn, had been handed down this tradition from her mother Maria Paolina Toietti, the sister of Domenico Toietti, artist author of the paintings preserved in the Duomo, "San Carlo Borromeo Intercedes during the Plague in Milan" and the image of "The Holiest Mary Assumed into Heaven". The work of the *ciammella* bakers was family-run affair, with the commitment of mother, daughters, sisters, daughter-in-law, assisted by the female relatives of the bride and groom. All committed to kneading the ingredients in the wooden "*massatori*": sugar, eggs, flour, liqueur, lemon zest, extra virgin olive oil and baking powder. When the dough was prepared, it was divided into small loaves, from which the ring cakes were then made. Today the processing of the dough takes place directly in the workshop of the bakery chosen by the mothers of the couple, who directly buy the ingredients for 1000 ring cakes. The baker's oven must be booked a few months in advance and the most suitable days for the preparation of ring cakes exclude Friday and Saturday (the most demanding workdays) and Sunday. On the established day, an appointment is made early in the morning at around 7 or 8 o'clock and work non-stop until noon or 2 o'clock depending on the quantity of the ring cakes to be baked. If the relatives of the spouses also have to lend a hand, the bride cannot and must not do it, because according to tradition she does not do it well. The tradition of ring cakes in Rocca di Papa testifies to an ancient and auspicious custom that has its roots in the past, the result of archaic traditions. Excellent and crunchy, both dry and dipped in wine, they ensure that those who taste them, wish the newlyweds a solid future.



PONZANO ROMANO'S RING CAKES AND CROISSANTS

Production area

Province of Roma: Ponzano Romano

PRODUCT DESCRIPTION Ponzano Romano's ring cakes and croissants are the outcome of an ancient recipe that involves a mix of sweet and savoury ingredients. The flavour is sweet on the surface thanks to the presence of the water and sugar glaze which contrasts with the salty taste inside the dough. Upon tasting them, the dough is soft on the inside, with the aroma of anise and extra virgin olive oil and crisp on the outside. The colour is brown; the shape is a ring-shaped cake with a central flap (locally called "*cacchio*") or a *cornettino* (little croissant) which is a "modern" reinterpretation of the classic ring cake.

PRODUCTION METHOD The dough for the preparation of Ponzano Romano's ring cakes and croissants is made from dough that has been leavened for 24 hours, to which flour, water, sugar, oil and brewer's yeast are added. The yeast starter is placed in the mixer with the further addition of salt, abundant anise seeds, extra virgin olive oil, white wine, anisette, vegetable margarine, brewer's yeast, sugar and type 0 flour. The ingredients are then kneaded until a homogeneous, compact and elastic mixture is achieved. As soon as dough is ready, it is set on a travertine marble counter. To prepare the ring cakes, a piece of the dough is taken which is rolled out by hand to form a cylinder of dough about 30-40 cm long. The cylinder is then formed into a circle leaving a certain length of dough that raised and placed vertically across the centre of the ring cake.

The central flap is also called "*cacchio*" (dialectal term) because it is "scacchiato", or lifted with the lifted with the hands. While for the preparation of the croissants the dough is rolled out with the aid of a small wooden roller (artisanal tool built specifically for the preparation of Ponzano Romano dough for croissants) to a thickness of about half a centimetre. The rolled out dough is cut into many small triangles which are then rolled up on themselves to give the classic shape of croissants. Once ready, both the ring-shaped cakes and the croissants are cooked in abundant boiling water until they surface and then baked in the oven at 230°C for about 30 minutes. After baking, while the ring cakes and the croissants are still piping hot, they are glazed with a thick solution of water and sugar.

HISTORY BACKGROUND Ponzano Romano's ring cakes and croissants have been baked from an ancient recipe that has been handed down from generation to generation, which oral testimonies of the inhabitants of Ponzano Romano link to Saint Sebastian, a martyr from Milan who arrived in ancient Rome at a time when violent persecutions were raging. A hero of Militia Christi, a soldier and defender of the faithful, he availed himself of friendship with the emperors Diocletian and Maximian (co-emperor), to assist Christian martyrs who were imprisoned and tortured. But the two rulers who continuously sought he out were unaware that their favourite was a Christian. Diocletian, feeling betrayed, reproached him for his betrayal and finally condemned him to death. Saint Sebastian was tied to the trunk of a tree, in the open countryside, and shot with arrows by some fellow soldiers. For his exploits Saint Sebastian was elected co-patron saint of Ponzano Romano and a church and convent that make up the Saint Sebastian Complex are dedicated to him. But his "celebration" takes place practically every day with the production of Ponzano Romano's ring cakes, also called Saint Sebastian ring cakes. In fact, it is said that the ring cake was dedicated to Saint Sebastian who, during his travels to reach Rome, was expelled from a neighbouring town, but warmly welcomed by the inhabitants of Ponzano Romano. As soon as the Saint entered the territory of Ponzano Romano, a strong storm broke out in the neighbouring town which caused the destruction of all of its crops. Thus, it was that the Ponza Romano's inhabitant wanted to celebrate the arrival of the Saint with a ring cake rich in ingredients and flavours. Over time, the baking and marketing of ring cakes has become one the selling points of an ancient bakery in the town, formerly called Vapoformo. Today the bakery, despite having changed its name to Forno del Sole and changed management, has not lost the traditional preparation of ring cakes and the more "recent" Ponzano Romano croissants which came into being about 30 years ago.



CORI'S BLANCHED RING CAKE

Production area
Province of Latina: Cori

PRODUCT DESCRIPTION Crumbly and light ring-shaped cakes that are characterized both by their slightly irregular flower or “basket” shape, and by the use of egg among the ingredients. Light and crumbly, Cori's blanched ring cakes are prepared with soft wheat flour, whole eggs, peanut oil, sugar, yeast.

PRODUCTION METHOD Cori's blanched ring cakes are made by blending all the ingredients the night before. The dough is then left inside the planetary mixer in order to promote natural leavening for at least 12 hours. The next day, the dough is kneaded again inside the planetary mixer for about 1 hour. Extra virgin olive oil is gradually added until a homogeneous and smooth blend is achieved. The dough is placed on the marble counter and worked by hand which consists in the shaping the dough into elongated loaves that are about 15 cm long on which three cuts are made along the sides and whose ends are then joined together to form a ring cake. The ring cakes are left to rest for about 15 minutes on wooden boards and then blanched in boiling water. Once they have been blanched, they are set out to dry for about 3-4 hours and then baked in a gas oven for about 50 minutes at 230°C.

HISTORY BACKGROUND The recipe for Cori's blanched ring cakes dates back to the 1950s, that is when Mrs. Luisetta, with her husband Quinto Ciardi, ran a small wood-burning bakery located in the heart of Cori. It was inside this wood-burning bakery that Grandma Luisetta began to turn out her small ring cakes with the few ingredients that were available (wine, oil, sugar, flour, eggs). Among the many recipes of Mrs. Luisetta wrote down in a 1973 diary, we find the recipe for Cori's blanched ring cakes. They are still baked today exactly in accordance with what is written in the historic recipe book that Mrs. Barbara Ciardi has carefully preserved.





ANISEED RING CAKES

Production area
Entire region of Lazio

PRODUCT DESCRIPTION Sweet and fragrant ring cakes with a golden coloured round shape, crafted from the processing of soft wheat flour type 00, white wine, extra virgin olive oil, anise and salt.

PRODUCTION METHOD The ingredients are blended by hand or with an automatic dough kneader and the dough is left to rise for 4-5 hours. At the end of the leavening, the dough is kneaded, and cylinders of dough are rolled out and joined at the ends to form ring cakes. Cooking takes place in a pre-heated oven at 200-250°C. Aniseed ring cakes are characterized by a more or less intense aroma of anise.

HISTORY BACKGROUND This product boasts a long tradition in Lazio and it is customary to offer it at various local festivals or in restaurants, at the end of a meal. Its recipe, which has been handed down orally for generations, varies slightly as concerns the proportion of ingredients, from town to town. Information on this preparation can be found in the historical archive of Magliano Sabino, in the province of Rieti.

CIAMBELLE DA SPOSA

Production area
Province of Rieti: Cittaducale, Antrodoco.

PRODUCT DESCRIPTION The ciambella da sposa (the bride's ring cake) with its characteristic rose shape, given to it by the cuts made on the surface of the dough before baking, is prepared with type 00 soft wheat flour, eggs, olive oil and salt. The surface is covered with a white icing achieved by brushing sugar on it.

PRODUCTION METHOD The ingredients are mixed and kneaded with a mechanical kneading machine. The ring cakes are shaped and blanched in boiling water for about 10 minutes. When they rise to the surface, they are taken out, drained and set out to dry. At this point the surface is scored with a knife, along the edges, the donuts are prepared in the baking sheets and left to bake in the oven at a temperature of 280°C. As they expand in the oven, they open to form characteristic rose shape. The final operation involves rolling the donuts in icing sugar dissolved in egg white to give them their characteristic white colour.

HISTORY BACKGROUND The preparation of bridal ring cakes has a long tradition. The method of preparation has remained unchanged since the time when the bride's mother prepared them and sent them to the groom's house along with her dowry. The cuts on the dough were made a few days before the wedding, on the occasion of the rite of preparation of the wedding bed and was then distributed to the guests. Even today it is traditional to present it at the reception offered by the bride, on the occasion of the wedding. The white glaze of the surface recalls, in fact, the classic colour of purity.



CIAMBELLE DEL BARONE

Production area
Province of Frosinone: Anagni

PRODUCT DESCRIPTION This confectionery product is based on flour, sugar, anise, white wine, natural yeast, vanilla, extra virgin olive oil and grated lemon zest. Before baking the ring cakes are “polished” with wine and sugar. All the ingredients are mixed by hand within a container. Small cylinders are rolled out by hand and joined at the ends, to form a ring cake about 2 cm thick and 8 cm in diameter. With a brush, a mixture of wine and sugar is distributed over the surface and they are baked in on a baking sheet at about 220° C. This local recipe is handed down orally.



CIAMBELLE N'COTTE

Production area
Province of Rieti: Montopoli di Sabina, Poggio Mirteto.

PRODUCT DESCRIPTION This ring case is based on type 00 flour, red wine, extra virgin olive oil, salt, anise, brewer's yeast and yeast from a starter. The kneaded dough, is worked by hand in the shape of a ring, is blanched in boiling water for about 10 minutes. The taste is salty with an aroma of aniseed. The ring cakes are baked in an oven at 240° C. The local recipe has been handed down orally for generations.



CIAMBELLE DI MAGRO DI SERMONETA

Production area
Province of Latina: Sermoneta

PRODUCT DESCRIPTION Ciambella di Magro (Lean ring cakes) are made with type 00 flour, sugar, olive oil, white wine, aniseed. All the ingredients are blended together for 5 minutes in a kneading machine. Cylinders are then rolled out made by hand and joined at the ends and baked in a hot oven (200-260 C) for about 20 minutes. Before being baked, the donuts are sprinkled with sugar and cinnamon. They are traditionally eaten during Lent, Nowadays Sermoneta's Ciambelle di Magro are produced all year round. The lack of eggs and milk among the ingredients made it a “lean” food to be enjoyed in the days leading up to Easter.



PRIVERNO'S BLANCHED RING CAKES

Production area
Province of Latina: Priverno, Sezze

PRODUCT DESCRIPTION These cakes are based on type 00 flour, red wine, extra virgin olive oil, salt, anise, brewer's yeast and natural yeast. The dough, worked manually in the shape of donuts, is blanched in boiling water for about 10 minutes. The taste is savoury with an aroma of aniseed. It is baked in the oven at 240 C. The local recipe has been handed down orally for generations.



SALTED RING CAKES

Production area

Province of Rieti: Antrodoco, Fiamignano, Petrella Salto.

PRODUCT DESCRIPTION Basket-shaped ring cakes, with an aniseed aroma and a salty flavour. They are produced by blending the ingredients (flour, milk, extra virgin olive oil, white wine, anise seeds which have been previously soaked in wine, eggs, yeast from a starter, preserved from the previous baking and reactivated in water) until a hard dense dough is achieved, at the limits what can be worked, which is left to rise for a whole night. In the morning the dough is processed again, forming it into rings which are then poached in boiling salted water, and cut with a knife to give it the shape of a basket. It is then put in a wood-burning oven for a baking time that is cooking time equal to that for bread

HISTORY BACKGROUND The custom of preparing ring cakes or "ritual breads" on the occasion of feasts in honour of a saint is a very ancient tradition, which in some cases harks back to the very origins of Christianity. The salted ring cakes, produced in some towns in the Province of Rieti in the month of January, are also locally known as *Coelle* or *Ciambelle di Sant'Antonio*, because in ancient times they were prepared on the occasion of the feast of Saint Anthony, on January 17, and delivered to the owners of animals that were brought to be blessed. Saint Anthony the Great, the saint of fertility and abundance, was highly esteemed by the agricultural populations, and at the centre of an almost autonomous cult, associated with ancient pagan divinities. The shape is given by the fact that whoever carried them, wore them on their arms. The making of ring cakes, crafted with very simple ingredients, harks back to ancient times, when spices and sugar were still unknown.

CIAMBELLE COL GELO

Production area

Province of Latina: Maenza

PRODUCT DESCRIPTION Confectionery product based on type 00 flour, oil, sugar, eggs and water which after cooking are brushed with a hot sugar syrup which, when cooled, takes on a white colour, hence the name "with frost".

PRODUCTION METHOD The ingredients are mixed with the kneading machine for 5 - 10 minutes. The dough is left to rest for 20 - 30 minutes. Pieces are then cut out from which the ring cakes are made. The ring cakes are then poached in boiling water, placed in banking trays and baked in the oven for a few minutes. After the baking, hot sugar syrup is poured over the ring cakes which, when it cools, solidifies in the form of white icing.

HISTORY BACKGROUND Locally known as "*ciambelle cu gliu 'gelo*", (ring cakes with frost) these donuts have a history of over thirty years and their preparation is now entrusted to local pastry shops and bakeries.



CIAMBELLINE

Production area
Entire region of Lazio

PRODUCT DESCRIPTION Sweet ring cakes with an aroma of anise or wine, prepared with sugar, a few eggs, anise liqueur, extra virgin olive oil, white wine, aniseed, grated lemon peel, type 00 flour and a little baking powder. The ingredients are blended in a mechanical dough kneader and then small quantities of dough are rolled out by hand (about 20 grams) to form cylinders, whose ends are then joined together for form rings which, arranged in baking trays, are baked in an oven fired with holm-oak bundles, at the temperature of 180-190°C for about 25 minutes. Locally called *Ciammellitti allissi*, due to their being poached in boiling water, *Ciambelline* have been persevered by a recipe that has been handed down orally for generations.



CIAMMELLONO

Production area
Province of Latina

PRODUCT DESCRIPTION This ring cake is made with eggs, flour, baking powder, wine, vegetable seed oil, sugar, milk, grated lemon peel and juice, toasted almonds. The ring cakes are crafted from the mixture of the ingredients. The ring cakes are set on a buttered and floured baking pan with high edges and baked in a pre-heated oven at 200°C for about an hour. They are baked in a wood-fired oven using bundles of sticks, for the peasant society it was the “dessert of the crowds”, inevitable in the main events of community life such as baptisms, confirmations, weddings, family celebrations. Served in slices, it generally concluded the seven courses provided for the libations on the day of the threshing of the wheat.

CIAMMELLE D'OVA

Production area
Province of Latina

PRODUCT DESCRIPTION Dry ring cakes made with eggs, flour, oil, sugar, and grated lemon zest. A dough is formed with all of the ingredients, that is shaped into ring cakes which will be dropped into boiling water until they float back to the surface. They are then taken out and left to dry until the next day, after a few hours of rest, the *Ciammelle d'ova* are baked in a preheated oven at 250 ° C for half an hour, until golden brown. Numerous oral testimonies have been collected regarding the over thirty-year old tradition of the cake.



CROSTATINO RIPIENO

Production area
Province of Latina: Formia

PRODUCT DESCRIPTION This is pie with a crust made with wheat flour, eggs, sugar, milk, olive oil, and pork lard blended together. The crust is rolled out and set on parchment paper or in small moulds lined with parchment paper filled with local apricot or plum jam on top. The filled pies are put to bake in a preheated wood-burning oven for 5 minutes. It is a domestic preparation whose recipe has been handed down orally for generations.



CIAMBELLINE AL VINO NOCCIOLATE DI CORI

Production area
Province of Latina: Cori

PRODUCT DESCRIPTION These light and crumbly ring cakes, with their golden surface, are based on soft wheat flour, sugar, hazelnuts, red wine, peanut oil, sambuca, vermouth, cocoa and baking powder. Cori's Ciambelline al vino nocciolate get their name from a single toasted hazelnut placed in the centre of the ring cake as a decoration.

PRODUCTION METHOD After having blended all the ingredients for about 8 minutes in the planetary mixer, the dough is placed on a work counter and worked by hand, forming balls of dough that are sprinkled on the surface with sugar and decorated in the centre with a hazelnut. It is baked in the oven at 220°C for 15 minutes and then for another 10 minutes at 190 ° C.

HISTORY BACKGROUND Cori's Ciambelline al vino nocciolate boasts a long tradition based on ancient recipes. In Cori it is customary to offer them on the occasion of various anniversaries, private parties (weddings, baptisms and communions) or at the end of a meal. The production of these donuts is also linked to the history of the Ciardi family who since 1950 has dedicated its life to the production of bread and biscuits with Grandfather Ciardi who, with the first bakery, in the centre of Cori, filled the small town with the scent of freshly baked bread with and with grandmother Luisetta who, with the ingredients that the territory of Cori offered, began to bake small ring-shaped sweets.



CIAMMELLA ELLENESA

Production area
Province of Latina: Gaeta

PRODUCT DESCRIPTION Small donuts without a hole in the shape of a simple knot covered with *julebbe* (a thick syrup prepared with sugar dissolved in hot water and fruit, flowers or other various aromas). The basic ingredients for the preparation are: flour, sugar, eggs, extra virgin olive oil, cinnamon.

HISTORY BACKGROUND We have news about the preparation of this singular donut that reach back to 1800, according to what local pastry chefs say, who say they inherited the recipe from their ancestors. It is a typical dessert of the Christmas holidays and still today stands out, white and tender, among other preparations of desserts, in the Gaeta pastry counter, exorcising the fear of the local writer Pasquale di Ciaccio who in 1970 in his *Gaeta d'altri tempi* (Gaeta of Former Times) feared that tradition could soon be lost: "*And so, from thought to thought, we are made to ask ourselves how long the delicious Ciambelle Ellenese, with their white nuptial julebbe will continue to have a place in the windows of our pastry chefs*"



CIAMBELLONE DI SANT'ANTONIO (*Ciammello'*)

Production area

Province of Roma: Galliciano nel Lazio

PRODUCT DESCRIPTION The Ciambellone di Sant'Antonio (Saint Anthony's cakes) has a twisted pretzel shape with the two ends intertwined in the centre (called a knot shape). The colour is light brown, with a typical flavour of anise and wine with black dots of aniseed visible in the dough. It is baked starting from December, because it is linked to the oil production process, which in ancient times was extracted from olives that were fully ripe. It is available in the bakeries until the end of January.

PRODUCTION METHOD The ingredients are: sour dough starter (or bread dough), type 0 flour, extra virgin olive oil, aniseed, red wine, water, salt. The process of preparing the Ciambellone di Sant'Antonio begins with the making a leavened sponge of the yeast or bread dough (with a little flour to make it grow) and the maceration of the anise seeds in red wine the night before. Once these two phases have been completed, the actual processing begins. The flour and oil are added and mix everything with bare hands for a long time. The macerated seeds are added halfway

through processing. Once the dough is ready, the preparation of the ring cakes begins always with one's bare hands. Cylinders are rolled out and one by one, begins, the cakes are formed with the traditional twisted pretzel shape. The raw ciambelloni are then dipped in boiling water for a few seconds, to stop the leavening rising, and then set out on the baking sheets ready for cooking. Some prefer to allow the uncooked ciambelloni rise briefly on wooden boards before boiling them.

HISTORY BACKGROUND The use of anise in savoury biscuits has been widespread in central Italy since ancient times. The consumption of ciambellone and the secular rituals connected to it (town festivals) have been associated in the past (it is not possible for now to understand in what historical moment) the celebration of Saint Anthony, which falls on January 17. For this reason, the particularity of the feast of St. Anthony in the town of Galliciano is that it is the cakes are distributed directly by the parish priest blessing all of the faithful who bring their animals and cars to be blessed. The festival of the ciambellone still exists as an extremely deep-rooted event in the town and the oral memories of the elders show the ciambellone were at least being baked in the mid-1800s. Currently, few bakeries produce ciambellone for sale to the public. However, its production at home is widespread and some carry out their preparation in home to bake them in local bakeries.





CIAMMELLOCCO DI CRETONE

Production area

Province of Roma: Cretone – Hamlet of Palombara Sabina

PRODUCT DESCRIPTION The Ciammellocco di Cretone, particularly is particularly rich as regards ingredients, such as flour, sour-dough starters, aniseed, extra virgin olive oil, white wine, grated and squeezed lemon peel, anisette liqueur, mistrà, salt, baking powder, eggs, it is characterized by a natural and rather long leavening. It takes about two days to prepare Cretone's Ciammellocco. It has the classic ring shape, crumbly dough, yellowish internal colour and golden external colour tending to dark brown and a not particularly sweet flavour in which the hint of anise prevails. These are produced all year round and especially during religious holidays (Christmas, Easter, etc.) and family gatherings (weddings, baptisms, confirmations, etc.); they are ideal if accompanied by a good glass of wine.

PRODUCTION METHOD As the first phase of the production process, the evening before starting to make a Ciammellocco di Cretone, the yeast starter must necessarily be "regenerated" by adding warm water and a little bit of flour. The regenerated yeast starter is collected in a container and left to rise for a whole night at room temperature in an old wooden cupboard. The next day the eggs

are whipped and all the other ingredients are then added including the regenerated yeast starter. All the ingredients are kneaded vigorously by hand until every compact and homogeneous dough is achieved. From the large mass of dough, smaller "masses" or loaves of 3-4 kilos are cut out, covered with cotton clothes and set to rise inside a wooden cupboard for about 1 hour. From these leavened masses other sections of dough are taken by hand which are crafted into the classic ring shape. The ring cakes are then boiled in lightly salted boiling water; as soon as they rise to the surface, they are drained and left to dry and cool on a cloth for a few hours. Once cooled, they are brushed on the surface with extra virgin olive oil and left to rise for a whole night. After this period they are baked in a wood-burning oven for about 1 hour.

HISTORY BACKGROUND The crafting of the ring cakes, which are made with very simple ingredients, harks back to distant times, when spices and sugar were still unknown. In particular, from the oral testimonies collected it emerges that the preparation of the Ciammellocco di Cretone dates back at least to the early 1900s. The ring cake made from well-leavened dough, is meant to be dipped in milk or wine. Baked in a wood-burning oven, it was for the peasant society, the "sweet of the crowds", that was always present in the main events of community life such as baptisms, confirmations, weddings, family celebrations. The tradition of town Cretone's poor man's sweet, could be linked to those "ritual breads" mentioned by Camporesi, a scholar of popular traditions, was that is fruit of the ingenuity of housewives who added sweetening ingredients to the traditional recipe of bread, on the occasion of special holidays. Camporesi himself states that "*the Ciammellocco is part of one of the most common kinds of ritual festive breads*". A historical testimony has come down to us from Mrs. Lidia De Lellis, who was born in 1956 who states that her maternal grandmother and her mother already prepared the Ciammellocco di Cretone especially on special occasions such as weddings in the town because it was offered to relatives and to guests as a favour. It is possible to taste and appreciate the "Ciammellocco di Cretone" in September, thanks to the "Liberamente" Cultural Association of Cretone, during the "Sagra du ciammellocco" (Ciammellocco festival).



CIAMMELLONE MOROLANO

Production area
Province of Frosinone: Morolo

PRODUCT DESCRIPTION This ring cake has golden colour tending to dark brown; it is characterized by a not particularly sweet flavour in which the hint of anise prevails. About 800 cakes are produced annually, concentrated in the Easter period; the average weight of each piece is 1 kg; and can be kept for about one week.

PRODUCTION METHOD The ingredients for the preparation of Morolano Ciammellone are: 5 kg of 00 soft wheat flour, 16 eggs, 1,250 kg of granulated sugar, 1 l of milk, 500 ml of *mistrà*, 250 ml of sambuca, 250 ml of olive oil, 250 ml of white wine, 250 grams of butter, 3 grated lemons, 3 grated oranges, aniseed, salt to taste, 25 grams of brewer's yeast. The preparation of the Ciammellone requires the presence of two people: one dedicated to mixing the dough and the other to adding the ingredients.

The cake making process starts melting the butter in a steel pan over low heat, dissolving the brewer's yeast in a pan with a little warm milk, shelling the eggs in a bowl and grating the lemons and oranges. The flour is placed in a large and deep bowl with the eggs in the centre and the dough that begins to form is kneaded, gradually adding the sugar, milk, *mistrà*, sambuca, oil, butter, citrus peel, wine, yeast, aniseed and salt as required. All the ingredients are

carefully kneaded until a soft and spongy dough is achieved. This dough is left to rise for at least 8 - 10 hours in a warm place. Once risen, the dough is moulded into the shape of a ring and placed on a wooden pastry board - in order to prevent the dough from sticking to your hands, you need to wet them with a little olive oil. The ciammelloni are dipped in hot and salted water (blanching phase); brushed with egg yolk and baked at 200°C for about 30-40 minutes. The cooking time and the temperature of the oven are very important elements for the cake's results, as they ensure that it is not burnt on the outside and undercooked inside.

HISTORY BACKGROUND Morolo's *ciammellone* is a typical dessert of its Easter celebrations traditions. Indeed, there is no other town in the Monti Lepini region where you can find a product like this. Its fundamental peculiarity lies in the long and complex processing, which takes two days, but thanks to which it is possible to taste a sweet, soft, fragrant, aromatic cake which is easily combined with both sweet and savoury foods. These food characteristics are due to the presence of ingredients which, although they are numerous, are simple, easily found and indispensable for the cakes' success. In Morolo the preparation of *Ciammellone* for the Easter period is an ancient tradition, but one that is still alive, as it has been handed down for generations. In the past, however, although the processing was the same, the baking was done in the few baker's ovens available in the town. Elderly ladies of Morolo say that at least 15-20 days before Easter they began to set aside the eggs that their hens had started laying again; they booked the nearest baker's oven and the evening before cooking they kneaded the *Ciammelloni* with the help of relatives or friends. They let them rise, making sure that the warmth of the place where they were left to rise was always constant (they usually lit the fireplace).

In the morning at dawn they shaped them, scalded them (lightly scaled in boiling salted water) and, finally, took them to the bakery. Many wonder why this dessert was prepared precisely at Easter. Well, the answer is linked to the biological cycle of animals; in fact, in spring, the period in which Easter occurs, there was an abundance of eggs and milk, essential for the preparation of the dessert, precisely because the animals began their production cycle again. The Pro loco di Morolo Association organizes celebrations during the Easter period in order to give due recognition to the *Ciammellone*, as it sums up Morolo's traditions and popular culture.



CIRIOLA ROMANA

Production area
Province of Roma

PRODUCT DESCRIPTION The Roman Ciriola is a fragrant and soft roll of about 100 grams, with an elongated shape, swollen in the centre, rich in crumb and with the characteristic cut along the back. The day after its cooking, it is generally used for croutons.

PRODUCTION METHOD The flour, natural yeast (or brewer's yeast dissolved in warm water) and salt are mixed for a long time in the mechanical mixer. The dough is left to rest and rise for a few hours in a closed area at a warm temperature and kneaded again before forming loaves of about 100 g, swollen in the centre. After about 30 minutes of rising, the rolls are engraved on the back and baked. The baking takes 20-30 minutes at 275-280 °C.

HISTORY BACKGROUND The etymology of the name can be traced back to this tasty sandwich. Some authors refer to the Latin phrase *cereola* (candle), which would recall the yellow colour of the crumb; according to others there is a strong reference to the *ciriola*, a type of eel that in ancient times was fished in the Tiber. Hence, too, the Roman word '*ciriolare*', meaning to slip out of your hand like an eel. Moreover, precisely because of its combination with an eel, the Roman *Ciriola* is also known as an "eel". Thanks to its fragrance and abundance of crumb, the Roman Ciriola was the sandwich of manual workers; it was the sandwich that in many bars was prepared with all sorts of dishes: ham, mozzarella, cheese, tuna, artichokes. It is mentioned in the Atlas of Typical Italian Products, INSOR, 1989-1995.



CROSTATE E PASTE DI VISCIOLE DI SEZZE

Production area
Province of Latina: Sezze

PRODUCT DESCRIPTION Sour cherry tarts and pastries from Sezze have the same oval or round shape and differ only in size. The ingredients and the preparation method are the same. A crust made with eggs, sugar, lard, grated lemon peel, flour and filled with sour cherry jam. They combine the sweetness of shortcrust pastry with the rich, pungent and slightly bitter taste of sour cherry jam.

PRODUCTION METHOD A soft dough is made with the ingredients (flour, eggs, sugar, lard, grated lemon peel), the moulds are buttered and floured and the quantity of crust dough necessary to make the Tarts or Pastries is set into the moulds, spreading the dough out using fingers to cover the entire surface of the mould, then a good quantity of cherry jam is dropped into this dough, and the tart decorated with strips of dough, brushed with beaten egg and baked in a pre-heated oven to 200 °C for about 30 minutes.

HISTORY BACKGROUND These sweets were traditionally prepared in the home on the occasion of particular holidays. The presence of local artisanal pastry shops and bakeries, mainly family-run, made it possible to enhance the sour cherries through this preparation, a production that is widespread in Sezze and in the surrounding areas as they grow practically spontaneously in the Lepini mountains district. The use of sour cherries in the preparation of jams dates back to the early 1900s, when the use of sugar in cooking began to spread. Locally, the sour cherry jam is called "*amarascata*" because of its slightly bitterish taste.



CRUSTOLI DE GIRGENTI

Production area

Province of Rieti: Antrodoto, Fiamignano, Petrella Salto

PRODUCT DESCRIPTION These sweets are prepared by mixing flour, eggs, sugar, milk, grappa, salt, lard and baking powder into a dough which is rolled out into a sheet, from which pieces of various shapes and sizes are cut out and fried in extra virgin olive oil and sprinkled with confectionary sugar. It is a dessert made in home whose tradition, handed down orally for generations. This dessert is linked to the Christmas holidays and the carnival celebrations. The name derives from a restaurant of Cicolano, called Girgenti, founded by Agrigento who would have introduced this preparation in the area.

FRITTELLINE DI MELE DI MAENZA

Production area

Provincia di Latina: Maenza

DESCRIZIONE DEL PRODOTTO Frittelle dolci a base di mele, farina, zucchero, olio, uova, latte, lievito per dolci, liquore all'anice, sale. Dopo avere sbucciato le mele ed averne eliminato il torsolo, se ne ricavano delle rondelle di circa 2 cm di spessore. Con tutti gli ingredienti si prepara una pastella non troppo densa e vi si immergono per alcuni minuti le fettine di mele che, successivamente, si friggono in abbondante olio caldo fino a completa doratura, e si spolverizzano, infine, con zucchero. Si tratta di una preparazione domestica che caratterizza, in particolare, il periodo di raccolta delle mele. Sulla tradizione di questo prodotto sono state acquisite testimonianze ultratrentennali di anziani abitanti del posto.

POTATO CAKE

Production area

Province of Rieti: Leonessa

PRODUCT DESCRIPTION A delicacy of Leonessa's cuisine, this potato cake has the classic shape of a ring cake and is rich in ingredients: chopped chocolate, raisins, chopped walnuts, boiled potatoes, which are strictly taken from the fields of Leonessa, eggs and baking powder. It is produced by working the butter with the sugar and gradually adding all the ingredients. Subsequently, the resulting dough is placed in a mould and baked in a wood-burning oven. In Leonessa, a restaurant that is traditionally linked to the production of potatoes, the production of sweet potatoes, also known as "pizza with potatoes", in the period following the harvest of the tasty tuber is historically attested to. It is a dish cooked in the home whose recipe has been handed down for generations.



GLIU PANETTONO DI MAENZA

Production area

Province of Latina: Maenza

PRODUCT DESCRIPTION This confectionery product is made from flour, eggs, sugar, a little salt, butter, milk, grated lemon peel and baking powder. After mixing the ingredients well, the dough is poured into a mould that has been previously greased and dusted with flour. It is baked in a hot oven for about 50 minutes. This is a traditional homemade dessert, prepared for Christmas. The recipe has been handed down for generations and has its roots in the 1700s. It is a "sweet bread", once reserved for noble families.



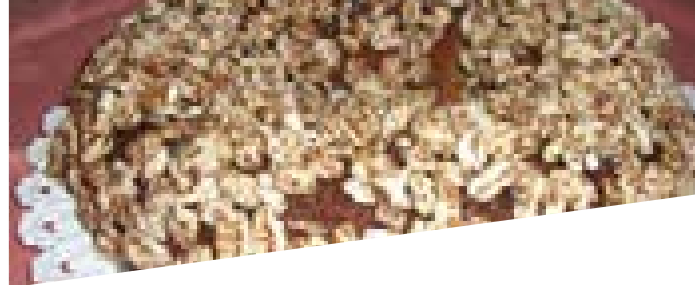
CUZZI DI ROVIANO

Production area
Province of Roma: Roviano

PRODUCT DESCRIPTION Fresh, hand-made pasta with a characteristic cut like *strozzapreti* (priest stranglers), *tonnarello* or *alla chitarra*. The mixed flours are: soft wheat, durum wheat, maize flour (in variable quantities), with the addition of water and whole eggs.

PRODUCTION METHOD The dough is worked by hand (or with the aid of the mechanical dough kneader in the case of large quantities) until it reaches a compact consistency and homogeneous appearance. The dough that achieved is rolled out with the “stenderello” (roller pin) to form strips of about 50 cm in length, 4-5 cm in width and a few millimetres thick. This dough is then cut into spaghetti like strips such as *strozzapreti* or *tonnarello* or a *la chitarra*.

HISTORY BACKGROUND The cuisine of Roviano has always been simple, but good and substantial. Eating well and until you were satiated was a wish of the farmers who, however, could satisfy this a few times a year, especially during the patron saint, Christmas and Easter celebrations. Cuzzi di Roviano, on the other hand, represented the typical Sunday dish and were generally prepared with garlic, extra virgin olive oil, tomato, chili peppers and sheep's cheese produced by the local farmers. Dialectally called “*l cuzzi co jaju*”. Since 1995, the town of Roviano has been organizing the Festival of Cuzzi at the end of July.



SAN GIUSEPPE'S FAVA BEAN CAKE

Production area
Province of Rieti: Leonessa

PRODUCT DESCRIPTION A ring-shaped cake made with fava bean and spelt flour. The surface is covered with puffed spelt flakes. It keeps for about 15 days. It has a very sweet taste, and weighs from 500 to 700 grams.

PRODUCTION METHOD The ingredients used for the preparation of this dessert are: sugar, eggs, vegetable margarine, bean curd, almonds, spelt flour, butter, candied fruit salad, sultana raisins, wild-flower honey, baking powder, apricot jelly, puffed spelt, and natural flavourings. The dried fava beans are subjected to coarse grinding and added to the well-blended ingredients, which are distributed in the appropriate moulds and baked in the oven at 150°C for 45 minutes. After baking, a first cooling takes place at room temperature and the cake is extracted from the moulds. Finally, the product is dipped in puffed spelt and packaged.

HISTORY BACKGROUND The traditional preparation of San Giuseppe's fava bean cake is linked to the figure of the Patron Saint of Leonessa. Fava bean flour assumes particular importance, which, associated with spelled flour and all the other ingredients, gives shape to a product of particular taste and sweetness. The broad beans represented the simple and austere food of St. Joseph, which was used especially in the period of Lent. According to tradition, bread and beans were offered by the Saint to the poor whom he met during his travels or who visited hospitals. The preparation of the *Dolce alle Fava* today takes place at a family-run baker in Leonessa, which has been operating for about 50 years.



FALIA

Production area
Province of Latina: Priverno

PRODUCT DESCRIPTION Focaccia of about 1 kg, prepared with flour, water, natural yeast and extra virgin olive oil, coarse salt. It has an elongated shape with longitudinal superficial grooves.

PRODUCTION METHOD The yeast for the preparation of the Falia is achieved with water, salt, a little brewer's yeast and part of the dough from the previous day. Then, once the dough has risen up to double its volume, water, flour and brewer's yeast are added. Furthermore, this dough is also left to rise in the kneading machine until it doubles its volume, then 1 kg is recovered and worked on the wooden or marble counter until a cylindrical shape is about 40 cm long. At this point, a further leavening takes place taking care to arrange the kneaded dough, wrapped in jute cloths, inside wooden drawers, and the bread is left to rise at room temperature until it has doubled its own volume. Finally, the shape is placed on a wooden board and pressed down with the hands to form a focaccia (hearth bread). On the surface 4/5 longitudinal lines are traced, then sprinkled with extra virgin olive oil and coarse salt. It is baked in the oven for 15 minutes at 270 ° C.

HISTORY BACKGROUND The name of Falia became popular at the end of the 19th century to indicate the evolution of a home-made pizza, in use at least since the beginning of the 18th century, when it was traditional in Priverno to consume it in the countryside for lunch, especially together with *coletti* (wild broccoli), typical vegetables of this area of the Lepini mountains. According to a popular version, its name derives from a baker in Priverno who created it for the first time, that is to say, "Elia or Lia makes it"; it was then transformed over time and pronounced in "Falia". Since 1994 every year, on the first Sunday of February, the traditional Falia festival with broccoli has been held in Priverno.

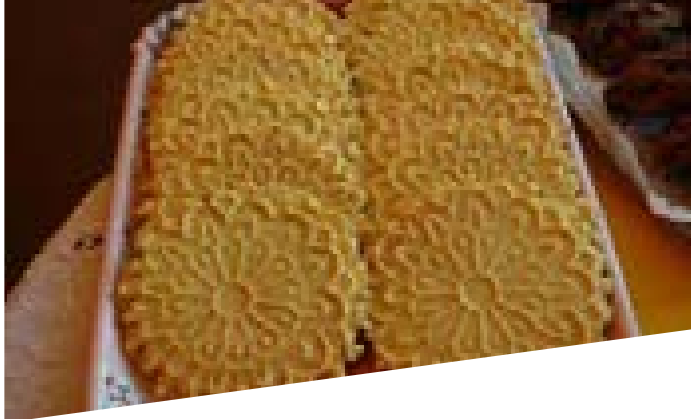
FAVE DEI MORTI

Production area
Province of Rieti

PRODUCT DESCRIPTION The Fave dei morti (Day of the Dead Cookies) have a rounded shape with a diameter of about 3 cm. The ingredients consist of type 00 flour, eggs, sugar, ground bitter and sweet almonds, margarine, cinnamon, natural yeast, almond paste, lemon and vanilla.

PRODUCTION METHOD All the ingredients are mixed until a soft, compact and homogeneous dough is achieved, which is then shaped by hand into many small loaves, then cut with a knife into many small pieces of about 4-5 cm and individually "pinched" on the surface with fingertips. Sprinkled with confectionary sugar they are baked at 220° C for a few minutes.

HISTORY BACKGROUND This confectionery product boasts of an ancient tradition whose preparation is connected to the commemoration of the dead. An important historical confirmation dates back to 1891 in the book "Science in the Kitchen and the Art of Eating Well" by Pellegrino Artusi. The author wrote: *"These sweets are usually made for the commemoration of the dead and take the place of the Baggiana bean, or garden bean, which is used on this occasion baked in water with the bone of ham. This custom must have its roots in the most remote antiquity since the broad bean was offered to the Fates, Pluto and Proserpina and was famous for the superstitious ceremonies in which it was used ..."* The beans, and especially the black ones, were considered as a funeral offering, since it was believed that the souls of the dead were locked up in them, and that they resembled the gates of hell".



FERRATELLE

Production area

Province of Rieti: Antrodoto, Borgorose, Cittaducale

PRODUCT DESCRIPTION Waffle cookies with a wafer thin, round shape made from type 00 flour, eggs, sugar, lemon, liqueurs, butter and vanilla.

PRODUCTION METHOD Beat the egg whites and then add the respective egg yolks, sugar, liqueur, butter, vanilla and grated lemon peel. Stirring vigorously, the flour is slowly added until a soft dough is achieved. A spoonful of the dough is placed in the centre of the waffle cookie iron, which has been previously oiled and heated. The cooking iron is then closed and put it on the flame, taking care to turn it to the other side halfway through cooking. When the dough reaches a beautiful gold colour it can be considered cooked and, with the help of a fork, it is easily detached from the waffle cookie iron and set in a tray to cool. Cooking times vary in relation to the type of waffle iron and the intensity of the flame, but tradition estimates the length of time needed to recite an "Ave Maria" on one side and an "Our Father" on the other.

HISTORY BACKGROUND A typical Abruzzese dessert that has long remained in the tradition of this Rieti area which until 1927 was part of the Abruzzo Aquila area, sharing its uses and culinary habits. It is made with a dough similar to that of a biscuit, cooked in a double red hot cookie iron which, by tightening the dough

above and below by means of two long pincer handles, gives the cake the characteristic shape of a thin wafer criss-crossed by ribbings. Among the many variations of design, the diamond pattern, or gate, has given rise to the name Ferratelle. Noble families used to customize the cookie irons, having cookie irons forged with the coat of arms of their family and their initials. This tradition later passed into common custom, so much so that "lu ferru" (the iron) was brought as part of a woman's dowry and, the central part of the cookie iron, was engraved with the initials of the future bride. Traditionally the *Ferratelle* were prepared and offered on the occasion of the wedding, to all the guests who went to visit the dowry items that were displayed by the bride. There is no certain information about the origin of this dessert, but the tradition of forging cookie irons with the family crest or initials of the owner imprinted on one side and the date of manufacture on the other, allows us to affirm that, already in the late 1700s, and early 1800s, the *Ferratelle* cookie irons were widespread in local families.





FETTARELLE

Production area

Province of Rieti: Poggio Moiano

PRODUCT DESCRIPTION These trapezoid shaped sweet biscuits, with a hazelnut-golden colour crust, are made by processing soft wheat flour, eggs, lard, hazelnuts, sugar, extra virgin olive oil, yeast and grated lemon zest. They are eaten together with milk and tea, wine and liqueurs.

PRODUCTION METHOD The ingredients are blended manually and the dough is shaped into loaves, a couple of centimetres high which are baked on cooking sheets at about 200°C. When the baked loaves are cooled, they are cut with a knife into trapezoids of about 2x2x5 cm which then undergo a further baking in the oven for 5 minutes at 180°C.

HISTORY BACKGROUND For more than 50 years, the traditional preparation of Fettarelle has been handed down orally from generation to generation. It is a typical dessert that harks from traditional pastry making, which has always used hazelnuts in the preparation of numerous confectionery products.



FETTICCIOLE BIANCHE E NERE

Production area

Province of Roma: Palestrina

PRODUCT DESCRIPTION These are dry biscuits whose preparation is closely linked to the Christmas holidays. They come in the characteristic cylindrical shape and are brown (Black Feticciole) and beige (White Feticciole). The dough is quite compact and owing to the presence of honey, the taste is particularly sweet.

PRODUCTION METHOD The raw material used for the preparation of the dough consists of a mixture of hazelnuts, wildflower honey, candied fruit, cocoa, flour and mixed liqueurs for the black Feticciole, almonds, wildflower honey, sugar, pepper, flour and anise-based liqueur for the white Feticciole. For the preparation of black Feticciole, the hazelnuts, after being roasted in the oven to be easily peeled, are subsequently blended with honey and candied fruit and heated until boiling. This is followed by the addition of all the other ingredients, kneaded by means of the mechanical dough kneader for 5 minutes. The well blended and homogeneous dough is poured still hot into a marble slab and divided into many long loaves cut up into many cylindrical pieces then baked in the oven for 12 minutes at 150°C. For the preparation of white Feticciole, however, the almonds are roasted, and heated with wildflower honey. The same processing of the black feticciole then follows.

HISTORY BACKGROUND The black and white Feticciole are desserts that have been prepared for many years in Palestrina (RM) in the ancient local pastry shops, where the recipe and preparation have been handed down from generation to generation. They are traditionally linked to the Christmas holidays. They are fairly dense, and tasty, black and white Feticciole were usually dipped in wine to make them softer, while the family played bingo, cards or the game of goose. They are traditionally baked in abundant quantities, in order to give them away to friends and relatives.



FETTUCCINE

Production area
Entire region of Lazio

PRODUCT DESCRIPTION Classic fresh pasta in the shape of strips about 0.5 cm wide and 30 cm long. The colour is yellowish due to the use of durum wheat flour.

PRODUCTION METHOD Durum wheat flour, eggs and water are mixed in the mechanical mixer or manually until a compact, uniform, smooth and fairly consistent dough is achieved. After a rest phase of a few minutes, the dough is rolled out with a wooden rolling pin until a thin sheet is achieved. After drying the dough, it is rolled up and cut by hand or machine into many strips.

HISTORY BACKGROUND The cuisine of Lazio first courses is ancient and varied. The gastronomy of Lazio, rather than the refined one of the upper classes, owes a lot to popular tradition. It seems that the origin of the fettuccine is to be attributed to the popular Ciociara tradition which since the past has favoured the spread of infinite varieties of “fettuccine”, which in Anagni formed the basis for the luxurious timbale dedicated to Boniface VIII.



FIATONI O FIAONI

Production area
Province of Rieti

PRODUCT DESCRIPTION The dessert, both in shape and size, can be compared to a large “Ricotta raviolo”. The puff pastry contains a mixture made with sheep’s milk cheese together with parmesan or parmesan mixed with fresh eggs.

PRODUCTION METHOD The filling is first made with the cheese and the eggs and then the classic puff pastry dough is made to obtain the crust which is rolled out by hand with a rolling pin. The sheet is cut into strips about 20 centimetres wide into which the mixture is put with the cheese filling is taken out from the container in which it was produced divided in variable quantities from about 50 grams up to 70 grams. The rolled out dough is then folded over the filling and shaped to obtain the desired shape. The *Fiatoni* thus achieved are placed in the oven and left to bake for about 40 minutes. Normally, during the baking, the cheese tends to overflow from the pastry casing, giving the *Fiatone* a rustic appearance. No particular conservation is necessary as the product is consumed fresh. The period in which it is consumed particularly is that relating to Easter.

HISTORY BACKGROUND *Fiatoni* have been produced since time immemorial. It is said, however, that during the Easter period all the hard parts of the cheese grated during the year and set aside because it was not convenient to throw them. These were then ground up for the dough and used to make the *Fiatoni*.



FILONE SCIAPO DA 1 KG

Production area

Province of Roma. Province of Viterbo

PRODUCT DESCRIPTION This 1 kg loaf of bread is prepared with type 0 flour, water, natural leavening and strictly saltless. The crust is thin and light brown in colour; the internal crumb is fairly homogeneous and white with few air holes.

PRODUCTION METHOD The ingredients are mixed by means of the mechanical dough kneader until a uniform and soft dough is achieved. Part of the dough is taken from the kneader and worked manually to form loaves. These pieces left to rise at room temperature for a few hours. They are baked at 280°C for about 1 hour in a refractory brick oven fired with hazelnut shells.

HISTORY BACKGROUND The peculiarity of this bread lies in the absence of any salt in its preparation, which enhances its fragrance and allows it to be stored for a long time after its baking. The baking of this kind of bread dates back to the end of the last century and the recipe has been handed down orally from generation to generation.

FRASCARELLI

Production area

Province of Rieti

PRODUCT DESCRIPTION Frascarelli are a typical pasta reflecting Rieti's cooking of the poor which is simply prepared with water, flour and salt to form a hard dough which is then crumbled by hand into small pieces and seasoned with lean sauces or used for soups.

PRODUCTION METHOD This fresh pasta is prepared simply by scattering a little flour on a pastry board and sprinkling hot water over it, moving it slightly to form small lumps. The dough is then passed through a sieve to remove any excess flour. Some small irregularly shaped balls will remain in the sieve which can be cooked in beef or chicken broth.

HISTORY BACKGROUND The recipe has been handed down orally for generations. Tradition has it that it was a dish prepared mainly to feed women who had just given birth as it was believed that it favoured the flow of milk. The name derives from the use of sprinkling boiling water on the flour using twigs with leaves (*"frasche"* or branches) to avoid burning one's hands. A typical dish Frascarelli soup with broad beans.



RICE DOUGHNUTS

Production area
Province of Rieti: Magliano Sabina

PRODUCT DESCRIPTION Spherical rice doughnuts with a golden colour, sprinkled with sugar. The preparation involves boiling the rice, letting it cool to room temperature, which is blended with a mixture of sugar, flour and brewer's yeast. The dough is left to rise for a few minutes and then the spherical donuts of various sizes are shaped, breaded and cooked in abundant oil.

HISTORY BACKGROUND Locally known as *frittelli di San Giuseppe* (*Saint Joseph's doughnuts*), due to their traditional preparation on the occasion of the feast of Saint Joseph, on March 19, but today they have become a classic of festive cooking. Their preparation is exclusively carried out in the home. Saint Joseph was affectionately called "Saint Joseph frittellaro" in memory, perhaps, of the fact that, in addition to being a carpenter, after the flight to Egypt, he was also be a seller of fried doughnuts. The use of a leavened batter is already mentioned at the end of the 1950s by Carnacina, a highly regarded Roman cook of the time and, later, by Luigi Veronelli, his pupil.



GIGLIETTI DI SERMONETA E PRIVERNO

Production area
Province of Latina: Priverno, Sermoneta.

PRODUCT DESCRIPTION This is a dry biscuit having a shape that varies according to the production area. Sermoneta's giglietti are rounded and pale white in colour; the town of Priverno's giglietti have a lily shape and golden colour. The Giglietto is prepared with flour, eggs, sugar, and grated lemon peel.

PRODUCTION METHOD To prepare the dough, the already whipped eggs are mixed with sugar and lemon peel in the dough kneading machine for about 10 minutes; the flour is mixed little by little in the dough kneader and is poured very slowly so as not to cause the dough to collapse which, remaining soft, is taken out with a spoon and floured. The floured piece of dough is placed in the cooking trays giving it the desired shape. The *giglietti*, placed on aluminium cooking sheets, are baked at 180°C, until done (about 10 minutes). Before putting them in the oven, the biscuits can be sprinkled with a little bit of granulated sugar.

HISTORY BACKGROUND Originally, they were prepared for big celebrations and were shaped like a lily, hence the name. Today they mainly look like squashed meringue macaroons. Nowadays, the bakeries in the area prepare them all year round.



FRITTELLONE DI CIVITA CASTELLANA

Production area

Province of Viterbo: Civita Castellana

PRODUCT DESCRIPTION Among the culinary specialties of the municipality of Civita Castellana, the Frittellone (fritters) deserves a place of honour. It is a traditional peasant preparation, made up of a few ingredients, that is cheap and quick to prepare. Eaten between meals, it was often eaten as a snack, in the wine cellars, together with a glass of good wine .

PRODUCTION METHOD These are fritters are made by dissolving wheat flour in water, with the addition of a pinch of salt in order to

get a uniform batter, of a semi-liquid consistency, which you allow to rest for a few hours, then large spoonfuls of the batter are poured on the bottom of a hot pan that has been coated with oil. The traditional recipe calls for the final addition of pecorino cheese, but today they are also filled with sweet ingredients by rolling them up like cannoli.

HISTORY BACKGROUND With the term “fried foods” we mean all those preparations in which foods are cooked by complete immersion in a fat brought to a high temperature (140-170°C). The use of this type of cooking dates back to ancient peoples, such as the Etruscans and the Romans, who habitually used olive oil as a condiment. Famous writers such as Joseph Régrier and Paul Valéry gushed about them, speaking of Roman and Lazio cuisine, about the goodness of fried foods based on brain, sweetbreads, grains, marrow, etc. Even in Tuscia, the ancient land of the Etruscans, the use of fried foods is an integral part of the gastronomic tradition, as there is a production of excellent quality extra virgin olive oil. In past years, large iron pans with long handles were used as utensils which, in order to prevent them from rusting, were never washed with water but simply cleaned thoroughly with a kitchen cloth or paper. As a fat for frying, lard, in addition to olive oil, was also used, which every farmer family had in their home, after slaughtering a hog. In the local tourist magazines of the 1970s, reference is made to this specialty, including it among the most characteristic dishes of the city. There is also news about its being prepared on the occasion of holidays that involve the entire Civita Castellana community such as its famous Carnival.



GIGLIETTO DI PALESTRINA

Production area
Province of Roma: Palestrina

the last pope to practice nepotism on a large scale, in 1630 bought the fiefdom of Palestrina from Francesco Colonna for 775,000 scudi and then donated it to his brother Carlo. Upon his death in 1644, it is said that the Barberini princes, having achieved the protection of France, were forced to take refuge in the court of Louis XIV as they were accused of having mismanaged the money of the Apostolic Chamber. The princes fled to Paris bringing with them a throng of secretaries, pages, chaplains, cooks and pastry chefs. The latter soon became familiar with their French colleagues who proved to be very skilled in the preparation of this biscuit with a characteristic lily shape, the symbolic image of the Bourbons. Back in Palestrina, the prince's pastry chefs tried to compose bees, the symbol of the Barberini family, with the same ingredients, but the experiment does not have the same effect and they continue to make the lily, in memory of their stay in a foreign land. The city of Palestrina has dedicated a festival to this biscuit since 1998, which attracts numerous participants every year.

