REGIONE LAZIO

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



TRADITIONAL AGRI-FOOD FROM THE LANDS OF LAZIO

PDO-PGI AND TRADITIONAL AGRI-FOOD PRODUCTS (PATS)



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Photographs: Arsial Archive – Special thanks go to producers, local tourist offices (Pro Loco) and protection consortia for their cooperation

Graphic design and printing: Digitalialab - Roma - www.digitalialab.it

Translation service: Authentic Enterprise Solutions srl

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Printed in March 2026

ISBN: 978-88-904841-7-9

THE BASKET OF PATs: A DEVELOPMENT DRIVER FOR LOCAL COMMUNITIES

After the recognition of Italian cuisine as a UNESCO heritage on 10 December 2025, the publication of this volume on the PATs of Lazio ideally defines, on a regional scale, the many reference baskets of our local traditions: a matrix of agri-food references, endowed with a documented historicity, largely an expression of those models of self-consumption upon which the material culture of small communities are based, characteristics that guarantee Italy, and each of its regions, a specificity that is still not measurable with the scales of large agricultural commodities but only with the decisive role that local food plays as a driver of international tourism.

The constant recognition of PATs, carried out by ARSIAL and validated by the Regional Directorate of Agriculture, flows into the publication of the national list of the MASAF (Italian Ministry of Agriculture, Food Sovereignty and Forests), guaranteeing diverse functions: primarily, it serves as an important driver for the emergence of products obtained with traditional methods, in need of hygienic-sanitary exemptions for the protection of the specific microflora: in this sense, Lazio boasts a national record, with no less than 92 references for which the use of traditional premises and materials (ageing caves, wooden equipment, artisanal rennet, etc.) is authorised, with the support of the IZS-LT.

No less significant, however, is the character of recognition that the formation of the regional list of PATs has assumed over the years for the hundreds of products that, although not in need of sanitary exemptions, are in some cases a market reality, but even more often are relics, i.e., the expression of a cultural heritage that isn't always associated with business functions. This ensemble includes hundreds of references, an expression of the pyramid that has the environmental context at its base, upon which a breed at risk of genetic erosion or a landrace are stratified, and which culminates in products or preparations with a tradition that is often centuries-old, micro-territorial, or even just celebrated. References that, therefore, can only be enhanced by a system of small businesses, whether they are involved in processing or in the Horeca segment, for which the link with the reference context is a strategic driver for the differentiation of the offer, also on account of an increasingly informed and demanding food and wine tourism.

There are already dozens of PATs at the centre of local development models, for which there are entrepreneurial stories of consolidated success or recent revitalisation of production; in this sense, I would like to stress how the support strategies, recently outlined by the regional administration, have placed the birth and revitalisation of small businesses in local systems at the centre of their action.

In the current regulatory framework, which makes food safety and consumer information non-negotiable issues, there is no other possible mediation to transfer material tradition to the consumer's plate than that of a system of companies that guarantees, at the same time, the documentation of processes, the traceability of products and the enhancement of know-how, which is the most challenging element in the handover between the generations that preside over the many districts of rural Lazio, and to which this volume bears witness and merit.

GIANCARLO RIGHINI
Regional Councillor for Budget, Economic Planning, Agriculture and Food Sovereignty, Hunting and Fishing, Parks and Forests

ARSIAL'S MISSION FOR THE ENHANCEMENT OF TRADITIONAL AND QUALITY PRODUCTS

This volume, which gathers together a compendium of the regional agri-food heritage updated to 2025, attests to a wealth of traditional production based on two major relationships: on the one hand, the one between agricultural biodiversity and the land; and, on the other hand, the inseparable link between material culture and product preparation methods.

Being actors in local development, in a region like Lazio, therefore implies a cultural challenge as well as good planning: fully grasping, and not trivialising, the complexity dictated by the presence of diversified lands and cultures. An irrigated coastline, with full market orientation with the production of fruit and vegetables and cattle and buffalo dairy farming, is crowned by dozens of small rural districts, each with its own vocation: from legumes, to sheep and goat cheeses, to pork butchery, to EVO oils, to wines from native vines, to meat from cattle, sheep and goat and horse breeds raised on pasture, to ancient landraces of fruit and vegetables.

An unexpected heritage, an expression of districts ranging from Cimini to the province of Rieti, from Sabina to the Roman Countryside, from the Maremma, to Tuscia, to the territories of the former Kingdom of Naples, which make Lazio one of the richest regions in terms of traditional agri-food production, but which too often have, given the small production scale, limited ability to retain an urban consumer or new generations who have a non-native link with rurality and with products of tradition, but who are increasingly looking for specificity and less standardised food models.

As an Agency, in recent years, we have multiplied our efforts at all levels in the sphere of PATs and PDO/PGI products:

- On a technical-administrative level, for the recognition of PATs, the support for labelling and access to exemptions, the latter all notified to Brussels through the Italian Ministry of Health;
- For the participation of small producers in trade fairs, multiplying the number of regional collectives in national and international events and expanding both the number of participating companies and that of the sectors concerned;
- Last but not least: guaranteeing considerable and constant financial support to the hundreds of local initiatives for the enhancement of typical and traditional productions, expression of small communities, where the consolidation of new business functions is a necessary precondition for the creation of value.

The efforts to emerge that many small agricultural, agri-food and catering companies are making show that production deactivation is not an inevitable process: the results achieved encourage us to continue the path already undertaken as an Agency and, on the basis of the even broader support of the Regional Council, we are called to renew the efforts made to give full dignity to the basket of regional references that has the strongest link with tradition.

MASSIMILIANO RAFFA
Chairman of ARSIAL's BoD

INTRODUCTION

The publication of this volume takes place on the 25th anniversary of the publication in the Official Gazette of the first national list of traditional agri-food products. This is a period suitable for placing the issue of PATs in a time dimension useful for explaining how it was possible to carry out an inventory among the PATs, a huge compendium of references, which at national level includes about 6,000 products, of which no less than 520 were surveyed in Lazio from 2000 to 2025. Ministerial Decree 350/1999, by regulating the identification of the PATs, has contributed to the paradigm shift in local development models, increasingly focused on the food and wine basket of the local areas. On the basis of the regional mandate, over time, the Agency has capitalised a pool of technical, historical and anthropological skills, and activated collaborations with the research system, to ensure that the recognition of traditional products, the characterisation of typical products, the recovery of agricultural biodiversity meet scientific criteria extended in a homogeneous manner to the entire territory, with particular regard to micro-enterprises located in marginal areas, which are at the same time the richest in the heritage of the food tradition and those most lacking in technical functions responsible for their emergence, as well as suffering from structural fragilities no longer compatible with a market based on the documentation of processes.

A supply chain focused on supplier accreditation, health safety and traceability implies a full implementation of rules and controls: if the processing of raw milk cheeses is now a "must" for the conservation of the specific microflora and the aromatic profile of the fodder crops, farmers are called upon to document systematic levels of control on bacterial load and somatic cells, which can no longer be waived.

Tradition cannot renounce food safety, except for sanitary exemptions recognised as being of ascertained compatibility, and when it is not health safety, it is the preservation of the aromatic profiles that requires structural adaptations: a cold chain from the field to consumption, or the incorporation of services for vegetables for fresh consumption, in particular in the case of non-climateric fruits (cherries, table grapes, strawberries, raspberries, figs, etc.) which must be harvested only when ripe and which have a reduced shelf-life, often compatible only 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 state-owned pastures to native breeds that are threatened by predation, there is a delay in implementing the traditional agricultural model in the conservation strategies of the Natura 2000 network.

This has led to the activation of a package of services on a local scale for ARSIAL, with the support of the Lazio Region, aimed at ensuring:

- the PAT census, enhancing the landrace-product-culture relationship, which also led to the first regional repertory of traditional products of agricultural biodiversity published in Italy so far; including that at risk of genetic erosion, referred to in Regional Law no. 15/2000;
- access to hygienic-sanitary exemptions for the maintenance of traditional methods, with the support of scientific bodies, notifying the EU, through the Italian Ministry of Health, of more than 100 exemptions for 92 PATs;
- the preparation of dossiers for the PDO/PGI characterisation of quality food production.

The regulatory prerequisites of the PATs:
a national stepping stone for food safety, to safeguard the traditionality of production processes.

With Directive 93/43/EEC on the hygiene of foodstuffs, 33 years ago the then European Community adopted a unified reference framework for all food supply chains (until then partly governed by "vertical" regulations), aimed at protecting the consumer in terms of food safety. In this framework, a fundamental principle is introduced: that of **documenting the production process**, which becomes an obligation to be implemented for all products intended for human consumption: "Write what you do, do what you write" and everything changed.

This principle, as the result of a directive in need of national transposition, was applied to the Italian reality four years later, with Italian Legislative Decree no. 155 of 26 May 1997 which introduced the HACCP system for risk analysis for processing operators[1], through a system of self-control of the critical points of the production process. Right from the start, the difficulty of conforming, even if only progressively, to the European standard a universe of operators,

made up not only of tens of thousands of professional companies operating in agri-food processing with adequate professional figures, but also of a universe of family-run micro-companies active in the business transformation, became apparent.
The legislation entered into a vast grey area made up of hundreds of thousands of micro-companies, in particular in the livestock supply chains and engaged in the production of cheeses, cured meats and, more generally, numerous food preparations of animal origin, which were divided between self-consumption and the market.
A reality, the Italian one, broken down in all local areas and one that is difficult for the health authority to oversee, but a reality of fundamental importance for the maintenance of traditional processing methods that guarantee the preservation of the **specific microflora**, mediated, for example, by the use of wood, traditional premises, vegetable or animal rennet, ageing in caves, etc., microflora that remains the deepest expression of that relationship between product, material culture and local area, with the "reservoirs" of tradition that, especially in Lazio, are everywhere on the slopes of the Apennines, where the orientation towards self-consumption has guaranteed the survival of production models with few sectoral interdependencies.

On the basis of this evidence, in order to avoid the generalised application of heavy penalties and to sanction the disappearance of valuable products, immediately after the transposition of the European Community directive, the Italian government intervened with Italian Legislative Decree no. 173 of 30 April 1998 by placing, in a non-organic body of legislation[2], a specific article 8, aimed at the protection of the gastronomic heritage, which introduced the fundamental principles for the emergence and legitimisation of traditional agri-food products:
- firstly, a division of functions was envisaged between the then Ministry of Agricultural Policies and the Regions: the former was to publish with a Ministerial Decree the procedures of processing, conservation and ageing/maturing methods whose use was consolidated over time; the Regions would then publish the lists of traditional products based on the traditional methods identified by the then MIPAF;
- the Ministry of Health was called upon to define the exemptions, concerning food hygiene, allowed by the European Community regulations and relating to traditional products identified by the Regions.

This initial design, which would have organised the PATs into a hierarchy according to the processing methods, guaranteeing on a national scale a fundamental action of aggregation of traditional products by production process and not only by reference type (in practice: with non-fragmentary sanitary exemptions, to which the individual PATs identified on a regional scale can be referred) that would no longer be enhanced in the implementation phase, also driven by the urgency of guaranteeing, in the individual local areas, the legitimacy of specific references, in the absence of the decree that would preventively identify the traditional processing methods on a national scale.
In fact, with Italian Ministerial Decree no. 350 of 08/09/1999[3] the original system, aimed at guaranteeing the legitimacy of "production methods" in need of exemptions, to which specific references can be associated, immediately gave way to a system of predominantly recognition, i.e., aimed at bringing out **the value of the traditional character of the products** regardless of the prior national coding of the traditional methods to which they are associated, and the possible need for hygiene/sanitary exemptions, as also attested by the fact that the first national list of PATs was drawn up by Ministerial Decree of 18 July 2000[4], while the decree of the Italian Ministry of Health on the methods of defining hygienic-sanitary exemptions intervened only later[5]. Similarly to the other Regions, also in Lazio the list of PATs has taken on a function predominantly of recognition over the years, more functional to local development strategies, regardless of access to exemptions; thanks to the continuity of the work carried out by ARSIAL for all references, from animal and vegetable production, to bakery products, preparations, and so forth. As a result of extensive work in the local areas, and the enhancement of the references associated with animal and plant biodiversity of agricultural and food interest, 520 PATs have been surveyed in Lazio and, with the scientific support of the Lazio-Tuscany Experimental Zooprophylactic Institute, the Agency has supported companies for the recognition of 92 hygienic-sani-

(1) Subsequently, the legislation was strengthened and harmonised at European level by EC Regulation no. 852/2004, implemented in Italy by Legislative Decree no. 193/2007, which extended the obligation to the entire food supply chain and defined the application details, including training of the personnel.
(2) Italian Legislative Decree no. 173/1998 contains "Provisions on the reduction of production costs and for the structural strengthening of agricultural enterprises, pursuant to article 55, paragraphs 14 and 15, of Italian Law no. 449 of 27 December 1997".
(3) "Regulation containing rules for the identification of traditional products referred to in article 8, paragraph 1, of Italian Legislative Decree no. 173 of 30 April 1998".
(4) Ministerial Decree of the Italian Ministry of Agricultural Policies of 18 July 2000 – first publication of the list and prohibition of trademarks with PAT names.
(5) Ministerial Decree of Italian Ministry of Health no. 25/07/2000 – definition of the exemptions referred to in art. 8, para. 2 of Italian Legislative Decree no. 173/1998 and any reference to the geographical name does not constitute recognition of the origin or provenance of the product from the local area to which the aforementioned geographical name can be referred".

tary exemptions, all notified to the European Commission through the Italian Ministry of Health (activity that continues, for recently surveyed products, wherever in need of exemption).

The challenges to address and summarise.

Twenty-five years after the first PAT list, having not followed the initial ambition of Italian Legislative Decree no. 173/1998, i.e., to arrive at the definition of production methods at a national level, to which to associate the traditional products surveyed on a regional scale (also according to non-fragmented hygienic-sanitary exemptions), the individual Regions have notified the National Health Service of hundreds of **product-specific exemptions**, and as such communicated to the European Commission and supervised by individual Local Health Authorities on a local scale, even if **PATs do not determine any specific relationship of product-local area**[6]: it should be reiterated that a PAT can be produced in areas other than the one for which its existence has been reported, regardless of the specific local evocation that may be present in the name, provided that the production method is respected.

Not only that: in the absence of a unifying system focused on processes, in the national list that has been formed by subsequent implementation of all the regional lists, there has been a great deal of duplication between similar products, even if differently named, as they are present in lists of different Regions, given that the local systems operate according to cultural relations that do not correspond to administrative boundaries, especially in the Alpine and Apennine ridge contexts, which for the most part, are the places where the tradition is safeguarded. The census of PATs has certainly led to the emergence of dozens of successful references, especially among preparations that cannot be traced back to native landraces or breeds on the primary production side. If, on the other hand, we look more closely at the livestock supply chain and the production of sheep and goat milk and meats from the black pig, their distribution over the approximately 1,000 km of the Apennine ridge and on the islands, probably the sense of the original regulatory system was to be found in the formation of baskets of interregional references, more suitable to the preservation of extensive livestock breeding, today undermined by fixed housing models that weaken the product-land relationship. The idea of process methods to which multiple references can be associated, although difficult to distinguish, after the provision brought by Italian Decree no. 173/98 has no longer been adopted; the result was a list of about 6,000 products which, in the absence of the necessary national digitisation, are also difficult to measure in terms of production and market dynamics. With the approach of mere recognition, the reports of PATs inspired by micro-local dynamics have exploded, aimed at characterising the minimum element of local peculiarity, rather than focusing on the uniqueness of the production process.