PRODUCT DESCRIPTION Light and fragrant biscuit, achieved by using simple ingredients such as eggs, flour and sugar. The Giglietto (Little Lilly), of a light golden colour tending to white, has the characteristic lily shape, which is shaped by hand, with three branches, length of about 10 cm. It has a light taste and keeps for about 2 weeks.

PRODUCTION METHOD The procedure for the preparation of Giglietto di Palestrina is very simple as the basic ingredients are simple and few: eggs, flour and sugar. A little more than 2 kg of eggs are mixed with 2.6 kg of sugar, inside a dough kneader, with the subsequent addition of 2 kg of flour. After about 20 minutes, when the light yellow mixture has taken on a smooth but fairly slow consistency, all of the dough is poured into a container. Pieces of dough are removed, placed on a steel counter, dusted with flour, and worked strictly by hand into the shape of a stick. This stick is in turn divided into three strips placed side by side and individually elongated to obtain the characteristic lily shape. The biscuit placed is placed on a baking sheet and baked in the oven for about 10 minutes and then placed to cool at room temperature before being sold.

HISTORY BACKGROUND The Giglietto, a typical biscuit of the Palestrina tradition, owes its name to the characteristic lily shape, the heraldic symbol of the Bourbon dynasty of France. And it is precisely to the seventeenth-century Parisian gastronomy that links its origins. Urban VIII, born Maffeo Barberini, who was considered to be





POLENTA DUMPLINGS

Production area

Province of Rieti: Borgorose, Concerviano, Fiamignano, Marcellino, Pescorocchiano, Petrella Salto, Varco Sabino

PRODUCT DESCRIPTION Small and yellow *gnocchi* (dumplings) are prepared by blending corn flour mixed with wheat flour, salt and warm water, until a not overly hard dough is achieved, from which the *gnocchi* are cut. Also known as “*gnocchitti de pulenta*” (tiny corn meal dumplings), their recipe has been handed down orally for generations and represent a typical example of comfort food of the peasant tradition, linked to the production of corn and wheat.



CHESTNUT DUMPLINGS

Production area

Province of Rieti: Fiamignano, Petrella Salto, Antrodoto

PRODUCT DESCRIPTION Chestnut *gnocchi* (dumplings) are prepared with potatoes and chestnut flour. A well of soft wheat flour and the chestnut flour must be made in a bowl. Potatoes are then boiled, mashed and blended with the flour, adding nutmeg and a pinch of salt. After thoroughly kneading the dough, the *gnocchi* are crafted. The custom of preparing foods based on chestnut flour is typical of the chestnut-growing areas of Cicolano and the territory of Antrodoto. The recipe is the result of ingredients that were historically easy to find from peasant families.



GNOCCHI DE LU CONTADINO

Production area

Province of Rieti

PRODUCT DESCRIPTION *Gnocchi* (dumplings) made from wheat flour alone without adding potatoes. To prepare them, bring salted water to the boil in which then some wheat flour is poured. The dough is worked with a spoon, poured onto the pastry board and the *gnocchi* are formed by hand. The preparation of this fresh pasta, that is typical of farmers' comfort food, has always been handed down orally.



GNOCCHI RICCI

Production area

Province of Rieti: Amatrice

PRODUCT DESCRIPTION *Gnocchi* of a yellow colour and oval shape, prepared with flour, eggs and hot water. When the dough is well blended, dumplings are formed and crushed between the thumb and forefinger. *Gnocchi ricci* are considered the most ancient dish of the Amatriciana tradition: it was the typical Sunday dish of noble families. The recipe has been handed down orally for generations and since 2002 the Pro-Loco association has organized the festival bearing the same name every year in spring. The ideal condiment for *Gnocchi ricci* is a sauce based on mutton stew or mixed minced pork and beef, to be dressed with Parmesan and pecorino.



VALMONTONE FINE BRAN FLOUR DUMPLINGS

Production area
Province of Rome: Valmontone

PRODUCT DESCRIPTION Two simple ingredients, such as water and fine bran flour (a by-product of the milling of cereals consisting of fine particles of bran, germ, the layer of aleurone and flour), give life to a very tasty fresh pasta made by hand like a fettuccina, cut into short pieces, about 5-6 cm and about 3 mm thick.

Some housewives still make them rolled up on themselves like thick spaghetti. The short cut and the thickness is essential to avoid having the pasta break up during cooking. The pasta's colour is dark; and its flavour is characteristic of vegetable fibre. Traditionally served with a bean or tomato ragout, nowadays, they are dressed with sauce made from anchovies, walnuts and pecorino cheese. The term gnocchi (dumpling) seems to derive from the fact that the egg is not used in the dough.

PRODUCTION METHOD The fine bran flour and water are mixed on the wooden pastry board. A well made in the centre of the heaped flour and water is slowly added as it is mixed with the fine bran flour. The whole dough is kneaded by hand until a compact and well-adherent dough is achieved. Then the dough is rolled out with a rolling pin about 3 mm high and the not overly long fettuccine are cut in such a way to maintain the compactness of the dough even during cooking in abundant boiling water.

HISTORY BACKGROUND Fine bran gnocchi certainly belong to the culinary tradition of Valmontone, an ancient city in the Province of Roma about 40 km from the capital, which seems to have been founded by Glaucus, son of Minos and was called *Labicum*, from the name of the battle shield. The name Valmontone appears for the first time in a document dated 1139, and means "valley overhung by a mountain", by virtue of the fact that the inhabited centre stands on a tuffaceous hill rising up 330 meters above sea level, overlooking the valley. Unfortunately, during the Second World War Valmontone was the scene of numerous air attacks and bombings by the Allies who, having landed at Anzio, passed through Valmontone to reconquer Rome. Finding themselves on the road to the capital, and assuming the presence of German soldiers barricaded inside, they decided to attack the city. The town and its inhabitants were put to the test, so much so that most of the buildings were razed to the ground and the few remaining inhabitants were forced to live in the countryside and eat what little they had available. And it is precisely from this situation of poverty and austerity that the preparation of fine bran gnocchi seems to originate, a simple dish with few ingredients (only water and fine bran flour), but rich in fibre and nutrients considered healthy and made with exploitation of a waste product from the re-milling of wheat. From the oral testimonies collected, we learn that in wartime the women of the countryside "went going for ears of wheat", that is to say in the fields to harvest the wheat, and took it to be ground at the local stone mill, run by a local family that sometimes repaid the women for the service with a kg of pure flour, while both the remaining flour and the waste from the grinding, namely the fine bran, were brought home. The luckiest used the bran as food for animals, while those who did not own animals mixed it with water to make pasta dough. The dough has always been made of water and flour strictly without eggs since it was a waste to use them for the dough and above all because "you bought salt with eggs". And it is precisely owing to the lack of eggs, that in the Valmontone area this poor pasta, despite having the shape of a short fettuccina, is called gnocco (dumpling). Fine bran gnocchi were also called "black gnocacci", a derogatory name that emphasized all its former prerogatives: poverty, waste of raw materials, lack of anything else. There is no written attestation that the fine bran gnocchi having originated in Valmontone but from the stories of the old women of the town, who lived through the second world war, to the mass consumption that is mostly done in the latter town, from typical restaurants to town festivals, to the conspicuous sale in fresh pasta shops, all this suggests that this is the town of origin.

GLIU SANGONATO

Production area

Province of Frosinone: Comprensorio dei Monti Lepini

PRODUCT DESCRIPTION A characteristic and unique preparation is *Gliu Sangonato*, a bread enriched with pig's blood and raisins that make it particularly tasty and palatable even to children. The ingredients with which it is prepared are many and quite nutritious: ½ l of pork blood, 100 g of mother yeast, 250 grams of lard, 2 sachets of cinnamon, 2 sachets of cloves, 250 g of raisins, 200 g of whole walnuts, 200 grams of whole hazelnuts. The shape is a loaf of red-dish colour.

PRODUCTION METHOD This product mixes like bread. All the ingredients are mixed and kneaded in the so-called "*callaro*". The dough is left to rise for about 2 hours and then many small loaves are prepared that have to rise again. At the end of the process, the bread it is cooked in abundant salted water in a pot for about 30 minutes.

HISTORY BACKGROUND It is a purely winter preparation, linked to the killing of a pig, of which, as everyone knows, "nothing is thrown away". The origin must be traced back to the early 1800s, when the Ciociara cuisine was the result of the continuous commercial and cultural exchanges with Naples, capital of the Kingdom of the Two Sicilies. Since then the recipe has been handed down from generation to generation and even today it is possible to taste this specialty in families where the ritual of home slaughtering of the pig still continues.

LACNA STRACCIATA DI NORMA

Production area

Province of Latina: Norma

PRODUCT DESCRIPTION Fresh pasta crafted by hand, by spreading the dough and rolling it out into a round sheet of flour and water, then torn in to pieces. If it not consumed fresh, it can be dried and stored for a short period.

HISTORY BACKGROUND In lower Lazio, the word "*lacna*" has the general meaning of pasta dough piled up and subsequently spread out with a rolling pin. Numerous citations from Greek and Latin literature suggest that this dish has existed continuously since the classical era: Aristophanes and Horace use the terms *laganon* (Greek) and *laganum* (Latin) to indicate a mixture of water and flour, pulled and cut. striped. The *laganum*, initially considered the food of the poor, acquired over time so much dignity and popularity that it entered the fourth book of Apicius's *De re coquinaria*. He describes in detail the condiments, leaving out the instructions for its preparation, which suggests that it was widely known. Among the ingredients, the use of eggs is not foreseen, this responds to the need to obtain a product that is non-perishable. The preparation of pasta without the addition of eggs has been lost in the mists of time and there are those who claim that it formed the basis, at the end of the 1800s, of the pasta factories becoming widespread.



IMBRIACHELLE

Production area

Province of Viterbo: Acquapendente

PRODUCT DESCRIPTION This biscuit is elongated or ring-shaped, and enriched with wine and nuts. The ingredients for its preparation are: 00 flour, sugar, red or white wine, extra virgin olive oil, cinnamon, yeast, nuts, cocoa (optional), grated orange peel (optional), bicarbonate, cream tartar (optional). The colour of the biscuit, from ranging from grey to red, varies according to the use of white or red wine. The flavour combination of wine and nuts is particular. It can be kept for about 30 days.

PRODUCTION METHOD The ingredients of the *Imbriachelle* are mixed together with the mixer. The compact and uniform dough is divided into many small pieces shaped like a ring or a stick, then

placed on the cooking sheets for baking. It is baked in the oven for about 20 minutes at 200°C. After their baking, the *Imbriachelle* cool down to a room temperature and then pack them.

HISTORY BACKGROUND The dessert in the gastronomic tradition of Tuscia was certainly not a food of everyday use, indeed, the preparation of these delicacies has always been linked to a holiday, which in the past represented the only opportunity to eat more abundantly and, above all, more elaborate and expensive dishes. The tradition of *Imbriachelle* is linked to the Christmas holidays in the town of Acquapendente, which owe their name to the addition of a good glass of wine to the dough. There is no written documentation that allows us to accurately date the beginning of this gastronomic tradition, but in the municipality of Acquapendente there are bakeries, run by elderly people who claim to produce *Imbriachelle* since 1956 and to have inherited the recipe from their fathers that produced them from the beginning of the 20th century. On the other hand, the use of sugar, the basis of the preparation, would confirm this dating. As a matter of fact, at the dawn of the twentieth century, the improved economic conditions, as well as the spread of this ingredient, which ceased to be deemed a “luxury good”, may have allowed even those who were less well-off to indulge in a dessert during the holiday, in order to celebrate. It is, indeed, a “sweet for the poor” that was prepared to accompany a good glass of wine, at the end of the meal, (they were soaked in wine to soften them) or to be enjoyed, as a snack, when there were snacks in the winery, together with salami and marinated fish. The use of walnuts in the preparation of traditional Christmas dishes is widespread throughout Tuscia, such as *nocciata* (nut brittle), macaroni with walnuts and sweet ravioli with walnuts.

I RISCRESCIUTI DI MAENZA

Production area
Province of Latina: Maenza

PRODUCT DESCRIPTION The Rescresciuti (regrowth) of the town of Maenza are ring-shaped sweets, made with type 00 flour, eggs, sugar, natural yeast, lemon, sambuca or rum or Alkermes; in some cases, milk and lard is also added. The well blended, smooth and compact dough is left to rise for 2 hours or overnight depending on the procedure followed by the manufacturer. A certain amount is recovered from the entire mass of dough which is left to "grow back" for about 2 hours and then worked to form more or less large ring nuts. These are baked in the oven for a few minutes at about 250°C. These are Easter sweets which have been produced for more than thirty years by local bakers.

LU CAVALLUCCIO E LA PUCCANELLA

Production area
Province of Rieti: Amatrice

PRODUCT DESCRIPTION Traditional sweet with a slightly dark colour, prepared from a dough similar to that of bread, enriched with eggs, found in the two alternative forms of horse and doll. Baked in a wood oven, it can be eaten within 5-10 days. It is a preparation that is still limited to the home environment, whose history seems to date back to the early 1900s, when toys were not so widespread, therefore, the biscuits for children took on forms close to children's toys: little horses for boys and a little doll (in dialect "puccanella") for girls. They were prepared for the Easter holidays.



LA COPETA

Production area
Province of Rieti

PRODUCT DESCRIPTION Copeta, also known as Nociata, is a typical Christmas cake prepared with finely ground dried fruit and honey, shaped like a small thin rhombus and wrapped in bay leaves. The walnuts and hazelnuts are mixed with the previously heated honey to make it malleable and baked for 10-15 minutes. The mixture achieved is poured while still hot on a steel or wooden counter and rolled out with a wooden rolling pin. Once the thickness of about 0.5 cm has been reached, the dough is cut into many rhombuses and wrapped in two bay leaves. The traditional recipe has been handed down orally for generations.



MURZELLI

Production area
Province of Roma: Genazzano

PRODUCT DESCRIPTION A typical Christmas sweet made in the Genazzano area, Murzelli are achieved from a mixture of flour, honey and hazelnuts from which, after a long process by hand, small diamond shaped pieces are cut and then baked in the oven at a medium temperature. The product owes its traditional nature to the combination of ingredients (dried fruit and honey), to the particular manual craftsmanship and skills of people who have acquired experience over time and to the originality of taste and shape. The recipe has oriental origins.



LE CRESPELLE DI MAENZA

Production area
Province of Latina: Maenza

PRODUCT DESCRIPTION A confectionery product based on flour, natural yeast and brewer's yeast, grated lemon and juice, raisins, milk, sambuca, almonds, pine nuts, water, vanillin, cinnamon and salt. The well blended dough is left to rise until it has doubled in size. The dough is cut into strips and allowed to rise a bit more. These are then fried in oil until they are golden and sprinkled with lots of sugar.

PRODUCTION METHOD The ingredients are blended together, slowly adding water and brewer's yeast previously diluted in warm water. The dough is worked for about 10 minutes and left to rise for 1-2 hours covered with a cloth until doubled in size. When the leavening is complete, some of the dough is recovered and shaped into strips, the strips are then fried in oil and served with a sprinkling of sugar.

HISTORY BACKGROUND Located on the top of the hill, belonging to the chain of the Lepini Mountains and dominated by the imposing Baronale Palace, Maenza offers the ideal setting for historical re-enactments of the Christmas holidays. In fact, in this charming town of medieval origin, the event "Maenza between Nativity Scenes, Traditions and ..." has been held for some time, during which Maenza's traditional Crespelle are celebrated with the town's Crespelle festival. It is a dessert prepared on the occasion of the New Year in local homes and pastry shops. Its origins seem to date back to the 1700s.



'MBRIACHELLE AL MOSTO DI CORI

Production area
Province of Latina: Cori

PRODUCT DESCRIPTION Cori's 'mbriachelle al mosto (grape must ring cakes) must have the classic "ring" shape but the appearance is defined as "rustic" owing to the presence of raisins on the surface. The dough is crumbly and very sweet with a characteristic must flavour, fragrant and light on the palate. The ingredients are soft wheat flour, sugar, 20% grape must, peanut oil, sultana raisins, butter, Italian almonds and leavening agent.

PRODUCTION METHOD The ingredients are blended inside the kneading machine or by hand, depending on the amount of dough to be worked. When the dough is well blended and compact, it is poured onto the work bench and worked by hand, forming small strips of dough which are then closed at the ends. The 'mbriachelle al mosto, thus formed, are placed on cooking sheets and baked at 220°C for about 15 minutes and then for another 10 minutes at 190°C.

HISTORY BACKGROUND The production of artisanal biscuits based on wine must is linked to the history of the Ciardi family, that since 1950 has dedicated itself baking bread and biscuits, starting with Quinto Ciardi who with his first bakery, in the centre of Cori, filled with the town with smells of bread and sweets. It is inside this bakery that grandmother Luisetta begins to knead, with the ingredients that the territory of Cori offered, (wine, oil, sugar, flour) small ring-shaped cakes including the 'mbriachelle al mosto, whose production is seasonal because it is linked to the availability of grape must during the harvest period (from September to December).



MACCHERONI GAVIGNANESI

Production area
Province of Roma: Gavignano

PRODUCT DESCRIPTION *Maccaruni gavignanesi* are a kind of pasta that is typical of Lazio's cooking of the poor. It is simply prepared with flour and eggs. From the vigorously hand-worked dough a thin, almost transparent sheet is prepared, rolled out and cut into many very thin strips. *Maccaruni* are particularly appreciated if seasoned with mutton sauce and some pork sausage enriched with chicken giblets (nowadays beef stew) perfumed by garden grown herbs; and a sprinkling of well-aged pecorino cheese cannot be missing.

PRODUCTION METHOD The pasta, which is carefully made at home, is cut into very fine strips. For this they are also known as fine *maccaruni*. Their crafting is an authentic ritual: the flour is arranged in a circular shape on a pastry board in the kitchen (*spianatora*); it is kneaded together with the eggs with a quick movement of the hands from top to bottom. The dough is worked energetically until it forms a large mass of dough. The dough is left to rest, and then rolled out with a rolling pin (called a *ccannaturo in dialect*) until very thin sheets are achieved, bordering on transparency. These sheets are dried on white cotton cloths placed on the table or on the cupboard (*mastra in dialect*); and once upon a time, also on beds. Once the right drying point has been reached, which can only be determined with experience, the sheets are rolled and cut on the pastry board with a special knife with a low, long and well-sharpened blade, until very thin strips of one millimetre thickness are achieved. These strings, are arranged in thin layers on sheets of straw-pa-

per placed on cardboard trays for food and put back to dry in the air covered with organza sheets, so that they keep their beautiful golden colour once they have dried. If stored in a very dry and airy place, the resulting pasta can be eaten even after a few days without changing the taste or texture. This pasta is a warm testimony of the ancient domestic life: the thin well-dried strands of pasta are thrown very delicately into a pot with plenty of boiling water (once upon a time, they were copper cauldrons with a curved handle - hanging from a hook placed over a fire in the hearth. Thanks to their very thin shape, the cooking time is very short, one or two minutes.

HISTORY BACKGROUND The town of Gavignanesi's *maccheroni*, called *maccaruni* in the local dialect, represent one of the oldest culinary products of central Lazio. The oldest documents in this regard date back to the mid-16th century. In Italy there are many dishes that bear the same name, but the *Maccaruni gavignanesi* have one peculiarity that distinguishes them: the very thin "cut". The first reliable data on this product can be deduced from a document dated at the end of the seventeenth century and preserved in the Aldobrandini archive in Frascati (of which a copy is present in the Museo della Civiltà Contadina in Gavignano) relating to the inventory of the objects in the kitchen of Palazzo Baronale, (purchased by the Aldobrandini family). The document mentions a spoonful of *maccaruni*. From here the town festival known as "Sagra dei Maccaruni Gavignanesi" was born and consolidated over time. Originally it was the "Mid-August Festival" linked to the recurrence of the Patron Saint of the town Saint Rocco, the day when the ancient local culinary tradition proposed, as a dish par excellence for holidays, homemade *maccaruni*, the result of shrewd working of eggs, flour and "elbow grease", that is a painstaking work of rolling out the dough until it becomes paper thin "*allatata co 'io cannaturo*", until it becomes a perfect transparent circle, which was then cut into many very fine threads.



The macaroni are served (preferably in a wooden tray) with abundant meat sauce prepared with veal or beef (the sauce used to be made by mixing minced lard, "*batturo*", i.e. mutton meat and some pork sausage enriched with chicken giblets (*ricagl*)); *maccaruni* are served with a generous sprinkling of pecorino.



MACCHERONI

Production area
Entire region of Lazio

PRODUCT DESCRIPTION Long pasta, similar to spaghetti, with a flat section, of irregular width (about 2-3 mm), yellowish in colour, achieved by processing soft wheat flour and eggs (one egg every 100 grams of flour). The fairly consistent dough is left to rest for about 30 minutes. The dough rolled out very thinly on a pastry board, by means of a rolling pin, is folded over several times and cut to obtain thin noodles.

HISTORY BACKGROUND It is a preparation carried out in the home that has been in use for a very long time by families of farmers. The recipe has been orally handed down from mother to daughter for generations. The term “*macaroni*” does not refer to a particular type of pasta: once, in fact, this name simply identified any type of hand-made pasta, made with simple flour and water. Later, with the appearance of industrial pasta, we moved on to commercial dry pasta, up to the current egg pasta, in the form of fettuccine or tagliolini. *Macaroni* are, in fact, also called *tagliolini*.



PORCINI MUSHROOMS MACCHERONI

Ingredients: Macaroni, porcini mushrooms, extra virgin olive oil, garlic, white wine, parsley, salt, flour, butter, pepper.

Method: brown the garlic in a pan with the extra virgin olive oil and brown the diced or thinly sliced porcini mushrooms. Deglaze with the white wine, let it evaporate and finish cooking by adding, if necessary, water or broth. In a saucepan, melt a small piece of butter and add the flour in a quantity equal to the weight of the butter, and allow it to be lightly toasted (roux). Boil the maccheroni al dente (firm to the bite) and drain them leaving a cup of cooking water; sauté them in a pan with the sauce, adding a few tablespoons of roux and a little of the water kept aside. Sprinkle with parsley and pepper and (optionally) grated Parmesan cheese.



MACCHERONI A MATASSA

Production area
Province of Rieti

PRODUCT DESCRIPTION The skein macaroni are large, long and thick irregular spaghetti, hand-rolled, with a diameter of 4-6 mm, made with a simple mixture of water, soft wheat flour and salt. From the dough, “rings” are achieved which are slowly spread with the hands, until a skein is achieved, from which the Macaroni are cut.

HISTORY BACKGROUND *Maccheroni a matassa* take on a different denomination depending on the city of production. They are a typical dish of the Province of Rieti that is strongly influenced by the link with the Umbrian and Abruzzo culinary traditions. They are known as “*maccaruni a matassa*” or “*jacculi*” in Montopoli, Bocchignano and Salisano to recall the ropes that were attached to the saddle of the donkey to tied down what was being carried (the “*joelle*”, in dialect). In Casperia they are called “*strengozzi*”, in Belmonte, Mompeo, Monte San Giovanni in Sabina, Montenero Sabino and Rocca Sinibalda “*macaroni a fezze*”; in Forano “*maccaruni a cento*”, in Poggio Mirteto “*maccaruni a centinara*”. It is a dish that is typical of the cooking of poor farmers, that was prepared in the past with simple ingredients which were always available at home. Once upon a time, after being cooked in boiling salted water, they were drained and turned over on the pastry board, where, seasoned with sauce and pecorino, they were eaten by all family members.



*The condiment of choice for this pasta, the typical one of the poor peasant tradition, is a sauce made with tomatoes, garlic, lard, spicy pecorino and chilli peppers. They can also be seasoned raw, that is with abundant olive oil, minced garlic, chilli and marjoram (called *la persa*) and generously sprinkled with freshly grated pecorino cheese. In any case, they should be eaten hot.*



MACARONI WITH THE WALNUTS VEJANO

Production area
Province of Viterbo: Vejano

PRODUCT DESCRIPTION Macaroni with the walnuts of Vejano are a typical Christmas dessert whose preparation is popular in the towns of Upper Tuscia. The peculiarity of this dessert is that one of the key ingredients is the reginette-lasagna type pasta with a long ribbon format and a slightly curled edge. This type of pasta has been chosen among the various types on the market because it is made with the sweet dressing with toasted and ground walnuts, ground dark chocolate, sugar, cinnamon and nutmeg: all ingredients whose richness and harmony of flavours are exalted by the reginette-lasagna pasta. Once the cooking has been completed, the Macaroni with Vejano walnuts appears like a cake which can be cut into slices directly inside the bowl, and the more compact the slices are, the more successful the dish is.

PRODUCTION METHOD Once the pasta has been cooked in abundant salted water, we proceed with the preparation of this Christmas cake. A layer of sweet sauce, achieved by mixing the various ingredients, and then a layer of pasta are placed in a cake pan. This operation is repeated until the last layer is reached, which must end only with the sweet sauce to decorate the cake. The cake is then allowed to rest, a phase that might last as long as three hours. After this resting period, the macaroni with walnuts must be compact and well blended.

HISTORY BACKGROUND There is historical evidence that this dish has Etruscan-Roman origins: for this reason, it is present on the menu of the Christmas holidays of upper Lazio, Umbria and lower Tuscany. It derives from the dessert called in "*Crustula*" in Latin, which consisted of "*Laganas*", that is a type of flat pasta made with buckwheat: fried or baked fettucce pasta, seasoned with honey and poppy seeds, which were sold by peddlers on the street. Over time, however, the initial recipe has undergone a change. From the Middle Ages this type of pasta was boiled and seasoned with dried fruit and sugar, and buckwheat was increasingly replaced with durum wheat. At the turn of the 1500s and 1600s, cocoa was imported to Italy in the various courts, including kings and nobles. It was certainly not cheap, but it was appreciated at least as much as it was in Central America where it was "*food of the gods*", credited with miraculous virtues. We can therefore assume that the transformation of the macaroni recipe took place due to the desire of the people to enrich it with ingredients considered valuable, such as cocoa, sugar, dried fruit and nuts. From some testimonies collected in Vejano, important information was learned about the recipe. Mrs. Maria Morichelli (born in 1938) told us that she learned to cook this dish as a child, when she and her mother prepared it for Christmas. Among the poorest families, breadcrumbs and hazelnuts were often added to the mixture, instead of cocoa and walnuts, because they were less expensive. Mrs. Domenica Tani (born in 1936) is keen to point out that she does not add any type of liquor, and explains the preparation in detail. She assures us that "*Macaroni are tastier day after day, because if they are flavoured *mejo* (better).*" In fact, they are prepared the day before Christmas Eve and left in a cool place at home. "*Once the pasta is cooked, it is placed in a serving bowl, layered with the sauce; the last layer is that of the sweet sauce which covers everything and you must not forget to press the layers as you go, because the dish should be nice and compact*". Mrs. Giuseppa Pasquali, (born in 1945), tells us with enthusiasm that "*as a child, when there were *Macaroni* it was a real party, being the only Christmas dessert, because certainly there were no *panettone* or *pandoro* (large Christmas cakes)*". The party began days before with the preparation of the ingredients: often the women of the family gathered together to shell the walnuts, and in those moments, little girls found wonderful opportunity to play together.



MALTAGLIATI OR FREGNACCE

Production area
Province of Rieti

PRODUCT DESCRIPTION *Maltagliati* or *Fregnacce* are a type of fresh pasta ideal for the preparation of mostly poor, comfort food dishes, such as bean soup. The name derives from the fact that the pastry, prepared with durum wheat flour and water, is cut by hand in an irregular and uneven way. The appearance of the *Maltagliati* is floury.

PRODUCTION METHOD The dough made from durum wheat flour and water is blended with mechanical beaters or by hand. The dough achieved is then rolled out and cut in to strips with a knife in an irregular and uneven way.

HISTORY BACKGROUND *Maltagliati* or *Fregnacce* are considered the “poor sisters” of Fettuccine, because the ingredients are only water and flour. The tradition of crafting this fresh pasta has been handed down orally for generations.



FREGNACCE ALLA REATINA

Ingredients: 200 g of durum wheat flour, a pinch of salt, 50 g of lard or bacon, 250 grams of onion, 250 grams of celery, 4 tablespoons of Sabina PDO extra virgin olive oil, 300 grams of tomato sauce, a piece of chilli pepper, 2 large spoons of grated pecorino.

Procedure: mix the flour with the salt and water until a fairly consistent dough is achieved which will be left to rest for 30 minutes, it is then rolled out into a not overly thin sheet and cut into irregular strips, about 2 cm wide. Lard or bacon, onion and celery are finely chopped together. Everything is browned in oil, chopped tomatoes are then added for the sauce and then the chilli powder. The sauce is cooked for 20 minutes. The pasta is then cooked and drained as soon as it comes to the surface. The pasta is then seasoned with the sauce, sprinkling it with 2 large spoons of grated pecorino cheese.



MOSTACCIOLI

Production area
Entire region of Lazio

PRODUCT DESCRIPTION Mostaccioli are typical Christmas sweets that have a characteristic rhombus shape and are covered with a chocolate glaze. The internal dough is soft and sweet.

PRODUCTION METHOD The dough, prepared with type 0 flour, walnuts, toasted and fresh hazelnuts, local honey, pepper and orange peel cut into very small pieces. Everything is mixed by hand or with a mixer until a lump-free dough is achieved, which is then rolled out with a rolling pin. When the sheet of dough has reached the thickness of about 2 cm, the dough is cut into diamond shaped pieces, which are then set on the cooking sheet and baked in a wood-burning oven, or in the gas oven at a temperature of 190-200°C for about 30 minutes. Once these are baked they can be marketed as is or glazed with chocolate.

HISTORY BACKGROUND Also known as *Mostazzoli*, *Mustaccioli*, *Mustazzola* in Calabrian dialect, *Is mustazzolus* in Sardinian, or *Mustazzoli*, it seems that they are biscuits common to all regions of the Italian peninsula. They are very ancient sweets whose name seems to derive from the Latin *mustaceum* which indicated a sweet focaccia made with cooked grape must and cheese, which was cooked on bay leaves. Some trace the origin of *Mostaccioli* to a dessert introduced by the Arabs. In Lazio *Mostaccioli* are traditional Christmas sweets.



MOSTARDE PONZESI

Production area

Province of Latina: Island of Ponza

PRODUCT DESCRIPTION Dessert prepared with *vino cotto* (cooked grape must), durum wheat semolina, prickly pears and fennel seeds.

PRODUCTION METHOD *Vin cotto* is prepared by boiling the grape must until the quantity is reduced down to one third and skimming it, to remove the impurities that gradually come to the surface. Then the prickly pears are cleaned, the pulp is boiled for about half an hour to form a kind of puree. This is passed through a sieve to remove the seeds from the fruit. 2 litres of prickly pear purée and 1 and ¼ litres of *vino cotto* are brought to a boil, and as soon as it starts to boil, 1 kg of durum wheat semolina are gradually added in, while constantly stirring and paying attention that lumps are not formed. When the batter is very thick, wet cake pans with water and pour the batter into them, which must be 5-6 cm high. After one night, this batter is cut into squares or diamonds and left to dry in the sun until the *mostarde* have lost all the liquids (e.g. from 1 kg to ½ kg). The drying is completed by baking them in the oven for about ten minutes.

HISTORY BACKGROUND By making of these sweets with an excellent shelf life, in a moment when it was easy to have a rich supply of fresh food (summer) it was possible to meet the needs of the periods of shortages (winter) with the few resources available, and therefore, to satisfy food needs with a nutritious and sugary product. This type of transformation is classic in all the islands of the Mediterranean, for which the role of self-consumption has historically been decisive in consolidating the presence of man in often isolated contexts since ancient times. In the case of Ponza there is a certain attribution of this product to the Bourbon colony on the island of the eighteenth century.

PAGNOTTELLE DI SALATUORO DI SEZZE

Production area

Province of Latina: Sezze

PRODUCT DESCRIPTION Dessert made from flour, eggs, sugar, brewer's yeast, sambuca, grated lemon peel, water, extra virgin olive oil or lard. It is shaped like the number 8, has a brown colour with a shiny surface and sweet taste.

PRODUCTION METHOD All the ingredients are mixed by hand in a bowl or by means of a dough kneader. The dough is left to rise at room temperature for about 5-6 hours, or in any case, until it has doubled its volume. A part of the dough is taken to make balls of about half a kilo, arranged on the baking sheets, next to each other two by two. The forms are brushed with egg and baked in the oven at 120 or 200°C for 45 or 30 minutes respectively.

HISTORY BACKGROUND The town of Sezze's Pagnottelle di Salatuoro, links their production to an ancient tradition, namely the blessing of bread on the day of the Assumption. It was a pagan rite in the past and adapted to Christian rituals. During the empire of Augustus, in fact, on the day of the ides dedicated to him, a feast was established to celebrate the bread produced by the new wheat crop. The rite was repeated for many centuries up to the seventeenth century, when the Catholic Church transformed the pagan feast into the Christian rite of the Assumption. In Sezze, the loaf of bread brought to the sacred altar soon turned into a dessert that took the name of "pagnotella" (loaf). The dessert was displayed by families along the procession and then consumed at home or in outings outside the city for the feast of August 15th. Today the production is occasional, from spring to autumn, while it is constantly baked in August, especially at the feast of the Assumption.

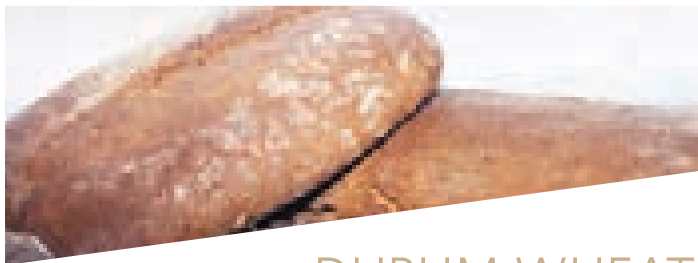


MURZITTI

Production area

Intera Province of Rieti. Province of Roma: Subiaco

PRODUCT DESCRIPTION Murzitti have a dark golden colour and a sweet taste of nuts and honey. A well-blended filling made from ground walnuts, raisins, vermouth, sugar and honey is placed over a sheet of dough prepared with flour, eggs, sugar and extra virgin olive oil. This sheet then rolled up over the filling and cut into strips. It is baked in a wood-burning oven. It is a dish that is made in the home and linked to the tradition of the Christmas holidays. The recipe has been handed down orally from mother to daughter and there is news of a very similar Christmas cake being made in the province of L'Aquila, a territory bordering the province of Rieti which until 1927 was administratively linked to Abruzzo.



DURUM WHEAT SEMOLINA BREAD

Production area

Entire region of Lazio

PRODUCT DESCRIPTION This bread is light, soft and fragrant, thanks to the flour used, that is to say durum wheat semolina. It stays soft for a few days after being baked and is excellent for bruschetta and sandwiches filled with cold cuts and cheeses. First, a starter sponge is prepared with durum wheat semolina flour and water and the natural yeasts are allowed to develop inside. The next day this natural yeast is added to the rest of the dough to make it rise. The dough is shaped into a loaf and baked in a wood-burning oven. The tradition linked to the production of this bread has been consolidated since ancient times. The wood-burning oven was normally lit to make bread once a week.

PACCHIAROTTI

Production area

Province of Frosinone: Anagni

PRODUCT DESCRIPTION This is a confectionery product based on flour, sugar, chopped almonds, walnuts and hazelnuts, white wine and extra virgin olive oil. Before baking, which takes place in 220°C oven, the Pacchiarotti are brushed with wine and sugar. They have an irregular stick-like shape, a sweet flavour and light brown colour. The recipe, which is of local origin, has been handed down orally for generations. It is a specialty of Anagni's dry pastry making. They are meditation biscuits, ideal for accompanying dessert wines.



WHOLE WHEAT BREAD BAKED IN A WOOD-BURNING OVEN

Production area

Entire region of Lazio

PRODUCT DESCRIPTION The soft wheat flour, which has previously been "sieved" to separate the coarse bran, is kneaded by hand with water, salt and natural yeast. Loaves of about 2 kg are formed from the dough, which are set out to rise for about 2 hours in wooden cupboards, covered with linen cloths. The bread is baked in a wood-burning oven at 250-300°C for about 2 hours. The oven fired with oak, holm oak and olive branches. The bread can be kept for 5-6 days. The production of this type of bread rests on a centuries-old tradition. The tradition is given by the use of natural yeast and baking the bread exclusively in a wood-burning oven.



'NDREMMAPPI DI JENNE

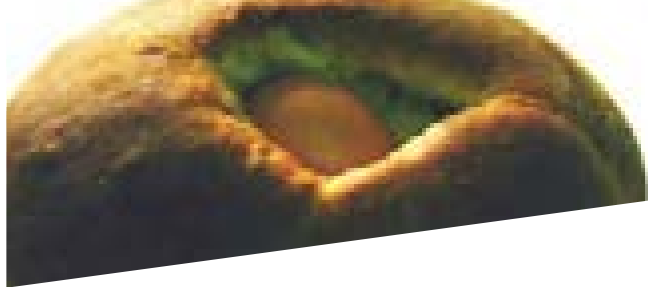
Production area
Province of Roma: Jenne

PRODUCT DESCRIPTION The '*Ndremmappi di Jenne*' is a fresh pasta, springing from a pure peasant roots, made by kneading unrefined flour still containing a certain amount of bran, salt and warm water, (which makes the dough more homogeneous). The appearance of the pasta is dark in colour. Traditionally, Jenne's '*ndremmappi*' are seasoned with a sauce made from garlic, chilli peppers, tomato and anchovies (in brine or salted) sautéed in extra virgin olive.

PRODUCTION METHOD The flour is the key ingredient in the preparation of Jenne's '*Ndremmappi*' which must be strictly durum wheat flour achieved through a grinding process, which takes place at the stone mill of the Municipality of Jenne. This is carried out in such a way that the presence of a certain amount of bran is guaranteed. Therefore the resulting flour is not very refined and referable to category 0 or 1 or wholemeal and darker in colour. Furthermore, thanks to the low speed stone grinding, the starchy part of the grain (endosperm) is amalgamated with the lipid part of the germ, giving a final product richer in enzymes and vitamins. The '*Ndremmappi*' are achieved from the blend of flour and warm water which makes

the dough more uniform and compact. The dough is kneaded vigorously by hand for about 15 minutes on wooden boards. It is rolled out into a sheet with a rolling pin and then cut into strips that are not too thin and about 10 cm wide. These strips are left to dry for 30 minutes/ 1 hour and then, by placing them one on top of the other, they are cut into strips of about 5-6 cm.

HISTORY BACKGROUND In Jenne, about a century ago, in addition to sheep farming, the agricultural land was farmed with wheat, corn and potatoes. The wheat was of a variety locally called "*zucco*", the grain of which was of a medium size and quality and had a yield superior to other varieties. The annual production of wheat and corn was about 3,000 quintals and had to be enough to support the population for the whole year because it was precisely from the wheat and corn that they made the bread and the '*ndremmappi*', whose name seems to derive from the local term "*Ndremmappa*", used to indicate durum wheat flour ground in a not very refined and wholemeal way, that is, it still contains a certain amount of bran. In ancient times the '*Ndremmappi*' were seasoned only with the "flavours of the cooking water" and "if there was any", so Jenne's grandmothers say "with a little bit of pecorino cheese". Later on, with the advent of canned tomatoes (or preserves) housewives prepared what they called "fake sauce" which consisted only of tomatoes and flavoured with the addition of anchovies. '*Ndremmappi*' represent the excellent outcome of a marriage that has lasted hundreds of years between the sea and the mountains. The introduction of anchovies in the sauce is due to local shepherds. It is said that in the past, when the plains of Fondi di Jenne and Campitelli were covered with snow in autumn, shepherds brought their flocks to winter in the south, towards the Pontine plain. In spring, for the long return trip back, they brought with them the few products that could be easily preserved: tomato sauce and salted anchovies. From these simple ingredients, and from the wheat flour of the Jene land and from the anchovies, a tasty dish was born that combines the aroma of the sea with mountain traditions. Since 1911, Jenne has boasted of a municipal stone mill which is still used today to grind the flour for Jenne's '*Ndremmappi*'. In September, in Jenne, the Pro Loco organizes the more than thirty-year old tradition of the "*Sagra degli Ndremmappi*" festival..



PALOMBELLA

Production area
Province of Rieti

PRODUCT DESCRIPTION Large sweet bread in the form of a ring, which features a hard-boiled egg, which is set in the centre where a hole would have been. The colour is light golden brown and the flavour is sweet and with the taste of cinnamon. The Palombella is made by processing of soft wheat flour, natural yeast, eggs, lard, flavourings (orange and lemon, cinnamon powder, rum, Alkermes).

PRODUCTION METHOD The ingredients are kneaded by hand until the typical ring shape of about 20 cm in diameter is achieved and a hard-boiled egg is placed in the centre. After rising for about an hour at room temperature, the sweet breads are baked in the oven at 240°C for about 30 minutes.

HISTORY BACKGROUND A confectionery product of ancient origin, whose traditional preparation does not include the addition of sugar but uses natural flavourings and cinnamon as sweeteners. It is a “sweet” variant of bread, prepared only on the occasion of the Easter holidays. It has the shape of a dove’s nest with an egg in the centre, hence the name “*palombella*” or rock pigeon. In Christian iconography, the egg is the symbol of the Resurrection, the symbol of Christ’s rebirth; its shell represents the tomb from which a living being emerges, while the dove implies a message of good tidings referring to peace. It was customary to bring the Palombella to the church on Holy Friday or Saturday to have it blessed and eaten during the Easter breakfast. In time it took on the flavours of long-desired things, since during Lent it was forbidden to eat eggs, as food of animal origin.



PANE CAFONE

Production area
Province of Latina: Castelforte, Santi Cosma e Damiano

PRODUCT DESCRIPTION This peasant bread made in the home is mainly worked by hand. The bread baked in a chestnut wood-fired oven, prepared with natural yeast produced on the farm locally known as “*cresciuto*”. Its characteristic shape is a long or round shaped loaf. The weight ranges from 1 to 2 kg. It has a savoury and full-bodied flavour. It has a golden and uniform external colour. It keeps for about a week.

HISTORY BACKGROUND This bread is the traditional food par excellence, but the original production process has been handed down only in a few places. In the town of Santi Cosma e Damiano and Castelforte, there are only a few left who still produce this kind of bread as it has been handed down from previous generations. This is the so-called *Cafone* (Peasant) bread because it was the bread of the poor masses, made with basic ingredients and without any decoration or mark on the surface, such as crosses or cuts of various shapes. It is a bread that is linked to Caserta’s tradition, since until 1927 this territory fell within the Terra di Lavoro (a historical district called *Liburia* in Latin in southern Lazio). In numerous dialectal compositions by local poets the memory of the ritual linked to making bread at home constantly springs, when the housewives woke up early to slowly knead the “*màtera*” (dough).



LARIANO'S HOMEMADE BREAD

Production area
Province of Roma

PRODUCT DESCRIPTION Lariano's homemade bread, with a rustic, sour and decisive taste, is achieved from the blend of soft wheat flour types 0, 1 and 2. The shape is the classic elongated loaf or round loaf shape, with a weight that ranges from 1.4 to 1.8 kilos for the round loaf; from 0.8 to 1.1 kg for the elongated loaf. The external crust, after cooking, has a golden caramelized appearance with a thickness of about 4 mm, while the internal crumb is beige in colour with the characteristic tiny air holes, and the presence of darker, whitish specks. Lariano bread keeps well for a few days.

PRODUCTION METHOD The ingredients of Lariano homemade bread are: soft wheat flour, fine salt, sour-dough starter ("biga"), brewer's yeast, water. The "biga" (starter) derives from the spontaneous fermentation of the dough of the previous day, which has been refreshed every day with the addition of water and flour, in proportion to the quantity of dough. The dough is made with the use of a spiral or fork kneader, for a minimum duration of 30 minutes. This is then followed by an initial leavening, which has a maximum duration of 90 minutes, during which the dough is kept covered with a cloth, in order to promote its leavening at a room tem-

perature. The mass of dough is then divided into individual loaves which, in turn, are left to rise on cloths laid over wooden boards, covered with the same cloths, for a maximum period of 1 hour. The round and elongated loaves are inserted into the oven by hand. The baking must take place in wood-fired ovens fed with wooden bundles, at a temperature ranging between 280°C and 320°C, for a minimum duration of 60 minutes. The loaves of bread are checked and moved around in the oven in order ensure that the baking is uniform. The round and elongated loaves of bread are taken out of the oven and placed on cooling racks for at least 45 minutes, before being placed in the transport crates.

HISTORY BACKGROUND Hand-crafted bread from Lariano became quite popular, initially in the Province of Roma, then caught on throughout the Lazio region, especially after WWII. The workers who hailed from Lariano and neighbouring villages went to the capital to work, ate lunch with this bread and also shared it to the other workers. Worthy of note is the old grinding mill which is still in perfect working order. Here you can witness the ancient process of grinding grains of wheat "*a palmenti*" (with grind stones) and where you can find various types of flours. Lariano hand-crafted made bread can be enjoyed on the occasion of the Feast of Porcino Mushrooms, the Bread and Wine festival, on the last Sunday of September, in Lariano.





LUGNOLA'S HOMEMADE BREAD

Production area
Province of Rieti: Conigni

PRODUCT DESCRIPTION Bread prepared with type 0 and 00 flour, water, natural yeast (sour dough with 2-3 days of leavening) and a little brewer's yeast. After being baked, Lugnola hand-crafted bread has a brown external crust and a whitish internal crumb. The shape is generally an elongated or round loaf. It keeps well for 4-5 days.

PRODUCTION METHOD After mixing the ingredients in the mechanical dough kneader for about 10-15 minutes, about 1.350 - 1.400 kg of dough is taken out and baguette-type loaves, elongated loaves and round loaves are formed. This operation is either performed or by means of loaf slicing and moulding machine. The loaves thus achieved are left to rise on wooden boards, covered with hemp or linen cloths, inside proofing rooms, at a temperature of 26°C and a relative humidity of 60%, for about 4 hours. Once the leavening is complete, using wooden peels, the cheeses are baked in a preheated wood oven at a temperature of about 220-230°C for one hour.

HISTORY BACKGROUND Lugnola, a small town nestled in the Sabina hills, is a hamlet in the municipality of Conigni, in the Prov-

ince of Rieti. Bread has been produced here for untold ages, whose high quality is due, in addition to the use of sourdough starters, to a traditional processing technique, such as baking the bread in a wood-fired oven after a leavening process that is longer than normal, which allows it to keep it for a long time. The lack of salt in the dough combines the tradition of Lugnola with that of the regions of central Italy, in particular with that of Terni which is only 15 kilometres away and which has strongly influenced the culture and traditions of its inhabitants. It is said that at the time of papal dominion, over a vast territory of central Italy, the Pope, in order to collect more taxes to face the wars in progress, decided to put a tax on salt. Tuscans, Umbrians and the inhabitants of the Marche, unwilling to submit to taxes that they did not consider to be just, took the decision to no longer use salt and thus the "saltless bread" was came into being, perfect for enhancing the flavours of the foods it accompanies, without overwhelming them with the first taste. Lugnola hand-crafted bread owes its tradition to the particular dexterity and skill of people who have acquired a specific expertise over time.





MONTELIBRETTI'S HOMEMADE BREAD

Production area

Province of Roma: Montelibretti

PRODUCT DESCRIPTION Montelibretti's homemade bread is distinguished by a light golden-coloured crust that is quite crumbly and crisp and a whitish crumb that has rather large air holes. The shape is either a round loaf or elongated loaf. The production of Montelibretti homemade bread was carried out once a week or every 10 days, given the rather long shelf life of this product.

PRODUCTION METHOD The mixture of flour, brewer's yeast, water and salt is enriched with "biga" (sour dough starter) that is refreshed with water), 20 grams of brewer's yeast and flour. The ingredients are blended and kneaded until the dough has reached a dry and compact appearance. The dough is left to rise for 2-3 hours at room temperature and then divided into many pieces of 1.3-1.4 kg, which are further kneaded by hand. A second 2-hour leavening follows on wooden boards covered with cotton or jute sheets. When the oven has reached the right temperature, that is when the oven hood has taken on a whitish colour, the bread is baked and it cooks for about 1 hour.

HISTORY BACKGROUND Traditionally the production of home-made Montelibretti bread took place in the home and cooking took place in the wood-burning oven or fireplace. From the oral testimonies collected we learn that the most important and delicate phase concerned the raising of the bread. Housewives used to arrange the dough on wooden boards, near the fireplace. In addition, the bread was covered with a cloth and, to further speed up the leavening, lighted candles were placed under the tables.



OLIVE BREAD

Production area

Entire region of Lazio

PRODUCT DESCRIPTION It is a tasty, soft and slightly sour dough bread, prepared with white or durum wheat semolina, green and/or black olives, water, and salt. The shape is an elongated loaf with a thin crust and white, soft crumb, stuffed with olives.

PRODUCTION METHOD A small amount of dough is prepared as a starter with flour and water and the yeast is left to develop inside, covering it with a wool cover. The next day, this natural yeast starter is added to the dough, and blended with the rest of the ingredients, kneaded and left to rise. When it has risen to twice its size the loaf is placed in a wood-fired oven in direct contact with the floor of the oven on from which the embers have been cleared.

HISTORY BACKGROUND This is a kind of bread that, even when made with white flour, remains soft for many days, thanks to the presence of the olives that release some of their oil content. Its preparation rests on a century-old tradition. The family wood-burning oven used to be lit to make bread once a week. For many years, commercial bakeries have taken up traditional recipes and prepared this kind of bread, with which they can distinguish themselves on the market.



POTATO BREAD

Production area
Entire region of Lazio

PRODUCT DESCRIPTION Bread with a sweetish flavour due to the presence of potatoes, which has a thin, crumbly, nut-brown crust with two superficial cuts. The internal crumb is white with holes that are fairly large.

PRODUCTION METHOD The ingredients are: type 00 flour and about 5% wholemeal flour, potatoes or mashed potatoes or potato flakes, water (70-80%), salt, selected yeast for baking (brewer's yeast) and a yeast basted starter. Natural yeast is added to the dough, blended and kneaded with the rest of the ingredients and left to rise for 4 hours at room temperature around 25°C. Following this stage, the dough is cut up and moulded into various shapes: baguette kind loaves, elongated loaves, round loaves, twisted bread croissants which are left to rise further for about 2 hours on hemp sheets. The cooking takes place in a wood-fired oven, in direct contact with the floor of the oven from which embers have been cleared, or in a gas oven at a temperature of 230°C for about 1 hour.

HISTORY BACKGROUND This is a kind of bread that lasts for many days and its preparation is based on a century-old tradition. In the past in the houses, the family oven, which was strictly wood-fired, was lit to make bread once a week. For many years commercial bakeries have taken up the traditional recipe and prepare this kind of bread, perhaps with some adaptation as concerns the dosage of ingredients and on the processing method, which is customized to meet to local needs and to stand out on the market.



CANALE MONTERANO'S BREAD

Production area
Province of Roma: Canale Monterano

PRODUCT DESCRIPTION The Canale Monterano's bread has the characteristic shape of a round loaf with sizes ranging from 0.500 kg to 2.500 kg. Its crust is about 3 mm thick and the internal white crumb has a fairly dense number of air holes. It has a maximum humidity of 35%; and has an intense aroma of cereals.

PRODUCTION METHOD This bread is prepared with type 0 and 00 soft wheat flour, slightly alkaline water (supplied by the municipal aqueduct of Canale Monterano) and above all with some yeast based starter, achieved by adding about 2% of water and flour to the mixture. of sourdough starter from the previous day. Baking takes place in a wood-fired oven for a few minutes.

HISTORY BACKGROUND The origins of Canale Monterano's historic bread harks back to the early 1500s and is influenced by the Umbrian and Tuscan saltless bread. In this period the ancient city of Monterano underwent a period of intense immigration of Umbrian and Tuscan woodcutters who were called by the Orsini family, the feudal lords of the territory in to cut down and clear woods of the *Silva Mantiana*, the extreme offshoot of the Silva Cimina forest, which was famous for its impenetrability, which had previously hindered the conquest of Etruria by Rome.



ALLUMIERE DURUM WHEAT SEMOLINA BREAD

Production area
Province of Roma: Allumiere

PRODUCT DESCRIPTION The town of Allumiere's bread is prepared with re-milled durum wheat semolina, water and commercial natural yeast. There is no addition of salt. This bread has a round loaf or oblong shape, with a maximum weight of 2 kg and yellow internal crust. The baking also takes place in a refractory brick oven, directly fired with chestnut wood.

PRODUCTION METHOD The preparation of Allumiere durum wheat semolina bread starts with the preparation of a good yeast based starter with flour and water, left to ferment for a whole night. The dough is mixed by means of an automatic dough kneader, for 20 minutes, at low speed.

About 2 kg of dough is divided up either by hand or by means of a cutting machine and processed to form a round loaf. The loaves are left to rise on wooden boards and covered with linen or cotton sheets. The rising time varies from 30 minutes to 2 hours, at room temperature.

For cooking, in the oven, strictly fired with chestnut wood, the "*sbracio*" is prepared, that is distribution of the ash on the floor of the oven, which are then removed with the "*mondelo*" (wooden stick with wet cloth for eliminate dust and residual ash). The baking takes about 1 hour.

HISTORY BACKGROUND In 1462 the Vatican official Giovanni de Castro discovered the presence of alum, which had hitherto been imported from Turkey near the city of Tolfa. Alum was very useful for dyeing wool and tanning leather.