It must be acknowledged that, especially in regard to animal production, the national approach would have limited the proliferation of PATs, it being understood that in each Region, within hundreds of references surveyed, there are always one or more PATs that have given remarkable feedback; for Lazio, just think of the Pecorino of Picinisco for which the PDO was then activated or the Amatrice Cheek lard, which went from a relic PAT to a leading reference for Rieti companies, and so forth. Once again: the complexity of the phenomena, the social and consumer changes do not allow an unambiguous and definitive judgement on what has been done so far.

The formation of regional lists containing hundreds of references, inspired by a logic of recognition and entire product categories not requiring exemptions, was in any case used to achieve several objectives, primarily to assimilate the PATs, as a whole, to the Italian gastronomic heritage. Not only that: on the PATs, many Regions have launched local development and short supply chain strategies or have put efforts into the activation of PDOs/PGIs. More generally, the PATs, provided that the production results are measured, are expected to be an enhancement especially in HORECA, also in the wake of the important UNESCO recognition achieved in December 2025, with Italian cuisine inscribed on the list of the **Intangible Cultural Heritage of Humanity**. A recognition given for the first time to a national cuisine understood as a social practice linked to rituals, traditions, knowledge and identity, and not just to individual recipes or specific dishes.

After 25 years of work on PATs that has led to the approximately 6,000 references on the national list, by mere summation of the regional lists, it is necessary to make some evaluations of opportunity, concerning:

- the need for a systematisation of the regional lists, on the national scale, aimed at least at **eliminating the existing duplication** between the lists of two or more regions, resulting from administrative boundaries that are not consistent with the relations between the local areas;
- recovering the initial provisions of Italian Decree no. 173/1998 with respect to the definition of procedures and methods that refer to individual PATs and the hundreds of hygienic-sanitary exemptions activated over the decades by the Regions for each product, in the face of a regulatory provision initially aimed at

(6) The Ministerial Decree of 18 July 2000, in art. 3 makes it clear that: "The inclusion of a product in the aforementioned list does not constitute rights resulting from publication".

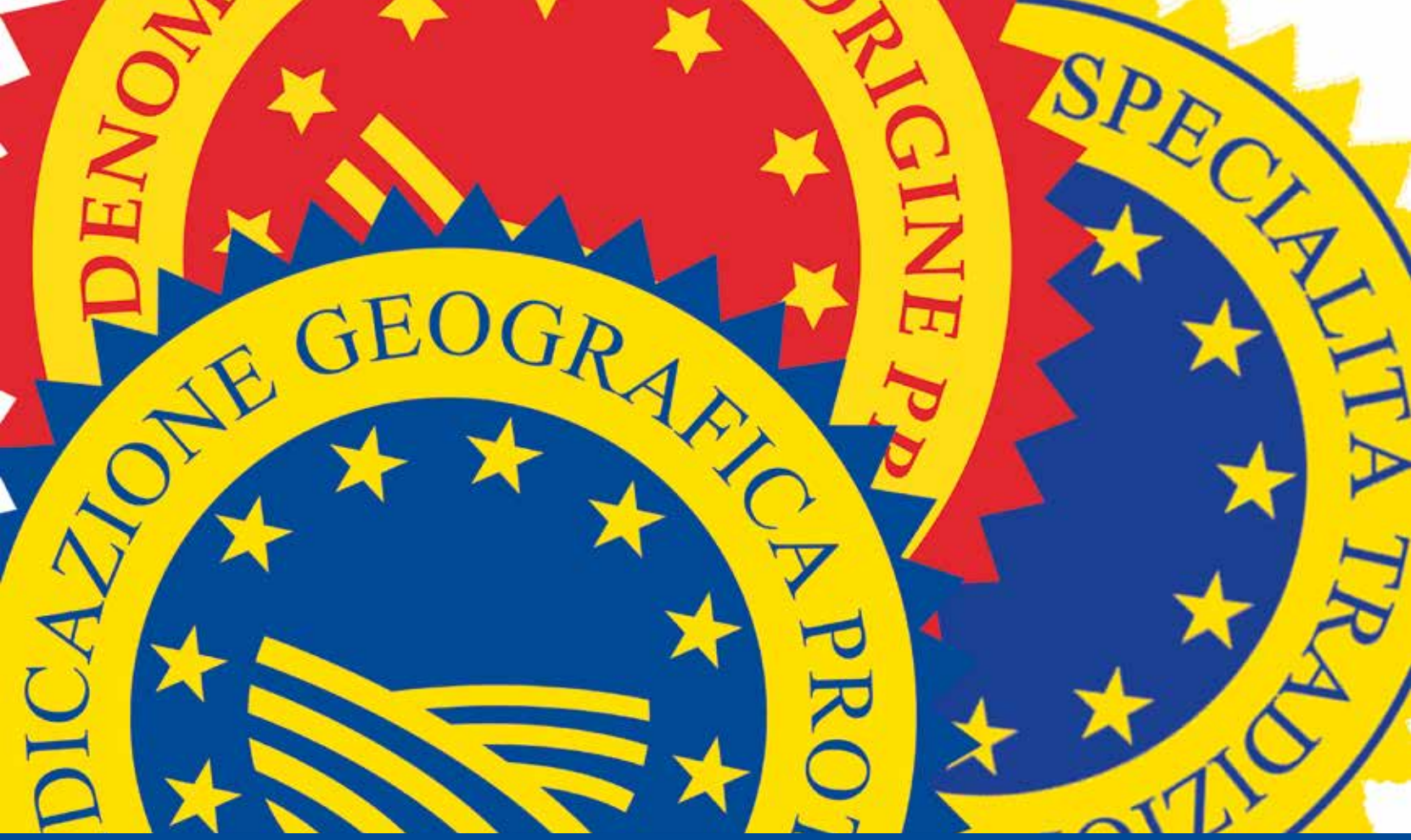
identifying processes; this without affecting the data sheets of the individual PATs but, where possible, contemplating their assimilation into homogeneous baskets, also to achieve that minimum critical mass that guarantees a better orientation to the market;

- implementing a **national digitisation of the PATs**, which allows companies to be associated with the PAT and guarantees a true effectiveness of controls and enhancement strategies: currently there is evidence only of companies that notify the exemptions to the health authority, but since **more than 3/4 of the PATs do not require exemption**, active companies can only be counted indirectly, and to a lesser extent, with cross-checks of other kinds (e.g., labels, repertoires of agricultural biodiversity where there is a link between PAT and genetic resources at risk of erosion; the verification of the registration of trademarks at the Ministry of Made in Italy, a practice that is prohibited on PATs, but which so far has not been adequately opposed, etc.); the situations briefly outlined have led several Regions to take action with **their own reference centres or with projects with this aim** at a regional scale for the monitoring of the PATs, in order to oversee a complex reality that requires digitisation that can only be activated, however, on a **national scale, since the PATs cannot formally be "confined" only to the Regions that have surveyed them**; all this without counting the lack of human resources active in the institutional sphere and dedicated to these activities;
- in addition to the simplification of the institutional work, not only for the protection of health, digitisation would also make it possible to measure the high incidence of traditional products on the list since its inception, but which are currently "relics", i.e., no longer (or never were) associated with business functions; these are products not to be eliminated, but to be measured in their entity and temporal dynamics, as they require specific strategies for their recovery; it is well known that the basins of tradition, as a result of the ageing population, are often devoid of adequate business functions with market orientation: in the case of relic PATs (certainly on a scale of thousands) specific local development strategies could be better defined, with a view to recovering the tradition;
- more than 30 years after the directives on food hygiene, the national context of the system of companies, in particular those active in the processing of products of animal origin, has radically changed: with the definitive digitisation of the paperwork of farms, with the livestock registry in BDN (Italian National Database) and with the digitisation of health notifications, traceability, etc., we have an unambiguous representation for companies and supply chains, which gives us evidence of a reality where the family processing company that processes only its own farm's raw materials is increasingly rarefied: **the exemptions are invoked by market-oriented companies**, which dedicate themselves to the PATs in a basket perspective, to differentiate the offer and avoid competition with industrial commodities. The disappearance of that grey area of production, originally very broken down and widespread in the local areas, which was identified between self-consumption and the market, but which has ensured that tradition is preserved to the present day, makes us curious about an aspect that deserves our attention: given that 25 years of documented tradition of the production process are necessary to register a PAT, what time frame will we refer to in the future? If the production process is no longer an expression of a social capital, then this condition would have to be crystallised backwards, for example with respect to the date of entry into force of Italian Legislative Decree no. 173/1998; if, on the other hand, we seek, in any case, to attribute dignity to a temporal dynamic of the traditionality of production processes, even if consolidated from 2000 onwards only on the farm scale (often in a single farm), we will have PATs that implement that inexhaustible innovation in our production base, made up of highly innovative micro-enterprises but still linked to the land.

Taking this second hypothesis to the extreme, there are already questions about the possibility of whether or not to give legitimacy to hyper-processed products and/or expression of other local realities (for example, a frankfurter produced in Lazio) whose production continuity has already been documented on a local scale for over thirty years, even if only in the sphere of individual companies and not as an expression of the local area; at the same time, on the side of plant resources, to admit or not among the PAT products of patented varieties subject to the model of the product-club, which is increasingly widespread (in 2050, more than 30% of fruit and vegetables will be product clubs, the marketing of which is not available to the farmer, but to the those who created a new variety). It is therefore evident that the sphere of traditional agri-food products is an inexhaustible training ground for the thousands of technical and social implications, for the considerable opportunities linked to nutritional profiles and for the role that food and wine tourism is assuming on an international scale: PATs, for their link with biodiversity, with the tradition of the local areas, remain a great opportunity for diversification for a renewed agri-food entrepreneurship, which takes charge of the transition of entire territorial systems from self-consumption to the market.

CLAUDIO DI GIOVANNANTONIO
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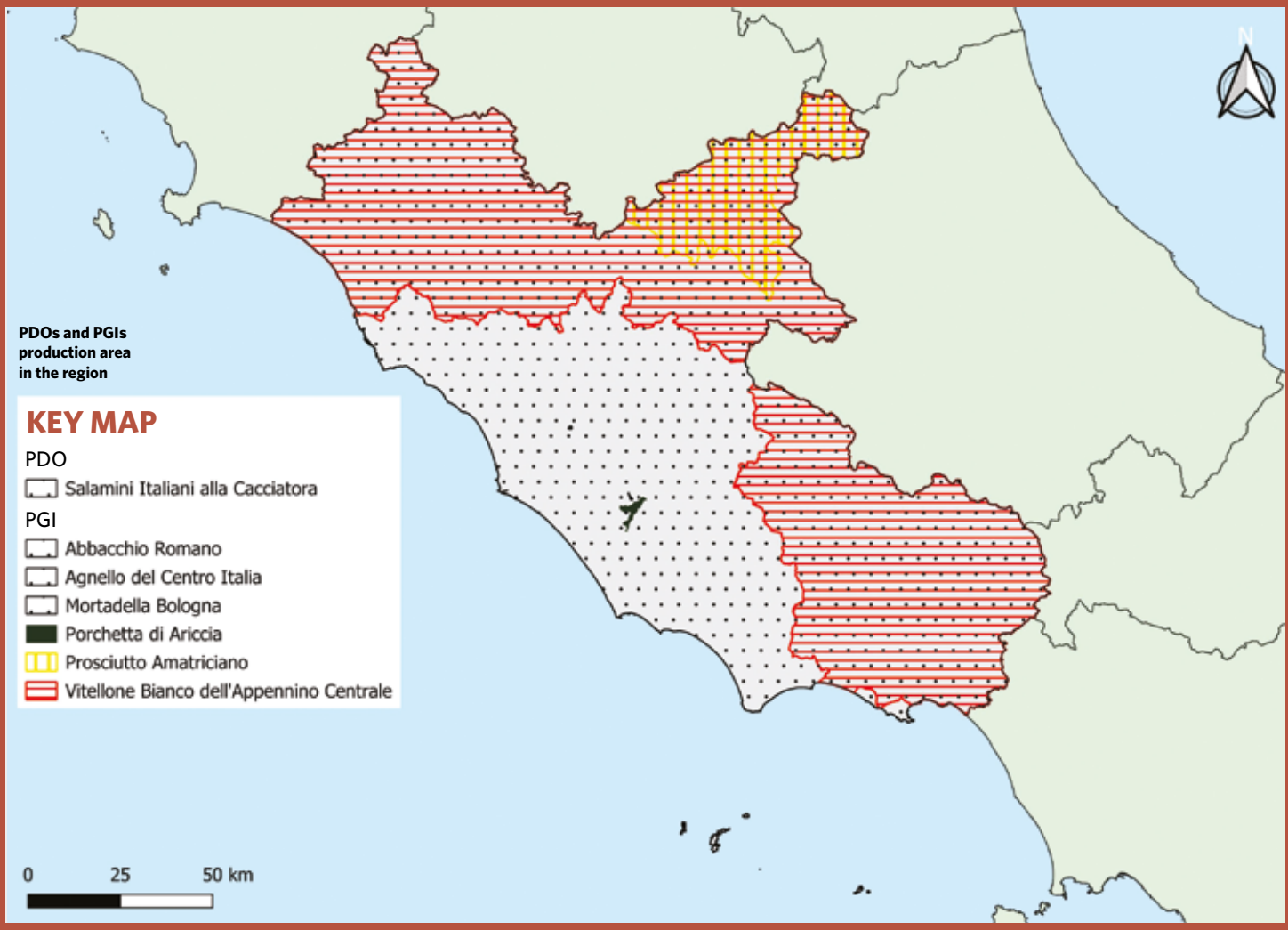
PRODUCTS
PDO - PGI - TSG - GI

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.

GI - Spirit Drinks
Spirit drinks are alcoholic beverages with the following characteristics:
a) they are intended for human consumption;
b) they have particular organoleptic characteristics;
c) they have a minimum alcoholic strength of 15%;
d) they are produced in accordance with article 2 of Regulation (EC) no. 110/2008 of the European Parliament and of the Council.



FRESH MEAT AND OFFAL - MEAT PRODUCTS

FRESH MEAT AND OFFAL

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

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

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





PRODUCTION AREA

ABBACCHIO ROMANO PGI

LINK WITH BIODIVERSITY

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 thecoastal 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 essay 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.

CONSORZIO ABBACCHIO ROMANO PGI
Via Rodolfo Lanciani n. 38 - 00162 Rome (RM)
www.abbacchioromanoigp.it







PRODUCTION AREA

AGNELLO DEL CENTRO ITALIA PGI

LINK WITH BIODIVERSITY

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, Forli-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 obtained 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 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"*.