The city of Allumiere was developed as a result of this discovery. It was founded in 1500 to house the alum processing plants and workers' accommodation. Only in 1825, by the will of Pope Leo XIII, did it become a municipality and, again by papal initiative, numerous bakeries were opened for the processing of bread that was accessible to all citizens. Today in Allumiere, there is still a bakery with a wood-fired oven dating back to 1870.



MONTEROMANO DURUM WHEAT SEMOLINA BREAD

Production area

Province of Viterbo: Monteromano

PRODUCT DESCRIPTION Homemade bread prepared with durum wheat flour, semolina, granulated and natural yeast of own production. The type of flour gives the crumb a yellow colour. The shape is loaf, with the characteristic central line; the flavour is slightly savoury. The cooking takes place in ovens fired with oak and chestnut wood.

PRODUCTION METHOD The natural yeast, used for the preparation of Monteromano's Pane nero (black bread) is prepared the day before with flour and water, kept inside the dough kneader and left to rise for a whole night. Durum wheat flour, semolina and water are then added. One kg of dough is taken from the whole mass of dough and worked by hand to form round loaves, which are arranged on wooden boards, covered with cotton sheets and left to rise for 1-1.5 hours. It is baked in the wood oven, fired with wood at 225-230°C for about 1 hour.

HISTORY BACKGROUND The origin of Monteromano's Pane Nero is quite ancient and stems from the peasant tradition of when the bread was prepared in private homes. In the past, the dough was processed in a different way than today: it was divided into two parts, kneaded with two hands and joined before the natural leavening phase, hence the name of "couple".



VEROLI'S BREAD

Production area

Province of Frosinone: Veroli

PRODUCT DESCRIPTION This handcrafted bread is made in the shape of a round loaf or elongated loaf, from type 00 and 1 flour, yeast based starters, salt and water; and weighs about 2 kg. The crust is golden brown in colour, while the internal crumb is whitish in colour with the characteristic small air holes.

PRODUCTION METHOD The key ingredient of Veroli's bread is the yeast based starter, achieved from the dough of the previous processes, which is left to rise for a long time in a container and periodically "renewed" with flour and water. Together with the other ingredients it composes the dough which, worked for 20-30 minutes in the mechanical dough kneader, and left to rise for a period ranging from 90 minutes to 2 hours, at room temperature. Then, having recovered about 2.4 kg of dough that will be used to craft shapes with a net weight of about 2 kg, elongated loaves or round loaves are formed by hand which are left to rise a second time on firwood boards, covered with linen or cotton, for about 60 minutes. When the leavening is complete, the loaves are baked in the wood-burning oven, fired by beech wood, for 90 minutes at about 200-220 ° C.

HISTORY BACKGROUND A "thousand-year-old bread", this is how it was defined by Corrado Barberis, the president of the National Institute of Rural Sociology in Rome, who included it in the Atlas of Bread, together with the historical "breads" from all over Italy. *Pane di Veroli*, made every day in Veroli with a yeast starter that is periodically "refreshed" with water and flour, has ancient origins, as do the many bakeries found throughout the town's alleys. Its quality is given not only by the use of sourdough starters, which are rich in live enzymes, but also by a traditional processing technique, such as baking in a wood fired oven after double leavening, which allows it to be preserved for a long time. It is "homemade" bread, mad in the home and brought to the town's bakeries to be baked, traces of which remain in the historical documents in the municipal archives.



VICOVARO'S BREAD

Production area
Province of Roma: Vicovaro

PRODUCT DESCRIPTION Vicovaro's bread is made with type 0 or 1 flour, sourdough yeast with indirect leavening, water and salt, less than 2%. It comes with a square shape with rounded edges. Its crust is less than 2 mm thick, crisp, with 4 radial wedges, light in colour. The crumb tends toward and ivory/pale grey colour (depending on the type of flour used). The air holes are tiny and compact, with sporadic large holes. The thickness of the round loaf is about 60 mm, the size varies from 0.5 kg to 3 kg. The so-called "shelf life" (and index of organoleptic and product durability) is about 6-10 days after leaving the oven.

PRODUCTION METHOD The preparation Vicovaro's bread starts with the refreshment of the sourdough starter and the preparation of the "cresciuta", that is to say, the fairly liquid leavening agent made up of sourdough starter, water and flour, which is left to ripen for the whole night and ready for the dough the following morning. Brewer's yeast is permitted as a starter to an extremely limited extent and exclusively in relation to the atmospheric conditions of the winter period. The dough is made by hand or with a mechanical dough kneader. After made the folds, the dough is left to rise from 12 to 24 hours. At this point it is cut into pieces and weighed according to the desired size. The pieces are "beaten" that is say worked to give them their shape. The round loaves are placed on raw cotton canvases placed on wooden boards and, before being

covered with fine cotton sheets, light pressure is applied with the palm of the hand (to limit the development of crumb). When the bread is considered fully "risen", that is to say, ready to be baked, 4 radial "moon wedge" incisions are made. In addition to this, the crust might bear an identification code of the producer or a dry stamp. Once it has been baked, the bread must be allowed to cool and cannot be marketed before 12 hours after baking has passed. The baking takes place in a refractory brick dome oven, fired with wood or with a gas-fired burner.

HISTORY BACKGROUND In the town of Vicovaro, in the period after WWII, thanks to the initiative of some local traders, the need to make bread in the home was spontaneously transformed into a real productive and commercial enterprises, favouring the development of agriculture linked to the cultivation of cereals. In the 1970s, 19 bakeries operated in Vicovaro, all located within the town's historic centre whose production and marketing was around 2,000 loaves per day, which represented the livelihood for the inhabitants of Vicovaro as well as of the neighbouring towns. This bread acquired its excellent reputation and popularity thanks to the characteristic door-to-door sales made both in Tivoli as well as in the various districts of Rome by men and women from Vicovaro who early in the morning took the first train leaving from the Vicovaro station and travelled into the capital, dealing with the repression exerted by the so-called Roman "pizzardoni" (police officers), since that trade was mainly illegal. The bread of Vicovaro has therefore been the bread of the families of Vicovaro and not only that for many years. (Source: "il Pane di Vicovaro. Storia di un simbolo e della sua comunità".) (The Bread of Vicovaro. History of a Symbol and Its Community").





PANE LATINO (Pà Latino)

Production area
Entire region of Lazio

PRODUCT DESCRIPTION Pane Latino (Latin Bread) essentially resumes the shape and some basic ingredients of the breads made around 50 BC. in some territories of the Roman Empire, between Campania and Lazio. This bread has a circular shape and is characterized by 8 radial incisions, forming 8 wedges. The bread made in this way does not require any mechanical tools for portioning and the “dividing” is done by hand. The ingredients refer to the cereals available at the time: with particular reference to durum wheat, spelt or barley. The leavening is carried out with sourdough starters.

PRODUCTION METHOD In consideration of the different conditions of use, contemporary Latin Bread is achieved with a mixture of flours as follows: re-milled durum wheat semolina (about 40%),

einkorn spelt flour (about 40%), two-row barley flour (About 20%). Natural yeast can be achieved from soft and hard wheat, spelled, rye and barley flours. The amount of salt must not exceed 1.8% of the net amount of dough. The dough is quite soft, with a first and second leavening for sizes ranging from 900 grams to 1,400 grams on average. The dividing is done manually, as is the shaping of the 8 notches with the aid of the appropriate template. Baking is carried out in electric or wood-burning ovens, directly on the oven floor. Once taken out of the oven, the bread is stored in a ventilated area and put on sale after at least 24 hours. *Pane Latino* guarantees a “shelf life” of 10 days

HISTORY BACKGROUND The “bread of the ancient Romans” was of different types, but essentially round in shape. The common elements were, without a shadow of a doubt, the natural leavening and the Ingredients: durum wheat, spelt, barley (in some areas, even millet and rye). From the point of view of shape, the division into segments adopted in Pompeii (and taken up in other areas such as Ostia Antica), is an evident functional characterization: the bread for the people had to be easily used and portioned, even considering the individual round loaves for the longest periods.

The bread of the ancient Romans, today called “Latin Bread”, is inspired by the findings of Ostia Antica and those, even more evident and better preserved, of Pompeii. Just think of the casts of bread made by the Special Superintendence for the Archaeological Heritage of Naples and Pompeii, using the findings in the “Archaeological Park of Pompeii”, as well as the images of wall paintings relating to the distribution (most likely free of charge) of bread and the Ostia Antica Archaeological Park, where images of the remains of mills and bread production are kept. In recent years, some bakers in Lazio have resumed the production and marketing of Pane Latino.



PANGIALLO

Production area
Province of Roma

PRODUCT DESCRIPTION This is a traditional dessert linked to the festivities of Christmas. It has a rounded or domed shape, is amber in colour, with a sweet taste that recalls the many ingredients used including dried fruit, honey, figs, cocoa, liqueurs. A dough is prepared which is left to rest for a few minutes and kneaded by hand until a rounded or domed shape is achieved. It is baked in a moderate oven until golden brown.

PRODUCTION METHOD A dough is prepared with all the ingredients (which might vary according to the production area): flour, walnuts, hazelnuts, almonds, pistachios, dried figs, honey, pine nuts, candied fruit (citron, orange), raisins, eggs, bitter cocoa powder, chocolate flakes, wildflower honey, algerian liqueur, extra virgin olive oil and yeast, and left to rest for a few hours. After a rest period, the dough is moulded by hand to obtain single dome-shaped or rounded loaves, generally weighing 500 grams which are then brushed with eggs. The baking takes place in the oven for 30-45 minutes at 160-180° C with subsequent cooling period that lasts about 24 hours before packaging.

HISTORY BACKGROUND Pangiallo is a typical Christmas dessert, produced in our region, whose origin may be traced back to ancient Rome and, more precisely, to the imperial age. It is said that they were the “golden sweets”, distributed during the winter solstice festival as a good omen for the return of the sun. In fact, it is decorated with a thin layer consisting of a golden crust that gives the cake its typical brilliance.

Over the centuries, Pangiallo has undergone several transformations both in the type of ingredients used and in the way of preparing it. It has been a Christmas gift since ancient times: for the most part, it was the wives of the peasants who gave it to local notables. Today it is still a regular gift, but it is on sale in all bakeries.

PANICELLA DI SPELONGA

Production area
Province of Latina: Sperlonga

PRODUCT DESCRIPTION An Easter cake made with flour, eggs, milk, sugar, butter, liqueur and aniseed, brewer's yeast, natural yeast and vanillin. The bread dough known as "crescuito" is prepared with natural yeast and left to rise for about 4 hours; the other ingredients are then added. The dough is left to rise for 2-3 hours, then worked in the form of a *panicella* (loaf) and leavened for 2-3 hours. It is baked in the oven for 15-20 minutes at 180°C. A typical Easter cake, it boasts a long tradition: for more than 25 years its presence on the local market has been guaranteed by local bakeries.



PEZZETTI DI SERMONETA

Production area
Province of Latina: Sermoneta

PRODUCT DESCRIPTION Baked confectionery product based on hazelnuts or almonds, flour type 00, honey and olive oil in the shape of a loaf. The ingredients are mixed on a steel surface, long loaves are formed and then baked in the oven for 20 minutes at 160-170°C. After this first phase, the loaves are removed from the oven, cut into slices of about 40 grams each and put back in the oven for 10-20 minutes at 160-170°C. The origins of Sermoneta's Pezzetti (little pieces) date back to the Middle Ages when dried fruits and honey entered local confectionery preparations, perhaps due to the contribution of Arab gastronomic knowledge.

PASTARELLE COL CREMORE

Production area
Province of Rieti: Poggio Bustone

PRODUCT DESCRIPTION Lozenge-shaped or round-shaped biscuits prepared from a mixture of flour, eggs, sugar, extra virgin olive oil, milk, lemon zest, cream of tartar. The dough is prepared from the dough which, properly cut, will give shape to the *Pastarelle* which will be baked in a wood oven. It is characterized by the presence of cream of tartar which favours the leavening of the *Pastarelle*. It is a preparation made in the homes that is unfortunately disappearing. It was once the sweet of the most important celebrations, such as baptisms and weddings.

PIZZA PER TERRA

Production area
Province of Rieti: Posta

PRODUCT DESCRIPTION To prepare the *Pizza per Terra* (Pizza on the Ground), the sourdough starter, saved from the previous baking and reactivated by adding water and flour 12 hours before use, with mixed with soft wheat flour, eggs, salt and aniseed. The dough is worked into loaves, left to rise, wrapped in linen sheets at room temperature and brushed with beaten egg. It is baked in a wood-fired oven. The recipe and preparation follow tradition. It was the bread for special occasions, made with simple and natural ingredients, produced from the "earth", which were available in all peasant families of the past.



"BUTTON" BREAD ROLLS

Production area

Province of Roma: Capranica Prenestina, Genzano di Roma

PRODUCT DESCRIPTION Round or "button" bread rolls, made with type 00 flour, water, olive oil, sugar, salt, beer yeast. They have a golden brown surface, and weigh about 80-90 grams.

PRODUCTION METHOD The ingredients are mixed in the mechanical dough kneader. The dough is left to rise once for about 10-15 minutes at room temperature, is then punched down and worked again by hand and then left to rise again for 35-40 minutes at room temperature. Subsequently, the dough is kneaded a second time by hand and bread rolls are formed. At this point, the third leavening takes place for 2 hours at room temperature. Finally, the leavened rolls are baked in a preheated wood-fired oven with all the wood and embers removed at 180-190°C for 15-29 minutes.

HISTORY BACKGROUND Bread rolls that began to be produced in the second half of the Twentieth Century, in the age of well-being, when the basic ingredients of bread could be granted the luxury of adding extra virgin olive oil and, above all, sugar and when it was possible to allow oneself the luxury of reducing the size to give the product a cute shape.



MAENZA, SEZZE, LATINA ALMOND PASTE

Production area

Province of Latina: Latina, Maenza, Sezze

PRODUCT DESCRIPTION An almond past sweet made with ground sweet almonds, sugar, egg white and lemon juice. It has a flattened hemispherical shape and a weight of about 30 grams. A disk of wafer paper is placed at the base of the dough, while the sugar is distributed over it. Its peculiarity is that it remains soft on the inside and crumbly and crisp on the outside.

PRODUCTION METHOD All of the ingredients are mixed in a bowl, adding the egg white a little at a time, until a dough of medium consistency is achieved which, placed on the wafer paper, remains firm. The dough is spread over on the wafer paper and arranged in a floured pan, covered with sugar and baked at 200-260°C for about 40 minutes.

HISTORY BACKGROUND Almond trees have always been present in the territory of Maenza, Sezze and Latina, often in intercropping with olive trees and vines. Almonds were loved by the ancient Romans who considered them to be an effective remedy for drunkenness. The growing of almond trees was further encouraged in the Carolingian era, because it was considered a plant that gave a complete food, with stimulating and healing properties. It would seem that it was the Arabs who discovered the secret of working chopped almonds with egg whites and honey (later replaced by sugar), and who inaugurated the great culture of almond sweets. Once upon a time, almond pastes were offered only on the occasion of parties and ceremonies; today the local pastry shops produce them all year round.



PANPAPATO, PANPEPATO

Production area

Panpapato – Province of Frosinone: Anagni Panpepato - Entire region of Lazio

DESCRIPTION OF THE PRODUCTS **Panpapato:** A sweet with a hard consistency, with pyramidal-conical shape, which is dark brown, glossy, and characterized by a particular spicy aftertaste. Its main ingredients are dried fruit, honey and cooked grape must. It goes well with full-bodied wines. **Panpepato:** Round or loaf-shaped cake, brown in colour (which, depending on the ingredients, can be slightly spicy) made with walnuts, hazelnuts, almonds, pine nuts, raisins, dark chocolate, cocoa, candied fruit, honey, cooked grape must, possibly flour and ground pepper, sometimes nutmeg and cinnamon. Some traditional recipes of the Province of Rieti include the addition of coffee liqueur.

PRODUCTION METHOD **Panpapato:** all the ingredients are mixed together by hand until a uniform amalgam is achieved. In particular, dried fruit, chocolate, candied fruit and raisins are sprinkled first with flour, then soaked in honey and cooked grape must. After letting the dough rest for at least 24 hours, the so-called conical “loaves” are prepared and baked in the oven, on cooking sheets, at a temperature 240°C for about 45 minutes. **Panpepato:** almonds

and hazelnuts are toasted in a wood-fired oven and the almonds are also peeled.

The honey is heated up in steel pots in order to make it very liquid and all the ingredients are poured into it: walnuts, hazelnuts, pine nuts, almonds (in some cases all the dried fruit is coarsely chopped), dark chocolate dissolved in a double boiler, cocoa, candied fruit, and raisins which have been previously soaked in warm water. Everything is well blended by hand, adding the cooked grape must and, depending on the local traditional recipe, nutmeg, cinnamon, flour, white or black pepper, coffee liqueur. At this point, the dough is divided up into portions of about 300 grams each, giving it the desired shape (round or elongated loaf). The loaves are baked in an electric oven at 200°C for 20 minutes, on cooking sheets lined with parchment paper or in a wood-fired oven fed with bundles of holm oak at 180°C for a maximum of 25 minutes, after having placed a sheet of wafer paper at the base of the Panpepato.

HISTORY BACKGROUND Typical Christmas sweets, the presence of dried fruit, candied fruit, honey and must make them highly caloric products and have always been considered a symbol of well-being and prosperity. Raisins, dried and candied fruit, walnuts, hazelnuts are winter fruits and it was clear the idea that foods were carriers of a force that nature displayed in that specific period of the year and of which the body could not help less, on pain of loss of harmony and good luck.

The origins of Panpapato and Panpepato date back to the Middle Ages when dried fruits and honey began to enter confectionery preparations, perhaps due to the contribution of Arab gastronomic knowledge. Chocolate, on the other hand, has been added among the ingredients in modern times. Panpapato, in particular, became popular in the city of Anagni when it became the seat of the papacy, hence the name that derives from a contraction of Pan del Papa (Bread of the Pope) owing to the particular richness of the ingredients. It appears to have been Boniface VIII's favourite dessert and has since become the city's most popular dessert. It is characterized by its captivating shape reminiscent of the pope's tiara. Panpepato (Peppered Bread), on the other hand, owes its name to the spicy aftertaste or to the addition of pepper among the ingredients, a very popular combination in the Middle Ages when the contrast between spicy and sweet was favoured.



PICCELATIEGLI

Production area

Province of Latina: Castelforte, Santi Cosmi e Damiano

PRODUCT DESCRIPTION Piccelatiegli are a tasty savoury snack, which is especially aromatic, fried in extra virgin olive oil, whose preparation is closely linked to the Christmas holidays. The dough is made from type 1 flour, salt (about 20 grams for a 1 kg of dough), sourdough starter (locally called "*criscito*"), orange and tangerine juice, white wine to taste, cinnamon and cloves. They have a golden colour on the surface, a savoury taste and a marked aroma of cinnamon and cloves.

PRODUCTION METHOD For the preparation of the Piccelatiegli dough the flour is placed on the wooden pastry board and then the wine, oil, orange juice and mandarin are added (a part is poured), yeast based sourdough starter (previously refreshed with water and left to rise for 24 hours), cinnamon and cloves, which are sprinkled over the flour. The dough is worked by hand with the addition of the remaining part of citrus juice, for a rather long time and fairly energetically until the medium-small holes begin to form (which can be seen by cutting the dough). The soft and compact dough is left to rise for 24 hours covered with a linen or cotton or wool cloth. Once the leavening is complete, a part of the dough is taken which is processed by hand and from which strips of dough of about 30 cm are formed which, in their entire length, are immersed, following a circular or spiral pattern, in the extra virgin olive oil, previously

heated up to boiling point. When the *piccelatiegli* take on a golden colour on the surface, the frying is finished.

HISTORY BACKGROUND *Piccelatiegli* are a comfort dish of the poor that is typical of lower Lazio, especially of the towns of Castelforte and Santi Cosma and Damiano, but which contain "valuable" elements such as cinnamon and cloves that are to be related to their Christmas function. It is said that a lady of the village, not having the financial resources to buy the typical Christmas dishes and sweets for her children, took what she had in the pantry and prepared them with a mixture of flour, orange juice, mother yeast (achieved from home-made bread processing), cinnamon and cloves, whipping up a tasty snack for her family. Tradition has it that on Christmas Eve, the Piccelatiegli recipe is handed down from mother to daughter and to the ladies of the town. The preparation of the dough must necessarily begin before Christmas Eve in order to allow it to rise and the processing of the dough then begins with the various ingredients and cooking on Christmas Eve. *Piccelatiegli* are ready at midnight to celebrate the birth of the Child Jesus in the family.





PIANCIARELLE MONTICELLESÌ

Production area

Province of Roma: Guidonia Montecelio

PRODUCT DESCRIPTION Similar to large hand-made spaghetti, the Pinciarelle Monticellesi belong to the poor comfort food of the peasant cuisine because the ingredients are limited to water and soft wheat flour. In the past, bread dough was also used, which had mainly the function of leavening agent and a little olive oil. *Monticellesi pinciarelle* are preferably combined with robust sauces based on beef or sausages.

PRODUCTION METHOD The ingredients for the preparation of the Pinciarelle Monticellesi are type 00 flour and water with the possible addition of an egg to make the dough softer and the dish tastier. The flour placed on the wooden pastry board (which facilitates the processing of the dough) which is then wetted with water and worked by hand until a uniform and compact dough is achieved from which small portions of dough are taken and rolled up on themselves to form large soft spaghetti.

HISTORY BACKGROUND This dish appears to be widespread with various names throughout central and southern Italy but in Montecelio they have always been called *Pinciarelle*, a name that derives from the gesture of “pincicare”, that is to remove pieces of dough with your fingers to work them with the palm of your hands in order to obtain the characteristic rustic *spaghettoni* (large spaghetti). A centuries old recipe, that is simple and fast, characteristic of the Marche, whose diffusion in Montecelio seems to derive from the fact that a considerable part of the population of Montecelio really originally hailed from the Marche.

From the oral testimonies that have been collected (Mrs. Loretta Ballacci class of 1955; Iole Monterosi class of 1934; Angelo Volpino class of 1950), we learnt that the *pinciarelle* of Monticella were a dish that was always present in the tables of the citizens of Monticella, is of pure peasant origin “*It was prepared by grandmothers and mothers, using simple ingredients such as water and flour, and crafted by hand in the shape of large spaghetti*”. The Pinciarelle Monticellesi are so famous that the Pinciarelle Festival has been organized in Montecelio since the early 1990s.



PIZZA WITH CORN FLOUR PIZZA SOMMA AND PIZZA SOTTO LA BRACE

Production area
Province of Rieti

DESCRIPTION OF THE PRODUCTS **Pizza with corn flour:** a hearth bread achieved from the processing of corn flour, salt, hot water, yeast and pork cracklings, i.e. what remains in the pan after having melted the meat and cartilaginous residues of the pig to obtain the lard.

Pizza Somma: round-shaped pizza based on water, flour, eggs, bicarbonate and salt, without yeast. It is baked in a wood-fired oven.

Pizza sotto la brace (Pizza under the embers): round-shaped pizza made with flour, water and salt. It looks like a low white-golden flat hearth bread with a slightly smoky flavour. The absence of yeast in

the preparation gives the focaccia a rather compact appearance.

PRODUCTION METHOD **Pizza with corn flour:** the Ingredients: corn flour, salt, yeast and pork cracklings are blended with the help of hot water. The dough is left to rise and baked in a wood-fired oven at a temperature of 260-270°C.

Pizza somma: after mixing the ingredients with the help of water, disks of varying diameter are formed with a rolling pin and baked in a wood-fired oven at a temperature of 240-250°C.

Pizza under embers: a dough is prepared and left to rest for a few minutes before preparing the round hearth breads that are baked on the top of the hearth covered with embers.

The floor of the hearth, properly cleaned of ash, must be very hot, and therefore the fire must be lit well in advance. After about half an hour the hearth bread is baked and can be eaten both hot and cold.

HISTORY BACKGROUND **Pizza with corn flour:** also called polenta pizza. It is a comfort food dish of the Rieti peasant tradition, linked to the diffusion of corn flour in the diet of the less affluent classes, which took the place of wheat flour, as it was less expensive. The preparation was linked to the rite of killing a pig and spread throughout the territory during the 1800s.

Pizza Somma: this pizza, which since ancient times has represented a substitute for bread, has the characteristic of being unleavened, that is, prepared without the use of yeast, its recipe and method of preparation has been handed down for generations.

Pizza under the embers: also called *pizza sotto la brace*, this pizza has long replaced bread.

It is prepared without yeast, attesting to a probable link with the numerous Jewish communities historically present in the north of Lazio and in Abruzzo. Cooking in a wood oven enhances the taste of the product which has always been consumed as it is or stuffed with cold cuts or cheeses.



PIZZA SFOGLIATA

Production area

Province of Rieti: Borgorose, Concerviano, Fiamignano, Marcatelli, Pescorocchiano, Petrella Salto, Varco Sabino

PRODUCT DESCRIPTION This is rustic pizza, consisting of external puff pastry crust prepared with flour and eggs, and filled with ground meat, pepper and cheese or other ingredients as desired. The pizza is first rolled on itself and rolled again to form a spiral. It is preferably baked in a wood-fired oven.

PRODUCTION METHOD To prepare the pastry, it is necessary to sift the flour, arrange it in a heap and add eggs, oil and salt. The ingredients are mixed well and the dough is left to rest for at least half an hour, covered with cling film. The dough is rolled out very thin and filled with ingredients of one's choice. The dough is rolled up on itself and then formed into a spiral. The pizza is placed on a baking sheet and baked at 160°C for about 30 minutes.

HISTORY BACKGROUND Also known as *pizza rentorta* or *abbottata*, the preparation of the puff pastry pizza was reserved for special occasions and took place in the home following a traditional recipe that has been handed down for generations. It was prepared with the dough used to make *fettuccine* and filled (*abbottata*) with what you had on hand at home: sausages or pork liver and cheese, or sautéed broccoli and cheese or other vegetables and mozzarella. Eventually it coiled into a spiral, like a snake (*rentorta*). Traditionally, it was baked in a wood-fired oven or under a ceramic tile, that is to say a large tile that was turned upside down, like a lid, on the pan containing the pizza, and the surface of the tile was covered with hot embers. Both cooking methods gave a unique flavour with modern ovens. It is a typical dish of the Cicolano region, that was once the land belonging to Abruzzo and, in fact, with other names, it is also found in the neighbouring Marsica area (Magliano, Scurcola, Cappelle, Avezzano).

PIZZA SUCIA

Production area

Province of Rieti: Contigliano

PRODUCT DESCRIPTION This is a cake that is made using bread dough, made up of flour, yeast and water with the addition of walnuts, hazelnuts, pine nuts, almonds, dried figs, raisins, artisan candied fruit, honey, a few pieces of bitter chocolate, cooked grape must and a little rum.

PRODUCTION METHOD The evening before cooking, the walnuts, almonds, hazelnuts, pine nuts, dried figs, raisins, candied fruit and a few pieces of bitter chocolate are placed in a bowl. Everything is soaked with a little bit of liqueur, rum, add honey which will be mixed the dough and allowed to rest for one night. The next day, the leavened bread dough is added to the mixture, trying to form a homogeneous dough, also adding the cooked grape must. The ingredients, always stirred with a wooden spoon, are placed on a pan greased with lard and baked in a wood-fired oven for more than an hour at a moderate temperature.

HISTORY BACKGROUND This is sweet of the peasant comfort food tradition, made with ingredients from the countryside. *Sucia* in Contigliano dialect means dirty, therefore, the name is linked to the use of many different ingredients, all of which are particularly rich in calories. It is the typical dessert of the Christmas holidays, made with all the dried fruit that filled the pantries and which, in addition to being a symbol of abundance, was considered auspicious for the start of a new year.



PIZZA BIANCA ROMANA ALLA PALA DEL FORNAIO

Production area

Entire territory of the municipality of Roma
and of the Roman countryside

PRODUCT DESCRIPTION *Pizza Bianca Romana alla Pala del Fornaio* (Roman Piazza Baked Without any Topping on a Baker's Peel) is a soft and crisp baked product, with a low and crumbly edge, achieved from the processing of a dough based on soft wheat flour, extra virgin olive oil, water, yeast, wheat malt, and salt. It has an elongated oval shape, an irregular surface with the presence of bubbles, and is pressed by hand. The upper part is golden in colour with brownish areas or streaks while the lower part is amber yellow, not white. It is seasoned with salt and extra virgin olive oil. It has an oval shape, with sides between 25 and 30 cm; length of 1 metre, height between 2 and 3 cm; low edges between 2 and 3 cm. With a crumbly texture in the upper part and soft inside, this pizza is fragrant and crunchy on the palate. The dough is slightly salty with a hint of freshly baked bread and aromas attributable to freshly baked goods, with a pleasant note typical of the flour product.

PRODUCTION METHOD The method of preparation of this tasty pizza involves the use of "00" type soft wheat flour, with the following characteristics: W > 300; P/L at 0.50; natural water, extra virgin olive oil, salt, brewer's yeast and wheat malt. The ingredients are blended together, either mechanically or manually until a soft, elastic and smooth dough is achieved. When the operation is complete, the dough is left to rest at room temperature, covered with a cloth

of a natural fabric. The dough is taken, divided into several parts and left to rest for 30 minutes for the 2nd leavening. The dough is then spread out by hand with a movement in a semi-rotary elongation, pressing down on the dough with one's hands in order to obtain a squashing effect, until the thickness is equal to 1 cm, without touching the edges. The sheet of dough is laid on the surface of the piazza peel to start the baking. The dough is sprinkled with extra virgin olive oil and a light sprinkling of salt. The edges of the dough are not pressed down and remain low and oval at the ends. The dough is then pressed down in several places with the finger tips for finishing touches. The baking must take place on the floor of in ovens at a temperature between 260° and 280°C for about 15 minutes, not in a baking sheet, until the surface of the product has taken on a golden colour, with bubbles or light brown streaks in the higher parts of the dough that clearly show where it was pressed down by the finger tips. The oven should be adjusted so that the lower part is hotter than the upper part.

HISTORY BACKGROUND According to food historians, the origins of the "*Pizza Bianca Romana alla Pala del Fornaio*" (Roman Piazza Baked Without any Topping on a Baker's Peel) date back to the end of the Second World War when the white pizza was used to check the temperature of the oven, the small white and simple dough, achieved from the quick preparation of hand, crushed with the fingers of the hands, of a flattened piece of dough, was used to check if the oven was ready for baking. The flat pizza that was achieved with a little oil and salt was offered to the patrons of the bakeries waiting for the bread. The white pizza that resulted was favourably received by the public who gradually began to ask for it with the first fillings being fresh figs, from the early post-war years to the current ones based on cured meats and cheeses. According to various traditions, the true citizen of the capital has known Roman-style white pizza since he was a child with the so-called "*mortazza*", the salami that is most often accompanied by white Roman pizza. It is said that the actor and director Alberto Sordi, during his breaks on the set, loved having a "square" brought by his location photographer Enrico Appetito to consume in what appears to be a real "liturgy". *Pizza Bianca Romana alla Pala del Fornaio* has been cited in regional and local gastronomy books, in food and wine guides and in numerous sector magazines, as an authentic local speciality. The towns included in the pizza production area (in addition to the City of Rome), are part of what historical geographers call *Agro Romano* (the fields of Rome). Artisan bakers from Rome migrated throughout this area and since the 1960s and 1970s they began to offer their clients the "*Pizza Bianca Romana alla Pala del Fornaio*".



PIZZA ROSSA, PIZZA BIANCA, PIZZA CON GLI SFRIZZOLI, PIZZA FRITTA

Production area
Entire region of Lazio

DESCRIPTION OF THE PRODUCTS The dough of the pizzas in question is the same as that used to make bread, therefore, flour, water, natural yeast, extra virgin olive oil and salt. This dough is left to rise for an hour at room temperature, then, the white pizza (with no topping) is baked in the oven at 260-270°C, the fried one is cooked in boiling extra virgin olive oil for 5 minutes, the red one (covered with tomato) sauce is seasoned with the tomato cut into pieces and passed in the oven at 260-270°C; and there is also one made with shredded pork cracklings. Pork cracklings are the part that remains after melting the meat and cartilaginous residues of the pig to obtain the lard. When used in pizza, the pizza is baked in a wood-fired oven and does not employ olive oil among the ingredients.

HISTORY BACKGROUND Pizza in the Lazio region has very ancient origins. Some historians maintain that it harks back to the

Etruscans, given the similarity in shape to the porridge of cereals depicted in numerous frescoes in the necropolises. According to others, it would be nothing more than the “feast” that the Latins used to offer to the deities and which were also intended for different social classes based on the ingredients contained. The term also derives from the past participle of the Latin verb “*pinsare*”, that is to beat, to crush.

The item was attested to before the year 1,000 A.D., as “*pizza de pane*” (bread pizza), and was then cited by sixteenth-century authors as a hearth bread that accompanied meats and other dishes. In its most ancient form, it was without tomatoes, i.e. “white”; the “red” pizza asserted itself during the nineteenth century and, in short, became one of the favourite dishes of the people, sold in outdoor stalls.

Today as well, consuming it in the streets is an authentic ritual. The people of Lazio contend for its paternity with the Neapolitans even though the Roman version differs from the Neapolitan pizza as it is thinner and crisper, and without a raised edge. In ancient times it was placed in the wood-fired oven in order to check the oven's temperature, because by baking it more or less quickly, it indicated the ideal degree of heat for baking bread. Traces of embers and ash remained at the bottom of the preparation, a sign of its extreme simplicity and rusticity.

Fried Pizza is nothing more than a variant of the white pizza, it differs only as regards the cooking method and is widespread throughout Lazio also in a sweet version, i.e. with sugar, added at the end of cooking. Originally it was prepared to check the degree of leavening of home-made bread. Usually, during frying, the fried pizzas swell up, so they have an empty inner part, which was ideal to fill with some bread.

Pizza with pork cracklings harks back to a peasant tradition whose preparation is connected to the killing of the pig that was once raised in the home.

The pork cracklings, also called *ciccioli*, appear as irregular pieces of meat of a more or less dark hazelnut colour, depending on whether the melting took place thoroughly and at a high temperature. Rich in residual fat and tasty, they are widely used in Lazio regional cuisine that still uses lard.



PIZZA A FIAMMA

Production area
Province of Viterbo: Vejano

PRODUCT DESCRIPTION The *Pizza a Fiamma* (Flamed Pizza) comes in the traditional oval shape and with a crust thickness of at least 1 mm. The crumb is practically non-existent and in any case not greater than 3 mm. The aroma is intense and the taste is slightly acidic due to its use in the preparation phase of the sourdough starter. The humidity of the *pizza a fiamma* does not exceed 33%.

PRODUCTION METHOD The raw material used to prepare the dough consists of a mixture of soft wheat and durum wheat flours, in variable proportions, to which water at a temperature of 18-25°C, a yeast-based starter or brewer's yeast is added together with, sea salt, and extra virgin olive oil. The above ingredients are added in the following proportions with respect to the quantity of flour to be kneaded: water 50%; 10% sourdough starter or 5% brewer's yeast, 1% sea salt, extra virgin olive oil 0.50% approximately. The kneading operation takes about 20 minutes, kneading either by hand or using an kneading machine with arms.

Once the kneading is finished, the dough is covered with a cotton cloth of a certain thickness in order to obtain a leavening at a uniform temperature. The dough must remain in this condition at least 8 hours. The dough is then kneaded for about 10 minutes followed by a further resting phase of at least 8 hours. At the end of the previous processing phase, the dough is weighed and divided into 250-350 gram pieces and the first shaping by hand into small balls. The dough is allowed to rest for 30 minutes. Additional manual shaping follows, followed by a rest period of at least 15 minutes. Before being baked the "Pizza a Fiamme is rolled out with a wood-

en rolling pin. The wood-fired oven must reach a temperature of 250°C and have a high, lively flame at the time of cooking. It is baked in the open oven for 1-3 minutes. The baked pizza must remain close to the opening of the oven for a few minutes in order to allow the steam to escape and consequently to favour the drying of the crust which becomes crispy. The Pizza is done filled with ingredients of one's choice: chicory or ricotta, sheep's cheese and mortadella, bresaola, rocket and extra virgin olive oil.

HISTORY BACKGROUND In the Vejano area, people made the best use of their resources, including in the culinary field, inventing recipes using the raw materials they had in abundance, especially wheat. In the years following WWII, there were two granaries in the town for the storage of grain, as well as 2 grinding mills (called in dialect "*mole*") for grinding and eight bakeries for the production of bread and various pizzas including the most important: the *Pizza a Fiamma*. The *Pizza a Fiamma*, was made, and is still made today, exclusively in the Vejano community: hence its typicality, because, as a saying goes: "*Nun s'è fatta 'na cotta de pane, se prima nun c'è stata 'na pizza a fiamma*". No one has baked bread, if before no flamed pizza had been made". From the testimonies of some elderly women from Vejano, the recipe and cooking methods have been rediscovered, but, above all, the reasons for its creation have been understood, which fit perfectly with the popular philosophy of "making a virtue of necessity". The testimonies of an era: Mrs. Santa Ravoni who, at the age of 91, still makes bread and *pizza a fiamma*, in the wood-fired oven of her house built by her son-in-law Angelo,. She told us that the person who taught her this art was her grandmother, as her mother passed away when she was still a child. We thus have living proof that the *Pizza a Fiamma* in Vejano is was already being made in the nineteenth century. Ms Santa, who worked as a baker until the 1970s, says that: "the important ingredient for the success of the dough was the starter dough"; a product not available on the market but handed down from mother to daughter so as to be kept as a precious asset. Ms Santa Ravoni also explained to us the origin of the name of *Pizza a Fiamma*. "In order to take advantage of the initial heat produced by the flames, a baker, presumably in the nineteen century, thought he should try baking a pizza near the flame; he noticed that the dough increased in volume during the baking and took on a golden blond colour and then once it was extracted, was soft, empty inside, free from and crumbs and had an excellent flavour. This pizza was given the name of *Pizza a Fiamma* and its success also made it possible to verify the leavening of the dough".

PIZZA A GLI MATTONO E PIZZA A GLI SOIO DI SEZZE

Production area
Province of Latina: Sezze

DESCRIPTION OF THE PRODUCTS Pizza a gli mattono di Sezze: pizza made with yellow corn flour, warm water and salt. The dough is kneaded by hand until a mixture of medium consistency is reached. In the meantime, two terracotta bricks (hence the name) are heated next to the flames and, when they have reached the right temperature, a handful of pasta sprinkled with extra virgin olive oil is squashed down on them. During the baking, the dough is turned over several times in order to have a homogeneous browning on each side. When baked, the pizzas are left close to the fire

until they are eaten. They are usually enjoyed with broccoli.

Pizza a gli soio di Sezze: pizza made with white flour, yellow corn flour, brewer's yeast, salt and warm water. All the ingredients are processed to form a dough of an average consistency, which is left to rise for about an hour and covered with a cloth. Once the leavening is complete, the dough is placed on previously oiled baking sheets, sprinkled with oil and then left to bake in the oven at about 250°C for 30 minutes. The name of the *pizza a gli soio* (soio in the dialect means oil), is given to it by the abundance of oil used in the preparation.

HISTORY BACKGROUND The use of corn flour for the preparation of these pizzas ascribes their origin to a period in which the less affluent classes preferred corn to the more expensive wheat. Vittorio Del Duca tells how in the 1800s, in the month of August "... si stutarava, o c'erano i tuteri da svagorà ", that is say that kernels of the cobs of corn had to be removed. The men brought the corn to the village with carts, and it was the women who carried out this operation by hand. He also states that "corn was very important in human nutrition, and in Sezze pizza, made with corn flour was the food of the masses, because white bread made with wheat flour, was not something that everyone could afford". The writer Arnaldo Cervasato, in his work "Latina told us in his book "The Roman Countryside of 1922" describing, among other things, how the huts were made, in times when the territory of Sezze was mostly marshy, expressing disdain for the conditions of life, he affirms "... in a hole dug in the ground in the middle of the hut he cooks his corn" pizza" that together with "cooked water" is the usual food of the farm hands".



PIZZA "BBOTATA"

Production area

Province of Roma: Sant'Angelo Romano

PRODUCT DESCRIPTION Pizza bbotata (rolled pizza) is prepared with 00 flour, water, whole eggs, brewer's yeast, salt and a little extra virgin olive oil. It has a rolled shape (from the word "bbotata") like a pulley.

PRODUCTION METHOD The first procedure is to mix the dough by hand, preferably on a marble surface, until a compact and uniform consistency is achieved. The leavening phase follows at a room temperature for the time necessary to the dough to double in size.

Once the leavening is complete, the dough is divided into small loaves that are rolled out with a rolling pin to form a thin sheet. The pastry is then sprinkled with extra virgin olive oil and rolled up ("bbotata") to form a cord which is then turned around on itself to form a pulley. It is baked in a wood-fired or electric oven for about 10-15 minutes at a temperature of 250-300°C.

HISTORY BACKGROUND Pizza bbotata is linked to the culinary and peasant traditions of Sant'Angelo Romano, a village just 30 km from the centre of Rome, which stands on one of the three hills of Monti Cornicolani and Monte Padulo, which is one of the first hills to they encounter coming from the sea and going towards the Apennine Mountains. The recipe and the particular processing has been handed down from generation to generation and even today some local bakeries produce it almost every day. In the book Sant'Angelo Romano - History, nature, art and culture, edited by the Celebration Committee of the XXXIX Cherries Festival 2001 - translated into the Sant'Angelo dialect by Marco Giardini, the recipe translated into the local dialect is shown: *A pizza bbotata: 1 bicchiere di olio, 1 bicchiere d'acqua, 20 gr lievito di birra, farina quanto basta. Scaldare l'acqua dentro un tegame, poi si scioglie il lievito con un pizzico di sale e si impasta sopra la spianatoia (fino al raggiungimento di una consistenza compatta). Lascia lievitare una mezz'ora e poi si taglia a fette (di una decina di centimetri di larghezza) e si stendono col mattarello. Si tagliano per lungo con un coltello tre strisce e si arrotolano, poi si cospargono con olio. Cuocere in forno fino a che non diventano dorate (non le fate bruciare).*





PIZZA DI PASQUA DELLA TUSCIA (SWEET AND CHEESE TYPE)

Production area
Province of Viterbo

PRODUCT DESCRIPTION *Pizza di Pasqua* is a traditional dessert of Viterbo's cuisine linked to the Easter holidays. In appearance it is very similar to panettone, but with a mushroom-shaped hat. It is currently produced in two different types, one is "sweet" and the other is made with "cheese". The latter differs from the first because pecorino cheese is added to the ingredients, which gives it a flavour similar to a savoury tart.

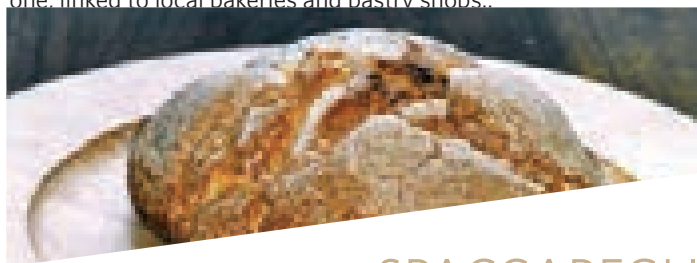
PRODUCTION METHOD The production process of the *Pizza di Pasqua della Tuscia* (Tuscia Easter Pizza) begins with the preparation, in three different phases, of the natural leavening. The first yeast based starter is made with flour, water and yeast, blended in the kneading machine; the yeast is based on the second yeast based starter is made with yeast, flour, sugar and lard. This is followed by a 1 hour leavening phase in a proofing cabinet at a temperature of about 50°C. The third kind of yeast starter is based on the second yeast with the addition of some aromas or other Ingredients: cinnamon, liqueurs for the sweet type; pecorino cheese for the cheese type. After leavening for 10 hours, about 1 kg of dough is distributed in the appropriate cake moulds and left to rise in a proofing cabinet for about 3 hours at a temperature of about 50°C. Baking takes place in an oven at a temperature of 200°C for 1 hour.

HISTORY BACKGROUND The Easter pizza from Tuscia could be linked to those "ritual breads" mentioned by Camporesi, a scholar of popular traditions. The cake is the result of the ingenuity of housewives who took the traditional bread recipe and added to it on the occasion of special holidays, with sweetening ingredients. It should also be borne in mind that in traditional sweets of this type, linked to religious occasions, perhaps the reference, in form, to bread, a food considered sacred, earthly and spiritual at the same time, is not altogether accidental. The preparation of Easter Pizza is always linked to a holiday that in the past represented the only chance to eat more abundantly than usual and, above all else, to enjoy more elaborate and expensive dishes. A particular symbolic and ritual value must be added to this aspect. On the Saturday before Easter, in fact, after the pealing of the bells, these pizzas were blessed by the priest, together with dyed hard-boiled eggs. Everything was then eaten with the family that was gathered for lunch on Easter day. With the new liturgical ritual, which no longer provides for the blessing of Easter Pizzas, this cake has lost part of its symbolic value. The stages of preparation of this specialty of the Tuscia cuisine, the result in the past of the sleepy Easter marathon of the women of the house, has been reconstructed by the expert of Viterbo's gastronomic traditions, Italo Arieti, thanks to the memories of his grandmother and his mother Ilde. "The ritual preparations", he says, "began on Holy Thursday, after cleaning the house for the holidays. To the material fatigue, necessary to knead 4, 6 or even 8 kg of flour for hours and hours, with several dozen eggs and other ingredients, was added the anxiety for the uncertainty of the result, since the complex phases of the work, which they ended with the leavening, they had to end at the precise time of the appointment with the baker. When this leavening was delayed, the whole family went into crisis and the most varied means were devised to speed up this process, by inserting oil lamps, pots of hot water, bed warmers with the embers. This effort lasted two days. Then, waiting for the return from the oven. The pizzas arrived tall, and shiny, to fill the houses with their characteristic scent. On Saturdays the parish priest gave the ritual blessing to pizzas and eggs. They were soaked in wine together with the loin, hard-boiled eggs and the characteristic lamb tripe in the traditional Easter lunch upon returning from Holy Mass". Each family jealously guards its traditional recipe which differs from the others with small variations in the dosage of the various ingredients and which, at one time, was part of the hereditary heritage that mothers passed on to their daughters as part of a dowry, together with a battery of gleaming tin-plated copper pans that, hung in the kitchen, which made a fine show of themselves.

PIZZA D'OVA

Production area
Province of Latina

PRODUCT DESCRIPTION This is a sweet pizza based on eggs, sugar, flour, and grated lemon zest. The name derives from the large number of eggs needed for the preparation of the dough. Preparation begins by beating the eggs together with the sugar and lemon zest for about an hour, until the batter is amalgamated enough until it drips down like a ribbon; at this point the flour is added a bit at a time, being careful not to pour it too quickly, because the whipped batter might deflate. The batter is then poured into a high-sided, previously buttered and floured cake pan and set in a preheated oven at 180°C for about 40 minutes. Its presence has been attested to in the area since the early 1900s and over time it has passed from essentially a preparation made in the home to a corporate one, linked to local bakeries and pastry shops.



SPACCAREGLI DI SEZZE

Production area
Province of Latina: Sezze

PRODUCT DESCRIPTION This confectionery product is based on flour, sugar, eggs, milk, lard, grated lemon and yeast. It has a golden colour, a round shape with an X-shaped incision, hence the name (spaccare mean split in English), on the surface. The ingredients are kneaded by hand until a uniform and compact appearance is achieved. Part of the dough is recovered and worked to form round loaves. The top of the cake is brushed with egg and sprinkled with sugar. It is baked in the oven at 200°C for 30 minutes. It is a dessert that has been traditionally prepared in local pastry shops and bakeries for at least 30 years.

POLENTINI

Production area
Province of Rieti: Poggio Moiano

PRODUCT DESCRIPTION Sweet biscuits with a characteristic S-shape, and a dark hazelnut colour, achieved from the processing of corn meal, egg yolks, lard, sugar, rum, and alkermes. After mixing the ingredients by hand in a bowl, the pieces are then shaped with a knife to obtain the classic S-shaped piece, about 10 cm long. The biscuits are baked in a preheated oven at 220°C. The traditional nature of these biscuits is attested to by written sources which date them back to the mid-1800s, when the poorer classes preferred corn meal to the more expensive wheat flour including in the preparation of desserts. These biscuits are excellent for breakfast or to be nibbled at the end of a meal with a glass of good sweet wine.

SPUMETTE

Production area
Province of Rieti: Antrodoto, Cittaducale

PRODUCT DESCRIPTION Round-shaped sweets, with a sweetish taste and white colour, achieved from the processing of egg whites, almonds and confectionary sugar. The ingredients, after they have been blended, are processed by hand or with the help of a spoon to obtain the typical rounded cloud shapes of about 5 cm in diameter. These are then baked in the oven at about 200°C. The name is given by their very light, crumbly and "frothy" appearance. The original recipe would seem to be already known in France at the end of the 18th century and introduced in Italy by a Swiss pastry chef. The good housewives of the past used to make them to use the egg whites left over from the preparation of other confectionery products.



PIZZA GRASSA

Production area

Province of Rieti: Leonessa

PRODUCT DESCRIPTION The *piazza grassa* (fat pizza) is savoury and fairly high pizza, thanks to its double leavening. It has the shape of a round loaf or elongated loaf and its weight ranges from 1 to 2 kg. Its dough is enriched with cured meats cut into small pieces. Salami, dried sausage and cured bacon are mostly commonly used. The outer crust is light brown in colour, while the crumb is light yellow with small holes and quite evident pieces of cured meats. As cross is cut into the surface. It can be kept for approximately 2 days after baking.

PRODUCTION METHOD All the ingredients are mixed until they form a compact dough: type 00 flour, eggs, brewer's yeast, lard and the cured meats (salami, dry sausage and cured bacon). The dough is left to rise for the first time in a dough kneading machine for 5-6 hours at room temperature (cold winter temperatures, on the other hand, require more hours of rising time than those indicated previously). The leavened dough is kneaded again with the aid of the mechanical kneading machine and the second leavening starts at

room temperature for 1-2 hours depending on the external climate conditions. At the end of this phase, the desired shape is given and the dough is baked in an electric oven for 1 hour and 15 minutes at 200°C. Finally, it is left to cool to room temperature.

HISTORY BACKGROUND The preparation of this pizza is rooted in the mid-eighteenth century, when this territory gave rise to the original Commune of Free Men, had become, after centuries of events, the domain of the royal house of Naples, re-entering within the so-called "allodial states" of private assets of the crown. There is evidence, in fact, of a pizza elaborated in the same way and known with the name of *Pizza salata*, right in Naples. *Pizza grassa* is now produced almost exclusively during the winter Lenten period, as it is linked to the still homemade production of pork cured meats, in the past represented one of the main dishes of the Leonessa families to celebrate Easter and break the long Lenten abstinence period from fatty foods. Even today, on Easter day, the tradition of setting the tables for breakfast in the morning is still alive with *pizza grassa*, red wine, hard-boiled eggs, spring lamb tripe omelette and various cold cuts.





PIZZA VARATA DI SANT'ANGELO ROMANO

Production area

Province of Roma: Sant'Angelo Romano

PRODUCT DESCRIPTION Sant'Angelo Romano's traditional pizza di made with 00 flour, water, whole eggs, brewer's yeast, salt, aniseed and possible addition of oil and lard, to make the dough softer. It has a round or oval shape and some grooves are manually formed on the surface of the pizza to simulate the furrows made with the plough (called in Sant'Angelese dialect "*varato*") in the ground and small holes made with a fork or with a toothpick to simulate seeds on the ground. It is precisely from the dialectal term "*varato*" (ploughed) that the name of *Pizza Varata* derives in as much as "it looks like a worked land".

PRODUCTION METHOD The dough is first worked by hand preferably on a marble surface until a compact and uniform consistency is achieved. The leavening phase follows for about 12 hours (usually overnight), at room temperature, covering the dough with a cotton cloth. After the first leavening, the dough is divided into small loaves which are left to rise until it doubles in volume. The dough is then manually pressed down to give it a round or oval shape and

on the surface of the pizza some grooves are formed in order to simulate the furrows in the ground and small holes to simulate seeds. Once ready, the *Piazza Varata di Sant'Angelo Romano* is baked in a wood-fired or electric oven for about 10-15 minutes at a temperature of 250-300°C.

HISTORY BACKGROUND In Sant'Angelo Romano the production of *Pizza Varata* is linked to the Easter holidays. The recipe has been handed down from generation to generation and it is said that for over 100 years this pizza, which owes its name to the plough called "*varato*" in Sant'Angelo's dialect, has been prepared by housewives and in local bakeries. to be eaten on Easter morning, with cold cuts and hard-boiled eggs. In *Reganelle e ttricche ttracche* (by GIARDINI P., GIARDINI M., GIARDINI G., 2006. Messrs. Palmiro, Marco and Giorgio Giardini (local writers) inform us about the Easter foods that were typically eaten for at breakfast on Easter morning : that is to say, hard-boiled eggs, salami, *pizza varata* and *pizza sbattuta*". The tradition of eating hard-boiled eggs derives from the fact that their consumption was prohibited in Lent. Hence the local proverb: "*Quaresima male scernuta (malvista), perché a càsoma si venuta? Pè quarantaséi giornate non se magnenu più frittate*". (Oh despised Lent, why did you come to my home to stay? Now we shall no longer eat fritters for 46 days.)





PIZZICOTTI (Biscuits)

Production area

Province of Rieti e Province of Roma

PRODUCT DESCRIPTION Confectionary product with a rounded shape and golden colour, based on flour, eggs, sugar, extra virgin olive oil, raisins, chocolate flakes and baking powder.

PRODUCTION METHOD Eggs are whipped the sugar and a pinch of salt, add the sifted flour with the baking powder, the oil, the chocolate flakes and the previously soaked and well squeezed raisins. Everything is mixed with a wooden spoon, then a piece of dough is pinched off with ones hands and put in the baking sheet. These biscuits is baked in the oven at 180°C for about 15 minutes.

HISTORY BACKGROUND These traditional Sunday biscuits are meant to be enjoyed with tea or liqueurs. The recipe has been handed down for generations and originates in the early 1900s, when part of the Province of Rieti was administratively linked to Aquila in Abruzzo: as a matter of fact, in there are biscuits made in the same way the Marsica territory. The name is linked to the fact that to form Pizzicotti, you just pinch a little piece of dough and put it in the pan without giving it a precise shape.



PIZZICOTTO (Pasta alimentare)

Production area

Province of Rieti: Contigliano

PRODUCT DESCRIPTION Fresh pasta with a rounded and slightly flattened shape, prepared with soft wheat flour, salt, water and natural yeast. The pasta dough is left to rise for a few minutes, is "spizzica" (broken up and pinched) with your hands, making small dumplings that are cooked in boiling water. *Pizzicotti* are usually served with tomato-based sauces, with the addition of meat (ragout), preferably mutton, or, according to the oldest Sabine tradition, with the addition of garlic, chilli and olives. During the festival they are offered seasoned with spicy sauce.

HISTORY BACKGROUND The *Pizzicotto "u pizzicottu"* is a product of Contigliano's peasant culture, and traditionally prepared for bread making, when the bread was still kneaded at home and taken to be baked in the only bakery in the town. The part of the dough that was not taken to the bakery was used for Pizzicotti. The housewives took the remaining ball of dough and pinched it, tearing out irregular pieces that were thrown into boiling water for cooking. In August 14 of every year, there is a Pizzicotto Festival in Contigliano.



PUPAZZA FRASCATANA

Production area
Province of Roma: Frascati

PRODUCT DESCRIPTION Confectionery product based on wild-flower honey, type 00 flour, extra virgin olive oil (150 cc of oil added to 3 kg of honey), distilled orange aroma. It is a very particular cake, depicting a female figure made in a mould and has 3 exposed and pronounced breasts. It is said that 2 breasts are used for the production of milk and the third for the production of wine.

PRODUCTION METHOD All the ingredients are blended either with the mechanical kneading machine or manually. When the dough has reached a firm but malleable consistency, it is rolled out with the help of a rolling pin. The dough is rolled out while maintaining a height of 0.5 cm. The realization of the female figure with the three uncovered and pronounced breasts takes place with a mould, while the eyes and the mouth are drawn with barley seeds and sugar beads. Once it is ready, the *Pupazza Frascatana* is baked in the oven, after placing it on aluminium baking trays, for 20 minutes at 160°C and left to cool at room temperature in order to help harden the cake, so as to avoid breaking it.

HISTORY BACKGROUND The *Pupazza Frascatana* was created “almost for fun” in the 1960s, as a playful joke, but at the same time as a commercial stimulus for the production of local pastry shops. Within a few years this particular product has been successful and has spread rapidly becoming the iconographic and economic heritage of the territory of Frascati and the Castelli Romani in general. A specific and salient characteristic of the *Pupazze*, in their definitive version, is the presence of the three breasts: two for milk and one for wine, given the productive and social winemaking fabric of Frascati and the Castelli Romani. Two Frascatane puppets were exhibited in Paris at the Parc de la Villette.



QUARESIMALI

Production area
Province of Frosinone: Alvito; in the territory of Valle di Comino

PRODUCT DESCRIPTION The product has a trapezoidal shape based on natural almonds, sugar, eggs, spices and natural flavourings. It is golden in colour, and characterized by the typical flavour of almonds. They are produced all year round as they can be stored, without any special precautions, for quite long periods.

PRODUCTION METHOD An equivalent quantity of almonds and sugar is weighed out, then minced in a blender until a sufficiently fine granules are achieved. These granules are blended with eggs, natural flavourings and spices. When the dough is thoroughly blended, sticks of four centimetres in diameter and fifty centimetres long are created, which are placed on baking sheet, lined with baking parchment, and brushed with a beaten egg. They are baked at 170°C for about 30 minutes. As soon as they are taken out of the oven, they are cut, following an oblique line that makes it possible to create trapezoids about two centimetres wide.

HISTORY BACKGROUND These biscuits are linked to the Easter holidays, and since they are fat-free, they were consumed during the fasting period of Lent.



RAVIOLI WITH CHESTNUT CREAM

Production area

Province of Rieti: Antrodoto, Borgorose, Concerviano, Fiamignano, Marcetelli, Pescorocchiano, Petrella Salto, Varco Sabino

PRODUCT DESCRIPTION Dry ravioli like sweets, with a sweet flavour, golden on the surface, with a slightly crumbly dough and a chestnut-based filling. They are sprinkled with confectionary sugar and are eaten in the winter, when chestnuts are available in the market. Excellent for a meal with a good glass of new wine.

PRODUCTION METHOD Ravioli with chestnut cream are prepared from a sheet of dough made from flour, wine and extra virgin olive oil. A jam is then prepared by boiling chestnuts previously roasted on the fire, which are then peeled, finely chopped and placed again on the fire with the addition of sugar, aromatic liqueur and dark chocolate. A very thin sheet is obtained, which is immediately cut into small kerchief-like triangles which, stuffed with the filling, are closed in the form of ravioli, fried in abundant extra virgin olive oil and sprinkled with sugar. Alternatively, they can also be baked in an oven.

HISTORY BACKGROUND Called in the local dialect "*Cauciuni e castagne*", the preparation of this product is closely linked to the presence of chestnut groves in the area. They are among the most popular and well-known sweets typical of other Italian regions, such as Abruzzo and Molise, territories that were once administratively united. The method of making the chestnut cream raviolis has been carried out in a uniform and traditional way for a period of not less than 25 years.

POTATO RAVIOLI

Production area

Province of Rieti: Borgorose, Concerviano, Fiamignano, Marcetelli, Petrella Salto, Varco Sabino

PRODUCT DESCRIPTION Dry, crumbly ravioli with a not particularly sweet flavour owing to the presence of potatoes and grated pecorino. They look like *panzerottini* (little folded pizzas) with an intense yellow colour on the surface, thanks to the addition of the egg before cooking. They are homemade sweets of the Rieti tradition made in accordance with traditional methods.

PRODUCTION METHOD They are prepared starting from a mixture of flour, eggs, milk, extra virgin olive oil, salt and sourdough yeast starters. The resulting dough is left to rise and then used to prepare the pastry dough. The filling consisting of boiled and mashed potatoes, grated sheep's cheese, eggs and raisins soaked in wine, is prepared separately. The filling is then spooned over the dough, and the ravioli are shaped which will be brushed with beaten egg and placed to bake in a wood-fired oven.

HISTORY BACKGROUND Locally known as "*caogiuni* or *cargiuni*", these are sweets that are prepared mainly in the Easter period. Very similar to Abruzzo *fiadoni* as regards the use of the ingredients of pecorino cheese filling and for the shape; they differ in the use of potatoes, which in the Rieti area are quite plentiful.



RAVIOLO DI SAN PANCRAZIO

Production area

Province of Viterbo: Montefiascone

PRODUCT DESCRIPTION This dessert, unique in its genre, has vague similarities with the desserts of Piedmont, Liguria, and Sicily but the ingredients are products of the land of the upper Viterbo area. Sheep ricotta, derived from the cheese-making of sheep's milk of which the Viterbo area is the leading continental producer and extra virgin olive oil produced on the volcanic soil of Montefiascone.

PRODUCTION METHOD Small rectangles of lasagna stuffed with a filling of ricotta which has been mixed with sugar, cinnamon and archemes. All of which is fried with abundant extra virgin olive oil: this is how the ladies of "Le Coste" prepare the ravioli called, in the local language, "tacconi".

HISTORY BACKGROUND In Montefiascone, in the upper Viterbo area, there is also another typical delicacy that is used to prepare on the occasion of the celebrations of the patron saint of the "Le Coste" hamlet. This hamlet is located along the Cassia between Montefiascone and Bolsena, where the first scattered houses on the slope leading to the valley of Lake Bolsena already meet. It is here, in the Via Francigena, 100 km from Rome that every year in May, between 9 and 12, this people, very attached to their land, gives life to the "Sagra del Ravio" (The Ravioli Festival) on the occasion of the celebrations of Saint Pancras of Rome. The invention of this festival, to honour the saint but also to resume ancient customs and to enhance the local rural cuisine, occurred in 1966, thanks to the efforts of the then young Don Giuseppe, parish priest of the hamlet. Traditionally, this festival renews the opportunity to meet old friends. A gathering which allows the participants to take stock of the new agricultural season, and seasonal work, such as the pruning of the vineyard and olive trees, on the weather that compromises the always uncertain agricultural income.



SAGNE

Production area
Province of Rieti: Poggio Moiano

PRODUCT DESCRIPTION Fresh tagliatelle made with bran flour (the thinnest part of the bran), soft wheat flour, water and salt. The dough is rolled out onto a wooden pastry board, with the help of a rolling pin, to then obtain strips similar to tagliatelle.

HISTORY BACKGROUND As in Abruzzo and Molise, the making of this kind of pasta in the home has also been of considerable importance in the Rieti area. These territories, as a matter of fact were once administratively united, and were also connected by the crossing of the “tratturi” (cattle tracks) which, in addition to being a pathway that was beaten by shepherds in search of increasingly better pastures during transhumance, were also a vehicle of culture, in particular of the gastronomic one. In fact, there are many influences from Abruzzo on local cuisine. It is a “poor” dish based on water and flour, without the addition of any eggs, in order to favour its storage for long periods. Sagne pasta are usually accompanied with beans and, at times, also with pork cracklings.

SAGNE WITH BEANS AND SAUSAGE

Ingredients for 4 people: 300 grams of fresh sausage, 300 grams of dried cannellini beans, extra virgin olive oil, onion, garlic, chili pepper, celery, salt.

Procedure: after having prepared the *sagne pasta*, flavor the cannellini beans, which have previously been boiled, with a good sauce made with sautéed onions, garlic, celery, sausage and tomato sauce, that has been made spicy with chili. Cook the *sagne* pasta in plenty of salted water and remove the pasta from the heat when, after boiling, they float to the surface. Drain it but not too much. Combine everything with the beans and serve in a bowl.

SALAVATICI DI ROVIANO

Production area
Province of Roma: Roviano

PRODUCT DESCRIPTION Salavatici di Roviano are round fritters made from flour, water, salt and wild Roman mint, which gives the product a characteristic mint aroma.

PRODUCTION METHOD The flour, water, salt and wild mint are mixed together with a whisk or two forks. The batter, which is more or less liquid, is then poured into a non-stick pan and fried in hot mixed olive and seed oil.

HISTORY BACKGROUND “*Ju salavaticu*” boast of a history and a tradition in the rural civilization of Roviano. It was a cheap and hasty type of fritters as befits people who had neither the financial possibilities nor the time to waste preparing elaborate foods. The women, in addition to looking after the house, at a certain time of day, had to join their husband who had worked in the fields since dawn, bringing the frugal lunch in the “*canistrella segnalesca*” (wooden basket). In the “*canistrella*” (basket), together with those cooked with herbs, the “*pulenna*” (polenta) and the “*fischiotto*” (pasta), there were also the *Salavatici*, quickly prepared before leaving for the plains or the mountains, for the “*roscia*” or “*Ju puzzu ‘e gli Ferrari*”. Two “*jummelle*” (handfuls) of flour in a salad bowl together with a little water, a few leaves of mint and a pinch of salt; a stir, to be then tossed in the pan with hot oil. Two minutes of cooking on one side, as many on the other and crisp and aromatic “*ju salavaticu*” was ready.



SALAME DEL RE

Production area

Province of Rieti: Castel di Tora, Collato Sabino. Province of Roma: Subiaco, Tivoli, Cerreto Laziale

PRODUCT DESCRIPTION Rolled sponge cake filled with chocolate or jam. The ingredients required for the preparation of the sponge cake are: 300 grams of flour, 300 gram of sugar, 6-10 eggs, the juice or zest of a lemon, and possibly a sachet of baking powder. The filling is made from chocolate or jam.

PRODUCTION METHOD The Salame del Re consists of a thin sponge cake (about 1 cm thick) achieved by whipping the eggs with sugar and grated lemon zest. When the mixture is well whipped, creamy, fluffy and “puffy”, well sifted flour is slowly added, folding it in from bottom to top until it is completely incorporated. A sachet of baking powder can be added if needed. Once the batter is ready, it can be poured into a steel cakepan, usually rectangular and low, previously lined with baking parchment or buttered with flour or greased with oil, butter or lard. The batter should be leveled and baked in a hot oven at 170-180°C for about 10-15 minutes. In the

meantime, a cloth should be moistened, on which, once it has been baked, the sponge cake must be turned over on. The cake can now be filled. The dough is wetted with alkermes and the chocolate or jam is spread over it until all the of the sponge cake is covered. The sponge cake now covered must be rolled up on itself, with the help of the cloth, to form a real roll.

HISTORY BACKGROUND The Salame del Re, a traditional product in the Aniene Valley and, in particular, in the Subiaco area, has its origins between the 18th and 19th centuries, when it was produced exclusively to be consumed by the noble classes, since chocolate, at the time, was a valuable and expensive food product, and consequently inaccessible, to the lower middle classes. It has kept this name even when, later on, it became the most popular desserts served on important occasions, such as baptisms and weddings. Artusi also gives a recipe with the name of salame inglese (English salami). Even today it is considered a product of fine craftsmanship and inimitable taste.





SCIUSCELLA

Production area

Province of Latina: Formia, Gaeta

PRODUCT DESCRIPTION A traditional Christmas cake whose shape recalls that of a carob bean; that is covered with chocolate glaze. The dough is made up of honey, flour, sugar and cocoa, scented with aromatic spices such as cinnamon and cloves.

PRODUCTION METHOD The ingredients are left to “age”, allowing the dough to rest for at least a day, before proceeding to the shaping and cooking phases. As soon as they are baked, the *Sciuscelle* are very hard, but they soften after being covered with a sugar and cocoa based glaze that is made by hand. Before being used, the glaze is cooked and “*stancheggiata*” (worn out), that is to say, stirred vigorously by hand for a long time, until it becomes buttery. It is then stored in closed containers, waiting to be heated in a double boiler and used to cover the *Sciuscelle* one by one.

HISTORY BACKGROUND Sciuscella is a typical dessert of Gaeta. It is so called because its appearance recalls that of the carob beans, called “*sciuscelle*” in the Gaetano dialect. It is a sweet, therefore, in the shape of a flat, elongated biscuit, covered with cocoa “*naspro*” (icing).

SERPETTE AND SERPETTE DI SERMONETA

Production area

Province of Latina: Sermoneta

PRODUCT DESCRIPTION This confectionery product is based on flour, sugar, eggs, extra virgin olive oil, aniseed and cinnamon. They have a characteristic S or U shape.

PRODUCTION METHOD To prepare the Serpette di Sermoneta (The Snakes of Sermonetta), eggs are whipped and to them flour, anise and extra virgin olive oil are added very slowly. The dough is placed on a table and divided into sticks of dough which, are manually given an “S” or “U” shape. The Serpette (snakes), at this point, are left to rest on a layer of sugar, then they are placed on aluminum cooking sheet and baked at a temperature of 200-210°C for about 20 minutes.

HISTORY BACKGROUND The Serpette are the oldest and most typical dessert of Sermoneta. They owe their name to the characteristic S shape that recalls a “snake”, a clear reference to the coat of arms (formed by the wave with the eagle) of Sermoneta’s Caetani family. It is said that they were prepared for the first time around 1571 to celebrate the victory of the Holy League in the battle of Lepanto, in which the Caetani family also participated.



SERPENTONE ALLE MANDORLE DI SANT'ANATOLIA

Production area

Province of Rieti: Borgorose (Frazione di Sant'Anatolia)

PRODUCT DESCRIPTION This is a hand-shaped dessert in the characteristic shape of a snake, hence the name, prepared with bitter and sweet almonds, that are not ground too finely. The flavor is typical of almonds with lemonish aroma.

PRODUCTION METHOD The sweet and bitter almonds are placed for a few minutes in hot water in order to remove the superficial film. After a not too fine grinding of 1 kg of sweet almonds and 1 kg of bitter almonds, 8 egg whites, 8 ounces of sugar and lemon juice are added. Once this is ready, the dough is left to rest for 12 hours in a cool environment and, subsequently, molded by hand, in the characteristic shape of a snake. Two coffee beans represent the eyes and a small strip of red fabric, the tongue. It is baked in the oven at about 180°C for exactly 1 hour. The *Serpentone di Sant'Anatolia* can

be decorated with icing and/or silver and colored sugared almonds.

HISTORY BACKGROUND According to legend, the origins of this dessert date back to 400 A.D., a period following the Martyrdom of Saint Anatolia in 249 AD. It appears, in fact, from the historical documents that the saint was closed in a sack together with a multitude of poisonous snakes but the next day, she miraculously came out unscathed. In the artistic representations of the time, still visible today, the snake is crushed by the saint as a symbol of the triumph of faith and good over evil. To celebrate this miraculous event, since the past it has been customary to prepare the Serpentone (big snake) for the feast of the Holy, virgin and martyr, Anatolia which takes place every year on July 10 in the homonymous village of Sant'Anatolia di Borgorose, as testimony of his martyrdom, took place in the city of Thiora (currently Cartone near Sant'Anatolia). The snake-shaped cake is traditional and exclusive to the hamlet of Sant'Anatolia di Borgorose, and has been handed down for centuries from generation to generation.



SERPETTE DI MONTE PORZIO CATONE

Production area

Province of Roma: Monte Porzio Catone

PRODUCT DESCRIPTION The Serpette di Monte Porzio Catone are S-shaped biscuits, which are made by processing soft wheat flour with baking powder, eggs, butter and sugar, without adding any additives or preservatives. The effect of brushing with eggs and sugar granules is evident on the surface. Its internal consistency is crumbly; the taste is sweet with sensations of butter and eggs.

PRODUCTION METHOD The ingredients are all blended together

by hand for 4-6 minutes until a homogeneous dough that is soft to the touch is achieved. Subsequently, the dough is cut into cords which are hand-molded into S-shapes in order to obtain characteristic sizes (the weight is about 12-35 grams; length 6-12 cm). The shaped biscuits, after being placed on wooden supports or on steel trolleys, are then brushed on the upper part with eggs and sprinkled with sugar.

The dough can also be made with the aid of a mechanical dough kneading machine. In this case, the butter must first be melted with the eggs, then, once it has a uniform consistency, add the flour and baking powder. The dough needs to be kneaded in the mechanical kneading machine for roughly 18-22 minutes.

The shaping of the biscuits, their brushing with eggs and the dusting with sugar are performed by hand. The shaped biscuits are baked in electric, gas or wood-fired ovens that have been preheated to a temperature between 170 and 230°C for 14-20 minutes depending on the size of the cakes and the type of oven being used.

HISTORY BACKGROUND The production of Serpette di Monte Porzio Catone has an ancient tradition. They were the biscuits dipped in wine produced in Monte Porzio Catone, whose territory is highly suited to viticulture. There is not a great deal of historical evidence regarding the *serpette*, if not that handed down orally by the owners of the local bakeries linked to the historical families of Monte Porzio Catone such as that belonging to the Egidi family, which has existed for at least 6 generations and who have always prepared these delicious and delicate biscuits.

SFUSELLATI

Production area
Province of Rieti: Labro, Leonessa

PRODUCT DESCRIPTION This is a characteristic homemade pasta made with simple ingredients. It takes its name from the use of the knitting needles (fuso) to stretch the dough. The sfusellati come in the form of elongated cylinders with a length of 7-8 cm, well suited for absorbing the lean sauce that was usually used to dress them.

PRODUCTION METHOD The flour is mixed with water (eggs are added as desired) and the dough is kneaded until it is elastic and smooth. Some pieces of dough are cut which are then stretched, after which a knitting needle is placed on them which is covered while continuing to lengthen the dough. Finally the knitting needle is pulled out and the *sfusellato* is ready. The past is finally cut into pieces of 7-8 cm.

HISTORY BACKGROUND It is a “poor” comfort food dish from the Upper Rieti cuisine that includes a large number of home-made pasta with more particular shapes among the traditional products. This is undoubtedly a feature that unites this area with those of the central Apennines, all of which are covered and therefore connected by the transhumance routes, the ‘sheep tracks’.



SFUSELLATI WITH MEAT SAUCE AND HERBS

Ingredients for 6 people: 60 600 g of sfusellati. For the sauce: 300 g of peeled tomatoes, a few basil leaves, 1 carrot, 1 large onion, 1 celery stick, 2 cloves of garlic, 100 grams of lean pork and beef, a piece of ossobuco, a walnut of butter, 3 tablespoons of extra virgin olive oil, salt to taste.

Procedure: fry the lean pork and beef in a pan with oil and butter. Add the finely chopped herbs to the sauté, leave everything to brown over high heat and then add the peeled tomatoes and basil. Add salt and cook over medium heat for at least 3/4 of an hour. Cook the Sfusellati in salted water, when ready, drain and stir in the sauce, serve them while they are still hot.



STROZZAPRETI

Production area
Province of Rieti: Accumoli, Cantalice, Poggio Moiano, Rieti;
Province of Latina: Roccamare

PRODUCT DESCRIPTION Fresh pasta in the form of strips with a square section, white in color and with a floury consistency. The ingredients are only durum wheat flour and water, kneaded manually until the dough becomes smooth.

PRODUCTION METHOD The dough is placed on the work surface to prepare a rather thick sheet that is rolled up and cut to obtain bucatini-type macaroni which are then stretched by pulling them by hand.

HISTORY BACKGROUND Also called *stringozzi* or *Cantalian strengozze*, *strozzapreti* (priest stranglers) are a type of fresh home-made pasta, linked to the peasant tradition and made with water and flour. The origin of the preparation is very old and responds to the need to obtain, with simple ingredients, a product that is non-perishable as it would be if eggs were present in the dough.



STROZZAPRETI ALLA REATINA

Ingredients for 6 people: 600 grams of flour, water and salt enough for the strozzapreti. For the sauce: 300 g of peeled tomatoes, 100 g of ham in slices of half a centimeter each, 150 g of fresh peas, extra virgin olive oil, 1 red pepper, salt to taste.

Procedure: after having prepared the Strozzapreti, sauté the diced ham in a saucepan with oil, when the cubes are golden, add the peeled tomatoes. After having seasoned with salt, leave to cook, stirring occasionally. About halfway through cooking add the peas and finish cooking. Cook the pasta in abundant salted water, drain and put the Strozzapreti over the heat with the sauce. As soon as they are flavored, grate some pepper and serve hot.



STRUFFOLI DI SEZZE E LENOLA

Production area

Province of Latina: Lenola, Sezze

PRODUCT DESCRIPTION Confectionery product based on flour, eggs, sugar, grated lemon peels and honey. They appear as fried dumplings, with a golden appearance, no more than 5-10 mm in diameter, held together by honey.

PRODUCTION METHOD The ingredients are blended until they reach a fairly hard consistency and worked to form strips of cut dough like little dumplings. The dough is fried in abundant extra virgin olive oil and then passed in honey (to which the grated and finely chopped lemon peel has been added) and heated in a pan, carefully avoiding that it becomes caramelized.

HISTORY BACKGROUND This is a traditional dessert that is especially linked to the Carnival festivities, but which is people already being preparing starting from Christmas and New Year. It represents one of the last concessions to the palate before the long

period of abstinence from fatty foods, dictated by Lent. A delicacy that resists the olfactory memory and the memory of taste through the smell of fried food, which wafts through the alleys of the villages until the end of Carnival. It is a dessert that can be defined as Mediterranean since it unites the gastronomic tradition of the South. Brought by the Greeks at the time of the foundation of Naples, residing on the coasts of the Neapolitan gulf in the distant third century BC. From the Greek "*strongoulos*" or "*stroggulos*", that is "rounded in shape" due to the shape that each single ball takes, it soon acquired the Greek/Neapolitan nickname of struffolo. Two famous 17th century cookery treatises, the Latini and the Nascia, mention them as "*strufoli* or *struffoli alla romana*". Even today in Greek cuisine there is a similar preparation called "*loukoumades*". Every housewife, housewife or cook believes that their *Struffoli* are the authentic ones, which refer to the true tradition handed down by grandmother, mother or some aunt. If the aunt is a nun it is even better, indeed, the gastronomic history of the Struffoli points to the monasteries, including those of different orders, which prepared them to offer them as a gift to noble families who distinguished themselves by their charitable actions.





SUBIACHINI

Production area
Province of Roma: Subiaco

PRODUCT DESCRIPTION These are biscuits with a characteristic rhombus, dove, elliptical and recently also elongated shapes. The ingredients for its preparation are: sweet almonds, egg whites, powdered or granulated sugar, vanillin and natural flavourings such as grated lemon peel. The colour of the Subiachino is light brown, with the surface covered with white icing, locally called ice, which is prepared with egg white, lemon and powdered sugar. The glazing is done after baking the biscuit.

PRODUCTION METHOD Finely chop the almonds and mix the ingredients with the aid of the mechanical kneading machine. When the dough is well blended, it is taken out from the kneading machine and further worked by hand until a compact consistency and uniform and smooth appearance is achieved. The dough is are dusted with confectionary sugar, and divided into more or less large portions and placed on the steel counter. The dough is then rolled out with a rolling pin until a thickness of 0.5 - 1 cm is achieved. At this point the Subiachini are moulded into the desired shapes using steel or wooden moulds. They are then placed on baking sheets lined with bak-

ing parchment, The Subiachini are left to rest and dry at room temperature for 24 hours. The baking takes place in the oven at about 150-180°C until the surface is "golden". After cooking, the surface is glazed. The cooled product is manually packed into plastic bags.

HISTORY BACKGROUND The biscuits get their name from the city where, they began to be produced in the early 1900s. They were initially reserved for a middle-upper social class who had wooden moulds crafted by special skilled craftsmen, of which precious examples are still preserved today. The Subiachini are made with simple ingredients, that can be found in all kitchens. The traditional recipe involves the use of honey as a sweetener, deriving from an era when sugar was not yet widespread. In the immediate post-war period, this product had found its way to everyone's tables, but its use was limited to important occasions, especially Christmas, when decorative objects were made from the tree or gifts for the little ones, or were carried in procession to the Sacred Speco, to offer them as a gift to Saint Benedict.





SUSAMELLI

Production area

Province of Frosinone: Alvito; territory of the Valle di Comino

PRODUCT DESCRIPTION The product, based on almonds, honey, 00 flour, wholemeal flour, spices and aromas has a trapezoidal shape. Golden in colour tending to dark brown, it is characterized by the bitter-sweet taste of almonds and honey. The baking of these biscuits takes place during the Christmas holidays, although thanks to their long storage life and the fact that they are perfectly matched with local wines, the production period has extended.

PRODUCTION METHOD The flours, sugar, spices, aromas and ammonium bicarbonate are mixed, then the honey dissolved in warm water is added, the dough is kneaded until the ingredients blend well. At this point the toasted almonds are added and the dough is worked by hand to form loaves of about four centimetres in diameter and fifty centimetres long. These are then arranged on the baking sheets lined with baking paper, pressed down with finger tips and then brushed with eggs. They are baked at 180°C for about 20 minutes. As soon as they are taken out of the oven, they are cut following an oblique line that makes it possible to create trapezoids about one centimetre wide. The reference market is mainly local.

HISTORY BACKGROUND Susamelli have been produced during the Christmas holidays for centuries. They were usually homemade with the raw materials available, often replacing almonds with hazelnuts and using grated orange peels as the only flavouring.

TARALLI

Production area

Province of Latina: Lenola

PRODUCT DESCRIPTION Ring cakes made with flour, water, sugar, salt, aniseed and extra virgin olive oil. They have the shape of rings dotted with anise seeds, with a golden surface.

PRODUCTION METHOD The well-blended ingredients are left to rise overnight. At the end of the leavening, small ring cakes are formed manually and left to rise again for about 3 hours. The cooking takes place in the oven, after brushing the surface with egg yolk.

HISTORY BACKGROUND A typical street dessert that is also consumed at the end of a meal with a good glass of wine. The only historical information available, as of this moment in time, are oral testimonies that attest to their production for more than 25 years. A popular saying goes: "It all ended in tarallucci and wine", that is, it all ended well and every discussion was resolved with nothing coming out of it.

CHESTNUT TAGLIATELLE

Production area
Province of Rieti

PRODUCT DESCRIPTION Typical fresh pasta produced in the chestnut areas of Rieti, with a slightly sweet taste due to the presence of chestnuts. They are prepared by heaping chestnut and soft wheat flour, eggs, salt and a few tablespoons of water on a pastry board. The ingredients are worked by hand until a smooth and elastic dough is achieved which is left to rest for about half an hour. The dough is rolled out into a thin sheet which the classic tagliatelle are cut. The history of this product is closely linked to the presence of chestnut trees and its recipe has been handed down orally for generations.

TUSICHELLE

Production area
Province of Rieti

PRODUCT DESCRIPTION These small, sweet, flat ring-shaped biscuits with a classic white colour, mainly made in the home. They are usually offered at the end of a meal, accompanied with wine, preferably a sweet wine like passito. They are prepared with egg white, sugar, flour and anise. The biscuits are then placed on a baking sheet, and baked in a wood-fired oven. Tusichelle are typical of the Christmas holidays. They are particularly hard, therefore accompanying them with a good glass of wine is a must in order to dip them and make them a bit crisper. They were desserts that were prepared with the egg whites left over from the processing of other Christmas sweets.

TERZETTI

Production area
Province of Rieti

PRODUCT DESCRIPTION Rhomboid-shaped sweets with the aroma of walnuts and honey. The previously cleaned walnuts are chopped up with a knife and mixed with the flour and honey. The orange zest cut into strips is added to the dough together with a pinch of ground pepper. The dough is then worked and then cut into the shape of small rhombuses, and then baked in a wood-fired oven. It is a historical preparation of the Christmas period. The sweets are prepared in advance and stored in a cloth bag. They are traditionally prepared in the family.

ZAOIARDI DI ANAGNI

Production area
Province of Frosinone: Anagni

PRODUCT DESCRIPTION Sweet biscuits with cylindrical shape and light brown colour, are obtained from processing soft wheat flour, eggs, cow's milk, butter and sugar. They have the same shape as the ladyfingers, hence the name, but they differ in that they are not as light and crisp. The ingredients are kneaded by hand in a bowl. Small strips of average size of 3x15 cm are prepared by hand from the dough, which are then baked in a wood-fired oven at about 200°C. The recipe has been passed down orally for a couple of generations; the sources can be found in the historical archive of Anagni.

TERSITTI DE' GIRGENTI

Production area

Province of Rieti: Borgorose, Concerviano, Fiamignano, Marcetelli, Pescorocchiano, Petrella Salto, Varco Sabino

PRODUCT DESCRIPTION Sweets that are typical of the Cicolano area, in the shape of a triangle or lozenge, made with walnuts, hazelnuts, dried figs and raisins. They are made for the holiday season.

PRODUCTION METHOD The preparation of *Tersitti de' Girgenti* involves the blending of the ingredients. Subsequently, a pastry dough made from flour, eggs, salt and baking power is prepared. This is greased with oil and covered with the dried fruit mixture. The pastry dough is then rolled up, flattened, brushed with egg yolk and, finally, cut into the shape of lozenges or triangles. Baking must be done in a wood-fired oven.

HISTORY BACKGROUND Girgenti, the ancient name of Agrigento, gives its name to a fraction of the municipality of Pescorocchiano, founded by Agrigento. The Tersitti were born in this village but soon spread throughout the Sabina. The product boasts a long tradition, associated with the Christmas season, and its recipe has been handed down orally for generations. The presence of dried fruit, figs and raisins is typical of Christmas preparations, both because they are fruits available in the winter season, and because they have now become a symbol of well-being and prosperity.



SERMONETA RICOTTA CHEESECAKE

Production area

Province of Latina: Sermoneta

PRODUCT DESCRIPTION A cheesecake made with sugar, honey, eggs, cinnamon and aromatic liqueur for cakes. The filling is made from ricotta cheese.

PRODUCTION METHOD This cheesecake has a shortcrust pastry base. The filling is made by blending ricotta, sugar, eggs, egg yolks, honey, aromatic liqueur and cinnamon. A pan is lined with parchment paper and the necessary amount of shortcrust pastry is placed inside it, and the bottom pierced. The ricotta filling is poured in. The cheesecake is then covered with another sheet of shortcrust pastry or strips are prepared and placed over it on a grid, if we want to give it the shape of a pie. An egg is beaten and brushed on the surface of the cheesecake. It is baked in a preheated oven at 180°C for 40 minutes. Before serving the Sermoneta ricotta cheesecake it is advisable to sprinkle it with confectionary sugar.

HISTORY BACKGROUND Ricotta cheesecake is a famous dessert of Lazio cuisine. It would appear that the ancient Romans already ate it, even if some attribute it to Jewish cuisine. The ricotta used for the preparation of the Sermoneta ricotta cheesecake is scrupulously that which it obtained from grazing sheep in the Lepini Mountains range.



TIELLA DI GAETA

Production area

Province of Latina: Gaeta, Formia, Sperlonga, Minturno

PRODUCT DESCRIPTION Filled with strictly indigenous products of the land and/or sea, the Tiella di Gaeta is a kind of meat pie made up of two thin layers of dough, that are generally circular, overlapping and closed along the edges. The filling of the *Tiella di Gaeta* is made up of anchovies, sardines, octopus, squid and vegetables; ricotta or cheeses (such as marzolina cheese) and vegetables; tomato and onion; escarole and cod or sausage; Oliva di Gaeta PDO. A good Tiella di Gaeta has a moist filling, and an external dough crust that is soft but not soaked. The dough that forms the crust must, on the other hand, be thin and well baked including in the lower part of the pie. A distinctive note of the Tiella di Gaeta is its shape, which has been consolidated by centuries of tradition, similar to a cake with the edges (in the dialect "*affriciegl*"), skilfully manipulated, to obtain an artistic circular frame.

PRODUCTION METHOD The shell of a Tiella di Gaeta is made from type 00 flour, water, salt, brewer's yeast and a small amount of extra virgin olive oil, preferably a single variety from Itrana. The filling may be based on octopus, squid, anchovies, sardines, onion, tomato, vegetables, ricotta or marzolina or sausage, escarole and olives and chili, and is previously prepared and flavored with fresh garlic and parsley. A little more than half of the well-leavened dough is taken and a sheet of about 1 cm thick is formed. The disk that is

crafted placed in a pan and filled with the desired filling which, in turn, is covered with another disk of dough that has been made by rolling out the remaining dough and closing the edges with a light pressing of the fingers. After having pierced the surface of the pastry with the tines of a fork, the pie is baked in the oven at 180-220°C for about 30-45 minutes. Before eating it, it is good to let the Tiella di Gaeta cool for 10-15 minutes.

HISTORY BACKGROUND A legend tells us that a terrible famine struck Gaeta. The King's sons didn't any more food to eat. A housewife, using the leftovers of her provisions, wrapped them, in bulk, in a sheet of dough that she whipped up, which she put to cook on the grill. The result was something that lent itself to being divided into equal parts and to hiding the individual flavors. In the 19th century the aristocracy began to appreciate this kind of pie with squid, while sardines, anchovies, escarole and cod were the most popular among sailors and farmers. Its preparation made it possible to have a complete meal that could be preserved for a few days. With the fall of the Bourbon kingdom, after the siege of Gaeta in 1861 it became the main meal for all the emigrants who left Gaeta in search of work. Its consumption fell during the economic boom of the 1960s, as it was associated with the memory of misery and backwardness. However, in recent years it has returned to the forefront owing to its undeniable goodness and has been revived by numerous local bakeries as well as by export-oriented companies, that freezing the product, which consequently acquires a long shelf-life.





TISICHELLE VITERBESI

Production area
Province of Viterbo

PRODUCT DESCRIPTION Tisichelle are yellowish ring cakes, whose name comes from the fact that after being cooked, they have a shiny and yellowish surface that clearly refers to the color of the skin of subjects suffering from consumption, a very common disease in the 19th century. It is a “poor man’s dessert” prepared to accompany, at the end of a meal, a good glass of wine (they were soaked in wine to soften them) or to be enjoyed, as a snack, to be eaten while working in the winery, along with salami and marinated fish. It is a “dessert” that accompanied the movements during the fairs, thanks to the long storage periods allowed by its preparation.

PRODUCTION METHOD The ingredients are: flour, water, salt and yeast (or leavened bread dough). A dough is made from these ingredients to which extra virgin olive oil, white wine and aniseed (or fennel seeds) which were previously soaked in wine are added. Sometimes ground pepper is also added.

The dough is rolled and cut into cylinders, the size of a little finger from which rings are formed, whose size might vary according to taste, which are set on a greased baking sheet, and baked at 200°C for twenty minutes.

Traditionally, before putting them in the oven, as with other types of “biscuit” bread, the donuts are blanched for a few minutes in salted water, then left to dry on a clean cloth. According to some, this brief blanching of the biscuits, which in past centuries was normally practiced and from which the name biscuits (= baked twice) is then derived, served to avoid deterioration processes (such as from mold or other) and thus allowed a long conservation of the products that served as a food supply for the workers who went away from home for several days.

HISTORY BACKGROUND The *ante quem* term for dating this recipe is, without a doubt, the early and mid-twentieth century. It was in this period, in fact, that sugar, which had previously been considered a luxury product, became a commodity that was accessible to many, thanks to the spread of sugar factories in the Italian territory. It should be noted that the first Italian sugar factory was set up in Lazio, in 1887, therefore, the “sweet not sweet”, Tisichelle, must have been part of the Viterbo tradition prior to the spread of this sweetener even among the less well-to-do classes, therefore before from the mid-1900s.



TORRINCINI DI ALVITO

Production area
Province of Frosinone: Alvito

PRODUCT DESCRIPTION Small nougat torrones with hard or soft texture, covered with a wafer or a chocolate sprinkles, are worked in many different ways. Three types of Torroncino di Alvito are produced: “classic”, “real pasta” and “crisp”. The basic ingredients are: almonds, hazelnuts, chocolate, caramelized sugar, dark chocolate, honey, cinnamon, natural flavourings, strawberry and orange glaze. The length ranges from 8 to 20 cm, the thickness is 2-3 cm and the weight varies from 20 g to 3 kg. Alvito’s Torroncino can be white, covered with a host or chocolate brown. Its production takes place from September until the end of January.

PRODUCTION METHOD To prepare the “classic” dough, sugar, honey and egg whites are poured into an automatic kneading machine until a homogeneous dough is achieved, then whole almonds are added to the boiler. For the “crisp” type, sugar and orange juice are poured into a copper container, then stirred by hand with a wooden spoon until it becomes caramel, the caramel is mixed with the almonds and cinnamon, almonds are minced and added to the other ingredients, which are kneaded until a homogeneous dough is achieved. For the “pasta reale” type, the almonds and sugar are kneaded in the refiner for about 4 hours, adding water to obtain a soft and homogeneous paste is achieved. For the “pasta reale” type, the almonds and sugar are kneaded in the kneading machine

or about 4 hours, adding water to obtain a soft and homogeneous paste, the almonds are ground together with the sugar and mixed in the boiler with the addition of candied fruit and natural flavourings, until a homogeneous dough is achieved. This is followed by spreading the dough out with a rolling pin on a marble surface lightly soaked in oil, for the “crisp” type. The dough is then cooked in a double-boiler for about 7-8 hours, adding natural flavourings and peeled almonds, for the “classic” type; in the boiler until the sugar is dissolved, for the “crisp” type; in a double boiler for about 5-6 hours or in a boiler for 1-2 hours, for the “royal pasta”. The cooking is followed by cooling and drying. The dough, placed on the worktable, spread out with a rolling pin to form rectangles, using moulds, on the surface of which the sheet of wafer paper is placed, which is then left to cool (classic); the dough, left to cool on the marble work table, is divided and levelled with special rectangular moulds (crunchy type); the dough, once cooled, is prepared into strips of about 30 grams, each and set out to dry on a table (royal pasta). Aromatization for the “royal pasta” type follows. Then, the different ingredients (coffee, hazelnuts, gianduja, pine nuts, rum, bergamot) are mixed with the dough.

In the case of pistachio nougat, this ingredient is ground together with the almonds in the first phase. The dough is then cut with a knife or a cutter into slabs: for the “classic” in pieces from 30 g to 3 kg, with a thickness of 2-3 cm, for the “crunchy” type in rectangular shapes the same for the “pasta reale”, in 4-8 cm long strips. The surface is then covered with the host (classic), with a milk or dark chocolate (crunchy), and dipped, depending on the type, in tubs containing melted dark chocolate at 40°C or coffee or sugar (*pasta reale*). The product is hand-packed with golden food paper and coated with a caramel-like wrapping.

HISTORY BACKGROUND Since 1800 the peasants of Val Comino have been going to Alvito during the Christmas period to buy the characteristic Torroncini, which were totally hand crafted from the dough to the wrapping. Initially the sweet was a soft nougat, based on white *pasta reale*, candied fruit and covered with a white icing but, since the early 1900s, the tradition has been renewed, multiplying the range of the products, offered in the reduced format of nougat. It is an ancient and seasonal tradition, the result of old recipes that have been passed down from father to son, linked to the Christmas festivity perpetuated for decades by local producers which today is unanimously appreciated including aboard.



TORTA PASQUALE (Torteno 1 and 2) TORTANO DI PASQUA TORTA PASQUALINA TORTERI DI LENOLA TORTOLO DI PASQUA TORTOLO DI SEZZE

Production area

Torta Pasquale (Torteno 1 E 2): Province of Roma: Ardena, Carpineto Romano, Gavignano, Gorga, Montelanico, Segni. Province of Latina: Campodimele, Fondi, Formia, Itri, Lenola, Monte San Biagio, Spigno Saturnia. Province of Frosinone: Ausonia, Castelnuovo Parano, Coreno Ausonio, Esperia, Pico, Pignataro Interamna, Pontecorvo, San Giorgio A Liri, Sant'andrea Del Garigliano, Vallemario, Intera. Province of Rieti: Tortano di Pasqua. Province of Latina: Formia, Gaeta
Torta Pasqualina: Province of Frosinone: Anagni, Torteri di Lenola, Tortolo di Pasqua, Tortolo di Sezze: Province of Latina: Lenola, Sezza

DESCRIPTION OF THE PRODUCTS **Torta pasquale (Torteno 1 and 2)** (Easter Cake): Sweet, large, ring cakes flavored with liqueur and aniseed. They have a light brown colour on the sides, darker above. The dough is prepared in the evening with natural yeast and left to rise all night, wrapped in a cloth covering. The next day, more flour is added to the starter and ring cakes are prepared which, are

left to rise for 24 hours, and are then baked in a wood-burning oven for 30-40 minutes. In the variant typical of the Monti Aurunci area, a sourdough starter is prepared with water and flour, at least 12 hours before use. More flour is added to the well leavened starter and the resulting dough, well covered with pieces of wool, is left in a wooden cupboard for further leavening. Ring cakes are formed from the leavened dough and in the centre of the ring, raw eggs are inserted which are then covered by dough. The ring cakes are then baked in a wood-fired oven.

Tortano di Pasqua: Large ring cake decorated on the outside with "naspro" (icing made from egg white and sugar), sprinkles and coloured sugar. The basic ingredients are flour, sugar, eggs, butter, milk, yeast, lemon, vanilla or cinnamon. The *Tortano di Pasqua* is baked in the oven after a few hours of rising.

Torta Pasqualina: a shortcrust pastry is prepared with flour type 00, sugar, eggs and butter and a filling made with sheep milk ricotta, rum and alkermes.

Torteri di Lenola: baked cake made with flour, eggs, sugar, oil, salt, aniseed, brewer's yeast. After mixing the ingredients, the dough is left to rise in a warm environment for 4-5 hours, after which large ring cakes are formed and left to rise for another 12 hours. Once the leavening is complete, the ring cakes are brushed and baked in the oven.

Tortolo di Pasqua: pagnottine (small loaves) made with flour, sugar, eggs, grated lemon peel, oil, water, brewer's yeast, and sambuca. The recipe calls for arranging the flour in a heap on the pastry board, breaking the eggs and blending them with the brewer's yeast, then adding all the other ingredients and, finally, forming small loaves that start to grow in a "spasa" (basket). When these have reached the double of the initial volume, they will be kneaded again and from them other smaller loaves will be made that will start to grow as before, covered with a cloth, to be then baked.

Tortolo di Sezze: Easter cake in the shape of a loaf, made with type 00 flour, eggs, sugar, brewer's yeast, water, grated lemon peel, sambuca, extra virgin olive oil or lard. It has an aroma of sambuca.

HISTORY BACKGROUND In the Easter tradition of the entire Lazio region, the use of preparing Easter cakes is particularly widespread which, depending on the location, take on a different name while maintaining roughly the same ingredients, although the doses vary. These are what the scholar Camporesi calls "ritual breads", i.e. the breads for special occasions, which are made with the same ingredients as bread but enriched with sweeteners. Even the shapes are the same, what changes is the volume, very often due to a double leavening.

TOSA DI PASQUA

Production area
Province of Frosinone: Supino

PRODUCT DESCRIPTION This is the typical Easter cake which, according to tradition, was prepared in the shape of a doll (the Pupa) for females and in the shape of a ring (gliù Campanaro) for males. The ingredients for the preparation are: sugar, flour, milk, eggs, extra virgin olive oil, aniseed, salt, sambuca, vanilla and yeast (or 20 grams of bicarbonate or 40 grams of cream of tartar). In the past, the yeast used was the sourdough starter achieved from the processing of bread and which was subsequently diluted.

PRODUCTION METHOD The eggs, poured into a bowl, are whipped with the addition of sugar and oil. All the other ingredients

and the flour are then added as required, until the mixture is easy to handle and the dough is consistent, compact and homogeneous. The dough, divided into several loaves, is then worked by hand to give the characteristic shape of a doll and/or ring. Alternatively, if the processing is done by hand, one should proceed by arranging the flour in a heap on the pastry board and all the ingredients placed in the well and worked by hand. Baking takes place in the oven at 250°C until the cake turns a dark gold color.

HISTORY BACKGROUND Typical of the Easter tradition of Supino, the Tosa, doll-shaped for females and ring-shaped (gliù Campanaro) for males, is made with an egg in the center. According to custom, it was prepared at home on Holy Thursday and then given to the girls on Easter day, after being blessed in church. It could be linked to those “ritual breads”, fruit of the ingenuity of housewives who, on the occasion of special holidays, added sweetening ingredients to the traditional bread recipe. Its diffusion can be traced back to the first half of the 1900s, when flour and sugar, basic ingredients of the preparation, are no longer considered “luxury goods”. The preparation is linked to one of the few moments in which people ate abundantly and, above all, they could taste elaborate and expensive dishes. According to the Christian tradition of Easter and the Resurrection, the origin of these sweets should be traced back to the Last Supper, when Christ broke the bread and distributed it to the apostles. The breaking of the cake, in this case, would symbolize the same gesture of love and solidarity as the Christian event. The hard-boiled egg, set in the middle of the cake, would therefore be nothing more than the symbol of rebirth and the continuation of life. In the local tradition it also passed to be a wish for fertility, and, for this reason, it was customary to give it to the betrothed of one’s son.



TOZZETTI DI VITERBO

Production area
Province of Viterbo

PRODUCT DESCRIPTION Tozzetti are the most characteristic and popular dry biscuits made with hazelnuts from Monti Cimini area in the Province of Viterbo. The major production centers correspond to the cities with the greatest extension of hazelnut groves: Vallera-no, Vignanello, Caprarola, Ronciglione and Vetralla, but there is no shortage of them in all the other towns of the Province. The ingredients, in addition to hazelnuts, are eggs, sugar, oil, yeast, grated lemon peel, milk, flour. However, each household has its own recipe, handed down orally from mother to daughter: some do not use any yeast; in others and in the traditional one, lard is used instead of olive oil.

PRODUCTION METHOD Before being used, the hazelnuts must be toasted, also in order to remove the thin film that covers them. The ingredients are then blended with a wooden spoon or an automatic kneading machine until a soft dough is achieved from which loaves

are shaped that are about 2 cm high and 10 cm wide. These loaves are arranged on a greased and floured baking sheet, soaked on the surface with beaten egg and baked at moderate heat. Once they have been baked, the loaves are cut into 2 cm pieces and baked again for a few minutes in order to even out the cutting surfaces.

HISTORY BACKGROUND Tozzetti are synonymous with a solemn feast: they are never lacking on the table and in “refreshments” on the occasion of weddings, baptisms, confirmations and communions. The origin of the product is unknown. The first desserts based on dried fruit and sugar point to an Arab origin.

The quality and quantity of the desserts have since the 15th century have kindled the delight of European travelers in Arab countries who do not skimp on the praise of the confectionery and desserts that conclude the meals. Biscuits and ring cakes are used as provisions on during trips, they are called ka'k, they are made from a few eggs, and many almonds and hazelnuts. The biscuits are made from a fairly thick dough which is given different shapes, often geometric ones, and baked in the oven at a moderate temperature. In addition, various types of sugar-based nougat, almond, walnuts, hazelnuts and pistachios are manufactured here. One might think, however, that the production and diffusion of Tozzetti in the Viterbo area could coincide with the great extension of hazelnut groves, in particular of the Gentile Roman variety, around the 1950s-1960s, when the agricultural area dedicated to this crop passed from 2,000 to 20,000 hectares, mainly concentrated in the Monte Cimini area, thus classifying itself as the predominant crop in the agricultural economy of the province. In 1946, local economic magazines perceive the appreciation already expressed towards the product by foreign states such as France and Switzerland and the desire to resume exporting it. In the 1970s, the high level of consumer satisfaction with Tozzetti was already consolidated. In local tourist magazines they are mentioned among the specialties of countries such as: Caprarola, Soriano nel Cimino, Sutri, Ronciglione.



TOZZETTI DI PASTA FROLLA

Production area

Province of Roma: Frascati, Genazzano, Genzano di Roma,
Subiaco

PRODUCT DESCRIPTION Rhombus-shaped dry biscuits, made with whole almonds and pieces of dark chocolate, which are crumbly and tasty. They are prepared with: type 00 flour, sugar, eggs, butter, margarine, yeast, whole almonds and dark chocolate chips.

PRODUCTION METHOD After mixing the ingredients in the mechanical mixer, the dough is hand-processed to form sticks or loaves about 30 cm long, subsequently cut into a rhombus shape. The biscuits are baked in a wood-fired oven or indirectly fired by wood 180-190°C for 15/20 minutes, or at 150°C for 20 minutes.

HISTORY BACKGROUND Shortcrust pastry tozzetti are traditionally produced in bakeries and pastry shops, taking their name from their particular “*tozzo or squat*” shape. The recipe and the preparation process have been handed down for generations.



TRECCIA ALL'ANICE DI CIVITELLA SAN PAOLO

Production area

Province of Roma: Civitella San Paolo, Nazzano

PRODUCT DESCRIPTION Anise-based savory bread with a characteristic braid shape. During processing, two leavening cycles are envisaged at room temperature. The *Treccia all'anice* (Anise Braid) has a more or less soft consistency, a thin light brown crust, white internal crumb. Typical aroma of anise.

PRODUCTION METHOD All the ingredients (type 00 flour, water, extra virgin olive oil, brewer's yeast, salt, aniseed) are processed in the kneading machine with further addition of flour until the dough becomes compact and soft. During processing, two leavening cycles are envisaged at room temperature: the first concerns the dough and lasts 40-45 minutes at room temperature, the second, on the other hand, concerns the braid achieved by manual processing of about 200-300 grams of dough, which is left to rise for about 1 hour at room temperature, on aluminum cooking sheets. Baking takes place at 240°C for 30 minutes.

HISTORY BACKGROUND The recipe and processing method have been handed down orally from generation to generation.



TURCHETTI

Production area
Province of Roma. Province of Rieti

PRODUCT DESCRIPTION Dry and rumble biscuits that have a shape that varies depending on the production area (oval or elongated, pavesino type). Yellow in color, *turchetti* have a sweet taste with a lemonish aroma.

PRODUCTION METHOD The raw materials used for the preparation of the dough consists of a mixture of eggs, milk, lemon, extra virgin olive oil, yeast, vanilla, sugar, flour. Everything is kneaded by hand until a homogeneous but very light dough is achieved. Using a pastry bag or a spoon, a little bit of dough is distributed on a baking sheet, giving the desired shape to the biscuit. The biscuits are baked in the oven at 180°C for 15 minutes.

HISTORY BACKGROUND The regional gastronomic traditions have handed down different versions of the Turchetti which, depending on the area of origin, were and are prepared very differently. The ancient Lazio recipe harks back to a culinary world in which nothing was wasted: in the past, leftovers of biscuits, cakes and unsold pasta were used for the preparation. The whole was left to dry; then it was crushed and passed through a sieve to obtain flour. This was the basis for the Turchetti, to which sugar, flour, eggs and milk were then added. Like any self-respecting tradition, the recipe has been handed down orally from generation to generation, although today there are several variations both in the use of the ingredients and in the form. Turchetti are the classic biscuits that have always been consumed mainly with milk, at breakfast or soaked in wine, in front of the fireplace, after meals.