CONSORZIO AGNELLO DEL CENTRO ITALIA PGI
Via F.lli Cairoli, 10 • 58100 Grosseto (GR)
www.agnellodelcentroitalia.it







PRODUCTION AREA

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 Romano, Ponzano Romano, Sant'Oreste, Subiaco, Vallepietra, Vallinfreda, 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/

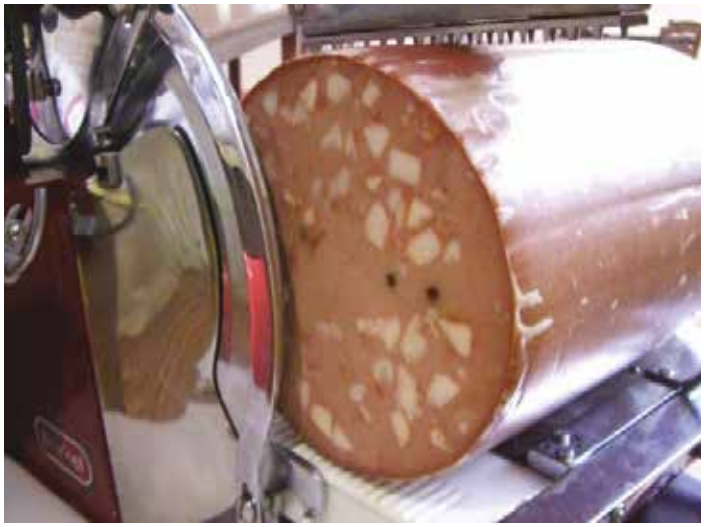


cm2; colour (daylight 2667K); L greater than 30; C greater than 20; H between 25 and 45).

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 Primigenius,* 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.

CONSORZIO "VITELLONE BIANCO DELL'APPENNINO CENTRALE" PGI
Via delle Fascine, 4, 06132 – San Martino in Campo (PG)
www.vitellonebianco.it





PRODUCTION AREA

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 to the presence of numerous pig farms, especially in the central-northern part of the country, the production of mortadella has spread from the original production area to neighbouring areas..

PRODUCT DESCRIPTION 'Mortadella Bologna' PGI is made from a mixture of pork meat; it is obtained from the striated muscles of the pig carcass, reduced to a fine grain with a meat grinder; fat lard, obtained from the throat of the pig, the hardest and most valuable of the adipose tissues, reduced to the shape of a cube; salt and pepper in grains and/or pieces. The mixture is then stuffed into natural or synthetic casings. Once ready, 'Mortadella Bologna' undergoes a prolonged heat treatment in dry air ovens. When released for consumption, it is oval or cylindrical in shape, with a firm, non-elastic 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



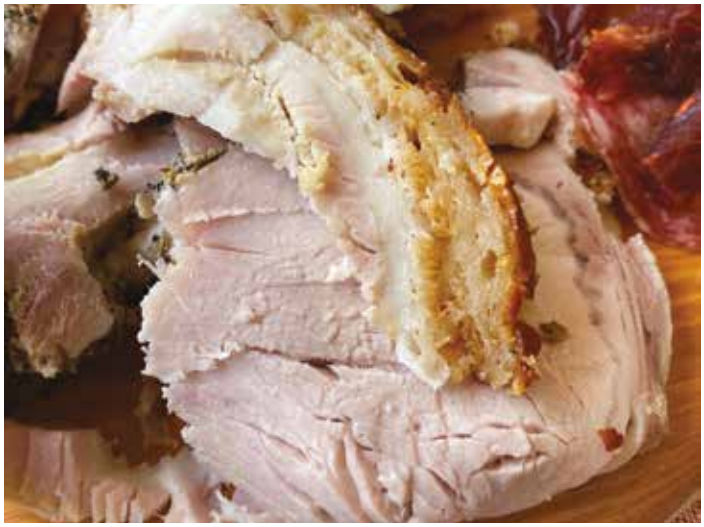
of pork fat lard from the throat, which is diced, heated, washed in water and drained. The mixture of all components is made in vacuum or atmospheric pressure machines. The mixture is stuffed into natural or synthetic casings. The product is then baked in dry air ovens, taking into account the diameter 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.

CONSORZIO "MORTADELLA BOLOGNA" PGI
Milanofiori - Strada 4 – Palazzo Q8 – 20089 Rozzano (MI)
www.mortadelladellabologna.com







PRODUCTION AREA

PORCHETTA DI ARICCIA PGI

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.

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 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...*".





PRODUCTION AREA

PROSCIUTTO AMATRICIANO PGI

PRODUCTION AREA The production area of 'Prosciutto Amatriciano' PGI is made up of the following municipalities in the Province of Rieti: Amatrice, Accumoli, Borgovelino, Antrodoco, Cantalice, Castel Sant'Angelo, Cittaducale, Cittareale, Configni, 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.

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 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. Desalting: 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 desalting, 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 amatriciana*, 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.





PRODUCTION AREA

SALAMINI ITALIANI ALLA CACCIATORA PDO

PRODUCTION AREA The production area of 'Salamini 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 'Salamini 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 salamini 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 salamini: 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 'Salamini 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. 'Salamini Italiani alla cacciatora' PDO may be sold loose, vacuum-packed or packaged in a modified atmosphere, whole, in pieces or sliced.

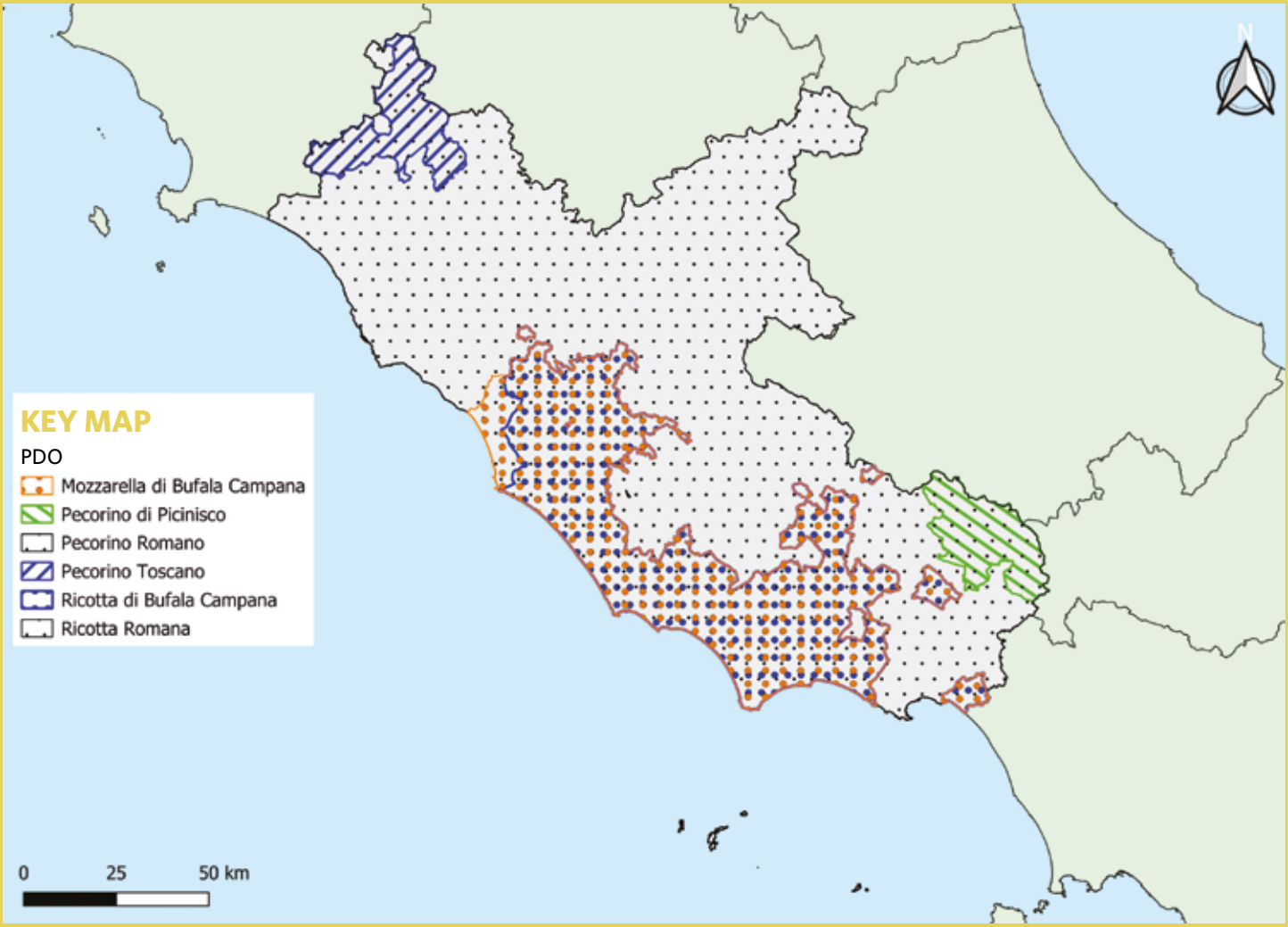
PRODUCTION METHOD 'Salamini Italiani alla Cacciatora' PDO are obtained from Italian heavy porks, whose weight must not be less than 160 kg, plus or minus 10%, and whose age must not be less than nine months, born, bred and slaughtered in the regions of Northern and Central Italy. The meat and fat of 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 salamini 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.

CONSORZIO "SALAMINI ITALIANI ALLA CACCIATORA" PDO
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www.salamecacciatore.it



CHEESES AND OTHER PRODUCTS OF ANIMAL ORIGIN

CHEESES

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

OTHER PRODUCTS OF ANIMAL ORIGIN

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





PRODUCTION AREA

MOZZARELLA DI 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, Sannnicandro 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 "treccia" 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 spin-



ners. 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.

CONSORZIO "MOZZARELLA DI BUFALA CAMPANA" PDO
Reggia di Caserta - Regie Cavallerizze
Via Gasparri 1 - 81100 Caserta (CE)
www.mozzarelladop.it





PRODUCTION AREA

PECORINO DI PICINISCO PDO

LINK WITH BIODIVERSITY

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, Campoli 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 Capestrina (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 refrig-





erated 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.





PRODUCTION AREA

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 thermisation 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 production 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.

CONSORZIO "PECORINO ROMANO" PDO
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www.pecorinoromano.com







PRODUCTION AREA

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: Allerona, 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 treat-



ment (cooking) at 40-42°C for 10-15 minutes. After breaking and cooking, if necessary, the curd is placed in special moulds for draining 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.

CONSORZIO "PECORINO TOSCANO" PDO
Via Giordania, 227 - 58100 Grosseto (GR)
www.pecorinotoscanodop.it





PRODUCTION AREA

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, Roccagorga, Roccasecca dei Volsci, Sabaudia, S. Felice Circeo, Santi Cosma e Damiano, Sermoneta dei Volsci, Santi Cosma e Damiano, Santi Cosma e Damiano, Sabaudia, Santi Sermoneta). 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). Region Campania: 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, Sannnicandro 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 fioríte, 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.* "

CONSORZIO "RICOTTA DI BUFALA CAMPANA" PDO
Reggia di Caserta - Regie Cavallerizze
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PRODUCTION AREA

RICOTTA ROMANA PDO

LINK WITH BIODIVERSITY

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 produc-

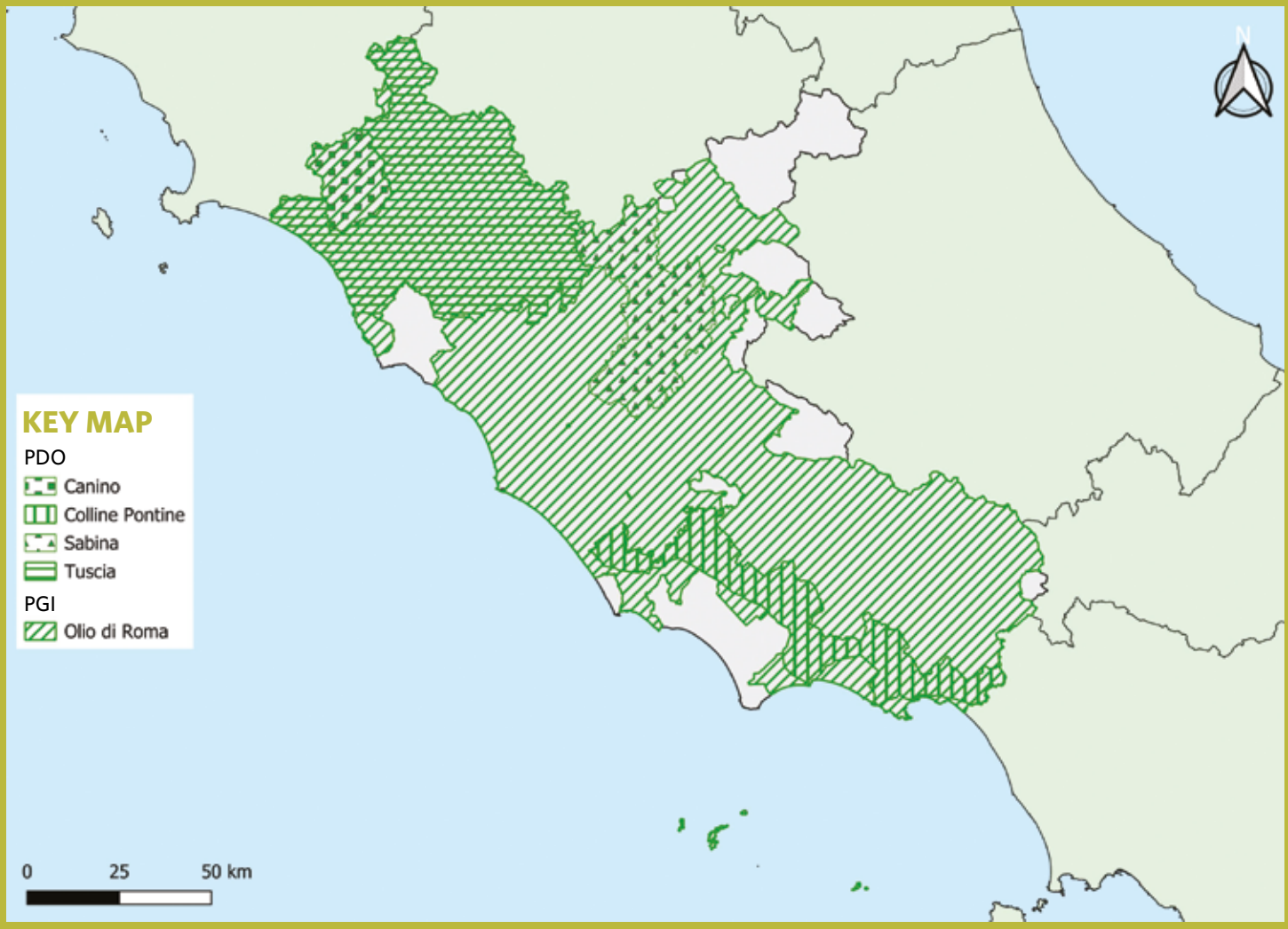




tion. The whey, with the possible addition of sodium chloride in the maximum quantity of 4 g/litre, without the addition of acidity correctors, is heated to 85-90°C and kept slightly agitated. The heating, which generally takes place in the same boilers in which the cheese was produced, favours the precipitation 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.