ZIPPOLE

Production area
Province of Latina e Frosinone

PRODUCT DESCRIPTION Confectionery product based on flour, eggs, sugar, raisins, pine nuts, eggs and brewer's yeast. Circular in shape with a diameter of about 5 cm, Zippole are fried in boiling oil. Crunchy and golden on the surface, they have a soft and tasty mixture.

PRODUCTION METHOD All the ingredients are mixed in a bowl, taking care to dissolve the brewer's yeast in warm water. The dough is worked until it reaches a fairly soft consistency and left to rise until it has doubled its volume. At this point, pieces of dough are recovered, either manually or by using a spoon, and then fried in boiling oil. When all the dough is cooked, in a pan, honey is dissolved and poured over the Zippole, covering them completely.

HISTORY BACKGROUND The preparation of Zippole traditionally takes place on the last day of the year but they are still found in local families until the coming of the Befana (the witch). Once upon a time, in fact, they used to fill stockings for children, together with dried fruit. Another very ancient tradition of peasant origin, linked to these sweets, was rediscovered and given its true value in the early 1980s by the Municipal Playground, is the New Year's Stone: on the evening of December 31, children, throughout the streets of the historic center of the town, go from house to house wishing a happy new year and giving families a stone decorated with ribbons. Before entering, outside the doors, they recite the nursery rhymes, until they are welcomed into the house. One of these says: "*Boni, boni bonanno, tsasso di capodanno. Damme 'na zippola e dammela bona, puzzi fa 'na figlia signòra*". In exchange for the "stone", then, children receive sweets and the most coveted is the Zippola.



UOVA STREGATE

Production area

Province of Frosinone: Arpino, Veroli

PRODUCT DESCRIPTION It is a particular creamy spoon and semifreddo dessert inserted inside an eggshell. At first glance the “enchanted eggs” look like real hard-boiled eggs, but in reality at the first taste you realize that it is a cake filled with tasty ingredients based on milk cream enriched with bourbon vanilla pulp and a ball of Genoise cake, yellow in color reminiscent of egg yolks, lightly soaked with citrus liqueurs.

PRODUCTION METHOD The ingredients are: milk cream enriched with Bourbon vanilla bean and Genoise cake (like sponge cake) lightly soaked with citrus liqueurs for cakes with 3-4% alcohol content. A yellow ball of Genoise cake is placed at the base of the eggshell, which had previously been sterilized and opened at one end and covered with cream of milk with a soft and velvety texture. The bewitched egg can either be eaten immediately or frozen. It can be kept for 4/5 days. Production is yearly but is especially concentrated in the Easter period.

HISTORY BACKGROUND The bewitched eggs, registered in an artisan pastry shop in Arpino (FR), are a reworking of an ancient recipe that dates back to around 1870. Mrs. Maria Martino, who today makes them in her pastry shop, says that the bewitched eggs were prepared by the Benedictine nuns of the Monastery of Santa Maria dei Franconi in Veroli exclusively during the Easter period, because in this period the hens are very “Generous” and produce many eggs. In order not to throw away the eggshells, the nuns invented a way to reuse them by creating containers for this creamy and very special sweet which they then sold to pilgrims during the Easter holidays. Mrs. Maria tells her that she has known this dessert since she was a child and that it was a usual gift to the families of Arpino and Veroli on the occasion of Easter. The name “bewitched eggs” is linked to two hypotheses: because in the past the Strega (which means witch) liqueur was used to flavor Genoise cake: because it looks like a hard-boiled egg but in reality it is a delicious dessert.... *“Then you are deceived by the appearance of the egg”.*









GASTRONOMIC PRODUCTS

LAZIO'S AGRI-FOOD HERITAGE - BETWEEN BIODIVERSITY AND TRADITION



ABBUTICCHIO

Production area
Province of Frosinone: Torrice

PRODUCT DESCRIPTION The Abbuticchio is a roll of sheep's tripe (from adult sheep or lamb) that internally contains $\frac{1}{4}$ of a hard-boiled egg, cured bacon or cured ham cut into cubes and a square of pecorino cheese. All of this flavored with ground spices: garlic, basil, parsley, rosemary and cayenne pepper. The roll, well tied with the lamb gut, is cooked in tomato sauce and served hot with a sprinkling of grated pecorino cheese. The pleasantness of the preparation is the result of a wonderful synthesis among all the ingredients, which gives a decidedly unique taste and flavor, although the taste and aroma of sheep remains prevalent.

PRODUCTION METHOD The tripe (the pre- stomach of sheep) used for the preparation of Abbuticchio is subjected to a thorough and meticulous washing and then it is boiled in water and salt, until completely cooked. Once cooled, it is cut to form many square "sheets" of about 10/15 cm then stuffed with $\frac{1}{4}$ of a hard-boiled egg, cured bacon or cured ham cut into cubes, a square of parmesan cheese, garlic, basil, parsley, rosemary and cayenne pepper. The ingredients are wrapped with the tripe (lamb gut) and subsequently tied to form a roll, hence the name "Abbuticchio", from "abbutinare" which in the dialect of Ciociaria (the area south-east of Rome) means to "wrap". After preparation, the rolls are slowly

cooked in water for about 2 hours. Once all the water has evaporated, you continue cooking by adding a tasty tomato sauce.

HISTORY BACKGROUND The "Abbuticchio", which can be considered a real gastronomic rarity, is a historical recipe handed down from generation to generation, of which we have documented evidence starting from the early 1900s; but its origins are quite certainly much older. Legend has it that in 1555 it was the scent and taste of "Abbuticchio" that "*appeased Cardinal Mendoza, papal legate, who was never gentle with rebel cities*" (taken from Il Giornale of July 6, 1996). What is certain is that the recipe has certainly withstood the challenge of time thanks to Mrs. Letizia Colagiaco, born in 1940, who learned to prepare the famous tripe rolls from her mother-in-law, and which were sold in the past at the family's butcher shop. To appreciate the goodness of this traditional dish, just go to Torrice (FR), to the old Trattoria "da Sestilio", active since 1906, where Letizia prepares "Abbuticchi" every day, and her famous dish is celebrated by the national media.





VELLETRI ARTICHOKES "ALLA MATTICELLA"

Production area
Province of Roma: Velletri

PRODUCT DESCRIPTION The artichoke, cooked on the grill, is preferably served on a slice of bread, which is soaked in the extra seasoning oil that drips out of the artichoke itself. At the end of cooking, before being served, the external leaves, usually burnt, are removed, so as to reveal the crown of innermost leaves, of which the more tender bottom portion is carefully eaten bit by bit. Proceeding towards the center of the vegetable, the leaves become totally edible and enclose the heart of the artichoke, the most tender part, which can be tasted in one bite, possibly after eliminating the excess sauce. For the preparation, the Roman artichoke is used, which is usually harvested in the period between April and May, when the pruning of the grapevine has just been completed.

PRODUCTION METHOD Beautiful "Roman violets" are chosen, from which the stem is removed almost completely; they are lightly tapped on the table in order to open them up a bit to create more space inside. Then they are filled with fresh garlic, wild mint leaves, a pinch of salt and sprinkled with a generous dose of extra virgin olive oil. The artichokes, thus prepared, must then be carefully placed, for $\frac{3}{4}$ of their volume, in the glowing embers, obtained exclusively by burning the sarments (bundles of dry shoots obtained from the wood of the pruning of grapevines). The cooking which, depending

on the size of the artichokes, takes about two hours, must be well controlled, changing the position of the vegetable, at least a couple of times, making sure that they do not overcook: which would cause excessive dryness and would produce a taste of burnt hay; or cook too little, with the risk of taking on an herbaceous, uninviting flavor. It is absolutely forbidden to cook "Artichokes alla maticella" in a fireplace or in an enclosed area, as the embers need natural ventilation which helps to give the dish its typical aroma.

HISTORY BACKGROUND In the town of Velletri there has been talk of "Artichokes alla maticella" for a few hundred years now: traces can be found in some writings of the Jesuits who governed Velletri under the Papal State; in the tales of grandparents, who in turn reported the testimonies of their fathers, testimonies that had come from their ancestors, handed down to their children, from generation to generation.

History and memory teach us that in the period in which the grapevines are pruned and the harvesting of the vine shoots from the rows has come to an end, one of the oldest and most recognizable traditions of the town of Velletri comes to life: "the artichokes alla maticella". Very fragrant, and equally good, are the "Roman violets", which have always been present in every vineyard of Velletri, to signal the heads of the rows, the so-called "capocciate" (headers). In the past, when the work in the vineyard was done entirely by hand, the farmer came up with ingenious solutions to reduce fatigue and make the most of the available land. These included the planting of artichokes at the head of the rows, where the soil was not worked, with a double advantage: no need to hoe the "head" and therefore that saved some effort and at the same time it guaranteed the artichokes the ideal condition for producing excellent vegetables in spring, since artichokes are notorious for not "liking" to be cared for. During the period of pruning, many pruners and "workers" (day laborers), went to the vineyards. The former cut the sarments and the "workers" collected them by tying them into bundles ("matticelle") which would later be used for baking bread, for feeding the fire in the kitchen and the oven; while those in excess were burned in large bonfires, the ash of which, scattered among the grapevines, constituted an excellent fertilizer. In memory of the ancient tradition, for at least 30 years, the manifestation of the "Artichoke alla maticella" has been held in the municipality of Velletri.



VITORCHIANO CAVATELLI WITH WILD FENNEL

Production area

Province of Viterbo: Vitorchiano

PRODUCT DESCRIPTION The Vitorchiano cavatelli with wild fennel is a peasant dish from the culinary tradition of Vitorchiano, at the base of which is soft spaghetti made with water and flour, tomato sauce, prepared with a whole or chopped browned garlic, extra-virgin olive oil, cayenne pepper, salt and *"mappette"*, that is tufts of dried wild fennel flowers. The result is a tasty and savory first course, with the aroma of fennel, whose characteristic is its seasoning with the addition of wild fennel. The "flower" of the latter is used which, in the summer months, is dried in wicker baskets in dim light.

PRODUCTION METHOD The preparation of Vitorchiano Cavatello (a kind of pasta) begins with fresh pasta made from two simple ingredients: water and type 00 flour. The flour is placed on a wooden pastry board and water is gradually added to it and it is kneaded until a compact, homogeneous, elastic and smooth dough is obtained. Then the dough is covered with a cloth and left to rest for about 30

minutes to make it soft. After that, the dough is kneaded again on one side, hollowing it out and stretching it into large, elongated and soft strips of pasta, similar to spaghetti, all done with the palms of your hands. The sauce is obtained by adding chopped tomatoes or tomato purée to the sautéed sauce and cooking it for about 20-30 minutes. Finally, you proceed with the cooking of the cavatelli, using a pot with plenty of water, and when the pasta is ready, you add the condiment.

HISTORY BACKGROUND To the north-east of Viterbo, between the Cimini mountains and the valley of the Vezza stream, stands Vitorchiano ("Vicus-Orchianus"), a picturesque medieval village. The town rises up on large boulders of Peperanum and is protected to the south by walls interspersed with towers that are still intact, all of which are crowned with battlements, while to the east, west and north there are deep, wide ravines. It is a predominantly hilly area, rich in hazelnut groves, vineyards and olive groves, where there is no shortage of oak and chestnut woods and fields where wild fennel grows in abundance. And it is precisely from the flower of this wild plant, once it has dried, that the characteristic ingredient of the condiment is obtained which, for over a century, the Vitorchianesi have used in the preparation of cavatelli, a kind of pasta made with water and flour. A simple dish, which however, in the past, was reserved for holidays in peasant families. This ancient recipe, which stands out for its extreme simplicity, is now illustrated to us by Mrs. Elisabetta Bacchiarri, born in 1936, known by "Lisetta". While she kneads the pasta with her hands to obtain the cavatello, she tells us the story of her family, remembering that her grandmother *"used to dry the fennel flower in wicker baskets, but not in the direct sun, and on Sundays she prepared cavatelli with dried fennel flower"*. It is a dish that is an integral part of the culture and history of Vitorchiano, so much so that since 1978 a special festival is devoted to it, which is also evidenced by the old resolutions of the Municipality, preserved in the city archives, which supports its realization through an extraordinary contribution to the Pro-Loco (an association promoting local culture and tourism). Today the Festival of the cavatello, where the women of the village prepare the traditional dish by hand by mixing water and flour, has reached its 37th edition and is organized by the Pro-Loco of Vitorchiano on the first weekend of August.



CECIARELLO OF VEJANO

Production area
Province of Viterbo: Vejano

PRODUCT DESCRIPTION The Ceciarello di Vejano is a “local” version of the more common dish of pasta and beans, which has been prepared in Vejano for ages. The name “ceciarello” derives from the small chickpea shape of the pasta, precisely ‘ceciarelli’, kneaded with water and durum wheat flour and boiled in bean broth. It is a very tasty soup of borlotti beans, flavored with sage, bay leaf, garlic, celery, bacon.

PRODUCTION METHOD The Ceciarello di Vejano is prepared with durum wheat flour, salt and water, the latter in an amount of about 50% that of the amount of flour. All the ingredients are kneaded together by hand for about 5 minutes and the dough obtained in this way is left to rest for about 10 minutes. The pasta is formed into long spaghetti-like strings with a diameter ranging from 5 to 7 mm, subsequently divided into small portions of between 5 and 7 mm in length.

At the same time, the borlotti beans are prepared which, previously washed, are left to macerate for 12 hours in a container with plenty of water. In the meantime, the tomatoes are seared, peeled and seeded, and cut into cubes.

The other ingredients, such as potatoes, carrots, onion and celery are peeled, washed and cut into cubes. Once the beans are ready, they are drained and placed in a pot with all the vegetables, except the tomatoes, and flavored with sage, bay leaves, garlic, parsley. The whole mixture, seasoned with the addition of a little oil, salt, pepper and water, is boiled for about 1 hour. Extra virgin olive oil

is poured into a separate pan, where the sliced bacon, parsley and sage will be browned for a few minutes, and to which the tomatoes will be added. Finally, the different ingredients are put together in a pot into which, the pasta “a ceciarello” is added as soon as the soup obtained has come to a boil, continuing to cook for about 10-15 minutes.

HISTORY BACKGROUND A traditional dish, which for several years the intention of the Pro Loco of Vejano was to enhance it by means of a special festival. In order to collect facts about the history of this traditional dish, we interviewed some citizens of Vejano, recognized by the villagers as excellent cooks of traditional dishes. One of these is Mr. Umberto Crociani, born in 1930; for 10 years (from 1990 to 2000) he was the president of the Pro Loco of Vejano and promoter, thanks to the passion and creativity that has always distinguished him, of numerous initiatives aimed at enhancing local traditions. It was he who promoted the first “Ceciarello” festival in 1991, which was subsequently re-proposed beginning in 1998. In addition to having been the soul of the festival for a long time, Mr. Crociani is also an excellent cook, with a particular passion for traditional local recipes. So he explains that “Ceciarelli must be cooked over low heat and stirred often, until they become a bit dense”, adding that “*you need to keep company with the facioli (beans), without leaving them alone, otherwise they stick together and they are not good any more*”, because he maintains “that this is the only secret to success”. Also Mrs. Cesarina Allegrucci, born in 1932, tells us that she learned to make “Ceciarelli” as a child, when she happened to help her mother in the preparation of the dish.

At that time, it was a common dish on the tables of peasant families, since almost all the ingredients were available in the home garden or in any case they were produced locally. In those days, she explains, the recipe also included pork lard stuffing, so as to be able to save a little oil. Mrs. Allegrucci is also keen to point out that she strictly adheres to the traditional recipe. Obviously, the pasta is homemade, kneading the flour with the addition of water, in sufficient quantity in order to obtain a compact and smooth dough. “*Then - she adds - you give the dough the form of spaghetti and cut it into lots of little pieces, which are precisely the Ceciarelli*”. Over the years, on the basis of the experience gained, Mrs. Allegrucci has developed the right doses to obtain a dish that is balanced in flavor and even in quantity. In this regard, she says that for 20 people- the reference to the number of diners derives from the fact that she often found herself having to cook for many people at village festivals - it takes about 1 kg of “Ceciarelli”. (Source: “*Research - Il Ceciarello di Vejano*”, by the Vejano.it Association)



FRASCATEGLI CIOCIARI

Production area
Province of Frosinone

PRODUCT DESCRIPTION Fresh homemade pasta made from durum wheat flour and water, traditionally seasoned with tomato sauce, to which eggs are also added. The pasta can be cooked either in water or in broth.

PRODUCTION METHOD The pasta is kneaded on a “spianatora” (pastry board) where the wheat flour is placed and the water is poured onto the flour a little at a time, making rotational movements with the fingers to create small “pallocchi” (balls of dough), called “frascategli”, which are gradually removed from the pastry board and placed on a tray. Once the operation is complete, salted water is prepared for cooking. When the water or the broth comes to a boil, the *frascategli* are added a few at a time, stirring constantly and vigorously. To prepare the sauce, proceed as follows. The oil is poured into a pan, into which garlic is added to brown. Then add the fresh tomatoes cut into small pieces or tomato puree, salt, and cook for half an hour. Traditionally, eggs are added to the tomatoes.

HISTORY BACKGROUND It is a very simple peasant dish, whose origins date back to the Middle Ages. At that time, the populations that inhabited the Ciociaria area for defensive reasons preferred to live in the villages perched on the rocky hills, while extensive cultivation was practiced further downhill, near the waterways. According to the written sources of the time, this was the case for wheat, fruit, mulberries, lupins and many other crops. Particularly in Supino, the mill and the crops, located near the Sacco river, were carefully guarded because they were fundamental elements for the survival of the population. As for the origin of the “frascategli”, there is evidence from that age that women cooked flour with water in a cauldron and only later was tomato used as a condiment.



PADELLACCIA

Production area
Province of Rieti: Municipalities of Poggio Mirteto, Roccantica, Poggio Catino, Salisano in Sabina, San Giovanni Reatino

PRODUCT DESCRIPTION It is a dish strongly linked to peasant traditions and above all to pig breeding. The trimmings and the less valuable parts obtained from the slaughter of the pig become the main ingredients of this dish, humble, but succulent. The *padellaccia* (old pan) is prepared with pork scraps: breast “rosicarelli”, throat, diaphragm, sweetbread, trimmings or pieces of cheek and brisket. Everything is seasoned with salt and flavored with lemon juice, “longhella” olives (preserved in salt), garlic, rosemary, bay leaf and cayenne pepper.

PRODUCTION METHOD Less valuable cuts from the slaughter of the pig are cut into small pieces and washed in hot water. The stew is then poured into a “padellaccia” (old pan), with the addition of almost a full glass of wine, fat from the throat and a little hot water. In addition, salt and spices, fresh garlic, cayenne pepper and rosemary are added. It is cooked over high heat until the water evaporates; then continue cooking over low heat and, when almost cooked, add a spoonful of vinegar, bay leaves and olives to the mixture. The dish should be served hot.

HISTORY BACKGROUND It is traditional to cook this dish as early as November up through January, after the killing of the pig, using slaughtering wastes that cannot be stored because they perish quickly. It is an ancient recipe, handed down for ages from generation to generation, of which there is evidence as early as the beginning of the 1900s. The processing of pork and its transformation into charcuterie products are part of the Norcia tradition in the upper Rieti area which, thanks also to the favorable climatic conditions, boasts a very ancient history. Proof of the ancient tradition of this dish, in the months of November and December in some municipalities of the Rieti area, the “Sagra della Padellaccia” (Festival of the Padellaccia) is organized which is accompanied by a “Polentata” (big meal based on polenta).



GRICIA OR GRISCIA

Production area
The entire region of Lazio

PRODUCT DESCRIPTION Gricia can be defined as a type of food preparation, consumed as a quick first course, made of durum wheat semolina pasta, seasoned with strips of browned, crispy bacon, pepper or cayenne pepper. In the version intended for deferred consumption, instead, it is prepared as a sauce based on oil and strips of browned, crispy bacon. The flavor is characterized by savory notes, due to the presence of the cured bacon, becoming spicy when pepper and/or dried cayenne pepper is added.

PRODUCTION METHOD In the preparation of Gricia or Griscia, the traditional ingredients are the following: cheek lard, added in the quantity of 10 - 30%; extra-virgin olive oil (if possible Protected Denomination of Origin) in the maximum dose of 5%; white wine, belonging to one of those with the Regional Geographical Indication/Protected Geographical Indication recognized for one of the regions of Lazio, Umbria, Marche and Abruzzo (in the case of Abruzzo, the use is limited to wine made from Pecorino grapes, "Pecorino cheese" and white vinegar made from Pecorino grapes); dried cayenne peppers and/or pepper to taste; salt to taste. . Once all the ingredients have been prepared, proceed by browning a small amount of cheek lard, previously well cleaned of the rind and cut into strips, over low heat, in a pan or pot into which a little extra-vir-

gin olive oil has been poured. The browning continues until the "foam" produced by the cheek lard has disappeared. At that point the white wine is added. Once the strips of cheek lard have reached a golden-yellow color, they must be removed from the pan or pot and set aside separately in another container. Once the pasta has been drained, it is poured back into the pan to be sautéed with the dressing. Finally, serve with the addition of pecorino and pepper. The nature and characteristics of the ingredients used, together with the methods of the traditional process of production, give Gricia those unique peculiarities that tend to enhance the savory flavor of the cured cheek lard, combined with pecorino cheese.

HISTORY BACKGROUND The recipe for pasta alla Gricia originates in the Grisciano hamlet, in the municipality of Accumoli, which is the last village in the region of Lazio on the via Salaria, the ancient salt road, in the direction of Ascoli Piceno. History has it that in this area, during the transhumance (the practice of moving livestock between mountain and lowland pastures) shepherds carried only a few ingredients in their backpacks to meet their needs for food and that they exploited the products "offered" by animals for this purpose: cheek lard and pecorino in addition to dried pasta and black pepper. The wine they consumed was made above all from grapes of "pecorino" vineyards, an indigenous variety from the territory between upper Lazio and Piceno. Gricia can rightly be considered the progenitor of the *Amatriciana* which originated later in the 17th century when tomatoes were added to the dish, while the area of L'Aquila was under the reign of Naples. Evidence that we find in an article entitled *Roma a tavola, curiosità sugli spaghetti alla gricia, all'amatriciana, alla carbonara e all'arrabbiata*, which appeared in the Strenna of the fans of the Rome soccer team of April 21, 1983 (See pages 175 and 178): "*Finally, it can be said of spaghetti alla gricia that, with good reason, both for its seniority and for the prevalence of the pork-based condiment, it can boast the title of progenitor over all the similar preparations that came later, including the so-called Spaghetti all'amatriciana*". Also Corrado Barberis agrees with this in his *Mangitalia, la storia d'Italia servita in tavola* (Eataly, the history of Italy served at the table), published in 2010, where in the chapter devoted to the region of Lazio (paragraph on Rieti "oliardo", "lardolio", p. 182) he enhances the purity of the gricia, while not negating the value of the tomato version: "... *Only the amatriciana and its pre-Columbian version, the gricia without tomatoes, are above all suspicion in their being 100% pork. ...*".



"PANE AMMOLLO" (SOAKED BREAD)

Production area

**Province of Frosinone: Municipalities of S. Elia Fiumerapido
(Hamlet of Valle Luce); Alvito**

PRODUCT DESCRIPTION The preparation of Pane ammollo (soaked bread) is concentrated above all in the months between March and August. It is a dish strongly linked to the peasant tradition, as it is prepared with humble products of the land. Stale bread is enriched by the addition of vegetables and legumes (beans, chickpeas, potatoes, Savoy cabbage, Swiss chard, chicory, wild radicchio and other wild herbs, rich in flavor, and active substances) previously boiled in water and salt. Extra-virgin olive oil and two cloves of garlic are added to the vegetable soup, flavored with a ham bone.

PRODUCTION METHOD The beans and chickpeas are boiled in water and salt; halfway through cooking, cabbage, Swiss chard, chicory, wild radicchio, field herbs and potatoes cut into small pieces are added. In the meantime, two cloves of garlic are fried in extra-virgin olive oil, then added to the vegetable soup flavored with the ham bone.

After cooking, the soup is poured over stale bread, previously placed on earthenware plates.

HISTORY BACKGROUND A peasant dish, typical of the cuisine of the "Ciociara" area. In the small town of Valle Luce, a hamlet of the Municipality of Sant'Elia Fiumerapido and in the Municipality of Alvito, the "Soaked Bread" festival has been held in August since the year 2000, but the tradition dates back many years. Soaked bread is undoubtedly linked both to the production of Ciociaria wheat bread, considered a precious commodity and a grace of God, and to its consumption even when, after a few days, it no longer had the same fragrance as the first day and it was absolutely unthinkable to throw it away. It is not possible to give a precise date to when this preparation began, a preparation which, according to the local people, seems to have always existed in "Ciociaria" (the name of an area southeast of Rome). It is certainly a typical dish of the peasant and pastoral tradition. Those who worked in the countryside and in the pastures used to carry stale bread with them in their saddlebag which, if necessary, they moistened and flavored with vegetables and herbs from the fields, enriching the dish with legumes and with a ham bone, which gave the dish more flavor. It is undoubtedly a tasty preparation, still appreciated today. Stale bread, in contact with hot vegetable broth, maintains that ideal consistency which allows it to remain pleasantly rich and tasty.





VELLETRI SPROUTS AND COD SOUP

Production area

Province of Roma: Velletri

PRODUCT DESCRIPTION A winter dish, strongly linked to the peasant tradition: the Velletri soup has as its main ingredient black cabbage, locally called “cavoletto”, an autumn-winter vegetable characterized by thick, ribbed dark bluish-green leaves. Thanks to its intense flavor, the black cabbage goes well with the other ingredients: cod, potatoes, cherry tomatoes, slices of toasted stale homemade bread, extra-virgin olive oil, onion, salt and pepper.

PRODUCTION METHOD Cut the cod into large pieces and boil it for five minutes to remove most of the salt, then drain it. In a saucepan, boil the sprouts, potatoes cut into large pieces, cherry tomatoes, onion and cod in 4 or 5 liters of water for about 40 minutes. Add salt if necessary. Arrange the slices of toasted bread on the plate and wet them with the cooking liquid from the soup, drain the excess and distribute the ingredients of the soup (cod, sprouts and potatoes) on the wet bread. Season with extra-virgin olive oil and pepper.

HISTORY BACKGROUND History and memory, through the stories of our grandparents and our fathers, have taught us that the great culinary traditions of each country were born, for the most

part, from the talent of men and women who, with the little they had, were able to create humble, but nutritious dishes to feed their families. The conditions imposed by need, combined with the great variety of products that our land has always offered, have developed the creativity of rural populations often forced to live in conditions of poverty, and over the centuries, have given life to culinary and food and wine traditions of the local communities, including the Velletri one, which are today a source of great pride for its inhabitants. A tradition based on humble products, enhanced by the elaboration of simple and nutritious recipes. Immediately after the war, with the return of the peasants from the front, the resumption of agricultural activities began in the Velletri countryside, deeply marked by the wounds caused by the conflict and by the great misery it had brought with it. Need and deprivation forced the farmers to strive to ensure for themselves and their family at least one daily meal, bringing them to collect everything the land offered in order to cope with hunger.

Thus the pruning of the grapevines offered bundles (the “matticelle”) for baking bread and for the kitchen fire; among the rows of grapevines, which also produced grapes and therefore wine, fava beans and artichokes were planted; the olive trees guaranteed the production of an excellent oil; raw or cooked wild herbs (chicory) provided side dishes, and so on. Among the vegetables, the black cabbage (sprouts), a typical production of the area in the autumn period, grows luxuriantly in the Velletri countryside. Our grandparents remember that, at that time of the year, the peasants went to work in the fields early in the morning: hard work, carried out entirely with the strength of their arms and with the few tools obtained, for the most part, from objects of daily use. The women collected the sprouts from the terrain and cooked them together with potatoes and cod, and they soaked the stale bread in this soup, adding a drizzling of oil.

This was the only meal the peasants had during the day, after hours of hard work in the fields.

Since then, this great, humble dish has fully become part of Velletri culinary tradition, while including among its ingredients an element that was foreign to the territory, which was cod. However, it was a very cheap type of food, capable at the same time of providing valuable nourishment for the people. That is why it became an integral part of the “Velletri sprouts soup”.





PREPARATION OF FISH AND SHELLFISH AND FEW SPECIFIC FARMING TECHNIQUES

LAZIO'S AGRI-FOOD HERITAGE - BETWEEN BIODIVERSITY AND TRADITION



OIL-PACKED ANCHOVIES

Production area

Latina Province: Fondi, Sperlonga, Gaeta

PRODUCT DESCRIPTION Oil-packed anchovies are prepared with anchovies of the *Engraulis encrasicolus* L species, which are fished in the stretch of Tyrrhenian Sea that runs along Lazio's coast from San Felice Circeo to Minturno and Capo Miseno in Campania. Anchovies fillets, after marinating, take on a whitish colour and a firm texture. Their taste is salty and slightly sour. They are packed in olive oil with chilli pepper and parsley.

PRODUCTION METHOD Anchovies are mostly caught at night using traditional surrounding nets ("ciancialo" or "lampara net") and midwater trawls (i.e., nets trawled in the water column). Their fishing period runs from March to September, when anchovies reach sexual maturity and their size is suitable for fishing - maximum length 20 cm. Upon delivery to the processing facility within 24 hours of being caught, fresh anchovies must be cleaned by removing guts, head and bones and then washed with salty water. After washing, anchovies are pickled with salt for 24 hours in steel tanks.

At this point, anchovies are dried by placing them on steel racks for 24 hours at 15°C. On the third day, the anchovies are seasoned

with parsley and chilli pepper, placed in jars and stored under extra virgin olive oil.

HISTORY BACKGROUND Mentioned in the ancient statutes of the town of Gaeta, the preparation of oil-packed anchovies is confirmed in a 1890 work by Domenico Giordano entitled *Ichthyology of the Gulf of Gaeta*, which mentions the "alice in bianco" (white anchovy), referring to the colour the anchovies take on when they are pickled with salt. This preservation technique is very old and dates back to the Greeks, who used to pickle fish with salt in order to preserve them for longer.

Today, fishing as a primary activity is still complemented by the traditional pickling activity which, as in the past, is mainly carried out by women. The great wealth of fresh anchovies in Gaeta's sea is widely confirmed by sources of all kinds and periods, including the 1811 *Statistica del Regno di Napoli* (Statistics of the Kingdom of Naples), commissioned by Murat, which states that everything from the sea is eaten in Gaeta, especially anchovies and sardines, which trade in Gaeta has greatly increased. The abundance of fish in the Gulf of Gaeta has been known since ancient times, so much so that a 1578 perspective view of Gaeta, Mola and Castel Novo by J. Hoefnagel shows a large number of fishing boats off the coast of these towns.





GULF OF GAETA'S SALTED ANCHOVIES



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Latina Province: Gaeta, Fondi, Sperlonga

PRODUCT DESCRIPTION Anchovies belonging to the *Engraulis encrasicolus* L. species are migratory, schooling fish that travel near Lazio's coast and the Pontine Islands from spring to autumn, and in winter they settle between 100 and 150 metres deep. They have a slender body with a rounded stomach, a greenish-blue back and silvery sides and stomach. The peculiarity of this product lies in its preservation. Anchovies are packed in salt for a few months, which makes them especially tasty, savoury and long lasting. Salted anchovies from the Gulf of Gaeta are fish fillets varying from pink to light brown in colour, partially covered with the silver skin of the fish and with a firm and soft texture.

PRODUCTION METHOD Anchovies are mostly caught at night using traditional surrounding nets ("ciancialo" or "lampara net") and midwater trawls (i.e., nets trawled in the water column). Anchovies are mainly caught during two times of the year: March-June, when the fish are the most mature due to the high temperatures, and September-November, when the fish reach their largest size and their meat is the most tender. Anchovies with their heads and guts removed undergo a pre-salting process (purging treatment) to drain off excess liquid, carried out in the

following way: dry salting with coarse sea salt for up to 24 hours or salting in 10% brine for 24-48 hours. The anchovies are then properly salt-packed by placing them on their side or vertically in a glass or clay container. Each layer of fish is separated by a layer of salt. Once this has been done, they are cured in the same glass or clay containers, topped with a disc of food-grade beech wood and a weight of around 2 kg resting on it. The curing process takes place in rooms where temperature can be kept stable (20-25°C) for 40-90 days. Salt is used to slowly cure the meat and control fermentation. Pressure exerted on the anchovies by the weights must help release liquids.

HISTORY BACKGROUND The catch from the stretch of Tyrrhenian Sea between the islands of Ponza, Ventotene and the coast has been considered of great value since old times: delivered at night by horseback carriers on the Appian Way, it used to open the fish auction in imperial Rome. It is still renowned, thanks to the Pontine coast typical cuisine, closely connected to the sea, which is one of its main attractions. The technique of salt-packing anchovies dates back to the Romans who, by salting them, preserved the fish throughout the winter in typical clay pots, where the delicate anchovies were arranged in rays and pressed. Mentioned in the ancient statutes of the town, the salt-packing method is confirmed in a 1890 work by Domenico Giordano entitled *Ichthyology of the Gulf of Gaeta*. For the walled city of Gaeta, salted anchovies were a strategic supply during the many times the Saracens sieged the city over the centuries.



CATALOGNA CHICORY WITH ANCHOVIES

Ingredients for 4 people: 1 kg Catalonia chicory, 50 g salted anchovies, 1 sprig of parsley, 2 cloves of garlic - peeled, extra-virgin olive oil, white wine vinegar, salt and pepper.

Method: strip the leaves off the central head of the chicory, then remove the fine surface fibres with a knife. Cut the leaves into thin strips and soak them for about 1 hour in cool water so that they curl up. Crush the garlic and half of the anchovies, previously desalted with water, in a separate container. Add 3 tablespoons of vinegar and 3 tablespoons of oil, season with salt and pepper and mix. Drain the chicory well and dress with the obtained mixture. Top with a pinch of parsley.



LAKE BOLSENA EEL

Production area

Lake Bolsena, which is bordered by the following towns, under the province of Viterbo: Capodimonte, Gradoli, Valentano, Grotte di Castro, San Lorenzo Nuovo, Bolsena, Montefiascone, Marta and the lake islands, Bisentina and Martana

PRODUCT DESCRIPTION Lake Bolsena eels belong to the *Anguillidae* family, species *Anguilla anguilla* L; they are medium-large sized and have a distinctive snake-like appearance. Their body, cylindrical up front and gradually narrower towards the tail, has a very long back and tail fin. Their head is rather stretched, their snout is conical and their mouth is evenly toothed. Their back is extremely dark and their stomach is yellowish or grey. Males can be up to 50 cm long, while females can even be longer than 1 metre and weigh up to 6 kg. They mainly feed at night, relying on their highly developed sense of smell: they hunt bottom invertebrates, shellfish and small aquatic vertebrates; they completely stop feeding during their breeding migration. Eel are a catadromous species: they grow in freshwater, then go on to breed in sea water. The meat of the Lake Bolsena eel is white, tender, fatty and savoury.

PRODUCTION METHOD Lake Bolsena eels are caught with two different traditional methods: fyke nets and longlines. Fyke nets are large traps made up of concentric nets (large to small) and, when left in the water for 4-5 days, can catch the largest, fully-grown and sexually mature eels on the surface. Fishing season runs from September to December, when eels rise from the seabed and swim along the surface, following their innate instinct to travel along the

currents until they reach the sea to breed. Longlines are a fishing gear with one main line from which many secondary lines - about 80 cm long - branch off, carrying a hook and bait at the end. This system, used between February and August, is placed at the bottom of the lake with a marker buoy on the surface and removed daily.

HISTORY BACKGROUND The ancient Romans already knew Lake Bolsena eels for their excellent flavour, so much so that Columella, a 50 AD Roman agriculture writer who wrote *De Re Rustica*, reports that several fish, including eels, were farmed in the lakes of Bolsena and Cimino (now Lake Vico). However, these eels' popularity peaked in the Middle Ages, so much so that Dante Alighieri mentioned them in the *Divine Comedy* (Purgatory, XXIV, 20-24): "... *Bonagiunta da Lucca; the one beyond him, even more emaciated than the rest, had clasped the Holy Church; he was from Tours; his fast purges Bolsena's eels, Vernaccia's wine*". These lines are about a pope who always craved eels - Martin IV, born Simon de Brion in 1220, who went down in history more because of his appetite rather than his dedication to the community, and many writers of the time seem to agree with Dante on his personality. For instance, Iacopo della Lana, in the 14th century, commenting on Dante's *Comedy*, describes the pope as follows: "*He was very vicious with his gluttony and as for the other delicacies he used to eat, he used to have eels taken out of Lake Bolsena and those he drowned in Vernaccia's wine...*". In the 19th century, Niccolò Tommaseo, commenting on Dante's lines, also quoted an epitaph in Latin carved on Martin IV's tomb, which read: "*The eels rejoice because he who lies here dead flayed them as if sentenced to death*". Today, fishermen in Bolsena still use the typical old Etruscan fishing boats with their flat, wide, triangular-shaped hulls. These boats are about 6 metres long and were once made of turkey oak and olive wood.



ORANGE-PICKLED LAKE BOLSENA EEL

Ingredients for 4 people: 1 kg eels, ½ litre white wine vinegar, whole black pepper, garlic, sage, extra-virgin olive oil, orange

Method: cut the eels into chunks of about 5-7 cm. Fry the chunks in a pan and let cool. Put the vinegar, pepper, whole garlic, a sprig of sage and the chopped orange peel in a pan. Boil for half an hour and then let cool. Put the eel chunks in a glass container, pour the vinegar with all the above ingredients and leave to pickle for about a week.



LAKE FONDI THINLIP MULLET

Production area

Latina province: Lake Fondi

PRODUCT DESCRIPTION Lake Fondi thinlip mullets are medium-sized fish (300-500 g), normally 20 to 30 cm long; in special cases, they can even measure up to 60 cm. They live well in brackish and fresh waters, from where they migrate to the sea during breeding season. Their body is slender, cylindrical, narrower towards the tail and covered in large scales. Their head is massive and flattened in the back, unlike that of the common mullet, which is round; the adipose eyelid is only limited to a thin ring around the eye. Their body is silvery-grey with thin, darker head-to-tail stripes, their back is blue with longitudinal stripes on the sides and their stomach is silvery-white. There is a golden blotch on the operculum bordered on the front and back by a dark halo; there is a dark blotch at the base of its pectoral fin; their fins are greyish. They feed on micro-organisms and all kinds of organic substances; in spring they also feed on the tender shoots of algae. Their meat is white and tender.

PRODUCTION METHOD In Lake Fondi, fishermen still catch this fish using a traditional boat known as “barchino” (little boat). It is a locally handcrafted light, fast, flat-bottomed wooden boat, which allows for greater manoeuvrability, so much so that it can be steered with a single oar. Besides this traditional vessel, gozzos and larger

boats are also used. Based on the type of boat used, there are 3 different fishing methods: a) “quick barchino fishing”: once the shoal of fish has been spotted, the net is thrown out and closed in a circle; fish tend to move towards the edge of the circle, getting trapped in the net; b) “heavy gozzo fishing”: once the shoal of fish has been spotted, the net is thrown out and closed in a circle. The net is then hand-lifted and any fish trying to escape ends up in the net; c) “heavy boat fishing”: the net is dropped into the water and left for several hours (usually overnight), after which it is hand-lifted. Thinlip mullets are fished all year round, although the best periods for quantity and quality are April-June and September-November. In this period their meat is tastier.

HISTORY BACKGROUND Lake Fondi is one of the few remaining bits of the original natural landscape of the Fondi plain, after its reclamation in the 1930s. The lake has retained such a natural heritage that it has been made a National Park. Thinlip mullets, identified as *Liza Ramada* by Risso in 1826, have always found their ideal habitat in Lake Fondi, which is connected to the Tyrrhenian Sea by outlets and river mouths. Thinlip mullets are, in fact, a migratory fish: it breeds in the sea and reaches sexual maturity in inland waters. The work carried out as part of the “1989-1993 operational plan for the development of Lazio’s countryside” shows that this species is abundant and evenly distributed in Lake Fondi’s catchment area, so much so that it is one of the dominant fish species, not least due to its great ecological value. Thinlip mullets are already mentioned in the 1811 Statistica del Regno di Napoli (Statistics of the Kingdom of Naples), commissioned by Murat. It says about Lake Fondi: “*Tenches, mullets, thinlip mullets, big-scale sand smelts and an infinity of other new species are proliferating there in a prodigious manner. Furthermore, the two outlets which link Lake Fondi with the sea form a very favourable circumstance for the reproduction of fish.*” Moving on to recent times, we know for a fact that Lake Fondi’s Fishermen Cooperative, founded immediately after WWII, is still active and specialises in fishing for thinlip mullets. Further evidence of thinlip mullet fishing activity is provided by a few 1980s pictures showing fishermen offshore with their nets, proudly showing the “catch”, “resting” with their nets on the boat or going back home. Another picture dated 1979 shows fishermen on the shore as they unfurl their nets where the thinlip mullet catch is clearly visible.



LAKE BOLSENA COMMON WHITEFISH

Production area

Lake Bolsena, which is bordered by the following towns, under the province of Viterbo: Capodimonte, Gradoli, Valentano, Grotte di Castro, San Lorenzo Nuovo, Bolsena, Montefiascone, Marta and the lake islands, Bisentina and Martana

PRODUCT DESCRIPTION In Lake Bolsena, among several fish species, there is a population of common whitefish belonging to the species *Coregonus lavaretus*. They have a slender, flat body, protected by large cycloid scales, a small head and a slightly slanted mouth. Their back is silvery with grey, greenish, blueish highlights, with even more silvery sides and an almost whitish stomach. They usually shoal between the surface and a few dozen metres of depth in fairly cool waters. In winter, when the temperature becomes even in all layers of the lake and the surface drops down to 7°C, they may take to the shores to breed. In fact, the spawning season known locally as 'r curzo der gorigone' (the course of the whitefish) occurs during the cold season, between mid-December and mid-January. During this period, whitefish come down close to the shore and perform spectacular jumps out of the water, bumping their stomachs against one another. Especially at this time of year, whitefish flock to the territorial waters of Martana and Bisentina islands, where lakebed morphology is ideal for spawning.

PRODUCTION METHOD Lake Bolsena whitefish can be fished all year round except in December and January, to respect the species'

breeding season. Since they feed almost exclusively on plankton, they have to be caught with special nets. Fishermen use gillnets, locally known as "retòne" (in Bolsena) or "vòllere" (in Marta and Capodimonte). Gillnets are set in the evening at depths between 0 and 15 m (based on the season) and are lifted the following morning after being left to drift with the currents.

HISTORY BACKGROUND Lake Bolsena whitefish were introduced into Lazio's basin at the end of the 19th century as part of repopulation measures commissioned by the Ministry of Agriculture. In 1891 the first 60,000 whitefish larvae were introduced, which were obtained from eggs bought from the imperial establishment in Hunningen. The eggs came from Lake Constance and were incubated at the Royal Station in Rome. An important introduction took place in 1897, when the owner of Bisentina Island, located in Lake Bolsena, proposed to use a canal running through the island for fish breeding and lake repopulation. After that, 50,000 larvae were introduced in Bisentina Island. The adaptation of whitefish in Lake Bolsena has been successful since the first introductions made in 1891 by Prof. Vinciguerra. Indeed, as early as 1905, Raffaele del Rosso wrote in *Il Pesce e peschiere Antiche e Moderne nell'Etruria marittima* ("Fish and Ancient and Modern Fishponds in Maritime Etruria"): "It is to the consistently low temperature of its deep waters, which is essential for the life of the most beautiful salmonids, that Lake Bolsena owes its wealth of splendid whitefish, which Prof. Decio Vinciguerra introduced into the lake for the State over the course of a decade, in a number of about a million".



WHITEFISH FILLETS WITH VEGETABLES

Ingredients for 4 people: 2 300 g Lake Bolsena whitefish, 1 yellow onion, 2 courgettes, 1 celery stalk, 1 ripe tomato, ½ glass of white wine, extra-virgin olive oil, a few leaves of basil, salt and pepper.

Method: wash the fish and cut it into 4 fillets. Heat oil in a pan and brown the fillets on both sides; drizzle with white wine, add salt and sprinkle with a little pepper. When all the wine has evaporated, remove the fillets and add the vegetables: chopped onion and celery, courgette strips, tomato - peeled and diced - and basil. When the vegetables are cooked, take the fillets, arrange them on a serving dish and garnish with the vegetables.



LAKE BRACCIANO COMMON WHITEFISH

Production area

Rome province: Lake Bracciano

PRODUCT DESCRIPTION Lake Bracciano is home to a population of common whitefish belonging to the order *Salmoniformes*, family *Salmonidae*, part of the broader Teleostei (bony fish), subfamily Coregoninae, genus *Coregonus* and species *Coregonus lavaretus* (Linnaeus, 1758). Lake Bracciano whitefish, which are highly social because they live in fairly large shoals, are medium-sized fish, with a tapered body, rather compacted on the sides (typical of their genus) and a small, pointed head. Their mid-lower mouth is small and teeth are almost completely absent. This peculiarity is linked to their diet. They mainly feed on planktonic crustaceans, which they filter through gill rakers. Their body is essentially silvery: their back is silvery with greenish-brown highlights, their sides are silvery and their stomachs are so silvery that they look white.

PRODUCTION METHOD Lake Bracciano waters are especially teeming with fish, including whitefish, that can be fished all year round except in December and January, to respect the species' breeding season. In winter, when the temperature becomes even in all layers of the lake and the surface drops down to 7°C, they may take to the shores to breed, performing spectacular jumps out of the water to bump their stomachs against one another.

In October/December, as thermal layering fades away, they spread vertically from the surface to over 20 m deep. Whitefish are caught by local fishermen using gillnets, locally known as "re-tone" or "vòllere", which are set up in the evening and hauled out the following morning.

HISTORY BACKGROUND In 1895-6 the first 60,000 whitefish larvae were introduced in Lake Bracciano, which were obtained from eggs bought from the imperial establishment in Huningen. The eggs came from Lake Constance and were incubated at the Royal Station in Rome. These operations were part of the repopulation measures commissioned by the Ministry of Agriculture. The technicians in charge of repopulation operations considered these first attempts a failure, since fishermen did not report catching whitefish. However, according to prof. Vinciguerra, there was another truth. He said about this: *"Fishermen do everything they can to hide the results of the repopulation, or, driven by the fear that the repopulations might be cause for taxation or, at the very least, restrictions on fishing, they even keep the most scrupulous silence with their relatives about catching whitefish, which they do not even take to the village, but rather cook and eat on the very shores of the lake"*. In early 1900, two of the first hatcheries for artificial whitefish eggs and larvae breeding were built near Lake Bracciano, where spawners were caught. The success of whitefish adaptation in the lake was already apparent in 1928, when fishing statistics estimated a production of 30 tons per year.



LAKE-FLAVOURED SPAGHETTI

Ingredients: 500 g spaghetti; 1 Lake Bracciano common whitefish (about 150 g), 1 pike fillet (about 150 g), 150 g crayfish; 2 cloves of garlic, parsley, 1 glass of white wine, 150 g cherry tomatoes, 4 tablespoons of extra-virgin olive oil, salt to taste, ½ chili pepper, parmesan cheese.

Method: after cleaning all the fish, pour the oil, garlic cloves, a little parsley, chilli pepper and salt into a saucepan. Brown for about 2 minutes; add the fish and the crayfish and after a few minutes the glass of wine. Let evaporate. Simmer for 15-20' without letting it dry too much and then break up the fish with the help of a ladle. Add the tomatoes and turn off the heat. Drain the pasta, pour into the pan and add a handful of grated parmesan cheese. Top with the remaining parsley and serve.



LAKE BRACCIANO BIG-SCALE SAND SMELT

Production area

Rome province: Lake Bracciano

PRODUCT DESCRIPTION Big-scale sand smelt, belonging to the family *Atherinidae*, species *Atherina boyeri* - Risso (1812), are small fish with a maximum size of 5-12 cm when fully grown. Their slender, silvery-white body is crossed along the sides by a light silver stripe at the 4th and 5th row of scales. They have two short back fins. Big-scale sand smelts are schooling fish and sometimes shoals are large. They live in the fresh waters of Lake Bracciano and feed on plankton invertebrates, especially zooplankton.

PRODUCTION METHOD In Lake Bracciano, sand smelts are fished from May onwards, throughout the whole year, except from August to September, which is their breeding season. Methods and equipment used for fishing differ based on the period; in any case, nets are set in the evening and hauled out the following morning. In May, gillnets are set 4-5 metres deep. These gillnets are 4-5 metres high and have weights at the ends and floats on the surface; mesh is 7-8 mm wide. In June and July, a fyke net is used, known locally as a "cucullo", which is anchored on the lake bed, 50-60 m deep. Every morning fish are removed from the nets and every 3-4 days the nets are hauled in, washed, dried and put back in the water. As for breeding, sand smelts lay about 600 eggs per female several times, a few days apart. Eggs are about 2 mm in diameter, yellow and have threadlike protrusions to stick to stones. Larvae hatch after about 30 days.

HISTORY BACKGROUND Big-scale sand smelts are native to Lake Bracciano. Although earliest records date back to 1836, there is reason to believe that their origins go back much further. We learned of their existence through the collection of historical memoirs from the villages bordering the lake, collected by a priest, Paolo Bondi. He mentions, among the other fish he says Lake Sabatino (Bracciano) is teeming with, the big-scale sand smelt. And there is no lack of references in the records kept in Trevignano's historical archives. The Ministry of Economy's 1926 Bulletin of Fishing, Fish Farming and Hydrobiology also contains information on the introduction of big-scale sand smelts in Lake Vico with specimens taken from the very Lake Bracciano. Here we read: "*Big-scale sand smelts which were missing from Lake Vico were introduced from nearby Lake Bracciano and have now bred quite well. The aim was also to improve feeding conditions for trouts, for which sand smelts are excellent food*". Fishing activity in Lake Bracciano is well documented and has been handed down through generations since the Neolithic. The discovery of the Marmotta village dates back to this period. Its economy was based on fishing, as shown by the discovery of two pirogues dug out of oak trunks. Two bronze fish hooks were also found dating from the Middle Bronze Age (c. 1600 BC), which were used for fishing in the shore village of Vicarello, 3 km west of Trevignano. Strabo's information on the abundance of fish and Columella's notes on aquaculture show that fishing in Lake Bracciano continued to thrive even at the beginning of the Empire, mainly because Rome was so close, making it a very attractive market for fish products. The Sagra del lattarino ("Big-scale sand smelt festival"), established since 1960 in Anguillara Sabazia, shows how old this activity and the lake's association with the sand smelt are.



BIG-SCALE SAND SMELT SOUP

Ingredients: ½ kg big-scale sand smelts, 2 cloves of garlic, lesser calamint, 2 chili peppers, extra-virgin olive oil, 1/4 glass of wine, 300 g peeled tomatoes.

Method: fry herbs with a generous amount of extra-virgin olive oil; add the sand smelts, wine and tomatoes, then salt and add a litre of water. Cook for about 20 minutes, then arrange a few toasted bread slices on a dish and pour the soup.



ROMAN COAST WEDGE CLAM

Production area

Rome province:

along the coast running from Passocuro to Anzio

PRODUCT DESCRIPTION Roman coast wedge clams (*Donax trunculus* L.) are bivalve molluscs of the *Donacidae* family. It has a triangular shell with slightly uneven and fairly flattened valves. Their front is rounded and longer than the rear, which is truncated and slanted; the outer face of the valves has longitudinal growth rings (more evident on the front) and very fine radial lines. The inner edge is scalloped on the ventral part, except at the ends. Their colour varies from yellowish white to purplish or brownish with darker radial areas; the inside is whitish with large purplish areas. *Donax trunculus* has two tube-like, separate siphons at the base that are very mobile and about as long as the whole animal. The incurrent siphon's loose end is equipped with numerous small tentacles which mainly serve to filter out particles entering the valves. The excurrent siphon has a simpler structure, with a thinner wall. Reproduction takes place in spring-summer. Adult specimens can be up to 3.5 cm long, but more frequently around 2.5 cm, which is the minimum legal size for digging. This clam, which has an axe-like foot, can easily penetrate beneath the first layer of sand (a few cen-

timetres) and stay there, protruding two siphons upwards: one is incurrent, the other excurrent. They mostly live in colonies.

PRODUCTION METHOD Roman coast wedge clams mostly live burrowed in the sand under the shoreline, up to about 2 metres deep. Wedge clams are still dug by professional fishermen using boat rakes and sometimes, when the sea is too rough to sail, with hand rakes. Fishermen only venture out when the sea is calm and travel along the coast, pulling the rake with a mechanical winch. Hand rakes, to be used while walking in shallow water (maximum one metre deep), are about 60 centimetres wide; boat rakes are wider, about one and a half metres. Fishermen themselves make their own rakes (called "tuninolari", from "tuniola", local name for the wedge clam, or "tellinari"), which were once made of wood but are now made of steel.