CONSORZIO "RICOTTA ROMANA" PDO
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www.consorzioricottaromana.it



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

OILS AND FATS (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
5. Oil of Rome PGI





PRODUCTION AREA

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 02/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.





PRODUCTION AREA

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 *soldi*. 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.

CONSORZIO "COLLINE PONTINE" EXTRA VIRGIN OLIVE OIL PDO
Via Romita, 3 - 04023 Formia (LT)
www. oliocollinepontinedop.it





PRODUCTION AREA

SABINA PDO EXTRA VIRGIN OLIVE OIL

LINK WITH BIODIVERSITY

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, Collevecchio, Configni, 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 Tarano, 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, Nerola, 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 exceed 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.

CONSORZIO "SABINA" DOP
Via Servilia snc, Passo Corese - Fara in Sabina 02032 (RI)
www.sabinadop.it





PRODUCTION AREA

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, Bagnoregio, Barbarano Romano, Bassano in Teverina, Bassano Romano, Blera, Bolsena, Bomarzo, Calcata, Canapina, Capodimonte, Capranica, 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 02/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 intercopped 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 should 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.





PRODUCTION AREA

OIL OF ROME PGI

LINK WITH BIODIVERSITY

PRODUCTION AREA The production area of the Oil of Rome includes the entire province of Viterbo, and a large part of the province of Rieti, the entire province of Rome, with the exception of the municipalities of Anzio, Arcinazzo Romano, Allumiere, Camerata Nuova, Colleferro, Jenne, Tolfa, Riofreddo, Santa Marinella, Valmontone, Vallepietra, Vallinfreda and Vivaro Romano; the entire province of Frosinone, with the exception of the municipalities of Acquafondata, Filettino, Trevi nel Lazio and Viticuso; the entire province of Latina, except for the municipalities of Latina, Pontinia, Sabaudia and San Felice Circeo. The area, located on the middle Tyrrhenian area, extends from the Apennines to the Tyrrhenian Sea with a prevalence of hilly strip typical of the olive tree habitat. This situation characterises the entire landscape of the area, with the presence of centuries-old olive trees and a wealth of local and native landraces. The climate of the area in question is Mediterranean, with mild and humid winters and autumns and with hot and dry summers. The environmental and climatic conditions of the production area of Oil of Rome PGI are decisively characterised by the winds of Tyrrhenian origin that influence the flat and hilly strip of territory. The soil is medium-textured, with a wealth of organic matter and a neutral or sub-alkaline reaction; minimum temperatures do not drop beyond 5 degrees below zero in the period of December-February; maximum temperatures do not exceed 34°C in the July-August period; the average annual rainfall is greater than 600 mm. The distinctive characteristics of the Oil of Rome are due to these very particular geographical, orographic and pedoclimatic conditions. During the oil formation and ripening phases of the fruit, the climatic factor proves to be essential in determining the quality indicators of the product, such as the phenolic and volatile content that give to the Oil of Rome PGI the traits that allow the product to be uniquely recognised. The landraces of olives present in the area, represented by local and native landraces, spread throughout the territory or confined to more restricted and specialised areas, also favour the production of that oil with specific chemical and sensory characteristics: fruity, bitter and spicy that represent the link with the geographical area of reference.

PRODUCT DESCRIPTION The landraces that contribute to the Oil of Rome PGI alone or jointly are Itrana, Carboncella, Moraiolo, Caninese, Salviana, Rosciola, Marina, Sirole, Maurino Pendolino, Frantoio and Leccino for a minimum of 80%. Other landraces are admitted, referred to in the national register of fruit plant landraces admitted to marketing, established by Italian Legislative Decree no. 124 of 25 June 2010, up to a maximum of 20%. The oil has a colour, from green to golden yellow with chromatic variation over time; on the nose a complex and elegant scent opens, with more or less intense hints of artichoke, fresh mown grass, chicory and tomato with hints of mint, basil and rosemary.
On the palate the taste opens complex and fine with more or less intense and balanced tones of artichoke, thistle and tomato, and sweet almond in the finish. Bitter and spicy are well expressed.

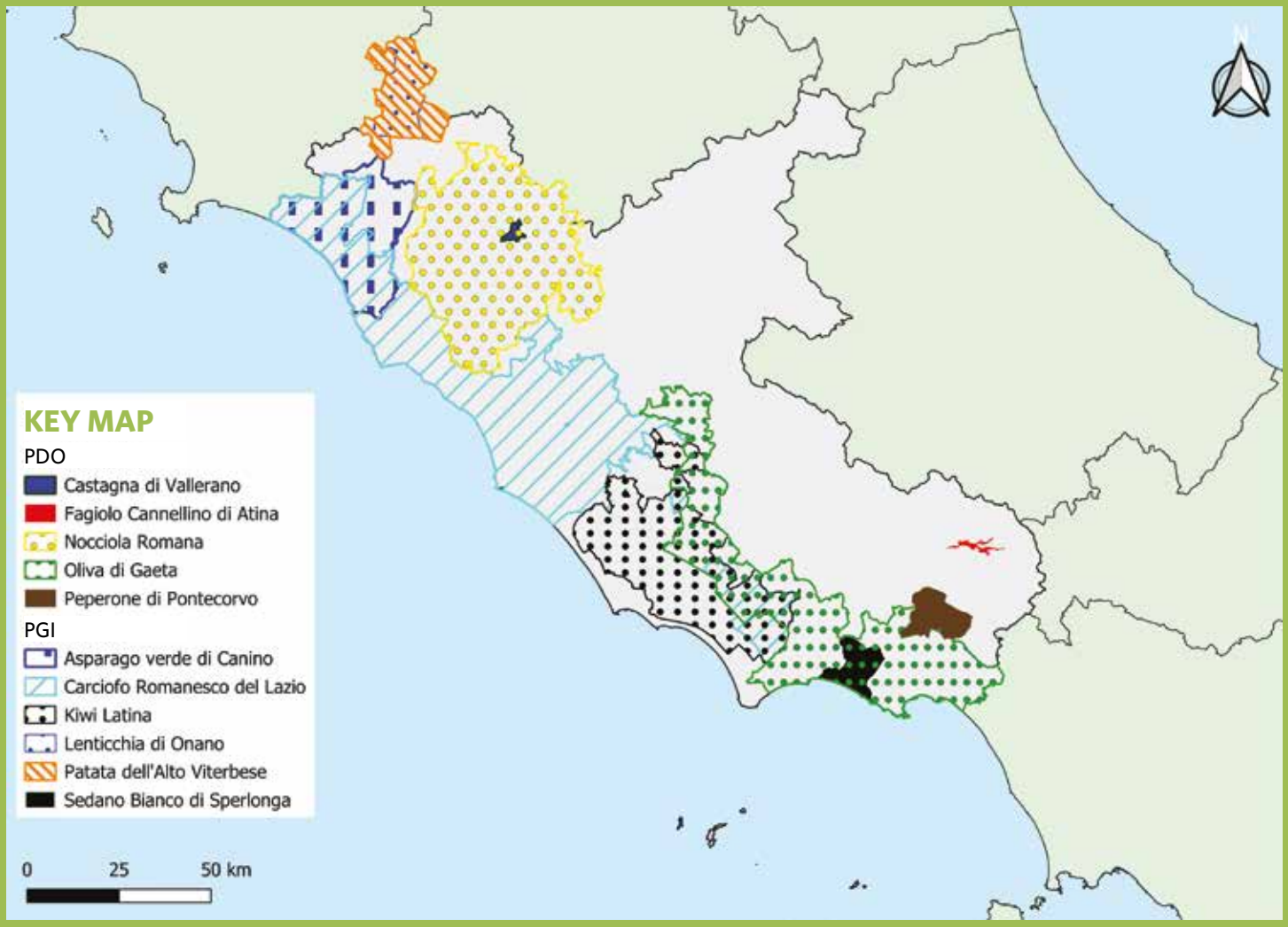
PRODUCTION METHOD The cultivation, harvesting and pressing of the Oil of Rome PGI must take place in the delimited geographi-



cal area. The olives used for the production of the Oil of Rome are harvested from the end of September until 31 December of each year. Irrigation, which is scarcely used, where practised is usually managed in deficit in order to preserve the typical plant-based scents. Extraction, on the other hand, excludes the use of mills with a press extraction system, so as to protect and preserve the specificities of the product. Once extracted, the Oil of Rome PGI is stored in stainless steel containers or in other suitable material, perfectly clean and without traces of detergents, located in rooms for the optimal storage of extra virgin olive oil, in order to avoid unwanted variations in the chemical and organoleptic characteristics of the product. Before packaging, the oil must be subjected to natural decantation, filtration or other physical means suitable for removing any processing residues (sludge, processing water). As far as storage in containers is concerned, inert gases can be used.

HISTORY BACKGROUND In the production area, since the 17th-16th centuries BC, there are clear traces of the use of this plant for food purposes. The Romans perfected the techniques of oil production and extraction, spreading the cultivation of the olive tree in all the conquered territories. To understand the importance of oil traffic in Rome, it is enough to go to the Testaccio district, an ancient Emporium river port, where thousands of amphorae arrived, which, once emptied, were broken and deposited, in such quantities as to form a hill called "monte dei cocci" (hill of shards of pots). In 1813, the area of olive groves in Lazio reached 27,000 hectares with an oil production of 3 million kilos. The area devoted to the specialised cultivation of olive trees in Lazio increased from 80,000 hectares in 1938 to 84,000 hectares in 1952-56 and to 87,770 hectares in 1966-70. The widespread national and international recognition, the constant presence and the awards received at the various oil competitions, as well as the sale as souvenirs to tourists of the capital city, at numerous points of sale, of oil from the reference area of the Olio di Roma PGI have increased its national and international appreciation.

CONSORZIO DI TUTELA DELL'OLIO ROMA IGP
Via dell'Umiltà, 48 - 00186 Rome (RM)
www.olioromaigp.it



FRUIT, VEGETABLES AND CEREALS, FRESH OR PROCESSED

FRUIT, VEGETABLES AND CEREALS, FRESH OR PROCESSED

1. Asparago Verde di Canino PGI
2. Carciofo Romanesco del Lazio PGI
3. Castagna di Vallerano PDO
4. Fagiolo Cannellino di Atina PDO
5. Kiwi Latina PGI
6. Lenticchia di Onano PGI
7. 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





PRODUCTION AREA

ASPARAGO VERDE DI CANINO PGI

PRODUCTION AREA The production area of the Green Asparagus of Canino PGI falls within the administrative area of the Municipalities of Canino, Cellere, Montalto di Castro, Tarquinia, Tuscania, Tessennano, Arlena di Castro. The soils of the area are mainly those with a texture ranging from loam to sandy-clayey loam. The soils are mostly set on calcareous terraced surfaces and volcanic deposits, with good chemical fertility that facilitate the emergence of the Green Asparagus of Canino PGI shoot.
The hydrological characteristics prevent water stagnation in rainy periods. In particular, the soils are found to have high levels of calcium and potassium, but above all, they contain iron and magnesium, so as to qualitatively characterise the product precisely in the content of these two minerals. The climatic conditions of the area are particularly favourable thanks to the presence of an adequate microclimate, also generated by the relative proximity of the sea. Mild winters and pleasant springs allow an early awakening of the spears, which normally begin as early as the first days of January to emit shoots suitable for harvesting. The rainfall regime of the area is also extremely homogeneous and characterised, in recent years, by an average amount of cumulative rain per year of just over 472 mm. Rainfall is concentrated in the autumn-winter period, with the period of aridity in the summer months.

PRODUCT DESCRIPTION The Green Asparagus of Canino PGI is appreciated for its firm consistency, sweet flavour with a herbaceous aftertaste and bright green colour, with purple hues at the tip. The colour is influenced by the particular pedoclimatic conditions of the area, by the volcanic soils, rich in potassium and mineral salts. Other distinctive elements lie in the fleshy and firm shoot and in the tenderness of the product, which at the time of being consumed can be eaten in its entirety, and for this reason it is called "mangiatutto" (eat all). These characteristics are determined, regardless of genetics, by favourable agro-pedoclimatic conditions and cultivation techniques implemented by local farmers in the area.

PRODUCTION METHOD Cultivation must be carried out in the open field or in protected cultivation, using seedlings or spears. The asparagus bed has a maximum life of 15 years. The use of genetically modified landraces is not permitted. The soil preparation phases have the purpose of creating a good "transplant bed" to allow adequate development of the shoots as well as a regular drainage of excess water. In the period of August-October, deep ploughing is carried out which allows the winter atmospheric agents to act by breaking up the largest clods, obtaining a more suitable texture for planting. This is followed by soil refinement (harrowing) to prepare the opening of furrows where the plants will be planted. The transplantation of the spears takes place between February and June, while that for the seedlings is between April and June. Planting takes place through furrows between 25 and 45 cm deep in order to allow the roots to develop at the right depth. Irrigation is done by sprinkling or drip irrigation and sub-irrigation.
The harvest takes place between January/June and September/October, it is carried out by hand with the help of a knife equipped with an end blade/shovel in order to cut the shoot slightly below the surface of the ground.



From November to February, at the end of the vegetative cycle, the aerial part of the plant is shredded so as to allow the field to be cleaned of residues of the previous vegetation and to bring organic matter to the soil, improving its structure and facilitating the regeneration of the shoots for the new production campaign. The replanting of the Green Asparagus of Canino PGI is allowed on the soils no earlier than 5 years after the removal of the old asparagus bed. Precession and crop successions of carrot, beetroot, alfalfa, clover and potato are prohibited. It is important to also mention the use of the geothermal technique for the production in protected cultivation. The roots are heated by underground water pipe, through which warm water from aquifers flows. In winter, the edible part is protected in polyethylene tunnels: in this way a warm microclimate is maintained, ideal for asparagus which can be harvested as early as January.

HISTORY BACKGROUND The Green Asparagus of Canino PGI has a relatively recent history, but one that is quite prestigious. The commercial success and the link with the land date back to the early 1980s. The first knowledge on the management of modern asparagus beds was developed in this period. The first asparagus bed dates back to 1980 for an area planted with green asparagus of 9 hectares. The new cultivation has stimulated the construction of tools suitable for the cutting of the green asparagus and particular attention to manual harvesting methods, as the importance of this phase was immediately understood, "not only for the quality of the shoots but also for future productions. [...] In order to obtain tender shoots with tightly packed bracts, it is necessary to carry out frequent harvests that [should] be daily for the entire period of full production and not exceeding two days in the beginning and end of harvesting phases" (Saccardo F., Temperini O., Asparago: tecnica agronomica e scelta varietale [Asparagus: agronomic technique and varietal choice], in Arsial (eds.), Esperienze sulla coltivazione dell'asparago nel Lazio [Experiences on the cultivation of asparagus in Lazio], 2004). Subsequently, to extend the production season and the time spent on the market, the producers started an interesting experiment of forced cultivation with warm water, thanks to the presence of thermal springs in the Paglieto plain. The favourable pedoclimatic situation that made the cultivation parameters of asparagus optimal, gave life to a new agricultural reality in the Municipality of Canino.

Since 2001, the Municipality of Canino and the Municipality of Montalto di Castro have organised annual festivals for the promotion and dissemination of green asparagus. In particular, the Green Asparagus Festival of Canino is renowned for the preparation of a monumental asparagus-based omelette which in 2016 earned the Viterbo municipality the record for the "world's largest omelette".





PRODUCTION AREA

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 degrees, 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 ovoli 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 m^3/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 nemotodes) 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.





PRODUCTION AREA

CASTAGNA DI VALLERANO PDO

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 episperm is chamois in colour; the pericarp can be easily detached; the episperm 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.





PRODUCTION AREA

FAGIOLO CANNELLINO DI ATINA PDO

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 *Phaseulus 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 ≤ 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.





PRODUCTION AREA

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 ellipsoido-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).

CONSORZIO "KIWI LATINA" PGI
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PRODUCTION AREA

LENTICCHIA DI ONANO PGI

LINK WITH BIODIVERSITY

PRODUCTION AREA The production area of the Protected Geographical Indication consists of the entire administrative territory of the following municipalities in the Province of Viterbo: Acquapendente, Gradoli, Grotte di Castro, Latera, Onano and San Lorenzo Nuovo. The soils on which the Onano Lentil PGI is grown are of volcanic origin and tend to be loose, with minimal soil skeleton, sufficiently deep and with a good supply of chemical elements. These characteristics enhance the organoleptic aspects of production, allowing the production to obtain seeds of regular shape, without morphological anomalies that are typical of compact soils. The natural richness of microelements of these soils, especially iron, determines a series of beneficial effects on the crop including a low content of total sugars, as well as flavour and shelf life.

PRODUCT DESCRIPTION With Onano Lentil PGI (L. culinaris Medik or L. esculenta M.) we define the product derived from both the Onano Lentil landrace and the Eston landrace. Flattened in shape, with a diameter between 3-8 mm, it has a light brown, greenish colour varying in intensity and degree of marbling (1-95%) on the surface and has a smooth and thin integument. This lentil does not require soaking while retaining, after cooking, an intact seed and a velvety, fine and creamy paste.

PRODUCTION METHOD The cultivation of the Onano Lentil PGI involves the preparation of the seedbed in early autumn, with ploughing followed between January and March by soil refinement work. Sowing can be by hand or mechanically and takes place between January and April. Sowing can be followed by rolling. No type of fertilisation is allowed. For pest and weed protection, the use of phytosanitary devices is allowed as per current legislation. The harvest takes place between mid-June and 30 August of each year. Threshing takes place with the help of machinery and then the product obtained is screened to eliminate impurities. The storage of the clean product must take place inside company warehouses, covered with sheets and subjected to disinfestation by fumigation with substances suitable for acting against weevil; this operation is carried out by specialised personnel. Subsequently, the product is left to air inside the same warehouses for at least seven days. Alternatively, the anti-weevil treatment can take place in cold rooms, for at least ten days, at a temperature below or equal to -20°C. After that, the product is subjected to the second mechanical cleaning, discarding the small product.

HISTORY BACKGROUND The Onano Lentil is a legume that tradition states was served at the table of Popes and cardinals. For centuries, the climate mitigated by the waters of Lake Bolsena and the volcanic nature of the land have interacted positively with the ability of farmers to know how to choose, select and process lentils, leading to the development of a rich local socio-economic fabric. Cultivated for their high iron content, consumed by local farmers to make up for the lack of animal meat, the cultivation of lentils has been attested in the Viterbo area since the Middle Ages and confirmed for the Modern age.
Specifically, the sources for this area become numerous between the end of the 19th century and the beginning of the 20th century, when



the product began to be characterised by the name of the place of origin: Onano. In 1874 the "dionane lentils", sponsored by the Agrarian Committee of Viterbo, were chosen by the Agriculture Directorate of the Ministry of Agriculture, Industry and Commerce of the newborn Kingdom of Italy for the Universal Exhibition in Paris.
Between 1910 and 1911, the Onano Lentil participated in numerous international exhibitions and was able to be appreciated in London, Paris and Buenos Aires where it received first prizes, diplomas and gold medals for its quality.
In 1934, it was again selected among the characteristic products of upper Tuscia and brought to the National Agricultural Exhibition. A further sign of recognition comes from the list of wholesale prices charged on the Viterbo market in which, starting from 1936, a specific item was introduced to distinguish the "common lentil" from the "Onano lentil" to which was reserved a quotation and a market, even wholesale, different from the generic product.
Despite the fact that food tastes and market demands have strongly influenced the production of lentils on a national scale, the "Onano Lentil" has continued to preserve its share of the market, supported by the strong reputation of its name and its history, also recognised by Istat in the Yearbook of agricultural statistics where it is included in the table of products "markets and quality" still in 1970 (Istat, Yearbook of agricultural statistics, vol... xviii, Rome 1972, p. 242).
A basic ingredient in many traditional recipes of the area, it is appreciated by chefs and gastronomy experts for the peculiarity of its flavour, as well as its speed and resistance in cooking. Counted among the niche products in food and wine festivals since 1931 for being "renowned and widely exported" (Touring Club Italiano, Guida gastronomica d'Italia [Italian food Guide], 1931) it is still present today in the wide-circulation guides dedicated to the discovery of the flavours of the local area.





PRODUCTION AREA

NOCCIOLA ROMANA PDO

LINK WITH BIODIVERSITY

PRODUCTION AREA The production area of the 'Nocciola 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 'Nocciola 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 'Nocciola 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 'Barrettona' 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.







PRODUCTION AREA

OLIVA 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

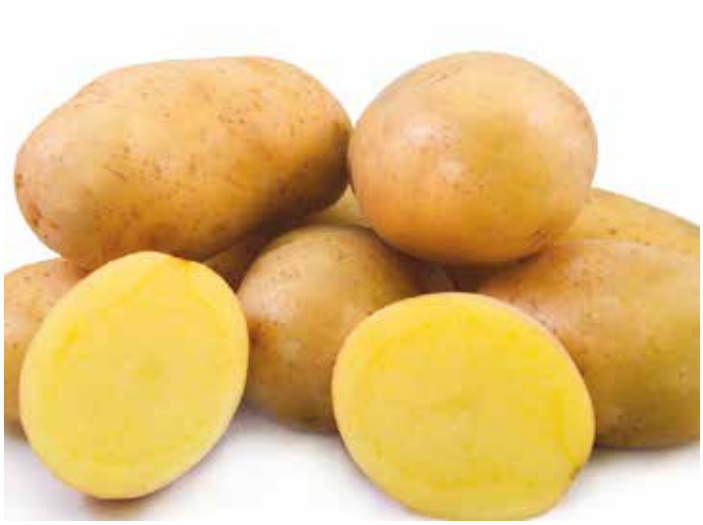


prohibited. The product forms of harvesting using machines and/or facilitating equipment, provided that the method used is such as not to damage the drupes and the trees. Harvesting of the olives begins when at least 60% of the drupes from the trees are at the described stage of ripeness. After harvesting, 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.





PRODUCTION AREA

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 BACKGRUND 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.





PRODUCTION AREA

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 Pontevorvo' 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.







PRODUCTION AREA

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/mq. 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.



BREAD, PASTRY, CAKES, CONFECTIONERY, BISCUITS AND OTHER BAKERY WARES

BREAD, PASTRY, CAKES, CONFECTIONERY, BISCUITS AND OTHER BAKERY WARES

1. Pane casareccio di Genzano PGI





PRODUCTION AREA

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.



SPIRIT DRINKS GI

LIQUEUR

1. Ratafia Ciociara/Rattafia Ciociara GI





PRODUCTION AREA

CIOCIARA RATTAFIA GI

PRODUCTION AREA The Ciociara Ratafia/Ciociara Rattafia product must be processed in the province of Frosinone.

PRODUCT DESCRIPTION Liqueur of ruby red colour of varying intensity, with an intense aroma, characteristic of sour cherries or black cherries, berries and/or almonds; aromatic, pleasant and persistent flavour typical of sour cherry or black cherry fruit and/or almond. The name "Ciociara Ratafia/Ciociara Rattafia" is exclusively reserved for the spirit drink obtained from the infusion of sour cherries or black cherries (Prunus Cerasus spp.) in pure alcohol and in Cesanese del Piglio DOCG or Atina DOC Cabernet wine, processed in plants located in the province of Frosinone. The specific characteristics of Ciociara Ratafia/Ciociara Rattafia are: the alcoholic strength by volume: from 17 to 35% vol.; the minimum sugar content: 70 grams/litre; flavoured exclusively with natural juices or infusions of sour cherries or black cherries and with the possible addition of spices (cinnamon, vanilla, cloves, bitter almond).

PRODUCTION METHOD The sour cherries or black cherries, after being washed, are infused in steel containers with Cesanese del Piglio DOCG red wine or Atina DOC Cabernet in a variable ratio between 0.5-1 kg 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"; that is, until the sour cherries settle on the bottom of the container.
The infusion is separated from the precipitate by filtration; the precipitate can be subjected to pressing. At this point, the semi-processed liquid is automatically micro-filtered to obtain a clear product, to which 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. Alternatively, the sour or black 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 grams of fruit for every litre of hydrated alcohol mixture, so as to activate a process of osmosis able to obtain a typical extract of the fruit, with a dark red colour and the classic flavour of sour and/or black cherries. Subsequently, this infusion is mixed with Cesanese del Piglio DOCG or Atina DOC Cabernet wine (sugar syrup, alcohol) until the expected alcohol content is reached. The exclusive addition of juices (with a percentage of fruit between 12 and 15%) or natural infusions of sour cherries or black cherries is allowed in a maximum percentage of 25% and with the possible addition of spices (cinnamon, vanilla, cloves, bitter almond) not exceeding 5% of the product.

HISTORY BACKGROUND Ciociara Ratafia/Ciociara Rattafia is a liqueur made from sour cherries and red wine typical of the Lazio peasant tradition, particularly widespread in the sub-Apennine areas of lower Lazio, or in Ciociaria, where Prunus Cerasus L. finds optimal soil and climate conditions to grow and develop. The predominantly hilly orography of the production area and the west, south-west exposure, combine to determine an airy and bright environment, favourable to an optimal performance of the vegetative-productive functions of the plant.
The soils, of marly limestone origin with abundant skeleton, rich in





calcium carbonate and with the presence of clayey fractions, and alluvial or sedimentary ones with the presence of sandstone, marly limestone and yellowish marl and silty texture in the flatter areas, favour the absence of water stagnation and the concentration of sugars in the fruits. The thermo-rainfall regime of the production area, with mild spring temperatures and moderate rainfall, ensure excellent flowering and fruit set; the slight rainfall during the final phase of fruit ripening limits the problems of fruit splitting. These climatic conditions also determine ripe fruits, balanced with an optimal sugar/acid ratio, a water content such as to make the maceration/infusion process favourable to obtaining a product that preserves the Prunus Cerasus L. aromas. Historical sources describe the presence of the sour cherry tree in the upper Liri valley, in Val di Comino, once part of the Terra di Lavoro and on the Lepini Mountains, since the 17th century but in all likelihood, the tree has adapted and spread in the Italian peninsula and in particular in central Italy, in much earlier times, dating back to the period in which the species Prunus Cerarus L. was imported from the East, around the 1st century BC. For centuries, the fruit of this plant, which grows spontaneously in the mountains of the Ciociaria, has represented a source of food supply for local farmers (Iannazzi, Beranger) who, in addition to fresh consumption or the production of preserves, jellies or sorbets, had the habit of macerating the fruits in red wine, to obtain a drink "very tasty in the summer months" that enriched the flavour of red wine produced with local vines (Statistics of the Kingdom of Naples 1811). It is precisely the combination of sour cherries and Cesanese del Piglio DOCG red wine and Atina DOC wine that distinguishes Ciociara Ratafia/Ciociara Rattafia from other spirit drinks based on sour cherries (Prunus Cerarus L.) obtained mainly in the northern regions of the Italian peninsula or in other territories of France or Switzerland, where the infusion of the fruits involves the use of brandy or other distillates.

Being a characteristic product of peasant culture, the method of preparation has been handed down orally in every family that had a sour cherry tree in the field. Despite this, a diary from the end of the 19th century has reached our day, containing the handwritten recipe by Mrs Maria Coletti Sipari, now kept in the Buriani private archive in San Donato Val di Comino (Frosinone), the woman's home town. From this source we learn the quantities and the procedure for the preparation of Ciociara Ratafia/Ciociara Rattafia, as it was commonly spread in Ciociaria: "Black cherries one kilo, good red wine one litre, spirit one quarter, sugar one quarter. Aromas: cinnamon and nutmeg pieces. The infusion is put in the sun for forty days, then the sour cherries are pressed in the press and the liqueur is made". At the beginning of the 20th century the product had already been counted among the typical productions of the Ciociaria, and described as a "special liqueur, of very pleasant flavour, which is called rattafia" (Del Nero, 1907). This liqueur was "special" not only for the peculiarity of the ingredients but also because it was traditional to drink it at the end of important family negotiations and happy events such as engagements, a custom borrowed from the habit of sealing pacts and diplomatic agreements by toasting with this liqueur to the motto "Pax rata fiat", from which the name is said to have derived. In addition to its consumption as a drink, the liqueur was used in folk medicine as a valid tonic. We have evidence of its use for this purpose during the First World War, when in the absence of medicines, it was used against typhus and the "Spanish" flu by the Ciociara population (Zirizzotti).



TRADITIONAL SPECIALITY GUARANTEED

PREPARED MEALS
1. Traditional Amatriciana TSG

CHEESES
2. Traditional Mozzarella TSG

OTHER PRODUCTS OF ANIMAL ORIGIN
3. Hay milk TSG

BAKERY WARES
4. Neapolitan Pizza TSG



TRADITIONAL AMATRICIANA TSG

PRODUCT DESCRIPTION Traditional Amatriciana TSG is a food preparation used for the seasoning of pasta based on tomato sauce, tomato puree and/or peeled tomatoes in pieces, Cheek lard of the Amatriciano type obtained from the fresh cheek of the Italian heavy swine landrace. The other ingredients necessary for its preparation are: white wine for the blending, salt, extra virgin olive oil, chilli pepper and/or pepper to taste, and the possible – but recommended – final sprinkling of grated Pecorino of the Amatriciano type or Pecorino Romano DOP of Lazio. The recipe originates in the Monti della Laga area and is obtained from raw materials and according to a specific method of traditional preparation of this local area. Traditional Amatriciana TSG, unlike other similar sauces, does not involve the use of ingredients such as garlic, onion or bacon used in most pasta sauces/seasoning. It has two types: immediate seasoning sauce and deferred seasoning sauce.
Depending on the type of tomato used, the presentation for consumption of Traditional Amatriciana can be more or less intense red in colour, more or less creamy and homogeneous in appearance or with distinguishable pieces of tomato; the flavour is typical of ripe tomatoes accompanied by savoury notes of seasoned bacon and dried or fresh chilli pepper and/or pepper; the aroma is the characteristic one of ripe tomatoes, typical of the product; fat content: not less than 15 g/100 g (exclusive to the type).