HISTORY BACKGROUND There are many historical references showing that wedge clams have been known for centuries along the Roman coast. A dissertation held at Rome's Academy of Archaeology reports that on 18 April 1595 Andrea Cesi sold "for 2,000 scudi" to Cardinal Girolamo di Ciriaco Cesolina beach's (now Maccarese) "Peschiera delle Telline" ("Clam Fishpond"). More recent history shows us that fishermen communities from Minturno, the last village in Lazio on the border with Campania, moved on a seasonal basis to fish along the Roman coastline, stopping where fishing was most favourable and building huts on the beach for shelter, which they often reused in following years. They not only dug wedge clams but also other species they found on the coast. In the 1950s, a few of these fishermen decided to settle on the fishing grounds and built the first brick fishing villages where wooden huts had once stood. These early settlements eventually became the towns of Fregene, Borghetto dei Pescatori (Fishermen's village) in Ostia and Torvajonica. Today, the descendants of those families still fish on these waters, passing on their ancestors' traditions. Now rare and sought-after, wedge clams are sweet and delicate with a unique taste and requires little seasoning, to respect their characteristics. Local restaurants have made a symbol of it, dedicating famous dishes to it, such as wedge clam bruschetta or spaghetti. In September, the Sagra della Tellina ("Wedge Clam Festival") is held in Borghetto dei Pescatori in Ostia; in Passoscuro it is generally held in May.



RIETI TROUT

Production area Rieti province

PRODUCT DESCRIPTION Rieti trouts include specimens of white, pink and orange-meated rainbow trout (*Oncorhynchus mykiss*) and brown trout (*Salmo trutta*). Rainbow trouts have a spindle-shaped, stretched, slightly compacted body, with a sturdy, raised caudal peduncle. They are metallic-blue with a greenish-blue back, silvery highlights on the sides and a white, intense and shiny stomach. They have a strip, which varies in position, running from the operculum to the caudal peduncle, which is pinkish or purple. Brown trouts have a slender, slightly compacted body, covered with small cycloid scales; their back is brownish, sprinkled with small, sparse black and red spots running down their yellowish sides, while their operculum area has only black spots. Back and tail fins are generally grey, varying in shade; paired fins are yellowish. For consumption, Rieti trouts must weigh at least 300 g and be between 12 and 26 months old. Lakes Salto and Turano's trouts feed on crayfish and shrimps and acquire their distinctive pink or orange meat.

PRODUCTION METHOD Rieti trouts are farmed 10 km away from the spring in areas with a constant temperature between 8 and 13°C, dissolved oxygen 8-9 ppm and pH 7.0-8.0. These parameters ensure that the fish's growth times are respected and that quality and typical characteristics are maintained. Trouts are allowed to be fed mixed, supplemented and specially formulated feeds to ensure optimal development. Sex cells must be produced naturally; however, artificial fertilisation with squeezed eggs and sperm is allowed. During fattening, as in the other farming stages, farmers must take all necessary precautions to ensure the fish's well-being. Maximum allowed density at this stage is 40 kg/m³. Live fish are caught, loaded, unloaded and transported by specialised personnel who apply good processing standards and take the utmost care to minimise stress or trauma that could damage fish's sensory quality. Trout must be fasted for 2 to 3 days before being caught.

HISTORY BACKGROUND The abundance of springs, rivers, streams and lakes makes Rieti the most water-rich province in Lazio. This deeply influenced its economy over the centuries. For instance, fishing, aquaculture, and the importance of Peschiera, S. Susanna and Capore's springs. Trout fishing has played an especially crucial role since ancient times. Besides local rivers, it was also practised in the surviving Lacus Velinus basin. Archaeological findings in the Cittaducale area corroborated the hypothetical existence of aquaculture facilities since ancient times. Rieti's municipal archives contain scrolls confirming the importance of water and trouts since the Middle Ages: we learn from a scroll dated 15 November 1379 that in 1333 Giano di Cola, also known as Tignosello, expanded his possessions by purchasing water plots for trout fishing; there are records indicating that in 1407 there were 7 official fish vendors in Rieti and the price of trout was 20 denarii per pound. Paolo Giovio, in his 1524 *De Romanis Piscibus*, praised Rieti trouts' fine qualities. There are records that Rivodutri's trout farm was leased in 1953. In 1977, the Rieti Plain Land Reclamation Consortium asked the Ministry of Agriculture to use S. Susanna spring waters for trout farming.

Carne F
lenticol



progetto regionale
agricoltura
Qualità







PRODUCTS OF ANIMAL ORIGIN

HONEY, VARIOUS DAIRY PRODUCTS
EXCEPT BUTTER

LAZIO'S AGRI-FOOD HERITAGE - BETWEEN BIODIVERSITY AND TRADITION



BURRELL' (scamorza cheese with butter inside)



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area
Province of Frosinone

PRODUCT DESCRIPTION Pasta filata dairy product that presents the classic shape of a scamorza cheese, but internally filled with a hint of butter, obtained by the rising of the fatty component (cream) of milk or whey. The weight of the Burrell' ranges from 200 to 400 g; the colour is porcelain white or straw yellow. The taste ranges from buttery sweet to salty, depending on the salting modality.

PRODUCTION METHOD The milk is filtered with a cloth or centrifuge and processed raw or pasteurised at 68-70°C for 30 seconds and then heated to 38°C. Inoculation with milk enzymes only occurs in the case of pasteurised milk. Coagulation takes place with lamb rennet paste at 38°C with a setting time of 20 minutes, or with liquid calf rennet at 35-36°C with a setting time of 40 minutes. The coagulum undergoes: 1 or 2 breaks until it reaches the size of a walnut; it rests under whey for 3-4 hours and it is eventually cooked at 45°C with further rest under whey for 10 minutes. After a maturation period of 24 hours at room temperature, portions of dough are taken from the mound, which is subjected to manual spinning by adding hot water at about 90 ° C, then stuffed inside with a knob of butter. At this point, the Burrell' is left to harden in cold running water for about 1 hour and then salted in unsaturated brine for a few hours. If necessary, a drying phase is foreseen for 7 days in a cold store at 6-8°C.

HISTORY BACKGROUND Product mentioned in the *Illustrated volume of typical products: The cheeses*, of the National Institute of Rural Sociology, as a product of the central-southern Apennine tradition. In the past, the product was used as a bargaining chip; today production is very limited and serves to satisfy traditional local consumption and the demands of a few connoisseurs.



MONTE RUFENO HONEY

Production area

Province of Viterbo: Acquapendente. The hives are located in the Monte Rufeno Nature Reserve.

PRODUCT DESCRIPTION Wildflower honey from woodland and under woodland. The essences collected by the bees are mainly heather, chestnut, clover (Alessandrino, Repens, Pratense), acacia, strawberry tree, sulla and sainfoin, of which the production environment is particularly rich. The product is more or less pale yellow in colour, its consistency varies from liquid to crystallised depending on the nectar essences present, and it has a sweet, delicate flavour. Production begins in June and lasts until mid-August.

PRODUCTION METHOD The honeycombs are retrieved from the hives when at least 80% of the combs have been filled (to ensure a low moisture content). In the honey extraction laboratory, all the honey extraction operations are carried out, starting with uncapping, a routine operation carried out on an uncapping bench using a fork or uncapping knife to cut the wax flaps covering each honeycomb. This is followed by recovery of the operculum honey from the collection tank and centrifugation. The uncapped combs are placed inside the centrifuge, which is equipped with a single-phase filtering motor. The honey produced is filtered by passing the mass through a rigid sieve filter to remove foreign substances. The honey is then decanted (or matured) in ripening chambers for 15-30 days to allow other foreign substances to settle.

HISTORY BACKGROUND The quality of Monte Rufeno honey was recognised as early as 1995 with a quality certificate in the "De mel de sud Europa" competition (Almodovar, Portugal); in 1997 with the "R. Franci" award (Montalcino, Siena); and in 2001 with a quality certificate in the 21st "Premio Giulio Piana" competition for Italian quality honeys.



FIORDILATTE

Production area
Entire region of Lazio

PRODUCT DESCRIPTION It is a fresh cheese, made from cow's milk, pasta filata, with lactic fermentation, without rind. It has the characteristic round or oblong shape with head, or knotted or braided. It is milky-white in colour, with a fibrous, thin-sheet interior, with a soft consistency and slight elasticity, more accentuated at the origin. When cut, it releases a milky liquid and has small buttermilk-filled holes. Also excellent for use in the preparation of lasagne or pizzas, Fiordilatte has a characteristic fresh milky flavour, delicately acidulous and fragrant scent.

PRODUCTION METHOD Fiordilatte is made from whole cow's milk, from one or more milking, traditionally raw or pasteurised at 72°C for a few seconds and then heated to 33-38°C. This is followed by inoculation with mesophilic and thermophilic lactic ferments, in the case of pasteurised milk, or enrichment with natural whey starter, in the case of raw milk. The coagulation process, obtained with liquid calf rennet, lasts an average of 20-40 minutes, after which the curd is broken up into granules the size of hazelnuts or corn. This is followed by the natural fermentation of the curd, which takes place under whey for a variable length of time, usually around three to five hours after rennet is added. At the end of the maturation, until it reaches a pH between 5.0 and 5.3, the curd is reduced into strips, placed in special containers, in which with the addition of hot water at 82 ° C is subjected to spinning. Then the dough is formed/shaped into the desired shape and size. The individual pieces are placed in vats containing cold water to harden and finally salted by immersion in brine.

HISTORY BACKGROUND The production of pasta filata cheeses is documented in the texts of Latin authors such as Pliny and Columella (*De Re Rustica* Book VII 8) which, as also reported by E. Savini in *I formaggi di pasta filata* (1937), is a "cheese pressed by hand ... which ... taken into the tub while it is warming, is cut and, having thrown boiling water over it or thrown it with the hands, squeezes it into the form of a lump ...". Towards the 1950s, in an attempt to simplify the differentiation of fresh pasta filata cheese production, "fior di latte" began to be used for "mozzarella" made from cow's milk. Marracino's *Monografia del Fior di Latte* (1958) introduced a clear distinction between buffalo milk 'mozzarella' and cow's milk "Fior di latte" in order to "increasingly affirm the concept of clearly distinguishing between the two types of milk, both of which are indicated below as soft pasta filata, reserving the name fior di latte for that made from cow's milk and the name mozzarella for that made from buffalo milk". In the 1960s, this distinction also became definitive in official documents, so much so that the designation fiordilatte, as distinct from mozzarella, appeared in studies carried out by direct tax inspectors (Bollettino Tributario d'Informazione, p. 1930 ff., 1967).



STUFFED FIORDILATTE BASKETS

Ingredients: 4 Fiordilatte, 2 courgettes or one spring onion, 12 baby tomatoes, one clove of garlic, one ribbed celery, 12 fresh basil leaves, 2 carrots, 5 tbsp. extra virgin olive oil, lemon juice, salt and pepper to taste.

Method: Cut the carrots, courgettes and celery into cubes, cut the cherry tomatoes into wedges or pieces and chop the onion. Combine all the vegetables in a bowl and season with 4 tablespoons of oil, salt, pepper and lemon juice. Add the crushed garlic clove and the chopped basil leaves. Stir and leave all the vegetables to marinate for about 30 minutes in the fridge. Dry the Fiordilatte with a cloth and hollow them out in the centre with a small knife or a small digger, so as to form a large cavity, but leave them whole, just like baskets. Fill the Fiordilatte with the prepared salad, garnish with a few sprigs of basil, drizzle with the remaining oil and serve.



SANTOREGGIA HONEY

Production area

Province of Rome: area of the Monti Simbruini Natural Park, in particular the municipality of Vallepietra

PRODUCT DESCRIPTION *Satureja montana* L, widely diffused in the Simbruini Mountains area, is a pleasantly aromatic plant belonging to the *Labiatae* family, used in cooking as a condiment. It has linear-lanceolate leaves and flowers with white or pale pink corolla. During the flowering period, from July to September, bees forage for nectar from the flowers of this plant, from which they obtain a single-flower Santoreggia honey with a characteristic light colour, tending to yellow when liquid and intense yellow when crystallised. The smell is of medium intensity, with a characteristic note reminiscent of the smell of wet earth or mould. The flavour is moderately intense, persistent, with slightly bitter notes reminiscent of coffee. Savoury honey tends to crystallise fairly quickly, forming very fine crystals and assuming a soft consistency. It has the following melissopalynological characteristics: - percentage of *Satureja* pollen: over-represented species; - absolute number of pollen grains in 10 g of honey: less than 20 000; - representativeness class: I. This honey is in great demand because of its uniqueness and rarity.

PRODUCTION METHOD The honey is extracted from the combs by cold centrifuging of the frames and after uncapping the combs with a knife (i.e., removal of the thin layer of wax that the bees de-

posit on each honey cell to protect it); the filtered product is then placed to mature in special stainless steel containers for about 15 days. The production period is linked to the flowering period: from July to September, the bees forage for the nectar of the savoury flowers.

HISTORY BACKGROUND In the Simbruini Mountains area, thanks to the abundance of floral essences, beekeeping is a favoured activity and, according to local accounts, the passion for this sector goes back many years. It is an activity that, especially in the past, was practised as a hobby. Today, a few enthusiasts of this sector have decided to set up small laboratories for extracting honey and producing other hive products. The types of honey most commonly produced are: acacia honey, mixed flower honey, chestnut honey and woodland honeydew. In recent years, however, a number of small beekeepers have rediscovered the monofloral Santoreggia honey, that is to say honey obtained from the nectar of its flowers, collected by bees between July and September. This herbaceous plant is native to western Asia and widespread in southern Europe. It is present in Italy, spontaneous or naturalised, in the North and the Centre, in arid areas. It has been present in Lazio for centuries, so much so that the Romans used it in great abundance to flavour foods, sauces and vinegar.





EUCALYPTUS HONEY FROM PONTINE PLAIN

Production area

Province of Latina and Rome along the coastal strip

PRODUCT DESCRIPTION Monofloral honey obtained from the nectar of *Eucalyptus* spp. flowers. It is liquid or crystallised, in line with the seasonal marketing period. The colour ranges from light to dark amber when liquid; it tends to be beige-greyish when crystallised. The flavour is sweet with a very slight salty taste. The smell is of medium intensity, clear and very characteristic, not very fine, with an “animal” component (of wet dog, dried mushrooms, stock cube, liquorice, smoked, caramel, wet asphalt, plant leaves). The aroma is intense and moderately persistent. Particular attention should be paid to the composition of the pollen spectrum of this honey. Melissopalynological studies carried out on samples taken by local bee-keepers highlight the particular composition of the pollen spectrum, which proves the botanical and territorial origin of the product: alongside *Eucalyptus* pollen, *Trifolium gr. repens* and *Trifolium gr. Pratense*, *Echium* and *Cruciferae* are extremely frequent. This characteristic, together with the reduced presence of *Hedysarum*, highlights that Eucalyptus honey comes from the Lazio region, thus making it possible to distinguish honey produced in Lazio from that produced in other regions.

PRODUCTION METHOD For the production of Eucalyptus honey of Pontine Plain, the apiaries may be “sedentary”, i.e., the apiaries are kept in the same place, or “nomadic”, i.e., the apiaries are

moved periodically depending on when the Eucalyptus plant is in flower. The honey is extracted from the combs by centrifugation using centrifugal extractors, after uncapping. The opercula are collected in the uncapping unit and the remaining honey is recovered by draining or centrifuging. The honey, adequately purified by decantation and/or filtration, is stored in glass jars.

HISTORY BACKGROUND Eucalyptus honey from Pontine plain has a strong link with the production environment, thanks to the presence of eucalyptus plants introduced as windbreaks during the hydraulic and agricultural reclamation carried out by the Opera Nazionale Combattenti from 1928 to 1939 and completed after the last world war. Over the years, the presence of the Eucalyptus has favoured the development of a flourishing activity such as beekeeping, initially practised as a hobby and later as a commercial activity, able to exploit the flowering of the Eucalyptus plant and its environmental potential in the best possible way. As early as the second half of the 19th century, a special role in the spread of Eucalyptus in Italy, and especially in Lazio, was played by the Trappist monks of the Abbazia delle Tre Fontane, outside Porta San Paolo, along the Ostiense road in Rome. In 1869, seeing the economic value in growing these trees, they began to establish the first monospecific Eucalyptus formations in the plain. Confirmation of the importance of Eucalyptus plants for the beekeeping sector also came from a series of research projects carried out by the University of Perugia and the Experimental Institute for Agricultural Zoology - Beekeeping Section in Rome, starting in the 1970s, and from an initial conference on timber trees in the reclamation of the Mezzogiorno, held in Rome on 7 and 8 April 1956. In particular, Prof. Rosa Sacchi (also a ‘beekeeper’) argued that the use of eucalyptus as a windbreak plant was also a “valuable source of altar and pollen for bees”. Research carried out by the Institute of Zooculture of the University of Perugia shows that the production of monofloral honey from Eucalyptus is mainly carried out in Lazio. (Battaglini and Ricciardelli D’Albore, 1972 *Contributo alla conoscenza dei mieli monoflora italiani* - Annali della Facoltà di Agraria di Perugia Vol. XXVI: 215-224). The study by Dr. Tonini D’Ambrosio, 1975 *Indagini preliminari sulle possibilità di nomadismo nel Lazio* (Preliminary investigations on the possibility of nomadism in Lazio) - Annali dell’Istituto Sperimentale per la Zoologia Agraria, vol. IV: 261-270 shows that the Tyrrhenian coast of Lazio “due to the abundant presence of Eucalyptus, is an interesting botanical area for the production of monofloral honey”.



BUFFALO RICOTTA - SMOKED, BAKED, SALTED

PAT

POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Frosinone. Province of Latina. Province of Rome

PRODUCT DESCRIPTION From the processing of buffalo milk into cheeses such as mozzarella, caciottina and cacioricotta, whey is obtained, which local milkmen use to make excellent buffalo ricotta, which is not only eaten fresh, but also subjected to smoking, salting and baking processes. Buffalo ricotta has a truncated cone shape, is milky white in colour and can weigh, depending on the type, 250-300 g for smoked ricotta, 150 g for salted ricotta and in-baked ricotta. Salted buffalo ricotta has a more compact and medium-hard consistency.

PRODUCTION METHOD The buffalo milk whey is heated to about 90° C, after the insertion of serum graft in the quantity of 1l/100 l of whey; the whey is then salted in the quantity of 2 kg/100 l. When it rises to the surface, the ricotta is taken with special perforated spoons, placed in the truncated cone-shaped plastic or wicker moulds and left to dry for 4-5 hours in a cold room at 4°C. Once the drying phase is over, the ricotta can be subjected to different treatments: three smoke treatments of 30 minutes each in a specialised room with a stove fuelled by straw (smoked ricotta); or dry salting by sprinkling on wooden boards in a cold store (salted ricotta); or baking in a wood-fired oven for 12 hours (baked ricotta). For

salted ricotta, there is also a phase of storage on wooden boards for a period ranging from 10 to 120 days.

HISTORY BACKGROUND The history of the relationship of this product with its land of origin is the history of the relationship with the milk from which first buffalo mozzarella and then buffalo ricotta are produced. Traces in municipal archives document the best way to store buffalo ricotta in order to be able to use it later as a condiment for pasta and other sauces or to eat it with bread. It is also noted for its historical presence in local restaurants.



MEZZE MANICHE WITH SAUSAGE, MUSHROOMS AND BAKED BUFFALO RICOTTA

Ingredients for 4 persons: 400 g mezze maniche, tomato puree, 250 g sausage, a packet of dried mushrooms, 80 g grated baked buffalo ricotta, 1 onion, extra virgin olive oil, salt and pepper.

Method: Soak the mushrooms in warm water for one hour and chop them up with a knife. Skin the sausage and crumble it with your hands. Finely chop the onion and brown it in a little oil, add the sausage and mushrooms and cook for about ten minutes. Add the tomato puree, season with salt and pepper and leave to cook. In the meantime, boil the mezze maniche in plenty of salted water, drain them al dente and toss them in the pan. Stir everything together thoroughly to mix the ingredients. Before serving, sprinkle with plenty of grated buffalo ricotta.



SHEEP AND GOAT RICOTTA FROM MONTI LEPINI

Production area

Province of Rome: Artena, Carpineto Romano, Gavignano, Gorga, Montelanico, Segni
Province of Latina: Sermoneta, Latina

PRODUCT DESCRIPTION Sweet ricotta cheese obtained from the manufacturing of sheep and goat buttermilk, with the addition of a minimum percentage of sheep/goat milk during the coagulation moment. It has a grainy, dry and compact structure; it comes in 0,5 to 1kg pieces; a cut off conical shape; and a sweet, never salty taste.

PRODUCTION METHOD The whey for the production of sheep and goat ricotta from Monti Lepini comes from the processing of sheep's and goat's milk cheese. After the addition of 2% of sheep's and/or goat's milk, the whey, kept slightly agitated only in the initial phase, is heated to 85-90 °C, which promotes the precipitation and coagulation of serum proteins and, therefore, their surfacing in the form of small flakes. No salt is added. Afterwards, the ricotta is collected with a perforated ladle and shaped in perforated wicker or plastic truncated cone-shaped baskets. Before being sold, the cheeses are left to dry in a cold store at 5°C for 24 hours, or for 4-5 hours at room temperature and then stored at 5°C for a maximum of 1 day.

HISTORY BACKGROUND Cited in the *Illustrated volume of typical products: The cheeses*, of the National Institute of Rural Sociology. Historically similar to genuine Roman ricotta.



RICOTTA VITERBESE

Production area

Province of Viterbo

PRODUCT DESCRIPTION Sweet ricotta cheese obtained from the manufacturing of sheep milk with the addition of a minimum percentage of milk during the coagulation moment. Pieces from 0,5 to 1 kg with a cut off conical shape. A sweet, never salty taste.

PRODUCTION METHOD The whey obtained by processing exclusively sheep's milk, used raw or pasteurized and enriched with whole milk at 1.5-2% up to 3%, is heated to 83-90°C. The floc-culum which has surfaced is taken and poured into the truncated cone moulds and then subjected to drying in the cell for about 12-24 hours at 4-5°C or at room temperature.

HISTORY BACKGROUND Ricotta viterbese was mainly eaten by sheep farmers, who sold the more sought-after cheese out of necessity and left the less valuable ricotta at home. It was therefore called "the cheese of the poor". Today it is considered an excellent food for children and adults both for its nutritional composition and for its easy digestibility, it is also widely used in confectionery.



DRY RICOTTA



LINK WITH
BIODIVERSITY



POSSIBILITY OF FOOD HYGIENE
AND HEALTH EXEMPTIONS

Production area

Province of Rieti, Latina, Frosinone

PRODUCT DESCRIPTION The cow, sheep and/or goat ricotta secca (dry ricotta) can be classified as a product with a firm and compact paste, that contains a 23% average humidity, very fatty, with at least 70% of fat on its dry matter. The shape changes depending on the production area; wheel shaped with flat faces in the Valle di Comino territory and dorsal the Monti Aurunci and Ausoni; tubular cylindric in the Monti della Laga territory and cut off conical in the Sabina Reatina territory. The color is white inclined to straw yellow; the weight is 100-250 g (Valle di Comino and dorsal the Monti Aurunci and Ausoni), 100-700g (Monti della Laga and Sabina Reatina). The taste is sweet, in the case of the cow dry ricotta, while its particularly intense, salty and spicy in the sheep-goat dry ricotta, where natural aromas are also added such as pepper and hot pepper.

PRODUCTION METHOD Dry cow's and sheep's milk ricotta is produced using the whey left over from the processing of cheeses made from cow's milk or from the milk of pure ewes or from crosses of the Massese and Comisana breeds, or from the milk of local goats, with particular reference to the Capra Grigia Ciociara,

the Capra Bianca Monticellana, the Capra Capestrina and Capra Fulva, autochthonous animal resources at risk of genetic erosion, protected by Regional Law No. 15 of 1 March 2000. The flocks are fed on natural, wooded and Mediterranean pastures. The whey, adequately filtered, is heated and added with cow's, sheep's, goat's or mixed milk, at a temperature of about 60°C, to a maximum of 2-4%. The heating of the whey continues until the ricotta comes to the surface and the possible pause, reaching a final temperature of 85-90°C. The ricotta is extracted and placed in wicker or plastic baskets or cotton or linen pockets, then left to purge at room temperature for a few hours. The day after the cheese is extracted, it is dry salted or brined for a period that varies according to the size of the cheese (from 12 to 24 hours at room temperature or 12-13°C). This is followed by drying for 7-20 days, an operation necessary to reduce the high-water content of the ricotta, traditionally carried out in the open air, in special cages or in a ventilated room. Sometimes it is done twice at 43°C for 40 minutes each time. Maturing/ Maturation takes place in a room at room temperature or in a cell at 12-16°C for 20-60 days by placing the ricotta on wooden boards or in hanging bags or glass containers. Dry Ricotta can be preserved under bark or in oil.

HISTORY BACKGROUND Its historical presence in local production and markets dates back centuries and can be found in historical documents. Dry ricotta is mentioned in the *Illustrated volume of typical products: The cheeses*, of the National Institute of Rural Sociology (1991), although reference is made only to dry ricotta produced in the province of Rieti.



RIGATONI WITH TOMATO AND DRY RICOTTA

Ingredients: 100 g rigatoni, 1 clove of garlic, 300 g peeled tomatoes, 50 g dry ricotta to grate, basil, parsley, extra virgin olive oil and salt.

Method: Cook the rigatoni in plenty of salted water, cook the tomatoes in a frying pan with garlic, extra virgin olive oil, parsley and salt. Pour the sauce over the drained rigatoni, add a few basil leaves, mix well and sprinkle with finely grated or flaked dry ricotta.







LAZIO VINES

LOCAL AND LESS WIDESPREAD VARIETIES

LAZIO'S AGRI-FOOD HERITAGE - BETWEEN BIODIVERSITY AND TRADITION

LAZIO LOCAL VINES

Regional viticulture, has considerably deteriorated over the last 60 years, thus losing its original heterogeneity and biodiversity. The simplification, occurred between the 50's and 80's of the last century, was pushed by several factors, mostly attributable to economic evaluations, which rewarded the vines most resistant to pathogens, with higher production potential and with a standardised qualitative characterisation easy to place on the market.

However, the evolution of consumption (sharp structural reduction, from about 96 to 36 litres per capita in thirty years and geared towards quality), triggers the need for greater differentiation of individual products, especially in terms of quality; in this spirit, the rediscovery of local vine varieties can represent a positive response, especially if targeted at a greater characterisation of the 36 DOs/GIs located in the Lazio Region.

Notwithstanding the principle establishing that the territory is the element characterising the wine and the latter is, therefore, an expression both of the geographical area and of the community producing it, today the rediscovery of local vines represents, as already happened in numerous areas of quality, the prerequisite for strengthening the opposite relationship, where the wine qualifies the image of the territories: the wine obtained from local vines is one of the best tools for the enhancement and tourist-cultural rediscovery of territories.

Currently, the ampelographic base of the Lazio Region, according to the Regional Register of grapevine varieties classified as suitable to produce wine grapes, is characterised by:

- 34 black wine grape varieties: Abbuoto, Aglianico, Aleatico, Alicante, Ancellotta, Barbera, Bombino nero, Cabernet franc, Cabernet sauvignon, Calabrese, Canaiolo nero, Carignano, Cesanese comune, Cesanese d'Affile, Cesanese nero, Cilieggiolo, Grechetto rosso, Greco nero, Lambrusco Maestri, Lecinaro, Merlot, Montepulciano, Nero buono, Olivella nera, Petit verdot, Piediroso*, Pinot nero, Primitivo, Roussane, Sangiovese, Sciascinoso, Syrah, Tannat, Tempranillo.
- 42 white berried varieties: Bellone, Biancolella*, Bombino bianco, Canaiolo bianco, Capolongo, Chardonnay, Falanghina, Fiano, Forastera*, Grechetto, Greco, Greco bianco, Guarnaccia*, Malvasia bianca di Candia, Malvasia bianca lunga, Malvasia del Lazio, Man-

zoni bianco, Marsanne, Maturano, Montonico bianco, Moscato bianco, Moscato di Terracina, Moscato giallo, Mostosa, Pampanaro, Passerina, Pecorino, Petit Manseng, Pinot bianco, Riesling, Riesling italico, Sauvignon, Semillon, Tocai friulano, Trebbiano di Soave, Trebbiano giallo, Trebbiano toscano, Verdello, Verdicchio bianco, Vermentino, Vernaccia di S. Gimignano, Viogner.

- 2 pink berried varieties: Moscato rosa, Rosciola.
- 1 grey berried variety: Pinot grigio.

In addition to the vines already legitimised for winemaking, a large heritage still remains, almost exclusively ascribable to the marginal areas of the Region, devoted to micro-productions for self-consumption, which was not included among the resources in the national wine data file due to its poor distribution, the lack of market value and especially due to the lack of a careful regional genotypic survey. In light of these evidences, ARSIAL activated a specific service, aimed at the recovery of local vines distributed in the region and not yet legitimised: through the census, molecular analyses, ampelographic/ampelometric studies and the related micro vinification tests of the individual biotypes, with an adequate multi-annual planning, the aim was to add value to the scientific evidence regulating the updating of the Register in line with the regulatory prescriptions.

In practice, acknowledging that the numerous scientific studies carried out at the end of the twentieth century, as mere assessments, did not automatically lead to the registration of the resources in the National Grape Registry, an activity consistent with the OIV (International Organisation of Vine and Wine) standards for the characterisation and registration of resources was launched. This activity led to the registration of new varieties in the National Register of grapevine varieties (Matano b., Capolongo b., Lecinaro n., Pampanaro b., Rosciola rs, Cesene nero n.) and in the Register for the protection of plant biodiversity (in application of Regional Law 15/2000 "*Protection of indigenous genetic resources of agricultural interest*") including 45 characterised biotypes.

Nonetheless, the work being carried out on local varieties remains crucial and in this period is very important not only for winegrowers, who could benefit from a wider ampelographic selection to produce their wines while achieving a greater qualitative and organoleptic differentiation, but also for the entire community of a specific geographical area, which can enjoy the advantages deriving from producing a unique wine that unequivocally symbolises the territory, and that allows promoting the local development actions integrated with other sectors.

* only grown in the Pontine islands



LINK WITH
BIODIVERSITY

ABBUOTO n.

- APEX** open, downy, whitish green; young leaf of bronze green colour, almost glabrous.
- LEAF** medium/large, five-sided, five-lobed; upper layer green and bullous, lower layer glabrous.
- BUNCH** medium/large, cylindrical/conical, compact, sometimes with a wing.
- GRAPE** medium/large, sub-round, purplish black, very pruinose.

Ancient vine whose grapes were probably used to produce Cecubo, a famous wine praised by Horace and Pliny. Viala (1909) and Drao (1934) report it as cultivated in the municipality of Fondi.

Fairly vigorous, it prefers well exposed foothills and hills. It prefers medium-expansion forms of cultivation and short pruning; its production trend is average but may be affected by the unfavourable seasonal trend. It has good resistance to the main cryptogams and a high resistance to powdery mildew; it is vulnerable to spring frosts.

Amaranth red, well-balanced, full-bodied wine: it is suitable for aging although subject to discoloration.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Surface (ha)	
	Surface (ha)	Units
FROSINONE	0,5838	3
LATINA	8,218	44
RIETI	0,2511	1
ROME	0,0108	1
VITERBO	0,3056	3
TOTAL	9,3693	52

PD/GI CLASS AS MAIN VINE VARIETY
Lazio IGT, Frusinate IGT, Colli Cimini IGT Civitella d'Agliano IGT



LINK WITH
BIODIVERSITY

ALEATICO n.

APEX partially open, downy, green with carmine red edge; young green leaf with reddish hues usually glabrous, sometimes with arachnoid residue.

LEAF medium, five-sided or orbicular, three-lobed and sometimes five-lobed, green with glabrous upper and lower layer.

BUNCH medium-sized, with one wing, fairly compact.

GRAPE medium, spherical flattened with a fairly thick skin of a very pruinose blue colour; juicy pulp; rosé-coloured juice with a sweet muscat flavour, with a characteristic fragrance.

Probably introduced in Southern Italy by the Greeks; widespread throughout the peninsula, especially in Lazio and Puglia. Trinci (1726) was the first who referred to it as a wine grape. It can be considered a derivation of Muscat.

A quite vigorous vine that prefers a warm climate and well exposed loose hilly soils which facilitate complete ripening. Production is medium and constant. Fair resistance to the main cryptogams; it is vulnerable to humid springs and does not tolerate shady areas. The grapes have good resistance to overripe.

The wine is garnet red with purple hues with a characteristic and finely aromatic fragrance; fresh fruit flavour with muscat aroma, soft and velvety.



VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	0,1005	2
LATINA	1,7971	11
RIETI	0,1612	6
ROME	3,6374	18
VITERBO	42,1636	445
TOTAL	47,8598	482

PD/GI CLASS AS MAIN VINE VARIETY

Aleatico di Gradoli DOC Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT



BELLONE b. (Cacchione)

- APEX** open, cottony, whitish green with carmine red edge; young leaf yellowish green downy on the underside.
- LEAF** large, five-sided, five-lobed, deep green upper surface, bulbous; downy underside.
- BUNCH** medium/large, cylindrical/conical, sometimes with a wing, semi-compact or compact.
- GRAPE** medium/large, sub-spherical, thick, fairly pruinose yellowish skin.

According to Bacci (1596), it corresponds to the Pantastica grape mentioned by Pliny. The Bellone indicated a vine with larger bunches but with characteristics similar to the Belli, very common in the province of Rome (*Bullettino Ampelografico* 1881, Mengarini 1888, Mancini 1893). Grown exclusively in Lazio, it has many local synonyms.

Very vigorous vine that prefers hilly and well exposed soils, characterised by fairly extended forms of cultivation and medium or long pruning (short pruning for low productions). High and constant production. It prefers fresh and deep volcanic soils. Slightly vulnerable to downy mildew and very vulnerable to acid rot due to the compact bunch and thin skin of its grape.

It produces a yellow wine, with a winy fragrance, delicate flavour, slightly bitter and harmonious.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	6,3959	60
LATINA	191,2252	925
RIETI	0,0863	1
ROME	239,1915	1065
VITERBO	2,1838	14
TOTAL	439,0827	2065

PD/GI CLASS AS MAIN VINE VARIETY
Cori DOC, Marino DOC, Nettuno DOC, Roma DOC
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT



LINK WITH
BIODIVERSITY

BIANCOLELLA b. (Jaunculillo, Jaunculella)

Only grown in the Pontine islands

APEX open, downy, green with slightly carmine red edges; downy green to yellowish young leaf.

LEAF medium size, orbicular, three-lobed, sometimes five-lobed with a glabrous and bullous upper side and a glabrous underside.

BUNCH medium size, cylindrical or pyramidal with two wings, compact.

GRAPE medium, spheroidal with green-yellow skin, thin and pruinose.

Biancolella has been widely cultivated for centuries in the provinces of Caserta and Naples: it finds its ultimate expression in the island of Ischia where it was apparently introduced by the ancient inhabitants of Euboea, a Greek island in the Aegean Sea. Colonists from Ischia introduced it into the Pontine Islands at the end of the 18th century.

It prefers loose and poorly fertile soils, preferably of volcanic origin, ensuring a fair production from which the best wines are obtained; it also adapts to clayey and compact soils. It loves the expanded forms and a long pruning when cultivated in fresh and fertile soils: in drought areas, low cultivations and a short pruning are suggested. It is fairly resistant to cryptogams, except to downy mildew when cultivated in fresh soils.

The wine has a slightly rich straw yellow colour, intensely fragrant, dry and delicate.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE		
LATINA	3,6774	67
RIETI		
ROME		
VITERBO		
TOTAL	3,6774	67

PD/GI CLASS AS MAIN VINE VARIETY
Lazio IGT





LINK WITH
BIODIVERSITY

BOMBINO BIANCO b. (Ottenese)

APEX open, cottony, whitish green with yellowish hues and often with a carmine red edge; young leaf, downy on the underside, green in colour with light bronzed hues.

LEAVE medium, five-sided, five-lobed and sometimes three-lobed; dark green, glabrous and very bullous upper side; downy underside.

BUNCH medium/large, conical or cylindrical-conical, often winged and pyramidal, partially compact.

GRAPE medium/large, spheroidal with a fairly pruinose yellowish skin.

Its origins are unknown, but some believe it comes from Spain. In the Sabina Romana it is called Spagna gialla. Acerbi (1825) and the *Bullettini Ampelografici* indicate it as cultivated in the Roman countryside. Also cultivated in Marche, Puglia, Basilicata and Campania.

Fairly vigorous vine, it prefers sunny and well exposed places, siliceous-calcareous soils, light and rich in stones. It prefers a short pruning which avoids alternating production. Production is abundant. It has a high resistance to spring frost, yet poor to the main cryptogams and especially to downy mildew. Grapes easily survive on the vine.

Golden straw yellow wine with greenish reflections, with a velvety neutral flavour, harmonious, dry and delicately scented. Due to its resistance to transport and drying, it is also used as a table grape.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	2,1534	12
LATINA	8,5781	26
RIETI	0,0274	1
ROME	85,9631	643
VITERBO	0,852	2
TOTAL	97,574	684

PD/GI CLASS AS MAIN VINE VARIETY
Marino DOC

Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT



LINK WITH
BIODIVERSITY

BOMBINO NERO n.

- APEX** open, downy, green with bronzed hues; young green leaf with bronzed margins and arachnoid underside
- LEAF** medium, five-lobed with bullous upper side of dark green colour and arachnoid underside.
- BUNCH** large, conical, compact often with two wings.
- GRAPE** large, spheroidal with blue, thick and robust skin, pruinose with prominent mid-point.

Its origins are unknown, but it has certainly been grown in Lazio for many centuries. The name probably derives from the shape of the bunch that recalls a small “child”. It is also grown in Puglia and Sardinia.

Fairly vigorous vine, without particular climate and cultivation needs. It prefers fairly extended cultivation and a short pruning avoiding alternating production. Its production is abundant. It is quite resistant to downy mildew and powdery mildew, yet vulnerable to moths.

A light ruby red wine, with a dry, aRometic, pleasantly tannic flavour and with a pleasant vinous aRome. It is suitable for aging thanks to the richness of extractive substances.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	0,2598	3
LATINA	0,4889	1
RIETI	0,0185	1
ROME	0,7707	13
VITERBO		
TOTAL	1,5379	18

PD/GI CLASS AS MAIN VINE VARIETY
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d’Agliano IGT





LINK WITH
BIODIVERSITY

CANAILOLO NERO n.

APEX partially open very cottony with carmine red edge; young green leaves tending to bronze, tomentose on the lower side and arachnoid on the upper side.

LEAF small or medium-sized, five-lobed, sometimes also three-lobed, with a slightly arachnoid upper side, dark green in colour and with downy underside.

BUNCH medium size, pyramid-shaped, fairly straggly with one or two wings.

GRAPE medium, sub-round with thick, blue/violet and very pruinose skin.

Vine variety of uncertain origins; it is mentioned by Pier De Crescenzi (1350) with the name of “Canajuola”; by Soderini (1622) and by Gallesio (1839) as “Vitis vinifera etrusca”.

Poorly vigorous, it prefers well exposed hilly soils, but it also adapts well to clayey soils. It prefers fairly extended forms of cultivation and short pruning; its production is average, but may be affected by the unfavourable seasonal trend. It has good resistance to cryptogams with greater vulnerability to downy mildew.

Red wine tending to brick; well-balanced, with a soft and velvety flavour with a particular bouquet: it is suitable for aging.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	0,0898	6
LATINA		
RIETI	1,8182	6
ROME	3,7103	42
VITERBO	18,4691	191
TOTAL	24,0874	245

PD/GI CLASS AS MAIN VINE VARIETY
Colli Etruschi Viterbesi or Tuscia DOC
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT



LINK WITH
BIODIVERSITY

CAPOLONGO b.

- APEX** partially open, sometimes open whitish medium downy; young yellow leaf, downy on the underside.
- LEAF** medium, five-sided, five-lobed of medium green colour, glabrous on the upper side, moderately downy on the lower side.
- BUNCH** medium, cylindrical with one or more wings, compact.
- GRAPE** medium, elliptical, with a fairly thick and pruinose yellow skin.

Its origins are unknown, but it has certainly been cultivated in southern Lazio for many centuries; it is described in the *Bullettino Ampelografico* (1878) which associates its cultivation to the Liri valley, in the province of Frosinone.

A fairly vigorous vine that prefers hilly and well exposed soils, medium-expansion cultivation systems and long pruning. Average and inconsistent production. It is quite resistant to downy mildew and powdery mildew.

It produces a wine of a deep yellow colour turning golden with a characteristic aRome, a velvety, soft, warm and pleasant flavour. It is suitable to produce sparkling wines.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	4,3926	30
LATINA		
RIETI		
ROME		
VITERBO		
TOTAL	4,3926	30

PD/GI CLASS AS MAIN VINE VARIETY
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT





CESANESE COMUNE n.

- APEX** open, downy with carmine red edge; young green leaf with glabrous upper side and downy underside.
- LEAF** almost large, five-sided, three-lobed and rarely five-lobed, green with glabrous upper side and underside.
- BUNCH** medium size, cylindrical-conical, sometimes winged compact or partially compact due to light dropping.
- GRAPE** medium size, oval or sub-oval with a very dark purplish black skin.

Its origins are unknown. Acerbi (1825), Di Rovasenda (1877) and Mengarini (1888), the first to distinguish it from the “Affile”, report it as cultivated in the Romen countryside. Mancini (1893), Prosperi (1939) and Dalmasso (1946) then reported it as cultivated in the Castelli Romeni. It is mainly grown in the provinces of Rome and Frosinone.

Fairly vigorous vine that prefers hilly and well exposed soils, medium-expansion cultivation and medium or short pruning; at high altitude and in poorly exposed areas it is reluctant to ripening. Production is abundant and fairly constant. It is quite vulnerable to cryptogams, especially to downy mildew; often suffers from bunch dropping.

It produces a moderately intense ruby red wine with a particular aRome, dry, often mellow, fairly tannic, pleasant and tasty.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	60,7096	367
LATINA	30,0428	161
RIETI	6,0868	58
ROME	219,6984	1233
VITERBO	6,7199	109
TOTAL	323,2575	1928

PD/GI CLASS AS MAIN VINE VARIETY
Cesanese del Piglio DOCG
Cesanese di Olevano Romano DOC, Castelli Romeni DOC, Velletri DOC
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT

CESANESE D'AFFILE n.

APEX open, whitish cottony; pale green young leaf, downy on the underside.

LEAF small, five-sided, five-lobed or three-lobed and also almost entire with a tooth in the petiolar sinus, glabrous upper side, arachnoid underside.

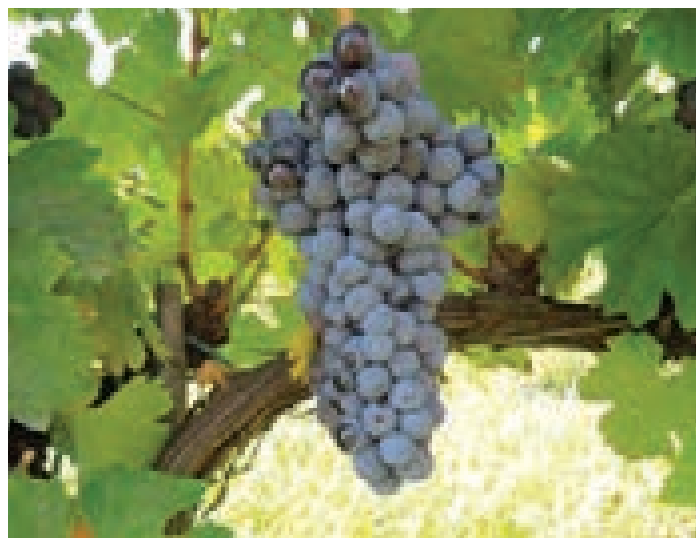
BUNCH medium size or nearly small, cylindrical, often winged and cylindrical-conical, semi compact.

GRAPE medium/small, spheroidal with medium bluish black skin, very pruinose.

Its origins are unknown. Mengarini (1888) was the first to distinguish it from the "Comune"; Mancini (1893) and Prosperi (1939) then associated it to the province of Frosinone.

Fairly vigorous vine that prefers hilly and well exposed soils, medium expansion cultivations and medium or short pruning. Its production is average and inconsistent. Generally vulnerable to cryptogamic diseases.

It produces a ruby red wine with a characteristic aRome, a rather tannic velvety flavour, soft, mellow and pleasant.

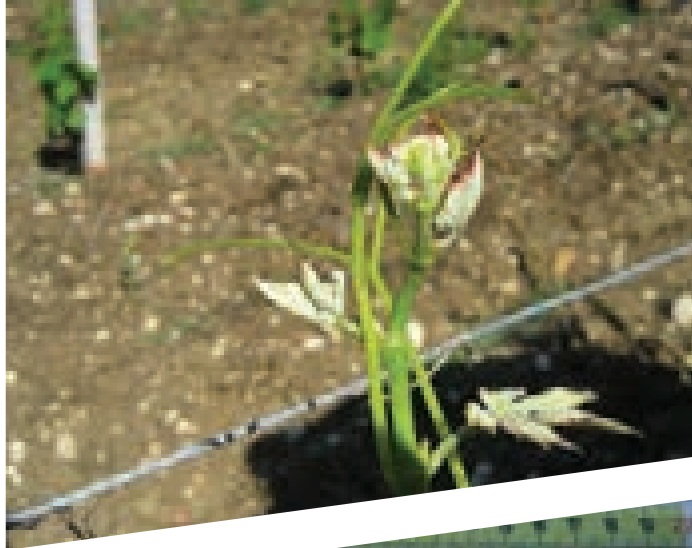


VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FFROSINONE	260,50	834
LATINA	5,00	3
RIETI	0,87	9
ROME	95,50	454
VITERBO	0,34	3
TOTAL	362,31	1303

PD/GI CLASS AS MAIN VINE VARIETY

Cesanese del Piglio DOCG
 Cesanese di Olevano Romano DOC, Cesanese di Affile DOC,
 Castelli Romeni DOC, Velletri DOC
 Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT



LINK WITH
BIODIVERSITY

CESENESE NERO n.

APEX open, whitish with carmine red edge; young yellow leaf tending to bronze, downy on the underside.

LEAF small, five-sided, five-lobed, sometimes seven-lobed, dark green, glabrous upper side, fairly woolly underside.

BUNCH large, conical with one or two wings, loosely packed.

GRAPE medium/small spheroidal with thick, very pruinose blue-black skin.

Its origins are unknown, but it has certainly been cultivated in the South Tyrol for many centuries. The *Annale del Comizio Agrario di Rieti* (1879) and Torgioni Tozzetti (1883) report its as cultivated in the Rieti area.

Fairly vigorous vine that prefers hilly and well exposed soils, medium expansion cultivations and medium or short pruning. Production is average and constant. Generally resistant to cryptogamic diseases.

It produces a ruby red wine with hints of violet, a characteristic fragrance, a delicate, slightly tannic, harmonious, and round flavour.

VINEYARD SURFACE AREA - VINE REGISTER

None

PD/GI CLASS AS MAIN VINE VARIETY
None



LINK WITH
BIODIVERSITY

FORASTERA b. (Forestiera, Furastiera)

Only grown in the Pontine islands

APEX open, cottony, green in colour with carmine red hues; glabrous young leaf, green with yellow hues on the upper side, very tomentose on the underside.

LEAF large, orbicular shape, five-lobed and sometimes three-lobed with a glabrous upper side and an arachnoid underside.

BUNCH medium size, cylindrical or pyramidal, sometimes winged, loosely packed.

GRAPE Medium, ellipsoidal in shape with green-yellow skin, thin and pruinose. Very visible prominent mid-point.

Forastera is cultivated on the island of Ischia where it was apparently introduced in the mid-19th century; hence the name Forastera, which means coming from other areas. In fact, in the Campania viticulture treaties adopted before Frojo (1871), who describes the appearance of new varieties of the island at the expense of old ones, due to the spread of the “cryptogam”, there is no trace of Forastera. It was introduced in the Pontine Islands at the end of the 19th century by colonists from Ischia.

It prefers loose, not very fertile soils, preferably of volcanic origin. It prospers along expanded areas and prefers a long and rich pruning. It has a fair resistance to cryptogams and adverse climate conditions. It has a straw-yellow colour, dry and full-bodied.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE		
LATINA	0,1884	7
RIETI		
ROME		
VITERBO		
TOTAL	0,1884	7

PD/GI CLASS AS MAIN VINE VARIETY
Lazio IGT





GRECHETTO b.

APEX open, downy and pale green; young green leaf, arachnoid on the underside.

LEAF medium, five-sided, three-lobed, sometimes five-lobed or whole; deep green upper side, bullous or wrinkled; glabrous underside or with a slight bow-shaped tomentum.

BUNCH medium/small, cylindrical or cylindrical/conical with one wing, partially compact or compact.

GRAPE medium, oval with thin, yellowish, moderately pruinose skin with very prominent mid-point.

The Greci or Grechetti include numerous vines, different from each other, which in the Middle Ages were used to produce wines similar to those imported from the Aegean. Molon (1906) reports numerous varieties of Greek and briefly describes the Grechetto. Recent researches have verified the similarities between Grechetto di Todi, Pignoletto and Ribolla Riminese; different types of Grechetto di Orvieto and Grechetto di Tufo are available. It is grown in Lazio, Umbria, Marche, Tuscany and Emilia Romagna.

Fairly vigorous vine, it has no particular needs in terms of climate and soil. It prefers medium-expansion cultivations and medium-long pruning. Production is abundant but inconsistent. It is resistant to mildew and botrytis and moderately vulnerable to powdery mildew; it is fairly resistant to winter colds and spring frosts.

Wine with green tints, moderately sour and delicate, with a fruity aRome (pear).

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	2,1519	14
LATINA	12,1086	13
RIETI	2,9339	23
ROME	27,7247	114
VITERBO	98,6993	496
TOTAL	143,6184	660

PD/GI CLASS AS MAIN VINE VARIETY
Colli Etruschi Viterbesi or Tuscia DOC
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT



LINK WITH
BIODIVERSITY

GRECO b. (Asprinio bianco)

APEX partially open, cottony, whitish green with yellowish edges; young green leaf with yellow hues, carmine red edge, cottony mostly on the underside.

LEAF medium, orbicular, three-lobed or five-lobed with a glabrous upper side and bow-shaped arachnoid underside.

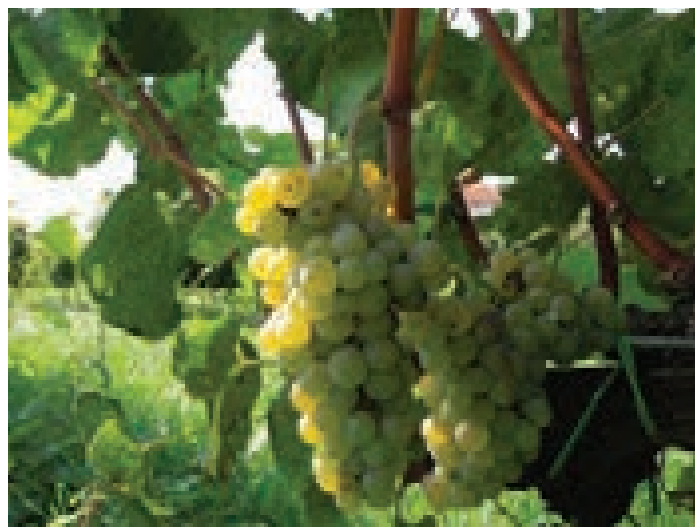
BUNCH small/medium, compact, conical with a very developed wing.

GRAPE small, spheroidal with a grey-yellowish skin, thin and pruinose.

It has very ancient origins; it was probably introduced in Italy in the eighth century B.C. by the Hellenic colonists. Carlucci (1909) speculates on its derivation, associating it to the *Animea Gemella* described in the Latin Georgics.

Vigorous and productive vine, it prefers loose, deep soils of volcanic origin. It requires expanded cultivations and a rich and long pruning. It is fairly resistant to downy mildew and powdery mildew, and vulnerable to grey mould.

It produces a golden yellow wine, not very full-bodied, savoury, intensely fragrant.



VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	0,0838	2
LATINA	20,8804	70
RIETI	1,3491	4
ROME	22,6004	132
VITERBO	17,8518	208
TOTAL	62,7655	416

PD/GI CLASS AS MAIN VINE VARIETY
Marino DOC, Vignanello DOC

Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT



LINK WITH
BIODIVERSITY

GRECO BIANCO b.

APEX Partially open, greenish white with slightly carmine red edge; young green leaf with bronzed hues, moderately arachnoid on the upper side.

LEAF medium, five-sided, five-lobed and sometimes three-lobed; dark green and almost glabrous upper side, and velvety underside

BUNCH large, cylindrical with one or two wings, fairly compact.

GRAPE medium, obovoid with golden yellow skin, thick, not very pruinose.

The origin of the variety is uncertain, and, as is often the case, the vine was named after the wine; it was probably introduced by the Hellenic colonists in Magna Graecia. It is cultivated in Calabria, Basilicata and Lazio.

Very vigorous vine, it prefers sunny and dry hilly soils, poorly expanded cultivation systems and short pruning. Its production is abundant and constant. Excellent resistant to the main cryptogams and fair tolerance to adverse climate conditions.

Golden or amber yellow wine, brilliant and harmonious; when aging, it acquires a very fine orange blossom fragrance. It is suitable to produce liqueur wines.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	0,0465	1
LATINA	1,4082	7
RIETI	0,0138	1
ROME	6,4535	31
VITERBO	3,0715	51
TOTAL	10,9935	91

PD/GI CLASS AS MAIN VINE VARIETY
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT



LINK WITH
BIODIVERSITY

GRECO NERO n. (Maglioccone, Grecu nieddu)

APEX partially open, cottony, whitish green with yellowish edges; young green leaf with yellow hues, carmine red edge, cottony mostly on the underside.