PRODUCTION METHOD Sauce for immediate seasoning: brown the cheek lard in a pan or pot, over low heat in extra virgin olive oil, previously well cleaned from the rind and cut into strips. The browning must take place until the "foam" produced by the cheek lard itself has been consumed; then white wine is added. Once the strips of cheek lard have reached a golden-yellow colour, they must be removed from the pan or pot and set aside separately in another container. In the same pan or pot, pour the tomato puree and/or tomato pulp, salt, fresh or dried chilli pepper and/or pepper. It is cooked over high heat for 10-20 minutes from the beginning of boiling, until it reaches a creamy state. At this point, add the previously browned strips of cheek lard and finish cooking for another 5-10 minutes. Now it is ready to season the pasta of your favourite shape. In the case of deferred seasoning sauce, once ready, it is poured into food containers, which are hermetically sealed and subjected to suitable heat treatment and labelling. It can be frozen at the origin. It must also be packaged and labelled in suitable containers for food weighing up to 5 kg. For both types, to complete the seasoning of the pasta dish with Traditional Amatriciana TSG, the use of grated Pecorino of Amatriciano type or Pecorino Romano DOP of Lazio is recommended.

HISTORY BACKGROUND The history of Traditional Amatriciana is linked to that of its main ingredients, in particular to the type of cheek lard used, the seasoned type, which was an integral part of the diet of local shepherds. During the period of transhumance, the men who followed the flocks were forced to leave home for several months a year and brought with them, for their sustenance, some products of easy and prolonged shelf life such as, indeed, cheek lard and flour.
With these ingredients, the shepherds cooked their frugal and hearty single dish of pasta with a long-handled iron pan. Reworking and enriching this elementary pastoral preparation with the introduction of the tomato, which took place at the beginning of the 19th century, the population of Amatrice gave life to one of the best-known dishes of the Italian gastronomic tradition. The spread of the Amatriciana sauce took place in the 19th century by many people from Amatrice who emigrated to Rome, most of whom had found employment in restaurants and food shops selling products of their land. Between the end of the 18th and the beginning of the 19th century, the Roman community of the "innkeepers" originally from Amatrice had its own importance precisely for its economic and popular cuisine. Traditional Amatriciana pasta (spaghetti or bucatini, but also short pasta) is considered worldwide the dish par excellence of Italian cuisine.



TRADITIONAL 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 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. The Traditional 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 key component is the natural lactic starter, which consist of a culture of lactic acid bacteria characterised by heat resistance, rapid development and acidification, obtained by selectively enriching 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 thermoduric lactic acid bacteria.

PRODUCTION METHOD The milk is pasteurised at 71.7°C for 15 seconds and enriched with natural lactic starter. 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 fermentation. 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.

HISTORY BACKGROUND The history of Traditional Mozzarella TSG has its roots in antiquity: the first mentions of a "mozza" or "provatura" (smoked) date back to the twelfth century, produced by the Benedictine monks of Capua; the term "mozzarella" is reported in the cookbook of Bartolomeo Scappi (1570). The official TSG recognition is more recent, obtained to guarantee the traditional production method (cow's milk, natural rennet) in response to the needs of pizza makers, especially in the Veneto region, contrasting with Campania Buffalo Mozzarella PDO.



HAY MILK TSG

PRODUCT DESCRIPTION Hay milk is cow's milk, produced in the traditional way in compliance with the legislation on the production of hay milk ("Heumilchregulativ"). This type of milk is characterised by a ban on the use of fermented foods, such as silage fodder, and rules prohibiting the use of animals and feed designated as "genetically modified" by current legislation.

PRODUCTION METHOD Hay milk is a type of cow's milk obtained from dairy producers who have undertaken to comply with certain criteria: to preserve the traditional production of hay milk for which the use of animals and feed designated as "genetically modified" by current legislation is prohibited. The entire farm must be managed in accordance with the rules applicable to the production of hay milk. The animals are essentially fed on grass, legumes and fresh herbaceous species during the period of fresh forage and with hay in the winter. The additional coarse forages permitted are: rapeseed, maize, fodder rye and fodder beet, as well as hay, alfalfa and maize agglomerates and other similar fodder. Coarse fodder must account for at least 75% of the annual dry feed ration. The following cereal crops are allowed: wheat, barley, oats, triticale, rye and maize, both mixed with bran and pellets, etc. Fodder peas, field beans, lupin beans, oleaginous fruits, oilseed meal, and press cake are also authorised.

HISTORY BACKGROUND The production of hay milk and its subsequent processing date back to the origins of milk production (approximately 5th century BC). In the Middle Ages, cheese made from hay milk was already produced in the "Schwaighöfe" of the Pre-Alps and in the mountains of Tyrol. The term "Schwaig" comes from Middle High German and represents a special form of settlement and, in particular, of livestock breeding in the Alpine region. In mountainous areas, hay milk was originally connected to the production of hard cheese from raw milk. As early as around 1900, there were regulations for the production of hay milk ("Milchregulative") for non-silage milk suitable for the production of hard cheese. In Austria, these laws formed the basis of the "Milchregulative" of the provinces of Tyrol, Vorarlberg and Salzburg in 1950. In 1975 these "Milchregulatives" were harmonised and adopted by the "Milchwirtschaftsfonds" (Milk Fund) as rules applicable to milk suitable for the production of hard cheeses (Provisions concerning the delivery of milk suitable for the production of hard cheeses, Österreichische Milchwirtschaft Heft 14, Beilage 6 no. 23c, 21.7.1975). Until 1993, the former Austrian Milk Production Planning Authority established so-called "silage-free" zones for certain production areas in order to preserve the raw material of hay milk (also known as "silage-free milk" or "milk suitable for the production of hard cheese") for the production of raw cheese. In 1995, the silage-free zone for hay milk was also further protected by the special directive of the Federal Ministry of Agriculture, Forestry, Water and Environmental Management for the promotion of extensive agriculture in respect of the environment and natural space (Österreichisches Programm für umweltgerechte Landwirtschaft, ÖPUL), a measure relating to the abandonment of silage. Even in the mountain pastures, the animals have always been fed according to the criteria applicable to the production of hay milk.



NEAPOLITAN PIZZA TSG

PRODUCT DESCRIPTION Neapolitan Pizza TSG is a food preparation consisting of a leavened dough base, seasoned and baked in a wood-fired oven, made from soft wheat flour, brewer's yeast, still drinking water, peeled tomatoes and/or fresh tomatoes, sea salt or table salt and extra virgin olive oil. Other ingredients that may be used are garlic, oregano, fresh basil, Campania Buffalo Mozzarella PDO and Traditional Mozzarella TSG.

PRODUCTION METHOD The dough is prepared by mixing flour, water, salt and yeast in a kneading machine until the desired consistency, known as the "point of dough", is reached. This is followed by the first leavening 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. This mix is ready for use within the next 6 hours. The dough is then shaped by hand into a disc of dough with a "cornice". The Neapolitan Pizza TSG - Marinara type - is seasoned with tomato, a pinch of oregano, sliced garlic, extra virgin olive oil; or - Margherita type – with tomato, Campania Buffalo Mozzarella PDO or Traditional 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.

HISTORY BACKGROUND The appearance of the Neapolitan Pizza 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, placing the city in the history of gastronomy. The writer Franco Salerno affirms that this product is one of the greatest inventions of Neapolitan cuisine. The same Dictionaries of the Italian Language and the Treccani Encyclopaedia speak specifically of "Neapolitan pizza". And the term "Neapolitan pizza" is even mentioned in numerous literary texts.
The first pizzerias, without a doubt, were born in Naples and remained an exclusive feature of the city until the mid-1900s. Since the 1700s there were several shops, called "pizzerias", whose fame had reached even the king of Naples, Ferdinand of Bourbon, who violated court etiquette by entering one of the most renowned pizzerias to try this typical dish of the Neapolitan tradition. From that moment on, the "pizzeria" was transformed into a fashionable venue, a place dedicated to the exclusive preparation of pizza. The most popular and famous pizzas in Naples were the "marinara" born in 1734 and the "margherita" invented between 1796-1810 and which was offered to the Queen of Italy on a visit to Naples in 1889 precisely because of the colour of its topping (tomato, mozzarella and basil) in homage to the Italian flag. Over time, pizzerias have been established in all cities of Italy and even abroad, but each of these, if it rises in a city other than Naples, has always linked its very existence to the term "Neapolitan Pizzeria" or, alternatively, using a term that could somehow evoke its link with Naples, where for almost 300 years this product has remained practically unchanged. In 1984 in May, most of the old Neapolitan pizza makers proceeded to draw up a short specification signed by all and registered with an official deed before the notary Antonio Carannante of Naples. The term "Neapolitan Pizza" over the centuries has also spread outside Europe, from Central and North America (e.g., Mexico and Guatemala) to Asia (e.g., Thailand and Malaysia). Even in these countries, although they are not always aware of the geographical location of Naples, many know the product in question with the name of "Neapolitan Pizza".

PAT
TRADITIONAL AGRI-FOOD PRODUCT

The Traditional Agri-Food Products (PATs), 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 PATs 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:

PAT 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

TRADITIONAL AGRI-FOOD FROM THE LANDS OF LAZIO



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
Provinces of Rome and 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
Provinces of Frosinone and 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 Rome

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.



SAMBUCA ROMANA

Production area
Province of Rome

PRODUCT DESCRIPTION The basis of Sambuca Romana are essential oils from the steam distillation of the seeds of star anise (*Illicum 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.



SAMBUCA VECCHIA DELLA CIOCIARIA

Production area
Province of Frosinone: Collepardo

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 Collepardo (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 phytophalogist, an attentive student of the "*Podestas 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 re-created by sweet scents emanating from the numerous plants and bushes*". In 1918, the Very Reverend P. Paolo Sarandrea da Collepardo, 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, Collepardo, 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 Collepardo, 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 (*Illicum 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.











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

TRADITIONAL AGRI-FOOD FROM THE LANDS OF LAZIO



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.



BUDDELLUCCI OR VIARELLI

PAT 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

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Province of Latina, Province of Frosinone

PRODUCT DESCRIPTION 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 colour and is particularly aromatic thanks to the vacuum marinating technique, carried out before the actual seasoning, based on salt, chilli 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, chilli pepper, garlic, juniper, rosemary and bay leaves. The marinade, which serves to soften and flavour 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 flavour of the smoked product.

HISTORY BACKGROUND The transformation of buffalo meat into bresaola is linked to the Agro Pontino and Amaseno Valley area thanks to the presence of historic local butchers and producers of cured meat active since the 1800s.



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.



MAREMMANA CATTLE BREED MEAT

LINK WITH BIODIVERSITY

Production area

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

PRODUCT DESCRIPTION The qualities of Maremmana breed meat 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 raisedThe 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: 5ne (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, Maremmana cattle characterize the landscape between Upper Lazio and Tuscany, close to the coastal strip, where open pastures alternate 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. Maremmana 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). Maremmana 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. Veals 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 Maremmana 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 Maremmana breed "The King of the Pasture" (1866), and later (1913) by Bianchini. The goodness and quality of Maremmana meat has been celebrated for many years with numerous festivals, exhibitions and picturesque manifestations of ancient traditions and local culture.



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 vitiamin 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

LINK WITH 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.

a tavola

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

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

PAT 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.





CAPOCOLLO OR LOIN

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Lazio Region

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.



MARMOSEDIO COPPA

Production area
Province of Rieti: Marmosedio, Fiamignano

PRODUCT DESCRIPTION The name derives from Marmosedio, a small town in the Municipality of Fiamignano (RI). It is a sausage, not aged, based on boiled meat cuts obtained from the pig's head and rind, with a small amount of beef added, worked with the tip of a knife. The spices and ingredients added to flavour the mixture are: cinnamon, nutmeg, dried and crushed chilli pepper, salt, a dash of pepper, grated or blended orange and lemon peel, to which a splash of rum and sambuca is added. In this way, the aroma and flavour remain balanced. The slice has a compact consistency, partially gelatinous but it does not stick to the mouth. It has mottled colours, from pinkish to grey to brownish, depending on the pieces of meat, alternating with the transparency of the jelly. It has a delicate but intense flavour, with an aftertaste of spices, with citrus fruits and cinnamon predominating.

PRODUCTION METHOD Before starting the production, the brain from the head is removed while the rinds are subjected to burning and then they are washed and scraped with scalding water and a brush. Once the cleaning is completed, the pieces are soaked for another 24 hours in cold water and in the refrigerator at low temperatures to remove any impurities.
Once washed, the head (split in half) and the rinds are ready to be boiled in a cauldron, where a small amount of veal is added last: in the past, this was the animal's head; today, boiled cuts of veal are preferred. Cooking takes about three hours and once finished, a very large, sturdy slotted spoon is used to remove the pieces of meat and drain off the excess broth. The head is deboned, while the nose, ears and eyes are removed and discarded. At this point, the meat is ready to be chopped by hand with a knife and, as it is cut into pieces, it is placed in a bowl where it is mixed. To blend everything together, a ladle or more of cooking broth is added to bind together the pieces, which are very heterogeneous. At this point, the spices may be added. The spice mix involves fresh chilli pepper (dried in the oven and then crushed), salt, a dash of pepper, cinnamon, nutmeg, well minced and mixed. In another bowl, the grated orange and lemon peels are blended with the liqueurs. The mixture of meat, seasoned with herbs and spices, is ready to be stuffed in a casing made of special paper and cellulose. Once closed, the Coppa, still hot, gradually cools down in an ageing room, after which it remains a second night in the refrigerator at -4 degrees and then is kept at 0 degrees to prevent it from freezing. For Marmosedio Coppa, the use of preservatives is not foreseen. At the end of this process, each piece, weighing approximately 2.5 kg, is vacuum-packed to improve preservation, which, if done correctly, can last between 30 and 45 days.

HISTORY BACKGROUND The breeding of pigs in the Cicolano area has remote origins and the information on the processing of the meat of this animal can be traced both in medieval texts and in other more recent ones, such as the Jacini Agrarian Inquiry (1885) in which the District of Cittaducale reports how most of the pigs were raised by families for their own consumption. The same report also reads: "everything from pigs is used and they are conserved both fresh and salted".
The preparation of Marmosedio Coppa is linked precisely to the family dimension of pig breeding and the need not to waste any part of the slaughtered animal, so much so, that until a few decades ago, it was customary to boil the bones as well, in order to recover what little meat could not be trimmed off. As for all coppa, also this one has meat extracted from the head and rind of the pig among its main ingredients, boiled and seasoned with spices and herbs. But what makes it unique is the addition of veal to the mixture, which was once obtained from the head of the animal sent to slaughter during the Christmas period. The rather unusual addition of liqueurs, on the other hand, seems to be linked to the return of seasonal workers to the village in the run-up to the festivities. The Coppa was eaten between two slices of bread, while noble cured meats, such as prosciutto, were reserved for large social events as weddings or christenings.



SMOKED BUFFALO COPPIETTE

PAT 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 Amaseno valley district

PRODUCT DESCRIPTION The smoked buffalo meat *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 marinading 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)

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Lazio Region

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 *fraschette* (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 coppiettaro*": "*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 coppiettaro! ...* ". 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
Lazio Region

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

PRODUCTION METHOD It is prepared with the cheek of the dry-fed pig with a prevalence of cereals and/or grazing and slaughtered at a live weight of 120-160 kg. The cheek lard, trimmed within 24 hours from slaughter, undergoes salting and seasoning, with different procedures according to the production area. Before ageing, the cheek lard is freed of excess salt and seasoning. The spices used are garlic, pepper, chilli 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 fuelled 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 during winter.



AMATRICIANO CHEEK LARD

PAT 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 2-5ºC. 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 12-15ºC 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*, "*moccolari*" (a dialect form for "*barbaglie*" or cheek lards), lard and "*ingoglie*".

a tavola

"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 MOUNTAINS BLACK PORK CHEEK LARD

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

LINK WITH BIODIVERSITY

Production area
Province of Rome: 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.



BLACK PORK AGED LARD

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

LINK WITH BIODIVERSITY

Production area
Provinces of Rome, Latina and 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.



LEONESSA LARD

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Province of Rieti: Leonessa

PRODUCT DESCRIPTION It is a parallelepiped-shaped lard, dry-salted and flavoured. 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. 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, dry salting continues for 90 days, keeping the product in overlapping layers, in the refrigerated room, at a maximum temperature of 4°C. Subsequently, flavouring is carried out with pepper, garlic, "serpuglio" (local wild oregano), marjoram, bay leaves and rosemary, also placing the product in wooden barrels. Ageing takes place in a special room at a temperature between 13 and 15°C for 3 months in a refrigerated room or in historic cellars.

HISTORY BACKGROUND In Leonessa, pig breeding has ancient roots and has allowed energy-rich foods to be available, which could be preserved for a long time, if aged. From a 1903 guide, for this area: we read: "great is the trade of [...] salted and manufactured pork". The processing techniques have remained the same to this day.



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.



CASERTANA PIG BREED CHEEK LARD

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

LINK WITH BIODIVERSITY

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 landrace Casertana 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 Casertana 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 Casertana breed, the most important landrace in Southern Italy.

The Casertana black piglet 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 Casertana 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 Casertana breed 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 Casertana pig is considered an indigenous resource at risk of genetic erosion and protected by Regional Law no. 15 of March 1, 2000.





FIELD LARD OF OLEVANO ROMANO

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

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 marinaded 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.



a tavola

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.



MORTADELLA MADE FROM HORSE MEAT

PAT 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.



LOIN OF SABINA AND OF THE LAGA MOUNTAINS

PAT 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.



SMALL LOIN OR LOIN

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Lazio Region

PRODUCT DESCRIPTION In central Italy, the term "*lombetto*" 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 characteristc 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 *Lombetto* 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 *Lombetto* 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.



CASERTANA PIG BREED LOIN

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

LINK WITH BIODIVERSITY

Production area

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

PRODUCT DESCRIPTION Cured meat obtained from the processing of the fine and lean paravertebral muscles of the lower back and lumbar tract of the Casertana 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 Casertana 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 refrigeated 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 Casertana breed is a landrace that 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 Casertana piglet 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 Casertana 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 Casertana pigs and who, in order to feed themselves, used to preserve the Casertana 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 Casertana pig breed has been included in the Registry of Italian pig breeds, edited by the National Association of Pig Breeders. In Lazio, the Casertana black pig is a landrace at risk of genetic erosion protected by the regional Law no. 15 of March 1, 2000.



ROMAN MORTADELLA

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Province of Rome

PRODUCT DESCRIPTION Also known as "spianata"; it is a traditional salami of Lazio with a sweet wine and black pepper flavour and a particular "flattened" aspect. It is characterised 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 (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 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. Ageing takes place in a refrigerated room for 35-40 days with an initial temperature of 14-15°C, until it reaches a temperature of approximately 18°C after 12-15 days of storage. In some cases, the ageing takes place for a few months in natural environments such as well-ventilated and cool cellars.

HISTORY BACKGROUND Roman Mortadella is still produced today following a transformation technique described by Leonardi, in his recipe book of 1790 "after they are made (the flattened mortadella), they are pressed between two boards with a great weight on top, and are left like this for the space of twenty-four hours; then they hang in the air, and age very little, while the pressing 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".



AMATRICE MORTADELLA

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

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 Moltadellas 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

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

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 sevus 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 Accumuli 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 It 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 colour with scattered grains of white (fat) and black (pepper). It has a savoury taste to the palate with a slight aftertaste of garlic.

PRODUCTION METHOD The main ingredient is lean meat from the shoulder, belly and sometimes from the thigh of the pig (dry-fed and slaughtered when it reaches 120-150 kg of live weight), which is first boned, cleaned of tendons and then minced. 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 for about 4 months before being consumed.

HISTORY BACKGROUND Today, the term "mortadella" identifies only the classic "mortadella Bolognese". In the past, it had a more generic meaning of sausage made with a mixture obtained by working the pork with a mortar (in Latin *mortarium*). In recipe books of the 14th and 15th centuries we find various types of mortadellas made with raw pork, a sort of salami, similar to Mortadella of Viterbo. This product is mentioned in the guide of Italian Touring Club in 1931 as one of the typical specialities of Lazio.



BUFFALO MORTADELLA

Production area
Province of Latina: Priverno

PRODUCT DESCRIPTION Sausage obtained from fine cuts of buffalo meat and pork fat, finely ground together with lean mixture and lard, about 1 cm thick, cut with a knife or with a meat grinder with large progressive moulds. Buffalo mortadella is characterised by an intense aroma and flavour of salted and spiced meat with peppercorns; intense pink colour mottled with white. The slice when cut is homogeneous, compact, velvety, uniform bright pink in colour. Depending on the consumer's requests, it is possible that there is the addition of pistachio. The size ranges from 600 g to 5-6 kg.

PRODUCTION METHOD Buffalo mortadella is obtained from finest cuts of buffalo meat, coming from farms located throughout the Agro Pontino area. The animals are slaughtered at about 15 months of age, reaching a weight of about 220 kg. The anatomical cuts, once at the processing laboratory, after a period of storage in the refrigerated room, are subjected to trimming and very fine mincing together with a certain amount of pork fat, salt and peppercorns, until a soft and velvety mixture is obtained. The mixture is stuffed into natural casings and during the filling the pork fat is added.
At this point, the stuffed mortadella is subjected to gas cooking at a temperature of 75°C and then steaming at 100°C. Cooking, which can last 12 hours or 6 hours, depending on the size of the mortadella, ends with an internal temperature of the product of 69°C established with a special probe. The cured meat is then immersed first in hot water and then in cold water. Once the entire cooking process is complete, the Buffalo mortadella is dried in a refrigerated room for 4-5 days at 6-8°C and prepared for sale.

HISTORY BACKGROUND Buffalo mortadella is traditionally obtained from buffalo meat belonging to the "Italian Mediterranean buffalo", a breed historically present in southern Lazio, with particular reference to the Agro Pontino and Amaseno Valley area. Buffalo breeding in these areas of lower Lazio has a centuries-old history, and in popular tradition as well as in artistic representations there is no shortage of references to this practice.
Today, buffaloes are appreciated above all for the milk from which mozzarella is made and in the areas of southern Lazio also 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. In Priverno and in the whole area of the Agro Pontino and Amaseno Valley, thanks to the presence of historic local butchers, this product has obtained its own niche in the market. In particular, by collecting local testimonies, we learn that already in the early 1950s a mortadella-type sausage was processed as a product derived from buffalo meat waste so as not to "throw anything away", and it was possible to eat it in family-run trattorias.



MORTADELLA FROM MAREMMANA MANZETTA

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

LINK WITH BIODIVERSITY

Production area

Province of Viterbo: Pescia Romana. Province of Rome

PRODUCT DESCRIPTION Cooked salami like mortadella with a very fine grain, made with Maremmana breed meat, 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 Maremmana manzetta derives from pure Maremmana cattle, 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 Maremmana 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 meat, 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 RH 67%. The Mortadella made of Maremmana 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 Maremmana 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 Maremmana 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 Maremmana 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 Maremmana manzetta is obtained from the meat of the Maremmana cattle breed, a landrace at risk of genetic erosion, protected by Regional Law no. 15 of March 1, 2000.



PORK BACON

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Lazio Region

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 periods 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.





TIGHT BACON MADE FROM CASERTANA PIG BREED

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

LINK WITH BIODIVERSITY

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 Casertana breed pig slaughtered at a live weight of 130-150 kg. Thanks to the correct vein of fat, the "tight" pork bacon made of Casertana breed meat is soft, delicate, slightly salty, with a peppery and slightly garlicy 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 bacon derives from the belly of the black pig of Casertana breed 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 Casertana pigs is a prized bacon 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 Casertana pigs (the most important native pig landrace 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 its conservation and protection, it has been included in the relative Registry, edited by the National Association of Pig Breeders. In Lazio, the Caserta breed is considered a landrace at risk of genetic erosion, protected by Regional Law no. 15 of March 1, 2000.





TIGHT BACON FROM BLACK PIGS AGED WITH HERBS

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

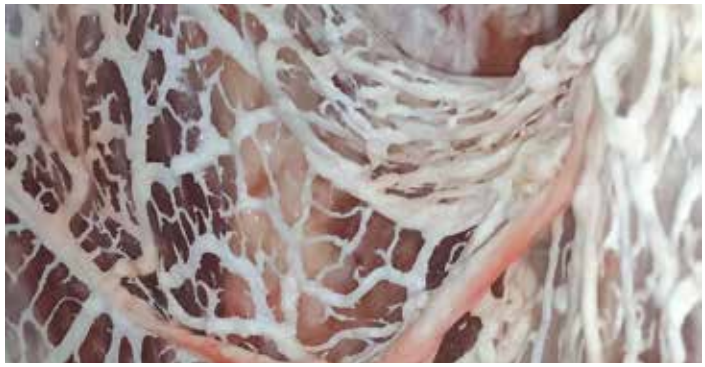
LINK WITH BIODIVERSITY

Production area
Provinces of Rome and Latina: in particular the Monti Lepini area

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.

PRODUCTION METHOD The raw material for the production of this bacon derives from the belly of the Monti Lepini Mountains black pig landrace. 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 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 Prenestini mountains, there is still a local breed of pig known for the quality of the meat destined for processing.



PORK OMENTUM-BEVERELLI

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 agee 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.



'BAULETTO' DRY CURED HAM

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

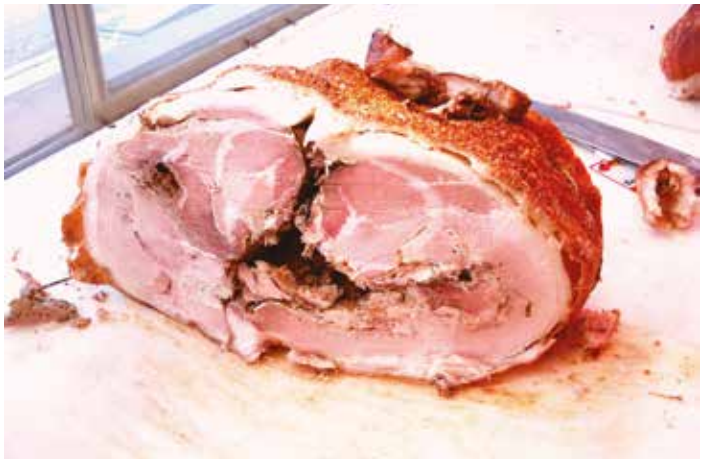
Production area
Province of Viterbo

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 characteristic "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"

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

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 palates 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 "*porchettaro*" 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 "porchetta" 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

PAT 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.



GUARCINO HAM

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Province of Frosinone: Guarcino

PRODUCT DESCRIPTION It has a slightly elongated anatomical shape, a semi-opaque red colour, compact structure, savoury and aromatic flavour, an average weight of 8-10 kg; the ageing lasts 14-15 months in well-ventilated rooms. A peculiarity of this salami concerns the sealing with suet and lard, flavoured with chilli pepper and juniper. Production takes place only between November and March.

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 flavoured with well-structured red wine, chilli pepper and juniper. Ageing lasts 14-15 months in a cold room, possibly conditioned, at a temperature of 15-16°C. Some of the ham produced undergoes a smoking process.

HISTORY BACKGROUND The production is concentrated in the town of Guarcino, which rises at an altitude of 363 metres, between Cantari and the Ernici Mountains. The town, located at the confluence of two large valleys, enjoys a microclimate that is ideal for ageing hams: temperate air arrives from the Prata Longa valley, while from that of Capo Cosa, crossed by the stream of the same name, more humid air arrives. In this area, processing is done both by family-run businesses and local agri-food businesses.



LEPINI MOUNTAINS BLAK PIG HAM

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

LINK WITH BIODIVERSITY

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 Lepini Mountans black pig landrace, 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 a landrace at risk of genetic erosion, protected by Regional Law no. 15 of March 1, 2000.



CORI WINE-COOKED HAM

PAT 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 coule 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 vinigar 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.





TUSCIA MOUNTAIN HAM

PAT 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*".





HOMEMADE SALAMI

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Lazio Region

PRODUCT DESCRIPTION Traditionally, the homemade salami was produced only in the winter months: from November to March. It is a cured meat obtained from the transformation of the lean and fatty parts of the ribs, shoulder, ham and loin trimmings. It 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.



CASTELLINO SALAMI

PAT 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.



TUSCIA COOKED SALAMI

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

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

PAT 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°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 RH>75%. The actual drying, on the other hand, lasts 48 hours with decreasing temperatures from 20 to 16°C and with RH 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 14-15°C with RH 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

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Province of Rome: Frascati

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 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.

a tavola

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. Theprocess 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.



ROMAN "CORALLINA" SAUSAGE

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Lazio Region

PRODUCT DESCRIPTION It 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, loin and lard. It can be seasoned only with pepper or enriched with garlic (Rieti, Rome) and fennel (Frosinone). The Roman Corallina has a long shape, a dark red colour with large white spots; mildly savoury and spicy flavour.

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 use of a meat grinder, the lean component is minced quite finely, while the lard is cut into cubes. 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. Ageing 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 The preparation technique is over a hundred years old, the written documentation is extremely scarce but, as often happens, it has been handed down orally in families and in the shops producing cured meat.



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).



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.



HOMEMADE SAUSAGE

Production area
Lazio Region

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.



DRIED PORK SAUSAGES SEASONED OR PLAIN

Production area
Lazio Region

PRODUCT DESCRIPTION Dried sausages seasoned or plain 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 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.



MONTE SAN BIAGIO CORIANDER SAUSAGE (FRESHLY-MADE, PRESERVED AND DRY)

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

LINK WITH BIODIVERSITY

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 "horseshoe 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 component 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.