LEAF medium, orbicular, three-lobed or five-lobed with a glabrous upper side and arachnoid bow-shaped underside.

BUNCH small/medium, compact, conical with a very developed wing.

GRAPE small, spheroidal with a grey-yellowish skin, thin and pruinose.

Its origin and spread are similar to those of the other varieties of Greco. Numerous varieties are named Greco nero (of Avellino, of Teramo, of Velletri, etc.) which have little in common.

A fairly vigorous and productive vine, it prefers not very fertile soils and warm environments. It requires very little expanded cultivation systems with very short pruning. It is very resistant to cryptogams and adverse climate conditions.

The wine has a light ruby red colour, harmonious, not very balanced.



VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE		
LATINA	0,9026	3
RIETI		
ROME		
VITERBO	0,2143	5
TOTAL	1,1169	8

PD/GI CLASS AS MAIN VINE VARIETY

Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT



LINK WITH
BIODIVERSITY

GUARNACCIA b.

Only grown in the Pontine islands

APEX open, downy, greyish green; young green leaf with glabrous upper side and very tomentose underside.

LEAF large, orbicular, five-lobed and sometimes three-lobed with glabrous upper side and arachnoid underside.

BUNCH medium size, conical, sometimes with a wing, fairly compact.

GRAPE medium, sub-spheroidal with skin varying from green-whitish to yellow-amber, fairly thick, pruinose.

The origins of the Guarnaccia are unknown. Di Rovasenda reports a white Guarnaccia grown in Sicily. It is also cultivated in Calabria and Campania. It was introduced in the Pontine Islands at the end of the 18th century by colonists from Ischia.

It prefers loose soils, not very fertile, preferably of volcanic origin; its production is moderate; most suitable for slightly expanded cultivation systems and short pruning. Good resistance to cryptogams, vulnerable to adverse climate conditions (frosts and drought). The wine is slightly sour, with a deep straw yellow colour and a slightly tannic flavour.

VINEYARD SURFACE AREA - VINE REGISTER

None

PD/GI CLASS AS MAIN VINE VARIETY
Lazio IGT



LINK WITH
BIODIVERSITY

LECINARO n.

- APEX** open, whitish with carmine red edge; young leaf with bronzed areas, cottony on the underside.
- LEAF** medium, five-sided, five-lobed sometimes seven-lobed; dark green glabrous upper side and bullous, moderately cottony underside.
- BUNCH** medium, conical with one or two wings, medium compact.
- GRAPE** medium, elliptical with thick, very pruinose blue-black skin.

Its origins are unknown, but it has certainly been cultivated in southern Lazio for many centuries; it is described in the *Bullettino Ampelografico* (1878) which associates its cultivation in Val di Comino and in the Liri valley, in the province of Frosinone.

Fairly vigorous vine that prefers hilly and well exposed soils, medium expansion cultivation systems and medium or short pruning. Production is average and constant. It has good resistance to cryptogams.

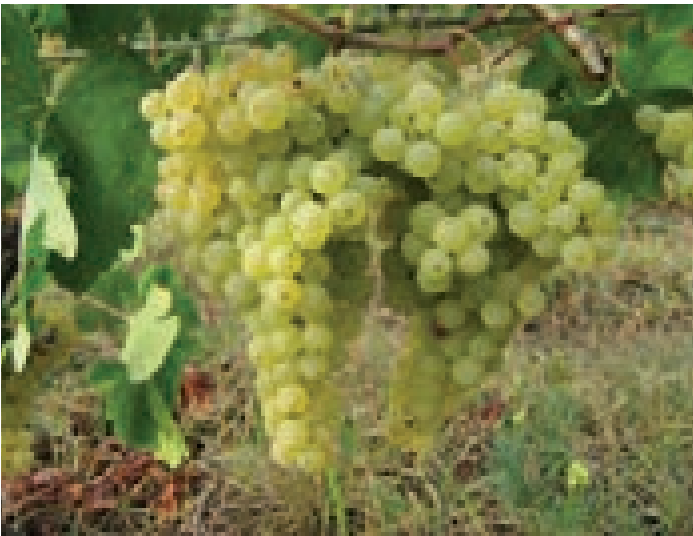
It produces a wine of a deep ruby red colour tending to purplish, full-bodied, harmonious, well-rounded, suitable for aging.



VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	3,9092	23
LATINA		
RIETI		
ROME		
VITERBO		
TOTAL	3,9092	23

PD/GI CLASS AS MAIN VINE VARIETY
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT



MALVASIA DEL LAZIO b. (Malvasia puntinata)

APEX open, bristly, pale green with carmine red edge; yellowish green glabrous young leaf.

LEAF medium, orbicular, three-lobed, sometimes five-lobed; dark green with glabrous upper and under sides.

BUNCH medium/large conical, often winged and pyramidal, compact or semi-straggly due to light dropping

GRAPE medium, spheroidal with yellowish skin, sprinkled with brown spots and stains, fairly pruinose, with very evident mid-point.

Acerbi (1825) and Mengarini (1888) describe a Malvasia matching that of Lazio cultivated in the Castelli Romeni. It is grown mainly in the province of Rome.

Fairly vigorous vine, which prefers hilly and well exposed soils, medium expansion cultivation systems and medium or long pruning (short for low productions). Its production is average and inconsistent, also due to bunch dropping phenomena. The fairly straggly bunch and the compact skin facilitate the formation of noble rot. Generally vulnerable to cryptogamic diseases, in particular to mildew and powdery mildew.

It produces a straw yellow wine, slightly fragrant, savoury and adequately alcoholic.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	13,0505	112
LATINA	56,6353	177
RIETI	13,1362	111
ROME	602,3446	3981
VITERBO	11,1837	290
TOTAL	696,3503	4671

PD/GI CLASS AS MAIN VINE VARIETY

Frascati Superiore DOCG, Cannellino di Frascati DOCG
Bianco Capena DOC, Castelli Romeni DOC, Colli della Sabina DOC, Colli
Lanuvini DOC, Frascati DOC, Marino DOC, Rome DOC, Marino DOC,
Montecompatri-Colonna DOC, Velletri DOC, Zagarolo DOC
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT,
Costa Etrusco Romena IGT, Anagni IGT



LINK WITH
BIODIVERSITY

MATURANO b.

- APEX** open, whitish with slightly carmine red edge; young leaf with bronzed areas with a cottony underside.
- LEAF** medium, five-sided or orbicular, mainly green in colour with glabrous upper side and medium cottony underside.
- BUNCH** medium, conical with one or two wings, compact.
- GRAPE** medium, elliptical with a medium thick and pruinose green-yellow skin.

Its origins are unknown, but it has certainly been cultivated in southern Lazio for many centuries: mentioned by Cirelli (1859), it is described in the *Bullettino Ampelografico* (1878) which associates its cultivation in Val di Comino and in the Liri valley, in the province of Frosinone.

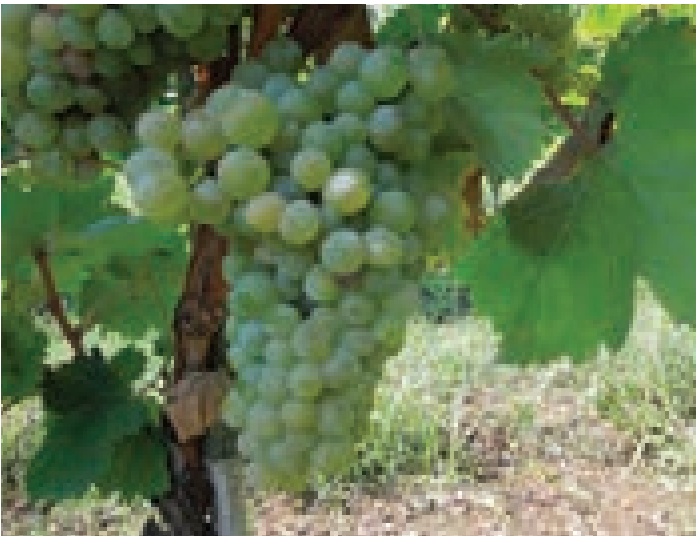
Fairly vigorous vine that prefers hilly and well exposed soils, medium expansion cultivation systems and medium or short pruning. Its production is average and constant. Typically not very vulnerable to cryptogamic diseases.

It produces a straw yellow wine with greenish hues, savoury, harmonious with a good acidic structure.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	23,4592	157
LATINA		
RIETI		
ROME		
VITERBO		
TOTAL	23,4592	157

PD/GI CLASS AS MAIN VINE VARIETY
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT





LINK WITH
BIODIVERSITY

MOSCATO DI TERRACINA b.

- APEX** partially open, greyish green in colour with bronzed tips; young glabrous leaf with bronzed areas.
- LEAF** medium, five-sided, five-lobed and dark green glabrous on both sides.
- BUNCH** large, cylindrical-conical with one wing, compact.
- GRAPE** medium/large spheroidal, with thick golden yellow and pruinose skin.

A dual-purpose vine whose origins are unknown; it is mainly used as a table grape; in 2004 it was definitively registered in the national register of vine varieties. It is grown mainly in the area of Terracina.

Fairly vigorous vine, which prefers well exposed hilly and calcareous soils, poorly expanded cultivation systems and medium-long pruning. Its production is abundant and constant. Good resistance to mildew and powdery mildew, less resistant to rot due to the compactness of the bunch.

Straw yellow wine with light golden hues, intense fragrance with typical muscat aRome, velvety taste, good alcohol content, moderate acidity. The passito type has a golden yellow colour with amber hues and a very enhanced taste and smell typical of Muscat.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	0,1511	5
LATINA	64,8341	373
RIETI		
ROME	1,3433	13
VITERBO		
TOTAL	66,3285	391

PD/GI CLASS AS MAIN VINE VARIETY
Terracina or Moscato di Terracina DOC
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT



LINK WITH
BIODIVERSITY

NERO BUONO n.

- APEX** open, bronzed and slightly downy; fairly cottony yellow young leaf.
- LEAF** large, five-sided, five-lobed or seven-lobed, dark green with a glabrous upper side and slightly downy underside.
- BUNCH** large, conical with one wing, compact.
- GRAPE** medium, spheroidal with medium-thick and blue-black pruinose skin.

Its origins are unknown. It has been grown for centuries almost exclusively in Cori, in the province of Latina.

Fairly-very vigorous vine, it prefers expanded cultivation systems and medium-long pruning; its production is quite rich and constant. Excellent resistance to cryptogams. Due to the compactness of the bunch in particularly rainy years, it may be affected by acid rot.

It produces a wine of an intense red colour, alcoholic, with a vinous aRome and a harmonious and pleasant taste; characteristic fragrance.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	0,0312	1
LATINA	90,0354	332
RIETI		
ROME	1,3887	25
VITERBO		
TOTAL	91,4553	358

PD/GI CLASS AS MAIN VINE VARIETY
Cori DOC, Castelli Romeni DOC

Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT





LINK WITH
BIODIVERSITY

OLIVELLA NERA n.

- APEX** open, cottony, white in colour with bronzed edges; young, glabrous green leaves.
- LEAF** medium, five-sided, seven-lobed and green in colour, glabrous on the upper side.
- BUNCH** medium, conical, winged, medium compact.
- GRAPE** medium/small, egg-shaped, with blue-black, fairly thick and pruinose skin.

Its origin is unknown. The Latin georgics report the existence of a grape called “Oleagina” with an oval and elongated grape. It has been cultivated in Campania for a long time, especially in the so-called “Terra di Lavoro”.

It adapts to different cultivation systems, without particular needs connected to climate and soil. Its production is good and constant; it prefers medium cultivation systems and medium pruning. It is fairly resistant to cryptogams and vulnerable to spring frost.

Its wine has an intense ruby red colour, sour, pleasant and medium-bodied.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	10,9801	79
LATINA		
RIETI		
ROME		
VITERBO		
TOTAL	10,9801	79

PD/GI CLASS AS MAIN VINE VARIETY
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d’Agliano IGT



LINK WITH
BIODIVERSITY

PAMPANARO b.

APEX open, tomentose with slightly carmine red edges; young green leaf with bronzed areas, very tomentose on the underside.
LEAF medium, five-sided, five-lobed, medium green, glabrous on the upper side, moderately tomentose on the underside.
BUNCH medium, conical with one or more wings, fairly compact.
GRAPE medium, elliptical with medium thick and pruinose yellow skin; hardly visible mid-point.

Mengarini (1888), Mancini (1893) and the *Bullettino Ampelografico* (1878) report it as cultivated in the Frosinone area. It is the “Bello” cultivated since time immemorial in the Romen Castles.

Fairly vigorous vine, which prefers well exposed hilly soils, poorly expanded cultivation systems and short and medium pruning. Its production is abundant and constant. Good resistance to mildew and powdery mildew, quite vulnerable to rot due to the compactness of the bunch.

Straw yellow wine, savoury, harmonious with a good acidic structure.



VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	1,9524	27
LATINA		
RIETI		
ROME		
VITERBO		
TOTAL	1,9524	27

PD/GI CLASS AS MAIN VINE VARIETY
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d’Agliano IGT



LINK WITH
BIODIVERSITY

PASSERINA b.

APEX open, downy, green in colour with carmine red edges; young green leaf with bronzed hues.

LEAF medium, five-sided, five-lobed, dark green in colour with glabrous upper side and cottony underside.

BUNCH large, pyramid-shaped or conical with one wing, fairly compact.

GRAPE medium to large, spheroidal with a medium-thick and pruinose yellow skin.

The origin of this variety, whose bunch shows similarities with the Tuscan Trebbiano, is uncertain. It is mentioned by Acerbi (1825) and Molon (1906). It is cultivated in Marche, Umbria, Abruzzo and Lazio.

Very vigorous vine which adapts to all kinds of soils; it prefers expanded cultivation systems and rich and long pruning. Its production is abundant and constant. Excellent tolerance to the main cryptogams and good resistance to adverse climate conditions

Wine with a colour ranging from straw to yellow, with a dry and full flavour. Not suitable for aging.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	113,7783	630
LATINA	1,9597	14
RIETI		
ROME	17,9355	44
VITERBO	0,0082	2
TOTAL	133,6817	690

PD/GI CLASS AS MAIN VINE VARIETY
Lazio IGT, Frusinate IGT, Colli Cimini IGT,
Civitella d'Agliano IGT, Anagni IGT



LINK WITH
BIODIVERSITY

PECORINO b. (Vissanello)

APEX open, moderately downy, light green in colour with bronzed edges; green and glabrous young leaves.

LEAF medium/small, orbicular, whole, three-lobed with glabrous upper and lower sides.

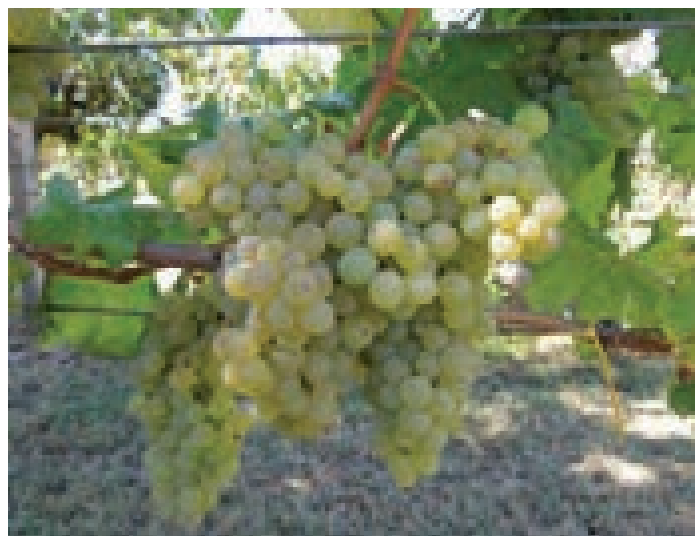
BUNCH medium, cylindrical or cylindrical-conical, sometimes with a wing, partially compact.

GRAPE medium/small, spheroidal with yellow skin, sometimes mottled brown, thin and moderately pruinose.

Its origins are unknown; it has been cultivated for some time in the Marche region, as shown in the *Bullettino Ampelografico* of 1875; its cultivation in Marche, Abruzzo, Umbria and Lazio is reported by Molon (1906).

A fairly vigorous vine, which has no particular soil and climate needs. Its production is average and inconstant; it requires expanded cultivation systems and medium pruning. Good resistance to downy mildew and powdery mildew, average resistance to grey mould.

Its wine is pale yellow in colour with high greenish hues, well-balanced, savoury, with spicy and ripe fruit hints.



VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	0,2542	2
LATINA	0,7025	2
RIETI	6,2292	13
ROME	3,2613	10
VITERBO		
TOTAL	10,4472	27

PD/GI CLASS AS MAIN VINE VARIETY

Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT



LINK WITH
BIODIVERSITY

PIEDIROSSO n.

(Piede di colombo, Piede di Palumbo, Per' e Palummo, Palombina)

Only grown in the Pontine islands

- APEX** open, cottony, green in colour; glabrous young leaf, green with bronzed hues s on the upper side.
- LEAF** medium, orbicular, five-lobed, sometimes three-lobed with bullous upper side and reddish veins: velvety underside.
- BUNCH** medium/large, truncated pyramidal with two wings, straggly.
- GRAPE** medium/large, spheroidal with thick and coriaceous skin, intense purplish red colour, pruinose. Its pulp recalls strawberry flavour.

Piedirosso is widespread in the province of Naples, on the slopes of Vesuvius, in the areas of Caserta and Salerno. It is not excluded that it may be associated with the Colombina mentioned by Pliny. On the island of Ischia, there is a biotype called “Streppaverde” which does not have the typical red colour of the stalk and pedicels. It was introduced in the Pontine Islands at the end of the 19th century by colonists from Ischia.

It adapts to different cultivation environments and especially to loose soils of volcanic origin. It prefers medium-sized cultivation systems and short or long pruning, as long as they are not excessively rich. Its production is abundant and constant. Vulnerable to mildew, resistant to rot and moth damage.

The wine has an intense ruby red colour, full-bodied, slightly tannic, fragrant with an aRome of violet.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE		
LATINA	1,1816	2
RIETI		
ROME		
VITERBO		
TOTAL	1,1816	2

PD/GI CLASS AS MAIN VINE VARIETY
Lazio IGT



LINK WITH
BIODIVERSITY

ROSCIOLA rs.

- APEX** open, whitish and moderately downy; young leaf with bronzed areas and very cottony underside.
- LEAF** five-sided, five-lobed, dark green, glabrous and moderately bullous upper side; fairly cottony underside.
- BUNCH** medium, cylindrical and not very compact.
- GRAPE** medium spheroidal, with thick and slightly pruinose red-green skin.

Its origins are unknown; in the *Bullettino Ampelografico* (1878) it is associated with the area of Cassino, although today it is exclusively found in the Aniene Valley.

Fairly vigorous vine, it prefers well exposed hilly and calcareous soils, poorly expanded cultivation systems and short pruning. Its production is abundant and constant. Good resistance to cryptogams. Its grapes easily survive on the vine; it is also used as a table grape.

A fairly intense rosé wine, slightly tannic, with high acidity but round at the same time. It is very suitable for sparkling wine production.



VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE		
LATINA		
RIETI		
ROME	0,1219	8
VITERBO		
TOTAL	0,1219	8

PD/GI CLASS AS MAIN VINE VARIETY
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT



TREBBIANO GIALLO b. (Rossetto)

APEX open, cottony, whitish-green in colour, with carmine red edge; young green-bronzed leaf, downy on the underside.

LEAF medium/large, five-sided, five-lobed, rarely three-lobed: green and glabrous upper side, bullous and slightly arachnoid underside.

BUNCH medium/large, cylindrical-conical sometimes with a wing, partially compact or compact.

GRAPE medium, spheroidal with a fairly thick skin of a very pruinose golden yellow colour.

Acerbi (1825) describes a yellow Trebbiano with golden grapes grown in the Castelli Romeni; it is also mentioned by Mancini (1893) and by Molon (1906). It is grown in Lazio, Puglia, Lombardy and Veneto.

Very vigorous vine, which prefers poorly arid and medium fertility soils; it prefers medium-expansion and medium-sized cultivation systems. Its production is abundant and fairly constant. Good tolerance to downy mildew and powdery mildew; lower resistance to botrytis; average resistance to adverse climate conditions.

The wine has a more or less intense yellow colour, tending to amber, dry with a delicate, savoury, harmonious flavour and a moderate bitter aftertaste.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	2,4658	20
LATINA	7,8986	24
RIETI	2,6958	40
ROME	11,788	130
VITERBO	135,4653	2241
TOTAL	160,3135	2455

PD/GI CLASS AS MAIN VINE VARIETY

Castelli Romeni DOC, Colli Lanuvini DOC, Colli Etruschi Viterbesi o Tuscia DOC, Montecompatri-Colonna DOC, Tarquinia DOC, Velletri DOC, Vignanello DOC, Zagarolo DOC
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT



LINK WITH
BIODIVERSITY

TREBBIANO VERDE¹

(Verdicchio b, Trebbiano di Lugana, Trebbiano di Soave, Verdello, Peverella², Verduchia b,)

APEX open, cottony, whitish green with a slightly carmine red edge; young green leaf with bronzed or yellowish hues, glabrous upper side, cottony underside.

LEAF medium, orbicular or five-sided, three-lobed or five-lobed: dark green and bullous upper side, cottony underside.

BUNCH medium/large, cylindrical-conical or pyramid-shaped, with one or two wings, compact or partially compact.

GRAPE medium, spheroidal with yellowish-green skin, thin and moderately pruinose.

Its origins are unknown although its cultivation in the Marche provinces dates back a very long time. Its name most likely derives from the green colour of the grapes. Before the appearance of phylloxera, it was widespread in Umbria and Lazio. Recent molecular investigations have verified the similarity between Verdicchio Bianco and Trebbiano di Lugana, Trebbiano di Soave, Verdello, Peverella, Trebbiano Verde. Fairly-very vigorous vine, which prefers well-exposed, ventilated, clayey-calcareous hilly soils. It fits best expanded cultivation systems and long pruning: the production is medium-low and constant. It has a good resistance to adverse climate conditions, but is vulnerable to downy mildew, powdery mildew, and botrytis. Straw yellow wine with greenish hues, intensely fragrant, savoury, fruity with a pleasantly bitter taste. It shows a good level of sourness and it is also suitable to produce sweet wines and sparkling wines.

¹ Only in Lazio Region - ² Only in the Autonomous Province of Trento

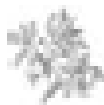
VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE	3,3426	16
LATINA	3,2539	5
RIETI	2,9071	41
ROME	19,2525	123
VITERBO	3,3769	76
TOTAL	32,133	261

PD/GI CLASS AS MAIN VINE VARIETY

Castelli Romeni DOC, Colli Lanuvini DOC, Marino DOC,
Montecompatri-Colonna DOC, Velletri DOC, Zagarolo DOC
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT





LINK WITH
BIODIVERSITY

VERDELLO b. (Verdicchio b, Verduschia b)

APEX open, cottony, whitish green with a slightly carmine red edge; young green leaf with yellowish hues, glabrous upper side, cottony underside.

LEAF medium, orbicular or five-sided, three-lobed or five-lobed: dark green and bullous upper side, cottony underside.

BUNCH medium/large, cylindrical-conical or pyramid-shaped, with one or two wings, compact or partially compact.

GRAPE medium, spheroidal with yellowish-green, thin and moderately pruinose skin.

Described as a typical vine of the Orvieto area (Tonicello 1894 and Molon 1906), it is mentioned in the Documents of the Wine Conference and Grape Exhibition of Perugia (1949). Recent molecular investigations have verified the similarity between Verdello and Verdicchio bianco.

Fairly-very vigorous vine, it prefers well exposed, ventilated, cool hilly soils. It fits best slightly expanded cultivation systems and long pruning: its production is good and constant. It has good resistance to adverse climate conditions, but it is vulnerable to downy mildew, powdery mildew and botrytis.

Straw yellow wine with greenish hues, intensely fragrant, savoury, fruity with a pleasantly bitter taste.

VINEYARD SURFACE AREA - VINE REGISTER

Province	Total	
	Surface (ha)	Units
FROSINONE		
LATINA		
RIETI	0,1214	2
ROME	0,0395	1
VITERBO	29,9787	463
TOTAL	30,1396	466

PD/GI CLASS AS MAIN VINE VARIETY
Castelli Romeni DOC, Colli Lanuvini DOC, Marino DOC,
Montecompatri-Colonna DOC, Velletri DOC, Zagarolo DOC
Lazio IGT, Frusinate IGT, Colli Cimini IGT, Civitella d'Agliano IGT

INDEXES
BY AREA
BY CATEGORY
BY NAME

LAZIO'S AGRI-FOOD HERITAGE - BETWEEN BIODIVERSITY AND TRADITION



PDO-PGI-TSG PRODUCTS TYPICALLY PRODUCED IN THE ENTIRE REGION OF LAZIO

FRESH MEAT AND OFFAL Category

'Abbacchio Romano' PGI	9
'Agnello del centro Italia' PGI	11

MEAT PRODUCTS (cooked, salted, smoked, etc.)

Category

'Mortadella Bologna' PGI	15
'Salamini Italiani alla cacciatora' PDO	21

CHEESES Category

'Pecorino Romano' PDO	28
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OTHER PRODUCTS OF ANIMLA ORIGIN Category (eggs, honey, dairy products except butter, etc.)

'Ricotta Romana' PDO	34
----------------------------	----

INDEX BY AREA

CHEESES AND BAKERY PRODUCTS Category

'Mozzarella' TSG	68
'Pizza Napoletana' TSG	69

TRADITIONAL AGRI-FOOD PRODUCTS (PAT) TYPICALLY PRODUCED IN THE ENTIRE REGION OF LAZIO

Freshly-cut meat (and offals) and their preparation

Capocollo or Loin*	86
Coppiette (from horse meat, pork, beef)*	93
Cheek lard*	94
Small loin or loin*	101
Pork bacon	107
Homemade salami*	116
Roman "corallina" sausage*	123
Homemade sausage	123
Dried pork sausages (simple and aromatic) *	124
Homemade pork liver sausage for sauce*	129
Pork liver sausage (Simple)*	130
Sausage preserved in oil (lard)*	129
Pork shoulder*	133
Pig's feet	137

Condiments

Amatrician sauce	144
------------------------	-----

Cheeses

Caciocavallo vaccino (simple and smoked)*	153
Caciotta di mucca*	156
Caciotta genuina romana	158
Caciotta mista ovi-vaccina del Lazio*	159
Cheese and caciotta di pecora in oil*	160
Goat cheese*	165
Provola di vacca (simple and smoked*)	177
Provolone vaccino	178
Scamorza vaccina (simple and stuffed)*	180

Natural or processed plant products

Artichokes in oil207
Aubergines preserved in oil256

Fresh pasta and bakery, biscuit, pastry and confectionery products

Amaretti..... 289
Wine biscuits..... 302
Aniseed ring cakes307
Ciambelline 310
Fettuccine321
Maccheroni 333
Mostaccioli 335
Pane di semola di grano duro 337
Olive bread.....342
Potato bread343
Whole wheat bread baked in a wood-burning oven 337
Pane Latino (Pà Latino).....347
Panpepato351
Pizza rossa, bianca, con gli sfrizzoli e fritta..... 357

Gastronomic products

Gricia or Griscia397

Products of animal origin (honey, various dairy products except butter)

Fiordilatte 415

* Food hygiene and health exemptions

LAZIO VINES LOCAL AND LESS WIDESPREAD VARIETIES GROWN IN LAZIO

Abbuoto n. 426
Aleatico n.427
Bellone b. (Cacchione)..... 428
Bombino Bianco b. (Ottenese)..... 430
Cesanese Comune n. 434
Cesanese d’Affile n.435
Grechetto b 438
Greco b. (Asprinio bianco)..... 439
Greco Bianco b440
Malvasia del Lazio b. (Malvasia puntinata)..... 444
Trebbianio Giallo b. (Rossetto) 454
Trebbianio Verde
(Verdicchio b, Trebbiano di Lugana, Trebbiano di Soave, Verdello, Peverella, Verduchia b,).....455



PDO-PGI-TSG PRODUCTS TYPICALLY PRODUCED IN THE PROVINCE OF FROSINONE

FRESH MEAT AND OFFAL Category

'Abbacchio Romano' PGI	9
'Agnello del centro Italia' PGI	11
'Vitellone bianco dell'Appennino Centrale' PGI	13

MEAT PRODUCTS

(cooked, salted, smoked, etc.)

Category	
'Mortadella Bologna' PGI	15
'Salamini Italiani alla cacciatora' PDO	21

CHEESES Category

'Mozzarella di Bufala Campana' PDO	24
'Pecorino di Picinisco' PDO	26
'Pecorino Romano' PDO	28

OTHER PRODUCTS OF ANIMLA ORIGIN Category

(eggs, honey, dairy products except butter, etc.)

'Ricotta di Bufala Campana' PDO	32
'Ricotta Romana' PDO	34

FRUIT, VEGETABLES AND CEREALS, FRESH OR PROCESSED Category

'Fagiolo Cannellino di Atina' PDO	50
'Oliva di Gaeta' PDO	56
'Peperone di Pontecorvo' PDO	60

TRADITIONAL AGRI-FOOD PRODUCTS (PAT) TYPICALLY PRODUCED IN THE PROVINCE OF FROSINONE

Soft drinks, spirits and liqueurs

Nocino Liqueur	76
Rattafia ciociara	78
Sambuca vecchia della Ciociaria	80

Freshly-cut meat (and offals) and their preparation

Buffalo bresaola	85
Capocollo or Loin*	86
Pontina buffalo meat	88
Buffalo carpaccio	90
Smoked buffalo coppiette	92
Coppiette (from horse meat, pork, beef)*	93
Cheek lard*	94
Cheek lard made from the Caserta breed of pigs	97
Small loin or loin*	101
Small loin and loin of Caserta breed of pigs	102
Pork bacon	107
Tight pork bacon from the Caserta breed of pigs	109
Guarcino ham*	108
Homemade salami*	116
Roman "corallina" sausage*	123
Homemade sausage	123
Dried pork sausages (simple and aromatic)*	124
Dry sausage from the Caserta breed of pigs	125
Buffalo sausage	126
Castro dei Volsci sausage*	127
Homemade pork liver sausage for sauce*	129
Pork liver sausage (Simple)*	130

Sausage preserved in oil (lard)*	129
Pork shoulder*	133
Buffalo speck	134
Amaseno buffalo veal.....	133
Pig's feet.....	137
"Zazzicchia" sausage from Patrica*	139

Condiments

Amatrician sauce	144
------------------------	-----

Cheeses

Burrata di bufala*	148
Caciocavallo di bufala (simple and smoked)*	152
Caciocavallo di Supino*	152
Caciocavallo vaccino (simple and smoked)*	153
Cacioricotta di bufala*	154
Caciotta di mucca*	156
Caciotta di vacca ciociara (simple and flavoured)*	157
Caciotta mista ai bronzi*	157
Caciotta genuina romana	158
Caciotta mista ovi-vaccina del Lazio*	159
Caciottina di bufala di Amaseno (simple and flavoured)*	160
Caprino "presamico" di Supino (from cow's milk)	161
Ciambella di Morolo*	162
Conciato di San Vittore*	163
Cheese and caciotta di pecora in oil*	160
Goat cheese*	165
Gran cacio di Morolo*	166
Marzolino and/or Marzolina*	167
Pecorino ciociaro*	168
Pecorino ai bronzi*	170
Pecorino di Ferentino*	173
Provola di bufala (simple and smoked)*	176
Provola di vacca (simple and smoked*)	177
Provolone vaccino*	178
Scamorza appassita - Cacetto di Supino.....	179
Scamorza vaccina (simple and stuffed)*	180

Fats (butter, margarine, oils)

Ciera monovarietal extra virgin olive oil	188
Itrana monovarietal extra virgin olive oil	189

Marina monovarietal extra virgin olive oil	190
Rosciola monovarietal extra virgin olive oil	192
Natural or processed plant products	199
Castelliri red garlic	207
Artichokes in oil	211
Terelle chestnut.....	220
Pickled onions, peppers and pears.....	225
Suricchio bean.....	238
Aquino horse bean.....	256
Aubergines preserved in oil	257
Dried pennyroyal	

White and black table olives

(split and seasoned olives, olives in brine)	261
Pepper with marc	240
Pizzutella of Picinisco plum	272
Catalogna di Roccasecca turnip	273
Campoli Appennino truffle	277

Fresh pasta and bakery, biscuit, pastry and confectionery products

Amaretti.....	289
Amaretto di Guarcino	288
Canasciunetti	297
Casata pontecorvese.....	298
Aniseed ring cookies of Veroli.....	296
Wine biscuits.....	302
Aniseed ring cakes	307
Ciambelle del barone.....	308
Ciambelline	310
Ciammellone morolano	314
Fettuccine	321
Gliu sangonato	328
Maccheroni	333
Mostaccioli	335
Pacchiarotti	337
Olive bread	342
Potato bread	343
Pane di semola di grano duro	337
Veroli's bread	345
Whole wheat bread baked in a wood-burning oven	337
Pane Latino (Pà Latino).....	347
Panpapato	351

Panpepato	351
Pizza rossa, bianca, con gli sfrizzoli e fritta.....	357
Quaresimanli	366
Susamelli	377
Torroncino di Alvito	382
Torta pasquale (Tortano di Pasqua, Torteno 1 and 2).....	383
Torta pasqualina	383
Tosa di Pasqua.....	384
Uova stregate	388
Zaoiardi di Anagni.....	378
Zippole	387

Gastronomic products

Abbuticchio.....	392
Frascatagli ciociarì.....	396
Gricia or Griscia	397
Pane ammollo.....	398

Products of animal origin (honey, various dairy products except butter)

Burrell' (Scamorza cheese with butter inside).....	414
Fiordilatte	415
Buffalo ricotta (smoked, baked, salted).....	418
Dry ricotta*	420

* Food hygiene and health exemptions

LAZIO VINES LOCAL AND LESS WIDESPREAD VARIETIES GROWN IN THE PROVINCE OF FROSINONE

Abbuoto n.	426
Aleatico n.	427
Bellone b. (Cacchione)	428
Bombino Bianco b. (Ottenese).....	430
Bombino Nero n.....	431
Canaiolo Nero n.	432
Capolongo b.	433
Cesaneese Comune n.	434
Cesaneese d'Affile n.	435
Grechetto b.	438
Greco b. (Asprinio bianco).....	439
Greco Bianco b.	440
Lecinaro n.	443
Malvasia del Lazio b. (Malvasia puntinata)	444
Maturano b.	445
Moscato di Terracina b.	446
Nero Buono n.	447
Olivella Nera n.	448
Pampanaro b.	449
Passerina b.	450
Pecorino b. (Vissanello).....	451
Trebbiano Giallo b. (Rossetto)	454
Trebbiano Verde (Verdicchio b, Trebbiano di Lugana, Trebbiano di Soave, Verdello, Peverella, Verduchia b,)	455



PDO-PGI-TSG PRODUCTS TYPICALLY PRODUCED IN THE PROVINCE OF LATINA

FRESH MEAT AND OFFAL Category

'Abbacchio Romano' PGI	9
'Agnello del centro Italia' PGI	11
'Vitellone bianco dell'Appennino Centrale' PGI	13

MEAT PRODUCTS (cooked, salted, smoked, etc.) Category

'Mortadella Bologna' PGI	15
'Salamini Italiani alla cacciatora' PDO	21

CHEESES Category

'Mozzarella di Bufala Campana' PDO	24
'Pecorino Romano' PDO	28

OTHER PRODUCTS OF ANIMLA ORIGIN Category (eggs, honey, dairy products except butter, etc.)

'Ricotta di Bufala Campana' PDO	32
'Ricotta Romana' PDO	34

OLIVE OIL/OILS AND FATS Category

'Colline Pontine' PDO extra virgin olive oil	39
--	----

FRUIT, VEGETABLES AND CEREALS, FRESH OR PROCESSED Category

'Carciofo Romanesco del Lazio' PGI	46
'Kiwi Latina' PGI	52
'Oliva di Gaeta' PDO	56
'Sedano Bianco di Sperlonga' PGI	62

TRADITIONAL AGRI-FOOD PRODUCTS (PAT) TYPICALLY PRODUCED IN THE PROVINCE OF LATINA

Freshly-cut meat (and offals) and their preparation

Buffalo bresaola	85
Capocollo or Loin*	86
Pontina buffalo meat	88
Buffalo carpaccio	90
Smoked buffalo coppiette	92
Coppiette (from horse meat, pork, beef)*	93
Cheek lard*	94
Cheek lard made from the Caserta breed of pigs	97
San Nicola lard*	98
Black pork aged lard *	98
Small loin or loin*	101
Small loin and loin from Caserta breed of pigs	102
Pork bacon	107
Tight pork bacon from the Caserta breed of pigs	109
Bassiano ham*	114
Cori wine-cooked ham*	115
Homemade salami*	116
Coriander sausage*	122
Roman "corallina" sausage*	123
Homemade sausages	123
Dried pork sausages (simple and aromatic)*	124
Dry sausage from the Caserta breed of pigs	125
Monte San Biagio coriander sausage (freshly-made, preserved and dry)*	131

Buffalo sausage.....	126
Homemade pork liver sausage for sauce*	129
Pork liver sausage (Simple)*	130
Homemade Aurunci Mountains coriander sausage*	132
Sausage preserved in oil (lard)*	129
Pork shoulder*	133
Buffalo speck	134
Amaseno buffalo veal.....	133
Young beef from Itri.....	137
Pig's feet.....	137
Zauzicchie and Salam funnan*	138

Condiments

Gaeta olives pesto.....	143
Amatrician sauce	144

Cheeses

Burrata di bufala*	148
Caciocavallo di bufala (simple and smoked)*	152
Caciocavallo vaccino (simple and smoked)*	153
Cacioricotta di bufala*	154
Caciotta di bufala (Pontina)*	155
Caciotta genuina romana	158
Caciotta di mucca*	156
Caciotta mista ovi-vaccina del Lazio*	159
Fiordilatte dell'Agro Pontino	164
Cheese and caciotta di pecora in oil*	160
Goat cheese*	165
Marzolino and/or Marzolina*	167
Provola di bufala (simple and smoked)*	176
Provola di vacca (simple and smoked*)	177
Provolone vaccino*	178
Scamorza vaccina (simple and stuffed)*	180
Squarquaglione dei Monti Lepini*	181

Fats (butter, margarine, oils)

Itrana monovarietal extra virgin olive oil	189
--	-----

Natural or processed plant products

Actinidia.....	198
Fondi blonde orange	201

Sini broccoletto from Sezze	204
Artichokes in oil	207
Sezze artichokes	207
Campodimele cicerchie	215
Jagged cicoria of Catalogna and Gaeta (Puntarelle)	216
Pickled onions, peppers and pears.....	220
Pontine watermelon.....	221
Sonnino dried figs.....	240
Terracina strawberries	242
Formia signorinella lettuce.....	244
Ventotene lentils.....	247
Citrus marmalade.....	249
Uva fragola marmalade.....	249
Sour cherry marmalade	249
Aubergines preserved in oil	256
White and black table olives - Itri white olives.....	256
Lime and ash olives, smoked olives	260
White and black table olives (split and seasoned olives, olives in brine).....	261
Spagnoletta di Gaeta tomato sauce	263
Sun-dried peppers.....	263
Poached pears with must.....	266
Poached peaches and percoche peaches.....	266
Pine nut of the Lazio coast	267
Fiaschetta di Fondi tomato.....	268
Spagnoletta of the Gulf of Gaeta and Formia tomato.....	271
Pizzutello di Tivoli table grapes	281
Courgettes with flowers	284

Fresh pasta and bakery, biscuit, pastry and confectionery products

Amaretti.....	289
Sezze biscuits	292
Caciata di Sezze.....	292
Caciatella di Maenza	292
Castagne stampate.....	299
Grape must ring cake	299
Ciambella all'acqua (Ciammella all'acqua) di Maenza	302
Cori's blanched ring cake	306
Wine bread	302

Ciambelle al vino moscato di Terracina.....	296
Aniseed ring cakes	307
Ciambelle di magro di Sermoneta.....	308
Priverno's blanched ring cakes.....	308
Ciambelle col gelo.....	309
Ciambelline	310
Ciambelline al vino nocciolate di Cori.....	311
Ciammella ellenese.....	311
Ciammelle d'ova	310
Ciammellono	310
Crostate visciole di Sezze.....	315
Crostatino ripieno	310
Falia	318
Fettuccine	321
Frittelline di mele di Maenza	316
Giglietto di Priverno	323
Giglietto di Sermoneta	323
Gliu panettono di Maenza.....	316
I recresciuti di Maenza.....	330
Lacna stracciata di Norma	328
Le Crespelle di Maenza.....	331
'Mbriachelle al mosto di Cori	331
Maccheroni	333
Mostaccioli	335
Mostarde ponzesi.....	336
Pagnottelle di salatuoro di Sezze.....	336
Pane Cafone.....	339
Olive bread.....	342
Potato bread	343
Pane di semola di grano duro	337
Whole wheat bread baked in a wood-burning oven	337
Pane Latino (Pà Latino).....	347
Panicella di Sperlonga	349
Panpepato	351
Maenza, Sezze, Latina almond paste	
di Maenza, Sezze, Latina	350
Paste di viscioli di Sezze	315
Pezzetti (Sermoneta)	349

Piccelatiegli	352
Pizza rossa, bianca, con gli sfrizzoli e fritta.....	357
Pizza a gli mattono di Sezze	
(Pizza a gli soio di Sezze)	359
Pizza d'ova.....	362
Sciuscella	371
Serpette	371
Serpette di Sermoneta	371
Spaccaregli di Sezze.....	362
Strozzapreti.....	374
Struffoli di Sezze e Lenola.....	375
Taralli	377
Tiella di Gaeta	380
Sermoneta ricotta cheesecake.....	379
Torteri di Lenola	383
Tortolo di Pasqua	383
Tortolo di Sezze.....	383
Zippole	387

Gastronomic products

Gricia or Griscia	397
-------------------------	-----

Preparation of fish and shellfish and few specific farming techniques

Oil-packed anchovies	402
Gulf of Gaeta's salted anchovies*	403
Lake Fondi thinlip mullet.....	405
Roman coast wedge clam	409

Products of animal origin (honey, various dairy products except butter)

Fiordilatte	415
Eucalyptus honey from Pontine plain	417
Buffalo ricotta (smoked, baked, salted) *	418
Sheep and goat ricotta from Monti Lepini	419
Dry ricotta*	420

* Food hygiene and health exemptions

LAZIO VINES LOCAL AND LESS WIDESPREAD VARIETIES GROWN IN THE **PROVINCE OF LATINA**

Abbuoto n.	426
Aleatico n.	427
Bellone b. (Cacchione).....	428
Biancolella b. (Jaunculillo, Jaunculella)	429
Bombino Bianco b. (Ottenese).....	430
Bombino Nero n.....	431
Cesanese Comune n.....	434
Cesanese d’Affile n.....	435
Forastera b. (Forestiera, Furastiera).....	437
Grechetto b	438
Greco b. (Asprinio bianco).....	439

Greco Bianco b.....	440
Greco Nero n. (Maglioccone, Grecu nieddu)	441
Guarnaccia b.....	442
Malvasia del Lazio b. (Malvasia puntinata).....	444
Moscato di Terracina b	446
Nero Buono n.....	447
Passerina b	450
Pecorino b. (Vissanello).....	451
Piediroso n. (Piede di colombo, Piede di Palumbo, Per’ e Palummo, Palombina)	452
Trebbiano Giallo b. (Rossetto)	454
Trebbiano Verde (Verdicchio b, Trebbiano di Lugana, Trebbiano di Soave, Verdello, Peverella, Verduschia b,)	455



PDO-PGI-TSG PRODUCTS TYPICALLY PRODUCED IN THE **PROVINCE OF RIETI**

FRESH MEAT AND OFFAL Category

‘Abbacchio Romano’ PGI9
‘Agnello del centro Italia’ PGI11
‘Vitellone bianco dell’Appennino Centrale’ PGI 13

MEAT PRODUCTS (cooked, salted, smoked, etc.)

Category
‘Mortadella Bologna’ PGI..... 15
‘Prosciutto Amatriciano’ PGI19
‘Salamini Italiani alla cacciatora’ PDO 21

CHEESES Category

‘Pecorino Romano’ PDO 28

**OTHER PRODUCTS OF ANIMLA ORIGIN Category
(eggs, honey, dairy products except butter, etc.)**

‘Ricotta Romana’ PDO..... 34

OLIVE OIL/OILS AND FATS Category

‘Sabina’ PDO extra virgin olive oil 41

TRADITIONAL AGRI-FOOD PRODUCTS
(PAT) TYPICALLY PRODUCED IN THE
PROVINCE OF RIETI

Soft drinks, spirits and liqueurs

Gentian Liqueur 75
Strawberry Liqueur 75
Nocino Liqueur 76

Freshly-cut meat (and offals) and their preparation

Pork chops preserved in olive oil84
Capocollo or Loin*86
Dried sheep meat85
Rieti coppa*86
Coppiette (from horse meat, pork, beef)* 93
Leonessa fillet*94
Cheek lard*94
Amatriciano cheek lard*95
Leonessa lard*96
Black pork aged lard*98
Loin of Sabina and of the Laga Mountains*100
Small loin or loin*101
Mortadella of Accumoli103
Amatrice mortadella103
Pork omentum (Beverelli)105
Pork bacon.....107
Poggio Bustone porchetta111
Porchetta from Selci113
Homemade salami*116
“Cicolana” horseshoe-shaped salami*120
Saldamirelli.....122
Roman “corallina” sausage*123
Homemade sausage123
Dried pork sausages (simple and aromatic)*124
Homemade pork liver sausage for sauce*129
Pork liver sausage (Simple)*130
Sausage preserved in oil (lard)*129
Pork shoulder*133
Pig’s feet.....137

Condiments

Olive paste	142
Amatrician sauce	144

Cheeses

Cacio magno (simple and herbal)*	151
Caciocavallo vaccino (simple and smoked)*	153
Caciotta dei Monti della Laga*	154
Caciotta della Sabina (simple and herbal)*	155
Caciotta di mucca*	156
Caciotta genuina romana	158
Caciotta mista ovi-vaccina del Lazio*	159
Cheese and caciotta di pecora in oil*	160
Goat cheese*	165
Pecorino dei Monti della Laga*	170
Pecorino della Sabina (simple and herbal)*	171
Pecorino di Amatrice*	172
Provola di vacca (simple and smoked*)	177
Provola vaccino	178
Scamorza vaccina (simple and stuffed)*	180

Fats (butter, margarine, oils)

San Filippo butter	186
Carboncella monovarietal extra virgin olive oil	187
Olivastrone monovarietal extra virgin olive oil	191
Salviana monovarietal extra virgin olive oil	193

Natural or processed plant products

Artichokes in oil	207
Cicolano red chestnut	212
Cickpeas	204
Cicerchia	214
Ravenna della Sabina cherries	218
Pea bean	224
Borbontino bean	226
Labro gentle bean	232
Marroni chestnut flour	236
Spelt	204
Rascino lentils	246
Chestnut marmalade	249
Apples with mosto cotto marmalade	249
Antrodocano marroni chestnut	250

Aubergines preserved in oil	256
Table olives (olives preserved in oil, dried olives)	260
Leonessa potato	264
Turchesa potato	265
Poached pears with must	266
Poached peaches and percoche peaches	266
Corno di toro tomatoes	267
Ovalone reatino tomato	269

Fresh pasta and bakery, biscuit, pastry and confectionery products

Anse del Tevere	288
Amaretti	289
Amaretti casperiani	289
Bastoni	289
Biscotti	289
Calzone with vegetables	296
Castagnaccio	298
Ciacamarini	296
Wine biscuits	302
Aniseed ring cakes	307
Ciambelle da sposa	307
Ciambelle n'cotte	308
Salted ring cakes	309
Ciambelline	310
Crustoli de girgenti	316
San Giuseppe's fava bean cake	317
Potato cake	316
Fave dei morti	318
Ferratelle	319
Fettarelle	320
Fettuccine	321
Fiatoni or Fiaoni	321
Frascarelli	322
Rice doughnuts	323
Polenta dumplings	326
Gnocchi de lu contadino	326
Chestnut dumplings	326
Gnocchi ricci	326
La Copeta	330
Lu Cavalluccio e la Puccanella	330
Maccheroni	333

Maccheroni a matassa.....	333
Maltagliati or Fregnacce.....	335
Mostaccioli	335
Murzitti	337
Palombella.....	339
Lugnola's homemade bread.....	341
Olive bread.....	342
Potato bread	343
Whole wheat bread baked in a wood-burning oven	337
Pane Latino (Pà Latino).....	347
Pane di semola di grano duro.....	337
Panpepato	351
Pastarelle col cremore.....	349
Pizza with corn flour	354
Pizza somma.....	354
Pizza sotto la brace	354
Pizza per terra.....	349
Pizza sfogliata.....	355
Pizza rossa, bianca, con gli sfrizzoli e fritta.....	357
Pizza fritta.....	357
Pizza grassa.....	363
Pizza sucia	355
Pizzicotti (Biscotti).....	365
Pizzicotto (Pasta alimentare).....	365
Polentini	362
Ravioli with chestnut cream	367
Potato ravioli.....	367
Sagne	369
Salame del re	370
Serpentone alle mandorle di Sant'Anatolia.....	372
Sfusellati	374
Spumette	362
Strozzapreti.....	374
Chestnut tagliatelle.....	378
Tersitti de Girgenti.....	379
Terzetti	378
Torta pasquale (Tortano di Pasqua, Torteno 1 and 2)	383
Turchetti.....	387
Tusichelle.....	378

Gastronomic products

Gricia or Griscia	397
Padellaccia	396

Preparation of fish and shellfish and few specific farming techniques

Rieti trout.....	410
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Products of animal origin (honey, various dairy products except butter)

Fiordilatte	415
Dry ricotta	420

* Food hygiene and health exemptions

LAZIO VINES LOCAL AND LESS WIDESPREAD VARIETIES GROWN IN THE PROVINCE OF RIETI

Abbuoto n.	426
Aleatico n.	427
Bellone b. (Cacchione).....	428
Bombino Bianco b. (Ottenese).....	430
Bombino Nero n.....	431
Canaiolo Nero n.....	432
Cesanese Comune n.....	434
Cesanese d'Affile n.....	435
Cesene Nero n.....	436
Grechetto b.....	438
Greco b. (Asprinio bianco).....	439
Greco Bianco b.....	440
Malvasia Del Lazio b. (Malvasia puntinata).....	444
Pecorino b. (Vissanello).....	451
Trebbiano Giallo b. (Rossetto)	454
Trebbiano Verde	
(Verdicchio b, Trebbiano di Lugana, Trebbiano di Soave, Verdello, Peverella, Verduchia b,)	455
Verdello b. (Verdicchio b, Verduchia b)	456



PDO-PGI-TSG PRODUCTS TYPICALLY PRODUCED IN THE **PROVINCE OF ROME**

FRESH MEAT AND OFFAL Category

'Abbacchio Romano' PGI	9
'Agnello del centro Italia' PGI	11
'Vitellone bianco dell'Appennino Centrale' PGI	13

MEAT PRODUCTS (cooked, salted, smoked, etc.) Category

'Mortadella Bologna' PGI	15
'Salamini Italiani alla cacciatora' PDO	21
'Porchetta di Ariccia' PGI	17

CHEESES Category

'Mozzarella di Bufala Campana' PDO	24
'Pecorino Romano' PDO	28

OTHER PRODUCTS OF ANIMLA ORIGIN Category (eggs, honey, dairy products except butter, etc.)

'Ricotta di Bufala Campana' PDO	32
'Ricotta Romana' PDO	34

OLIVE OIL/OILS AND FATS Category

'Sabina' PDO extra virgin olive oil	41
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FRUIT, VEGETABLES AND CEREALS, FRESH OR PROCESSED Category

'Carciofo Romanesco del Lazio' PGI	46
'Kiwi Latina' PGI	52
'Nocciola Romana' PDO	54
'Oliva di Gaeta' PDO	56

BREAD, PASTRY, CAKES, CONFECTIONERY, BISCUITS AND OTHER BAKER'S WARES Category

'Pane casareccio di Genzano' PGI	65
--	----

TRADITIONAL AGRI-FOOD PRODUCTS (PAT) TYPICALLY PRODUCED IN THE **PROVINCE OF ROME**

Soft drinks, spirits and liqueurs

Strawberry Liqueur	75
Mistrà	77
Sambuca romana	79

Freshly-cut meat (and offals) and their preparation

Capocollo or Loin*	86
Beef from the Maremma area	87
Coppiette (from horse meat, pork, beef)*	93
Cheek lard*	94
Lepini Mountain cheek lard made with black pig meat	96
Cheek lard made from Caserta breed of pigs	97
Field lard of Olevano Romano*	99
Black pork aged lard*	98
Small loin or loin*	101
Small loin and loin from Caserta breed of pigs	102
Roman mortadella	100
Mortadella made from horse meat*	105
Mortadella from Maremmana manzetta*	106
Pork bacon	107
Tight pork bacon from the Caserta breed of pigs	109

"Tight" bacon from black pigs and aged with herbs*	108
Lepini Mountains ham made of black pig*	116
Castellino salami*	118
Homemade salami*	116
Tuscolano small salami*	121
Roman "corallina" sausage*,	123
Homemade sausage	123
Dried pork sausages (simple and aromatic)*	124
Dry sausage from the Caserta breed of pigs	125
Lepini Mountains black pig meat sausage*	130
Lepini Mountains black pig meat liver sausage*	130
Homemade pork liver sausage for sauce*	129
Pork liver sausage (Simple)*	130
Sausage preserved in oil (lard)*	129
Pork shoulder*	133
Tordo matto di Zagarolo	135
Olevano ventricina*	136
Pig's feet	137

Condiments

Amatrician sauce	144
Balsamic grape sauce	145

Cheeses

Burrata di bufala*	148
Cacio di Genazzano*	149
Cacio fore*	150
Caciocavallo di bufala (simple and smoked)*	152
Caciocavallo vaccino (simple and smoked)*	153
Caciotta di mucca*	156
Caciotta genuina romana*	158
Caciotta mista ovi-vaccina del Lazio*	159
Cheese and caciotta di pecora in oil*	160
Goat cheese*	165
Marzolino and/or Marzolina*	167
Pressato a mano*	175
Provola di bufala (simple and smoked)*	176
Provola di vacca (simple and smoked*)	177
Provolone vaccino	178
Scamorza vaccina (simple and stuffed)*	180
Squarquaglione dei Monti Lepini*	181

Fats (butter, margarine, oils)

Carboncella monovarietal extra virgin olive oil	187
Itrana monovarietal extra virgin olive oil	189
Olivastrone monovarietal extra virgin olive oil	191
Rosciola monovarietal extra virgin olive oil	192
Salviana monovarietal extra virgin olive oil	193
Sirole monovarietal extra virgin olive oil	194

Natural or processed plant products

Actinidia	198
Asparago delle acque albule di Tivoli e Guidonia Montecelio	202
Anguillara broccetto	205
Roman cauliflower	206
Carciofni sott'olio	207
Ravenna della Sabina cherries	218
Arsolana bean	222
Suricchio bean	225
Cappellette di Vallepietra bean	227
Cioncone bean	229
Marano Equo regina bean	233
Vallepietra big bean	234
Fallacciano di Bellegra	235
Monti Lucretili spelt	220
Figs in syrup with nuts	204
Nemi strawberry	243
Agostinella maize	248
Arcinazzo Romano marroni chestnut	251
Cave marroni chestnut	253
Segnino marroni chestnut	255
Aubergines preserved in oil	256
"Mosciarella" di Capranica Prenestina	258
White and black table olives (split and seasoned olives, olives in brine)	261
Spadona pear of Castel Madama	266
Pine nut of the Lazio coast	267
Sarzefine di Zagarolo	274
Lepini Mountains truffle	278
Cervara truffle	279
Saracinesco truffle	280
Pizzutello di Tivoli table grapes	281
Lepini Mountains sour cherries	280

Saffron from the Aniene Valley.....	283
Courgettes with flowers	284

Fresh pasta and bakery, biscuit, pastry and confectionery products

Anse del Tevere.....	288
Amaretti.....	289
Barachia	290
Egg biscuits	292
Bussolani.....	294
Cacchiarelle	295
Cacione di Civitella S. Paolo.....	294
Calzone with vegetables.....	296
Castagnaccio	298
Cavallucci and pigne.....	300
Ciambella a cancello.....	301
Grape must ring cake	299
Ciambella degli sposi di Rocca di Papa	304
Ponzano Romano's ring cakes and croissants (or Ciambella di San Sebastiano)	305
Wine biscuits.....	302
Ciammelle d'acqua	302
Aniseed ring cakes	307
Ciambelline	310
Ciambella all'olio di Sant'Angelo Romano.....	303
Ciambellone di Sant'Antonio (Ciammello')	312
Ciammellocco di Cretone.....	313
Ciriola romana.....	315
Cuzzi di Roviano.....	317
Fetticciole nere e bianche.....	320
Fettuccine	321
Filone sciapo da 1 kg.	322
Giglietto di Palestrina	325
Valmontone fine bran flour dumplings	327
Maccaruni Gavignanesi	332
Maccheroni	333
Mostaccioli	335
Murzelli	330
Murzitti	337
'Ndremmappi di Jenne	338

Lariano's homemade bread	340
Montelibretti's homemade bread	342
Olive bread.....	342
Potato bread	343
Canale Monterano's bread.....	343
Pane di semola di grano duro	337
Allumiere durum wheat semolina bread.....	344
Whole wheat bread baked in a wood-burning oven	337
Vicovaro's bread	
(Pagnotta di Vicovaro, Pagnota Vicovarese).....	346
Pane Latino (Pà Latino).....	347
Pangiallo	348
"Button" bread rolls	350
Panpepato	351
Pinciarelle Monticellesi	353
Pizza rossa, bianca, con gli sfrizzoli e fritta.....	357
Pizza "Bbotata"	360
Pizza bianca Romana alla pala del fornaio	356
Pizza varata di Sant'Angelo Romano	364
Pizzicotti (Biscuits)	365
Pupazza frascatana	366
Salame del re	370
Salavatichi di Roviano	369
Serpette di Monte Porzio Catone.....	373
Subiachini	376
Torta pasquale (Tortano di Pasqua, Torteno 1 and 2).....	383
Tozzetti di pasta frolla	386
Treccia all'anice di Civitella San Paolo.....	386
Turchetti.....	387

Gastronomic products

Velletri artichokes "alla matticella"	393
Gricia or Griscia	397
Velletri sprouts and cod soup.....	399

Preparation of fish and shellfish and few specific farming techniques

Lake Bracciano common whitefish	407
Lake Bracciano big-scale sand smelt.....	408
Roman coast wedge clam	409

Products of animal origin (honey, various dairy products except butter)

Fiordilatte 415

Santoreggia honey..... 416

Eucalyptus honey from Pontine plain..... 417

Buffalo ricotta (smoked, baked, salted)* 418

Sheep and goat ricotta from Monti Lepini 419

* Food hygiene and health exemptions

LAZIO VINES LOCAL AND LESS
WIDESPREAD VARIETIES GROWN IN
THE **PROVINCE OF ROME**

Abbuoto n. 426

Aleatico n.427

Bellone b. (Cacchione)..... 428

Bombino Bianco b. (Ottenese)..... 430

Bombino Nero n..... 431

Canaiolo Nero n.....432

Cesanese Comune n..... 434

Cesanese d’Affile n.....435

Grechetto b 438

Greco b. (Asprinio bianco)..... 439

Greco Bianco b440

Malvasia del Lazio b. (Malvasia puntinata)..... 444

Moscato di Terracina b 446

Nero Buono n..... 447

Passerina b 450

Pecorino b. (Vissanello)..... 451

Rosciola rs.453

Trebbiano Giallo b. (Rossetto) 454

Trebbiano Verde
(Verdicchio b, Trebbiano di Lugana, Trebbiano
di Soave, Verdello, Peverella, Verduchia b,).....455

Verdello b. (Verdicchio b, Verduchia b) 456



PDO-PGI-TSG PRODUCTS TYPICALLY PRODUCED IN THE PROVINCE OF VITERBO

Categoria CARNI FRESCHE E FRATTAGLIE

'Abbacchio Romano' PGI	9
'Agnello del centro Italia' PGI	11
'Vitellone bianco dell'Appennino Centrale' PGI	13

MEAT PRODUCTS (cooked, salted, smoked, etc.)

Category	
'Mortadella Bologna' PGI	15
'Salamini Italiani alla cacciatora' PDO	21

CHEESES Category

'Pecorino Romano' PDO	28
'Pecorino Toscano' PDO	30

OTHER PRODUCTS OF ANIMLA ORIGIN Category (eggs, honey, dairy products except butter, etc.)

'Ricotta Romana' PDO	34
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OLIVE OIL/OILS AND FATS Category

'Canino' PDO extra virgin olive oil	37
'Tuscia' PDO extra virgin olive oil	43

FRUIT, VEGETABLES AND CEREALS, FRESH OR PROCESSED Category

'Carciofo Romanesco del Lazio' PGI	46
'Castagna di Vallerano' PDO	48
'Nocciola Romana' PDO	54
'Patata dell'Alto Viterbese' PGI	58

TRADITIONAL AGRI-FOOD PRODUCTS (PAT) TYPICALLY PRODUCED IN THE PROVINCE OF VITERBO

Soft drinks, spirits and liqueurs

Cioccolato a squajo	74
Sambuca viterbese	81

Freshly-cut meat (and offals) and their preparation

Budellucci or Viarelli	84
Capocollo or Loin*	86
Beef from the Maremma area	87
Meat of the hare rabbit of Viterbo	89
Viterbo coppa*	91
Coppiette (from horse meat, pork, beef)*	93
Cheek lard*	94
Small loin or loin*	101
Viterbo mortadella*	104
Mortadella from Maremmana manzetta*	106
Pork bacon	107
"Bauletto" dry cured ham*	110
Viterbo porchetta	112
Tuscia mountain ham*	117
Tuscia cooked salami*	119
Homemade salami*	116
Roman "corallina" sausage*	123
Homemade sausage	123
Susianella*	124

Dried pork sausages (simple and aromatic)*	124
Pork liver sausage (Mazzafegato of Viterbo)*	128
Homemade pork liver sausage for sauce*	129
Pork liver sausage (Simple)*	130
Sausage preserved in oil (lard)*	129
Pork shoulder*	133
Pig's feet	137

Condiments

Amatrician sauce	144
------------------------	-----

Cheeses

Caciocavallo vaccino (simple and smoked)*	153
Caciotta di mucca*	156
Caciotta genuina romana	158
Caciotta mista della Tuscia*	159
Caciotta mista ovi-vaccina del Lazio*	159
Cheese and caciotta di pecora in oil*	160
Goat cheese*	165
Pecorino viterbese*	169
Pecorino in grotta del viterbese*	174
Provola di vacca (simple and smoked*)	177
Provolone vaccino	178
Scamorza vaccina (simple and stuffed)*	180
Stracchino di capra*	182

Natural or processed plant products

Proceno red garlic	200
Green asparagus of Canino and Montalto di Castro	203
Artichokes in oil	207
Orte artichokes	208
Tarquinia or Viterbo Maremma artichokes	209
Viterbo carrots in aromatic soaks	210
Solco dritto di Valentano chickpea	213
Celleno cherries	217
Nepi onions	219
Fagiolo a carne	223
Small ciavattone bean	228
Gradoli purgatory bean	230
Sutri bean	231
Yellow bean	228
Solfarino bean	228

Verdolino bean	228
Pungolo spelt of Acquapendente	237
Ferlengo or Finferlo of Tarquinia	239
Fennel of the Maremma viterbese	241
Onano lentils	245
Monti Cimini marroni chestnut	252
Latera marroni chestnut	254
Aubergines preserved in oil	256
Monti Cimini hazelnuts	259
Pearls barley of the Northern Lazio	262
Scatolone di Bolsena tomato	270
Scorsone or summer truffle	275
Proceno garlic thallus in oil	276

Fresh pasta and bakery, biscuit, pastry and confectionery products

Amaretti	289
Saint Anthony biscuit	291
Saint Anselm biscuit	293
Wine biscuits	302
Aniseed ring cakes	307
Ciambelline	310
Fettuccine	321
Filone sciapo da 1 kg	322
Frittellone di Civita Castellana	324
Imbriachelle	329
Maccheroni	333
Macaroni with the walnuts of Vejano	334
Mostaccioli	335
Olive bread	342
Potato bread	343
Durum wheat semolina bread (Pane nero di Monteromano)	345
Pane di semola di grano duro	337
Whole wheat bread baked in a wood-burning oven	337
Pane Latino (Pà Latino)	347
Panpepato	351
Pizza rossa, bianca, con gli sfrizzoli e fritta	357
Pizza a famma	358
Pizza di Pasqua della Tuscia (sweet and cheese type)	361
Raviolo di San Pancrazio	368
Tisichelle viterbesi	381

Tozzetti (di Viterbo).....	385
Gastronomic products	
Vitorchiano cavatelli with wild fennel	394
Ceciareello of Vejano.....	395
Gricia or Griscia	397

Preparation of fish and shellfish and few specific farming techniques

Lake Bolsena eel.....	404
Lake Bolsena common whitefish.....	406

Products of animal origin (honey, various dairy products except butter)

Fiordilatte	415
Monte Rufeno honey	414
Ricotta viterbese.....	419

* Food hygiene and health exemptions

LAZIO VINES LOCAL AND LESS WIDESPREAD VARIETIES GROWN IN THE PROVINCE OF VITERBO

Abbuoto n.	426
Aleatico n.	427
Bellone b. (Cacchione).....	428
Bombino Bianco b. (Ottenese).....	430
Canaiole Nero n.	432
Cesanese Comune n.	434
Cesanese d’Affile n.	435
Grechetto b	438
Greco b. (Asprinio bianco).....	439
Greco Bianco b	440
Greco Nero n. (Maglioccone, Grecu nieddu).....	441
Malvasia del Lazio b. (Malvasia puntinata).....	444
Passerina b	450
Trebbiano Giallo b. (Rossetto)	454
Trebbiano Verde	
(Verdicchio b, Trebbiano di Lugana, Trebbiano di Soave, Verdello, Peverella, Verduschia b,).....	455
Verdello b. (Verdicchio b, Verduschia b)	456

INDEX BY CATEGORY

INTRODUCTION

Antonio Rosati.....	3
Claudio Di Giovannantonio.....	4

PDO-PGI-TSG PRODUCTS

FRESH MEAT (AND OFFAL)

AND MEAT PRODUCTS

(cooked, salted, smoked, etc.)

'Abbacchio Romano' PGI	9
'Agnello del Centro Italia' PGI	11
'Vitellone Bianco dell'Appennino Centrale' PGI.....	13
'Mortadella Bologna' PGI.....	15
'Porchetta di Ariccia' PGI.....	17
'Prosciutto di Amatrice' PGI	19
'Salamini Italiani alla cacciatora' PDO	21

CHEESES AND OTHER PRODUCTS

OF ANIMAL ORIGIN

(eggs, honey, dairy products except butter, etc.)

'Mozzarella di Bufala Campana' PDO	24
'Pecorino di Picinisco' PDO	26
'Pecorino Romano' PDO	28
'Pecorino Toscano' PDO	30
'Ricotta di Bufala Campana' PDO.....	32
'Ricotta Romana' PDO.....	34

OILS AND FATS (butter, margarine, oil, etc.)

'Canino' PDO extra virgin olive oil.....	37
'Colline Pontine' PDO extra virgin olive oil.....	39
'Sabina' PDO extra virgin olive oil	41
'Tuscia' PDO extra virgin olive oil.....	43

FRUIT, VEGETABLES AND CEREALS, FRESH OR PROCESSED

'Carciofo Romanesco del Lazio' PGI	46
'Castagna di Vallerano' PDO	48
'Fagiolo Cannellino di Atina' PDO	50
'Kiwi Latina' PGI	52
'Nocciola Romana' PDO	54

'Oliva di Gaeta' PDO.....	56
'Patata dell'Alto Viterbese' PGI	58
'Peperone di Pontecorvo' PDO	60
'Sedano Bianco di Sperlonga' PGI.....	62

BREAD, PASTRY, CAKES, CONFECTIONERY,

BISCUITS AND OTHER BAKER'S WARES Category

'Pane casareccio di Genzano' PGI	65
--	----

CHEESES AND BAKERY PRODUCTS Category

'Mozzarella' TSG.....	68
'Pizza Napoletana' TSG.....	69

TRADITIONAL AGRI-FOOD PRODUCTS

SOFT DRINKS, SPIRITS AND LIQUEURS

Cioccolato a squajo.....	74
Gentian Liqueur	75
Strawberry Liqueur	75
Nocino Liqueur.....	76
Mistrà.....	77
Rattafia ciociara	78
Sambuca romana.....	79
Sambuca vecchia della Ciociaria	80
Sambuca viterbese.....	81

FRESHLY-CUT MEAT (AND OFFALS) AND THEIR PREPARATION

Pork chops preserved in olive oil	84
Buffalo bresaola	85
Buddellucci o Viarelli*	84
Capocollo or Loin*	86
Beef from the Maremma area	87
Pontina buffalo meat	88
Meat of the hare rabbit of Viterbo	89
Dried sheep meat.....	85
Buffalo carpaccio	90
Viterbo coppa.....	91
Rieti coppa*	86
Smoked buffalo coppiette	92
Coppiette (from horse meat, pork, beef)*	93
Leonessa fillet*	94

Cheek lard*	94
Amatriciano cheek lard*	95
Lepini Mountain cheek lard made with black pig meat*	96
Cheek lard made from Caserta breed of pigs	97
Leonessa lard	96
San Nicola lard*	98
Field lard of Olevano Romano*	99
Black pork aged lard*	98
Loin of Sabina and of the Laga Mountains*	100
Small loin or loin*	101
Small loin and loin of Caserta breed of pigs	102
Roman mortadella*	100
Amatrice mortadella*	103
Mortadella of Accumoli*	103
Viterbo mortadella*	104
Mortadella made from horse meat*	105
Mortadella from Maremmana manzetta*	106
Pork omentum (Beverelli)*	105
Pork bacon*	107
Tight pork bacon from the Caserta breed of pigs	109
"Tight" bacon from black pigs and aged with herbs*	108
"Bauletto" dry cured ham*	110
Poggio Bustone porchetta	111
Viterbo porchetta	112
Porchetta from Selci	113
Guarcino ham*	108
Bassiano ham*	114
Cori wine-cooked ham*	115
Lepini Mountains ham made of black pig*	116
Tuscia mountain ham*	117
Castellino salami*	118
Tuscia cooked salami*	119
Homemade salami*	116
"Cicolana" horseshoe-shaped salami*	120
Tuscolano small salami*	121
Saldamirelli	122
Coriander sausage*	122
Roman "corallina" sausage*	123
Homemade sausage	123
Susianella*	124

Dried pork sausages (simple and aromatic)*	124
Dry sausage from the Caserta breed of pigs	125
Monte San Biagio coriander sausage (freshly-made, preserved and dry)*	131
Lepini Mountains black pig meat sausage*	130
Buffalo sausage	126
Castro dei Volsci sausage*	127
Lepini Mountains black pig meat liver sausage*	130
Pork liver sausage (Mazzafegato of Viterbo)*	128
Homemade pork liver sausage for sauce *	129
Plain pork liver sausage	130
Homemade Aurunci Mountains coriander sausage*	132
Sausage preserved in oil (lard)*	129
Pork shoulder*	133
Buffalo speck	134
Tordo matto di Zagarolo	135
Olevano ventricina*	136
Amaseno buffalo veal	133
Young beef from Itri	137
Pig's feet	137
Zauzicchie and Salam funnan*	138
"Zazzicchia" sausage from Patrica*	139

CONDIMENTS

Olive paste	142
Gaeta olives pesto	143
Amatrician sauce	144
Balsamic grape sauce	145

CHEESES

Burrata di bufala*	148
Cacio di Genazzano*	149
Cacio fiore*	150
Cacio magno (simple and herbal)*	151
Caciocavallo di bufala (simple and smoked)*	152
Caciocavallo di Supino*	152
Caciocavallo vaccino (simple and smoked)*	153
Cacioricotta di bufala*	154
Caciotta dei Monti della Laga*	154
Caciotta della Sabina (simple and herbal)*	155
Caciotta di bufala (Pontina)*	155
Caciotta di mucca*	156

Caciotta di vacca ciociara (simple and flavoured)*	157
Caciotta genuina romana*	158
Caciotta mista ai bronzi*	157
Caciotta mista della Tuscia*	159
Caciotta mista ovi-vaccina del Lazio*	159
Caciottina di bufala di Amaseno (simple and flavoured)*	160
Caprino "presamico" di Supino (from cow's milk)	161
Ciambella di Morolo*	162
Conciato di San Vittore*	163
Fiordilatte dell'Agro Pontino	164
Cheese and caciotta di pecora in oil*	160
Goat cheese*	165
Gran cacio di Morolo*	166
Marzolino and/or Marzolina*	167
Pecorino ciociaro*	168
Pecorino viterbese*	169
Pecorino ai bronzi*	170
Pecorino dei Monti della Laga*	170
Pecorino della Sabina (simple and herbal)*	171
Pecorino di Amatrice*	172
Pecorino di Ferentino*	173
Pecorino in grotta del viterbese*	174
Pressato a mano*	175
Provola di bufala (simple and smoked)*	176
Provola di vacca (simple and smoked*)	177
Provolone vaccino*	178
Scamorza appassita - Cacetto di Supino	179
Scamorza vaccina (simple and stuffed)*	180
Squarquaglione dei Monti Lepini*	181
Stracchino di capra*	182

FATS (BUTTER, MARGARINE, OILS)

San Filippo butter	186
Carboncella monovarietal extra virgin olive oil	187
Ciera monovarietal extra virgin olive oil	188
Itrana monovarietal extra virgin olive oil	189
Marina monovarietal extra virgin olive oil	190
Olivastrone monovarietal extra virgin olive oil	191
Rosciola monovarietal extra virgin olive oil	192
Salviana monovarietal extra virgin olive oil	193
Sirole monovarietal extra virgin olive oil	194

NATURAL OR PROCESSED PLANT PRODUCTS

Actinidia	198
Castelliri red garlic	199
Proceno red garlic	200
Fondi blonde orange	201
The Acque Abule di Tivoli and Guidonia Montecelio asparagu	202
Green asparagus of Canino and Montalto di Castro	203
Sini broccoletto from Sezze	204
Anguillara broccoletto	205
Roman cauliflower	206
Artichokes in oil	207
Orte artichokes	208
Sezze artichokes	207
Tarquinia or Viterbo Maremma artichokes	209
Viterbo carrots in aromatic soaks	210
Terelle chestnut	211
Cicolano red chestnut	212
Solco dritto di Valentano chickpea	213
Chickpea	204
Cicerchia	214
Campodimele cicerchie	215
Jagged cicoria of Catalogna and Gaeta (Puntarelle)	216
Celleno cherries	217
Ravenna della Sabina cherries	218
Nepi onions	219
Pickled onions, peppers and pears	220
Pontine watermelon	221
Arsolana bean	222
Fagiolo a carne	223
Pea bean	224
Suricchio bean	225
Borbontino bean	226
Cappellette di Vallepietra bean	227
Small ciavattone bean	228
Cioncone bean	229
Gradoli purgatory bean	230
Sutri bean	231

Labro gentle bean.....	232	White and black table olives	
Yellow bean.....	228	((split and seasoned olives, olives in brine))	261
Marano Equo regina bean.....	233	Pearls barley of the Northern Lazio	262
Solfarino bean	228	Spagnoletta di Gaeta tomato sauce	263
Verdolino bean.....	228	Leonessa potato.....	264
Vallepietra big bean.....	234	Turchesa potato	265
Fallacciano di Bellegra.....	235	Pepper with marc	240
Marroni chestnut flour.....	236	Sun-dried peppers.....	263
Spelt	204	Spadona pear of Castel Madama.....	266
Monti Lucretili spelt.....	220	Poached pears with must.....	266
Pungolo spelt of Acquapendente	237	Poached peaches and percoche peaches.....	266
Aquino horse bean.....	238	Pine nut of the Lazio coast	267
Ferlengo or Finferlo of Tarquinia	239	Corno di toro tomatoes.....	267
Figs in syrup with nuts	204	Fiaschetta di Fondi tomato.....	268
Sonnino dried figs.....	240	Ovalone reatino tomato.....	269
Fennel of the Maremma viterbese	241	Scatolone di Bolsena tomato.....	270
Terracina strawberries	242	Spagnoletta of the Gulf of Gaeta	
Nemi strawberry.....	243	and Formia tomato.....	271
Formia signorinella lettuce.....	244	Pizzutella of Picinisco plum	272
Onano lentils	245	Catalogna di Roccasecca turnip	273
Rascino lentils	246	Sarzefine di Zagarolo.....	274
Ventotene lentils.....	247	Scorsone or summer truffle.....	275
Agostinella maize.....	248	Proceno garlic thallus in oil	276
Citrus marmalade.....	249	Campoli Appennino truffle	277
Chestnut marmalade.....	249	Lepini Mountains truffle	278
Apples with mosto cotto marmalade	249	Cervara truffle	279
Uva fragola marmalade.....	249	Saracinesco truffle	280
Sour cherry marmalade	249	Pizzutello di Tivoli table grapes	281
Antrodacano marroni chestnut	250	Lepini Mountains sour cherries	280
Arcinazzo Romano marroni chestnut.....	251	Saffron from the Aniene Valley.....	283
Monti Cimini marroni chestnut	252	Courgettes with flowers	284
Cave marroni chestnut.....	253		
Latera marroni chestnut	254	FRESH PASTA AND BAKERY, BISCUIT, PASTRY	
Segnino marroni chestnut.....	255	AND CONFECTIONERY PRODUCTS	
Aubergines preserved in oil.....	256	Anse del Tevere.....	288
Dried pennyroyal	257	Amaretti.....	289
"Mosciarella" di Capranica Prenestina	258	Amaretti casperiani	289
Monti Cimini hazelnuts.....	259	Amaretto di Guarcino	288
White and black table olives	256	Barachia	290
Itri white olives.....	256	Bastoni	289
Lime and ash olives, smoked olives	260	Biscuits.....	289
Table olives (olives preserved in oil, dried olives)....	260	Egg biscuits	292

Sezze biscuits	292	Ciammellone morolano	314
Saint Anthony biscuit	291	Ciammellono	310
Saint Anselm biscuit	293	Ciriola romana	315
Bussolani	294	Crostate visciole di Sezze	315
Cacchiarelle	295	Crostatino ripieno	310
Caciata di Sezze	292	Crustoli de girgenti	316
Caciatella di Maenza	292	Cuzzi di Roviano	317
Cacione di Civitella S. Paolo	294	San Giuseppe's fava bean cake	317
Calzone with vegetables	296	Potato cake	316
Canasciunetti	297	Falia	318
Casata pontecorvese	298	Fave dei morti	318
Castagnaccio	298	Ferratelle	319
Castagne stampate	299	Fettarelle	320
Cavallucci and pigne	300	Fetticciole nere e bianche	320
Ciacamarini	296	Fettuccine	321
Ciambella a cancello	301	Fiatoni or Fiaoni	321
Grape must ring cake	299	Filone sciapo da 1 kg	322
Ciambella all'acqua (Ciammella all'acqua)		Frascarelli	322
di Maenza	302	Rice doughnuts	323
Ciammelle d'acqua	302	Frittelline di mele di Maenza	316
Aniseed ring cookies of Veroli	296	Frittellone di Civita Castellana	324
Ciambella degli sposi di Rocca di Papa	304	Giglietto di Sermoneta e Priverno	323
Ponzano Romano's ring cakes and croissants		Giglietto di Palestrina	325
(or Ciambella di San Sebastiano)	305	Gliu panettono di Maenza	316
Cori's blanched ring cake	306	Polenta dumplings	326
Wine biscuits	302	Gnocchi de lu contadino	326
Ciambelle al vino moscato di Terracina	296	Valmontone fine bran flour dumplings	327
Aniseed ring cakes	307	Chestnut dumplings	326
Ciambelle da sposa	307	Gnocchi ricci	326
Ciambelle del barone	308	Gliu sangonato	328
Ciambelle di magro di Sermoneta	308	I recresciuti di Maenza	330
Ciambelle n'cotte	308	Imbriachelle	329
Salted ring cakes	309	La Copeta	330
Priverno's blanched ring cakes	308	Lacna stracciata di Norma	328
Ciambelle col gelo	309	Le Crespelle di Maenza	331
Ciambelline	310	Lu Cavalluccio e la Puccanella	330
Ciambelline al vino nocciolate di Cori	311	'Mbriachelle al mosto di Cori	331
Ciambella all'olio di Sant'Angelo Romano	303	Maccaruni Gavignanesi	332
Ciambellone di Sant'Antonio (Ciammello')	312	Maccheroni	333
Ciammella ellenese	311	Maccheroni a matassa	333
Ciammelle d'ova	310	Macaroni with the walnuts of Vejano	334
Ciammelocco di Cretone	313	Maltagliati or Fregnacce	335

Mostaccioli	335	Pizza a gli mattono di Sezze	
Mostarde ponzesi.....	336	(Pizza a gli soio di Sezze)	359
Murzelli	330	Pizza "Bbotata"	360
Murzitti	337	Pizza bianca Romana alla pala del fornaio	356
'Ndremmappi di Jenne	338	Pizza di Pasqua della Tuscia	
Pacchiarotti	337	(sweet and cheese type)	361
Pagnottelle di salatuoro di Sezze	336	Pizza d'ova	362
Palombella.....	339	Pizza frita.....	357
Pane cafone.....	339	Pizza grassa.....	363
Lariano's homemade bread.....	340	Pizza sucia	355
Lugnola's homemade bread.....	341	Pizza varata di Sant'Angelo Romano	364
Montelibretti's homemade bread	342	Pizzicotti (Biscotti).....	365
Olive bread.....	342	Pizzicotto (Pasta alimentare)	365
Potato bread	343	Polentini	362
Canale Monterano's bread.....	343	Pupazza frascatana	366
Durum wheat semolina bread.....	337	Quaresimanli	366
Allumiere durum wheat semolina bread	344	Ravioli with chestnut cream	367
Durum wheat semolina bread		Potato ravioli.....	367
(Pane nero di Monteromano)	345	Raviolo di San Pancrazio.....	368
Veroli's bread	345	Sagne	369
Whole wheat bread baked		Salame del re	370
in a wood-burning oven	337	Salavatici di Roviano	369
Vicovaro's bread		Sciuscella	371
(Pagnotta di Vicovaro, Pagnota Vicovarese).....	346	Serpentone alle mandorle di Sant'Anatolia.....	372
Pane Latino (Pà Latino).....	347	Serpette	371
Pangiallo	348	Serpette di Sermoneta	371
Panicella di Sperlonga	349	Serpette di Monte Porzio Catone.....	373
"Button" bread rolls	350	Sfusellati	374
Panpapato	351	Spaccaregli di Sezze.....	362
Panpepato	351	Spumette	362
Maenza, Sezze, Latina almond paste	350	Strozzapreti	374
Pastarelle col cremore.....	349	Struffoli di Sezze e Lenola.....	375
Paste di viscioli di Sezze	315	Subiachini	376
Pezzetti (Sermoneta)	349	Susamelli	377
Piccelatiegli	352	Chestnut tagliatelle.....	378
Pinciarelle Monticellesi.....	353	Taralli	377
Pizza per terra.....	349	Tersitti de Girgenti.....	379
Pizza with corn flour; Pizza somma		Terzetti	378
and Pizza sotto la brace	354	Tiella di Gaeta	380
Pizza sfogliata.....	355	Tisichelle viterbesi.....	381
Pizza rossa. Pizza bianca. Pizza con gli sfrizzoli.....	357	Torroncino di Alvito	382
Pizza a fiamma	358	Sermoneta ricotta cheesecake.....	379

Torta pasquale (Tortano di Pasqua, Torteno 1 and 2)	383
Torta pasqualina	383
Torteri di Lenola	383
Tortolo di Pasqua	383
Tortolo di Sezze	383
Tosa di Pasqua	384
Tozzetti (di Viterbo)	385
Tozzetti di pasta frolla	386
Treccia all'anice di Civitella S. Paolo	386
Turchetti	387
Tusichelle	378
Uova stregate	388
Zaoiardi di Anagni	378
Zippole	387

GASTRONOMIC PRODUCTS

Abbuticchio	392
Velletri artichokes "alla matticella"	393
Vitorchiano cavatelli with wild fennel	394
Ceciareello of Vejano	395
Frascatogli ciociari	396
Gricia or Griscia	397
Pane ammollo	398
Padellaccia	396
Velletri sprouts and cod soup	399

PREPARATION OF FISH AND SHELLFISH AND FEW SPECIFIC FARMING TECHNIQUES

Oil-packed anchovies	402
Gulf of Gaeta's salted anchovies*	403
Lake Bolsena eel	404
Lake Fondi thinlip mullet	405
Lake Bolsena common whitefish	406
Lake Bracciano common whitefish	407
Lake Bracciano big-scale sand smelt	408
Roman coast wedge clam	409
Rieti trout	410

PRODUCTS OF ANIMAL ORIGIN (HONEY, VARIOUS DAIRY PRODUCTS EXCEPT BUTTER)

Burrell' (Scamorza cheese with butter inside)	414
Fiordilatte	415
Monte Rufeno honey	414
Santoreggia honey	416
Eucalyptus honey from Pontine plain	417
Buffalo ricotta (smoked, baked, salted)*	418
Sheep and goat ricotta from Monti Lepini	419
Dry ricotta*	420
Ricotta viterbese	419

* Food hygiene and health exemptions

LAZIO VINES LOCAL AND LESS WIDESPREAD VARIETIES

Abbuoto n.	426
Aleatico n.	427
Bellone b. (Cacchione)	428
Biancolella b. (Jaunculillo, Jaunculella)	429
Bombino Bianco b. (Ottenese)	430
Bombino Nero n.	431
Canaiolo Nero n.	432
Capolongo b.	433
Cesaneese Comune n.	434
Cesaneese d'Affile n.	435
Ceseneese Nero n.	436
Forastera b. (Forestiera, Furastiera)	437
Grechetto b.	438
Greco b. (Asprinio bianco)	439
Greco Bianco b.	440
Greco Nero n. (Maglioccone, Grecu nieddu)	441
Guarnaccia b.	442
Lecinaro n.	443
Malvasia del Lazio b. (Malvasia puntinata)	444
Maturano b.	445
Moscato Di Terracina b.	446
Nero Buono n.	447
Olivella Nera n.	448
Pampanaro b.	449

Passerina b.....	450	Trebbiano Giallo b. (Rossetto)	454
Pecorino b. (Vissanello).....	451	Trebbiano Verde	
Piediroso n. (Piede di colombo,		(Verdicchio b, Trebbiano di Lugana, Trebbiano	
Piede di Palumbo, Per' e Palummo, Palombina)	452	di Soave, Verdello, Peverella, Verduschia b,).....	455
Rosciola rs.	453	Verdello b. (Verdicchio b, Verduschia b)	456

INDEX BY NAME

'Abbacchio Romano' PGI	9	Cacchiarelle	295
Abbuoto n.	426	Caciata di Sezze	292
Abbuticchio	392	Caciatella di Maenza	292
Actinidia	198	Cacio di Genazzano*	149
Castelliri red garlic	199	Cacio fiore*	150
Proceno red garlic	200	Cacio magno (simple and herbal)*	151
'Agnello del Centro Italia' PGI	11	Caciocavallo di bufala (simple and smoked)*	152
Aleatico n.	427	Caciocavallo di Supino*	152
Oil-packed anchovies	402	Caciocavallo vaccino (simple and smoked)*	153
Gulf of Gaeta's salted anchovies*	403	Cacione di Civitella S. Paolo	294
Amaretti	289	Cacioricotta di bufala*	154
Amaretti casperiani	289	Caciotta dei Monti della Laga*	154
Amaretto di Guarcino	288	Caciotta della Sabina (simple and herbal)*	155
Lake Bolsena eel	404	Caciotta di bufala (Pontina)*	155
Anse del Tevere	288	Caciotta di mucca*	156
Fondi blonde orange	201	Caciotta di vacca ciociaro (simple and flavoured)*	157
Asparago delle acque albule		Caciotta genuina romana*	158
di Tivoli e Guidonia Montecelio	202	Caciotta mista ai bronzi*	157
Asparago verde di Canino e Montalto di Castro	203	Caciotta mista della Tuscia*	159
Barachia	290	Caciotta mista ovi-vaccina del Lazio*	159
Bastoni	289	Caciottina di bufala di Amaseno	
Bellone b. (Cacchione)	428	(simple and flavoured)*	160
Biancolella b. (Jaunculillo, Jaunculella)	429	Lake Fondi thinlip mullet	405
Biscotti	289	Calzone with vegetables	296
Egg biscuits	292	Canaiolo Nero n.	432
Sezze biscuits	292	Canasciunetti	297
Saint Anthony biscuit	291	Capocollo or Loin*	86
Saint Anselm biscuit	293	Capolongo b.	433
Bombino Bianco b. (Ottenese)	430	Caprino "presamico" di Supino (from cow's milk)	161
Bombino Nero n.	431	Artichokes in oil	207
Pork chops preserved in olive oil	84	Velletri artichokes "alla matticella"	393
Buffalo bresaola	85	Orte artichokes	208
Sini broccoletto from Sezze	204	Sezze artichokes	207
Anguillara broccoletto	205	Carciofo di Tarquinia o della Maremma viterbese ..	209
Roman cauliflower	206	'Carciofo Romanesco del Lazio' PGI	46
Buddellucci o Viarelli*	84	Beef from the Maremma area	87
Burrata di bufala*	148	Pontina buffalo meat	88
Burrell' (Scamorza cheese with butter inside)	414	Meat of the hare rabbit of Viterbo	89
San Filippo butter	186	Dried sheep meat	85
Bussolani	294	Viterbo carrots in aromatic soaks	210
		Buffalo carpaccio	90
		Casata pontecorvese	298

Terelle chestnut.....	211	Ciammellocco di Cretone.....	313
'Castagna di Vallerano' PDO	48	Ciammellone morolano	314
Cicolano red chestnut	212	Ciammellono	310
Castagnaccio	298	Cicerchia.....	214
Castagne stampate.....	299	Campodimele cicerchie	215
Cavallucci and pigne.....	300	Cicoria di catalogna frastagliata	
Vitorchiano cavatelli with wild fennel	394	di Gaeta (Puntarelle).....	216
Solco dritto di Valentano chickpea	213	Celleno cherries	217
Chickpeas	204	Ravenna della Sabina cherries	218
Ceciarello of Vejano.....	395	Cioccolato a squajo.....	74
Cesaneese Comune n.....	434	Nepi onions	219
Cesaneese D'Affile n.....	435	Pickled onions, peppers and pears.....	220
Ceseneese Nero n.....	436	Ciriola romana.....	315
Ciacamarini.....	296	Pontine watermelon.....	221
Ciambella a cancello.....	301	Conciato di San Vittore*	163
Grape must ring cake	299	Rieti coppa*	86
Ciambella all'acqua		Viterbo coppa.....	91
(Ciammella all'acqua) di Maenza	302	Smoked buffalo coppiette	92
Ciammelle d'acqua	302	Coppiette (from horse meat, pork, beef)*	93
Ciammella all'acqua.....	302	Lake Bolsena common whitefish	406
Aniseed ring cookies of Veroli.....	296	Lake Bracciano common whitefish	407
Ciambella all'olio di Sant'Angelo Romano	303	Crostate visciole di Sezze.....	315
Ciambella degli sposi di Rocca di Papa	304	Crostatino ripieno	310
Ciambella di Morolo*	162	Crustoli de girgenti.....	316
Ponzano Romano's ring cakes and croissants		Cuzzi di Roviano.....	317
(or Ciambella di San Sebastiano)	305	San Giuseppe's fava bean cake	317
Cori's blanched ring cake	306	Potato cake.....	316
Wine biscuits.....	302	Arsolana bean	222
Ciambelle al vino moscato di Terracina.....	296	Fagiolo a carne	223
Ciambelle col gelo	309	Pea bean	224
Aniseed ring cakes.....	307	Suricchio bean.....	225
Ciambelle da sposa.....	307	Borbontino bean	226
Ciambelle del barone.....	308	'Fagiolo Cannellino di Atina' PDO	50
Ciambelle di magro di Sermoneta.....	308	Cappellette di Vallepietra bean	227
Ciambelle n'cotte.....	308	Small ciavattone bean	228
Salted ring cakes.....	309	Cioncone bean	229
Priverno's blanched ring cakes.....	308	Gradoli purgatory bean	230
Ciambelline	310	Sutri bean	231
Ciambelline al vino nocciolate di Cori.....	311	Labro gentle bean.....	232
Ciambellone di Sant'Antonio (Ciammello')	312	Yellow bean.....	228
Ciammella ellenese.....	311	Marano Equo regina bean	233
Ciammelle d'ova	310	Solfarino bean	228

Verdolino bean	228	Gran cacio di Morolo*	166
Vallepietra big bean	234	Grechetto b	438
Falia	318	Greco b. (Asprinio bianco)	439
Fallacciano di Bellegra	235	Greco Bianco b	440
Marroni chestnut flour	236	Greco Nero n. (Maglioccone, Grecu nieddu)	441
Farro	204	Gricia or Griscia	397
Monti Lucretili spelt	220	Amatriciano cheek lard*	95
Pungolo spelt of Acquapendente	237	Lepini Mountain cheek lard made with black pig meat*	96
Fave dei morti	318	Cheek lard*	94
Aquino horse bean	238	Cheek lard made from Caserta breed of pigs	97
Ferlengo or Finferlo of Tarquinia	239	Guarnaccia b	442
Ferratelle	319	I recresciuti di Maenza	330
Fettarelle	320	Imbriachelle	329
Fetticciole nere e bianche	320	'Kiwi Latina' PGI	52
Fettuccine	321	La Copeta	330
Fiatoni or Fiaoni	321	Lacna stracciata di Norma	328
Figs in syrup with nuts	204	Field lard of Olevano Romano*	99
Sonnino dried figs	240	Leonessa lard	96
Leonessa fillet*	94	San Nicola lard*	98
Filone sciapo da 1 kg.	322	Black pork aged lard*	98
Fennel of the Maremma viterbese	241	Lake Bracciano big-scale sand smelt	408
Fiordilatte	415	Formia signorinella lettuce	244
Fiordilatte dell'Agro Pontino	164	Le Crespelle di Maenza	331
Forastera b. (Forestiera, Furastiera)	437	Lecinaro n.	443
Goat cheese*	165	Onano lentils	245
Cheese and caciotta di pecora in oil*	160	Rascino lentils	246
Terracina strawberries	242	Ventotene lentils	247
Nemi strawberry	243	Gentian Liqueur	75
Frascarelli	322	Strawberry Liqueur	75
Frascatagli ciociarì	396	Nocino Liqueur	76
Rice doughnuts	323	Loin of Sabina and of the Laga Mountains*	100
Frittelline di mele di Maenza	316	Small loin or loin*	101
Frittellone di Civita Castellana	324	Small loin and loin from Caserta breed of pigs	102
Giglietto di Palestrina	325	Lu Cavalluccio e la Puccanella	330
Giglietto di Sermoneta e Priverno	323	Maccaruni Gavignanesi	332
Gliu panettono di Maenza	316	Maccheroni	333
Gliu sangonato	328	Maccheroni a matassa	333
Polenta dumplings	326	Macaroni with the walnuts of Vejano	334
Gnocchi de lu contadino	326	Agostinella maize	248
Chestnut dumplings	326	Maltagliati or Fregnacce	335
Valmontone fine bran flour dumplings	327	Malvasia del Lazio b. (Malvasia puntinata)	444
Gnocchi ricci	326		

Citrus marmalade.....	249	'Tuscia' PDO extra virgin olive oil.....	43
Chestnut marmalade.....	249	Carboncella monovarietal extra virgin olive oil	187
Apples with mosto cotto marmalade	249	Ciera monovarietal extra virgin olive oil	188
Uva fragola marmalade.....	249	Itrana monovarietal extra virgin olive oil	189
Sour cherry marmalade	249	Marina monovarietal extra virgin olive oil	190
Antrodocano marroni chestnut	250	Olivastrone monovarietal extra virgin olive oil	191
Arcinazzo Romano marroni chestnut.....	251	Rosciola monovarietal extra virgin olive oil	192
Monti Cimini marroni chestnut	252	Salviana monovarietal extra virgin olive oil	193
Cave marroni chestnut.....	253	Sirole monovarietal extra virgin olive oil.....	194
Latera marroni chestnut	254	Itri white olives.....	256
Segnino marroni chestnut.....	255	'Oliva di Gaeta' PDO.....	56
Marzolino and/or Marzolina*	167	Lime and ash olives, smoked olives	260
Maturano b	445	Table olives (olives preserved in oil, dried olives) ...	260
Mbriachelle al mosto di Cori	331	White and black table olives	256
Aubergines preserved in oil	256	White and black table olives	
Dried pennyroyal	257	(split and seasoned olives, olives in brine)	261
Monte Rufeno honey	414	Olivella Nera n.....	448
Santoreggia honey.....	416	Pork omentum (Beverelli)*	105
Eucalyptus honey from Pontine plain.....	417	Pearls barley of the Northern Lazio	262
Mistrà	77	Pacchiarotti	337
'Mortadella Bologna' PGI.....	15	Padellaccia	396
Mortadella of Accumoli*	103	Pagnottelle di salatuoro di Sezze.....	336
Amatrice mortadella*	103	Palombella.....	339
Mortadella made from horse meat*	105	Pampanaro b.....	449
Mortadella from Maremmana manzetta*	106	Pork bacon*	107
Roman mortadella*	100	Tight pork bacon from the Caserta breed of pigs	109
Viterbo mortadella*	104	"Tight" bacon from black pigs	
Moscato di Terracina b	446	and aged with herbs*	108
Mosciarella di Capranica Prenestina.....	258	Pane ammollo.....	398
Mostaccioli	335	Pane cafone.....	339
Mostarde ponzesi.....	336	'Pane casareccio di Genzano' PGI	65
'Mozzarella di Bufala Campana' PDO	24	Lariano's homemade bread.....	340
'Mozzarella' TSG.....	68	Lugnola's homemade bread.....	341
Murzelli	330	Montelibretti's homemade bread	342
Murzitti	337	Olive bread.....	342
Ndremmappi di Jenne	338	Potato bread	343
Nero Buono n.....	447	Canale Monterano's bread.....	343
Monti Cimini hazelnuts.....	259	Durum wheat semolina bread.....	337
'Nocciola Romana' PDO	54	Durum wheat semolina bread	
'Canino' PDO extra virgin olive oil.....	37	(Pane nero di Monteromano)	345
'Colline Pontine' PDO extra virgin olive oil.....	39	Allumiere durum wheat semolina bread	344
'Sabina' PDO extra virgin olive oil	41	Veroli's bread	345

Vicovaro's bread		
(Pagnotta di Vicovaro, Pagnota Vicovarese).....	346	
Whole wheat bread baked in a wood-burning oven	337	
Pane Latino (Pà Latino).....	347	
Pangiallo	348	
Panicella di Sperlonga	349	
"Button" bread rolls	350	
Panpapato	351	
Panpepato	351	
Spagnoletta di Gaeta tomato sauce	263	
Passerina b.....	450	
Maenza, Sezze, Latina almond paste	350	
Olive paste	142	
Pastarelle col cremore.....	349	
Paste di viscioli di Sezze	315	
'Patata dell'Alto Viterbese' PGI	58	
Leonessa potato.....	264	
Turchesa potato	265	
Pecorino ai bronzi*	170	
Pecorino b. (Vissanello).....	451	
Pecorino ciociaro*	168	
Pecorino dei Monti della Laga*	170	
Pecorino della Sabina (simple and herbal)*	171	
Pecorino di Amatrice*	172	
Pecorino di Ferentino*	173	
'Pecorino di Picinisco' PDO	26	
Pecorino in grotta del viterbese*	174	
'Pecorino Romano' PDO	28	
'Pecorino Toscano' PDO	30	
Pecorino viterbese*	169	
Pepper with marc	240	
'Peperone di Pontecorvo' PDO	60	
Sun-dried peppers.....	263	
Spadona pear of Castel Madama.....	266	
Poached pears with must.....	266	
Poached peaches and percoche peaches.....	266	
Gaeta olives pesto.....	143	
Pezzetti (Sermoneta)	349	
Piccelatiegli	352	
Piediroso n. (Piede di colombo,		
Piede di Palumbo, Per' e Palummo, Palombina)	452	
Pinciarelle Monticellesi.....	353	
Pine nut of the Lazio coast	267	
Pizza "Bbotata"	360	
Pizza a fiamma	358	
Pizza a gli mattono di Sezze		
(Pizza a gli soio di Sezze)	359	
Pizza bianca Romana alla pala del fornaio	356	
Pizza with corn flour; Pizza somma		
e Pizza sotto la brace.....	354	
Pizza di Pasqua della Tuscia (sweet and cheese		
type)361		
Pizza d'ova.....	362	
Pizza fritta.....	357	
Pizza grassa.....	363	
'Pizza Napoletana' TSG.....	69	
Pizza per terra.....	349	
Pizza rossa. Pizza bianca. Pizza con gli sfrizzoli.....	357	
Pizza sfogliata.....	355	
Pizza sucia	355	
Pizza varata di Sant'Angelo Romano	364	
Pizzicotti (Biscotti).....	365	
Pizzicotto (Pasta alimentare)	365	
Polentini	362	
Corno di toro tomatoes.....	267	
Fiaschetta di Fondi tomato.....	268	
Ovalone reatino tomato.....	269	
Scatolone di Bolsena tomato.....	270	
Spagnoletta of the Gulf of Gaeta and Formia tomato		
di Gaeta e di Formia.....	271	
'Porchetta di Ariccia' PGI.....	17	
Poggio Bustone porchetta	111	
Porchetta from Selci	113	
Viterbo porchetta	112	
Pressato a mano*	175	
Cori wine-cooked ham*	115	
"Bauletto" dry cured ham*	110	
Lepini Mountains ham made of black pig*	116	
'Prosciutto di Amatrice' PGI	19	
Bassiano ham*	114	
Guarcino ham*	108	
Tuscia mountain ham*	117	
Provola di bufala (simple and smoked)*	176	
Provola di vacca (simple and smoked*)	177	

Provolone vaccino*	178	Sausage preserved in oil (lard)*	129
Pizzutella of Picinisco plum	272	Buffalo sausage	126
Pupazza frascatana	366	Sambuca romana	79
Quaresimanli	366	Sambuca vecchia della Ciociaria	80
Catalogna di Roccasecca turnip	273	Sambuca viterbese	81
Rattafia ciociara	78	Sarzefine di Zagarolo	274
Ravioli with chestnut cream	367	Scamorza appassita - Cacetto di Supino	179
Potato ravioli	367	Scamorza vaccina (simple and stuffed)*	180
Raviolo di San Pancrazio	368	Sciuscella	371
Buffalo ricotta (smoked, baked, salted)*	418	Scorsone or summer truffle	275
'Ricotta di Bufala Campana' PDO	32	'Sedano Bianco di Sperlonga' PGI	62
Sheep and goat ricotta from Monti Lepini	419	Serpentone alle mandorle di Sant'Anatolia	372
'Ricotta Romana' PDO	34	Serpette	371
Dry ricotta*	420	Serpette di Monte Porzio Catone	373
Ricotta viterbese	419	Serpette di Sermoneta	371
Rosciola rs.	453	Sfusellati	374
Sagne	369	Spaccaregli di Sezze	362
Castellino salami*	118	Pork shoulder*	133
Tuscia cooked salami*	119	Buffalo speck	134
Salame del re	370	Spumette	362
Homemade salami*	116	Squarquaglione dei Monti Lepini*	181
"Cicolana" horseshoe-shaped salami*	120	Stracchino di capra*	182
'Salamini Italiani alla cacciatora' PDO	21	Strozzapreti	374
Tuscolano small salami*	121	Struffoli di Sezze e Lenola	375
Salavatichi di Roviano	369	Subiachini	376
Saldamirelli	122	Susamelli	377
Amatrician sauce	144	Susianella*	124
Balsamic grape sauce	145	Chestnut tagliatelle	378
Roman "corallina" sausage*	123	Proceno garlic thallus in oil	276
Coriander sausage*	122	Taralli	377
Homemade sausage	123	Lepini Mountains truffle	278
Dried pork sausages (simple and aromatic)*	124	Campoli Appennino truffle	277
Dry sausage from the Caserta breed of pigs	125	Cervara truffle	279
Monte San Biagio coriander sausage (freshly-made, preserved and dry)*	131	Saracinesco truffle	280
Lepini Mountains black pig meat sausage*	130	Roman coast wedge clam	409
Castro dei Volsci sausage*	127	Tersitti de Girgenti	379
Lepini Mountains black pig meat liver sausage*	130	Terzetti	378
Pork liversausage (Mazzafegato of Viterbo)*	128	Tiella di Gaeta	380
Homemade pork liver sausage for sauce*	129	Tisichelle viterbesi	381
Pork liver sausage (Simple)	130	Tordo matto di Zagarolo	135
Homemade Aurunci Mountains coriander sausage*	132	Torruncino di Alvito	382
		Sermoneta ricotta cheesecake	379

Torta pasquale (Tortano di Pasqua, Torteno 1 and 2).....	383	Uova stregate	388
Torta pasqualina	383	Pizzutello di Tivoli table grapes	281
Torteri di Lenola	383	Olevano ventricina*	136
Tortolo di Pasqua.....	383	Verdello b. (Verdicchio b, Verduchia b).....	456
Tortolo di Sezze.....	383	Lepini Mountains sour cherries	280
Tosa di Pasqua.....	384	Amaseno buffalo veal.....	133
Tozzetti (di Viterbo).....	385	'Vitellone Bianco dell'Appennino Centrale' PGI.....	13
Tozzetti di pasta frolla	386	Young beef from Itri.....	137
Trebbiano Giallo b. (Rossetto)	454	Saffron from the Aniene Valley.....	283
Trebbiano Verde (Verdicchio b, Trebbiano di Lugana,		Pig's feet.....	137
Trebbiano di Soave, Verdello,		Zaoiardi di Anagni.....	378
Peverella, Verduchia b,)	455	Zauzicchie and Salam funnan*	138
Treccia all'anice di Civitella S. Paolo	386	Zazzicchia di Patrica*	139
Rieti trout.....	410	Zippole	387
Turchetti.....	387	Courgettes with flowers	284
Tusichelle.....	378	Velletri sprouts and cod soup.....	399

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