CASERTANA PIG BREED DRY SAUSAGE

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

LINK WITH BIODIVERSITY

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 Casertana 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 Casertana 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 Casertana 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 resting 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 Casertana breed, also called "Pelatiello", was a pig landrace 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 Casertana pigs and who, in order to feed themselves, used to preserve the meat of this landrace in excellent cured meats such as sausages. And precisely the dried pork sausages of the Casertana 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 Casertana pig breed is included in the Registry Office (ANAS) and in Lazio it is protected by Regional Law no. 15 of March 1, 2000.



LEPINI MOUNTAINS BLACK PIG LIVER SAUSAGE

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

LINK WITH BIODIVERSITY

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 plain liver sausage of the Lepini Mountains can be eaten directly after cooking or stored in the fridge for a few days.



LIVER SAUSAGE OF FIAMIGNANO

Production area

Province of Rieti: Fiamignano

PRODUCT DESCRIPTION Sausages made from liver (black liver), lung (white liver) and spleen (optional), not ground but cut into knife-tipped pieces. It is seasoned with rosemary, orange peel and other spices. The horseshoe-shaped sausage has a sweetish but intense and decisive flavour, a flavour that does not go unnoticed. The use of the spleen is optional because, as the elders used to say, it "*allappa*", that is, it gives an astringent flavour that not everyone likes.

PRODUCTION METHOD Chopped with the tip of a knife, very coarsely, are the liver, lungs and possibly spleen, to which are added the previously chopped spices, in particular rosemary, orange peel, garlic, pepper, chilli pepper and salt. Everything is stuffed into a natural casing and the sausage, which takes the shape of a horseshoe, remains to dry for a couple of weeks hanging in the kitchens or near the fireplaces. At this stage when it is still soft, it can be eaten on a spit. After 30-40 days it dries and then one consumes it with a knife, cut in compact and homogeneous slices.

HISTORY BACKGROUND Liver sausages were among the first products made from pork to be consumed. Often on the spit together with the *Poérelli*, these sausages were destined for the family, while the meat sausages were set aside, in oil or lard, for the seasonal workers who went to harvest in the fields.



BUFFALO SAUSAGE

PAT 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 Mastrantoni family, active since 1828, this product has obtained its own market niche.



CASTRO DEI VOLSCI SAUSAGE

PAT 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 15 kg 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.



HOMEMADE PORK LIVER SAUSAGE FOR SAUCE

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Lazio Region

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.



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. From this mixture, two types of sausages are obtained: sweet and savory. Salt, pepper, cayenne 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. 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.

HISTORY BACKGROUND The art of preservation in the form of sausage not only made use of offal, but also allowed for long-term storage. Offal sausages were particularly appreciated by all social classes and for this reason are found in all cookbooks, both ancient and modern.



MATTA SAUSAGE

Production area
Province of Rieti: Fiamignano, Rieti

PRODUCT DESCRIPTION It is a sausage made up of "recovered" parts. It has a light colour tending to grey and is characterised by remaining soft and spreadable. It is obtained by stuffing the meat near the head and all the bloody parts of the pig that cannot be used for the production of meat sausages, to which is added duly blanched tripe and tongue. All flavoured with aromas and spices (salt, pepper, red wine, crushed garlic) and then stuffed into natural pork gut for casing. The Matta Sausage is eaten fresh, cooked on a spit, a method that enhances its flavour and taste. It can also be used in sauces for pasta sauces; or, given its creamy consistency, it can be spread raw on bread to be consumed as a snack throughout the day.

PRODUCTION METHOD For this sausage, tripe and pork tongue are used, which must be blanched beforehand. To these, the lung and the various bloody parts of the pig, cut into course pieces, are added. It is seasoned with salt, pepper, red wine and a crushed garlic, all mixed well. The pieces of meat are passed through the meat grinder with a grain of medium consistency. Once the mince has been obtained, it must be collected in a container. Meanwhile, two cloves of garlic are crushed in a white cloth handkerchief which is then closed and used as if it were a bag through which the red wine is filtered. The piece of cloth should be squeezed several times over the minced meat so that the wine and aromas are well distributed over the meat mixture. The minced meat should still be stirred vigorously until it has a well-blended appearance and a uniform consistency. At this point, the mixture is ready to be stuffed into natural pork gut casings, taking care to have repeatedly washed them with hot water and vinegar to remove excess salt, both inside and outside. The minced meat is then pushed into the casings in a uniform way and pierced here and there to facilitate the escape of air. The sausage obtained must be left to rest for a few days, in the past in a room with a fireplace, to obtain a light smoking. The product thus obtained is the first to be consumed, because it is not intended for long-term storage.

HISTORY BACKGROUND The processing of pork in the Cicolano area is very ancient and the documentation traces the history of the production of sausages over the centuries, which since the early Middle Ages were given to bishops and vassals as a sign of tribute. From archival and iconographic sources, we know of the presence of the black pig and the production of hams, mortadellas, fresh or dried sausages, salami, various types of lard and black pudding. But it is from a study conducted on oral sources starting from the 1970s, through the method of interviews to 42 representatives of the industry aged between 44 and 105, that it is possible to understand the economic and social relevance of pig breeding in this area until a few decades ago, as well as knowledge in meat processing methods. The Matta Sausage – in the dialect of Fiamignano "sargìcce matte", in Sant'Agapito "sargìcce pazze" – is part of this immense heritage handed down orally (S. Adriani, Il maiale. Allevamento e tradizione nel Cicolano, 2015). This sausage made it possible to recover all the less noble parts of the pig or ones that could not be used for other preparations. Intended for domestic consumption, it was among the first types of pork processing to be consumed due to a reduced storage capacity compared to other sausages (M. Morgiani, La salsiccia matta, 2018).



HOMEMADE AURUNCI MOUNTAINS CORIANDER SAUSAGE

PAT 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 offal.s. 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 (butcheries), 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., Apiacee). 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).



SAUSAGE PRESERVED IN OIL (LARD)

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Lazio Region

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.



PORK SHOULDER (Spalluccia)

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Lazio Region

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 characterised by the morphological profile of the shoulder, a dark red colour with white speckles, a savoury, slightly seasoned flavour. Final weight: 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 seasoning involves the use of rubbed garlic and pepper after removing excess salt and washing. Before ageing, 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. Ageing 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 certifies this. In the Etruscan era, the first forms of stable rearing, specialised and aimed not only at local needs, but also at trade, began to take shape. Fundamental resource for human sustainment, in the Middle Ages forests were measured on the basis of the number of pigs it would be able to feed.



BUFFALO SPECK

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Provinces of Latina and Frosinone

PRODUCT DESCRIPTION Buffalo speck is a cured meat obtained from the processing of fine cuts of buffalo meat. Furthermore, in the case of drying with natural smoke (smoking), buffalo speck acquires a pleasant smokey aroma and taste.

PRODUCTION METHOD It 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).

HISTORY BACKGROUND Buffalo speck derives from the processing of buffalo meat belonging to the "Italian Mediterranean buffalo" breed, historically present in the Agro Pontino and Amaseno Valley area. The transformation of buffalo meat (which derives mainly from bulls) into excellent cured meats, for more than 50 years has represented an excellent stratagem for enhancing buffalo meat in the whole area of the Agro Pontino and Amaseno Valley, thanks to the presence of historic local butchers.



POÉRELLI

Production area
Province of Rieti: Fiamignano, Borgorose, Pescorocchiano

PRODUCT DESCRIPTION *Poérelli* (*Saorchi* in Borgorose, *Ngógne* in Sant'Elpidio) consist of slices of about 30 or 40 cm of the pig's large intestine (i.e., the part not used for sausages), seasoned with salt and pepper and smoked by a fireplace. In Girgenti, a hamlet of Pescorocchiano, it is customary to add coriander seeds (*pitardola*). In Capradosso, on the other hand, fennel is added. The scent and taste are strong and intense. They are usually cooked on a spit and accompanied by a local corn and soft wheat focaccia (*Panontella*).

PRODUCTION METHOD The first processing phase concerns the large intestine section of the pig which is divided into pieces measuring about 30 cm. The various pieces must be turned inside out and rinsed under running water and then turned back to their original shape. They are seasoned with spices (pepper and salt) and hung to dry. Once this operation took place in the kitchens of the house which usually all had a fireplace. The Poérelli are ready to be eaten after about a week, cooked on a spit.

HISTORY BACKGROUND The breeding of pigs in the Cicolano area has remote origins and the information on the processing of the meat of this animal can be traced both in medieval texts and in other more recent ones, such as the Jacini Agrarian Inquiry (1885) in which the District of Cittaducale reports how most of the pigs were raised by families for their own consumption. The same report also reads: "everything from pigs is used and they are conserved both fresh and salted". The preparation of Poérelli is linked precisely to the frequency of pig breeding in families and the need not to waste any part of the slaughtered animal.



TORDO MATTO DI ZAGAROLO

Production area

Province of Rome: Zagarolo, San Cesareo, Albano Laziale, Genazzano, Gallicano 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 parsley, 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

PAT 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 marinaded 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 marinaded 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.



AMASENO BUFFALO VEAL

Production area
Province of Latina and Province of Frosinone

PRODUCT DESCRIPTION Amaseno buffalo veal is a traditional product of the town of Amaseno but it is also found in neighbouring 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 the cold periods of the year.

PRODUCTION METHOD The Amaseno buffalo calves are slaughtered at a live weight of 60-80 kg. The separation of the 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 calves slaughtered very young (about three months, at most four) and on the natural system of milk-feeding.



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
Lazio Region

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).



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

PAT 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 144 kg and 176 kg. 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.









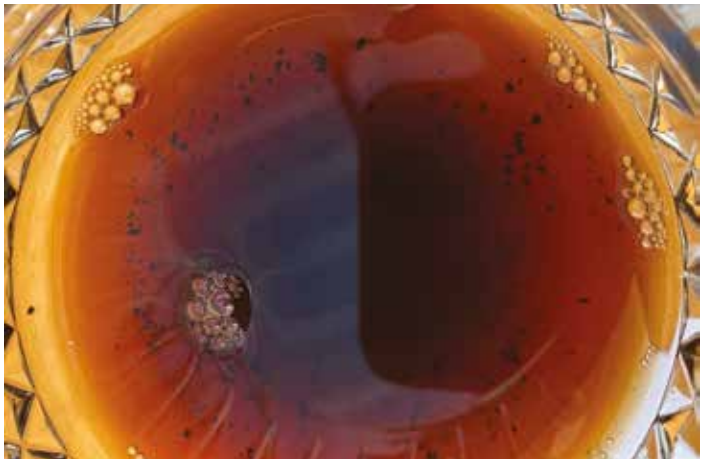






CONDIMENTS

TRADITIONAL AGRI-FOOD FROM THE LANDS OF LAZIO



AGRO PONTINO KIWI VINEGAR

Production area
Province of Latina

PRODUCT DESCRIPTION Aged for 2 or 5 years in glass demijohns and oak barrels, the aged Agro Pontino Kiwi Vinegar is characterised by a colour that varies from golden/amber to dark brown, depending on the duration of ageing. The flavour is sweet and sour, strongly acidic, tart, with aromas reminiscent of chocolate, exotic fruit, balsamic vinegar and cheese; the smell is pungent. The taste is lively and easy to combine with any dish: ideal for fresh and quick recipes.

PRODUCTION METHOD With the help of a hopper, the previously peeled kiwi is ground and crushed. The fruit that is used is of the Hayward variety, rich in vitamin C and polyphenols and is the one considered undersized and therefore a waste product.
The product is stored in food-grade plastic containers in order to facilitate the decantation process through which the liquid part is separated from the more solid part (mass). This is followed by the tapping of the kiwi must, that is, the recovery of the liquid part which is characterised by a yellowish colour and the addition of the self-produced and refreshed mother of vinegar originating from the first maceration and fermentation of the kiwi, carried out at the producer's premises in the late 1980. The whole is then poured into glass demijohns where a second phase of decantation, fermentation and maturation takes place until reaching the right degree of acidity. Afterwards the kiwi vinegar is transferred to oak barrels for a further period of fermentation. Fermentation is slow and with native yeasts.

HISTORY BACKGROUND The history of Agro Pontino Kiwi Vinegar has been linked for several decades to the history of the Ferrari company (an agricultural company founded in the late 1970s), the first vinegar factory in Lazio to produce a kiwi-based vinegar. A history testified by a rich collection of photographs and documents attesting to the production of kiwi vinegar as early as 1988.
The Ferrari family, originally a family of winemakers and wine producers, once the cultivation of kiwi began, in order not to waste the fruits discarded due to the small size but equally cared for throughout the agricultural season, had the intuition to subject the kiwi to the same process of wine fermentation to produce a kiwi must, thus obtaining a company by-product. Starting in 1988, with the collaboration of Prof. Gianninoto, an industrial chemist from Latina, through a series of tests, measurement of the degree brix and acidity; after developing the procedure, the company created the kiwi vinegar and the "mother of vinegar" necessary to obtain it.



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.





GAETA OLIVES PESTO

Production area
Province of Latina: Gaeta

PRODUCT DESCRIPTION Gaeta olives pesto is a seasoning mix made from olives, anchovies, capers and extra virgin olive oil. The colour is purplish brown. The raw material is made from locally produced products: Gaeta Olives PDO in brine, according to the traditional Itri 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 meat grinder 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 glass jars with the addition of monovarietal Itrana extra virgin olive oil, 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 Itrana landrace 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 crushed olives". This writing allows us to date the recipe at least to the second half of the 19th century, as the following sentence appears: "my grandmother was the last of nine children and this was said by my mother". 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 follow: "always remember to crush the olives in the marble (mortar) before mixing everything and putting [the mixture] in the glass jar".

a tavola

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

SPAGHETTI "ALLA CHIAVONE"

Ingredients for 4 persons: 400 g of spaghetti, 4 tablespoons of extra virgin olive oil, 1 clove of garlic, 1 glass of water, salt to taste, 2 tablespoons of Gaeta olives pesto PDO.

Method: put 4 tablespoons of oil and a clove of garlic in a preheated frying pan, which must be removed once golden. Add 2 tablespoons of crushed Gaeta olives PDO and a glass of water; amalgamate 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.



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.








CHEESES

TRADITIONAL AGRI-FOOD FROM THE LANDS OF LAZIO



BURRATA DI BUFALA

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Provinces of Frosinone, Latina and Rome

PRODUCT DESCRIPTION Fresh stretched curd cheese made from raw, unseasoned milk, stuffed with cream and strips of buffalo mozzarella; it is characterised by its sweet and buttery flavour.

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 into clumps the size of a walnut. The clumps rest in the whey for 5 minutes and drain on a board for 10 minutes. Then, to obtain the sack that will contain the burrata, the curd is left to mature at room temperature for a few hours on the table. The "filatura" (stretching) is carried out with hot water and the sack shape is obtained manually. This sack is filled with cow cream and pieces of buffalo mozzarella, everything is firmed under a jet of cold running water. The buffalo burrata 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 It is a typical product of peasant culture, rooted in avoiding waste. This cheese is in fact a clever example of the reuse of the residues from the processing of buffalo mozzarella.



BURRELL'

PAT 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.



CACIO DI GENAZZANO

PAT 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.





NONNO NINO'S CACIO CHEESE OF MONTALTO DI CASTRO

Production area
Province of Viterbo: Montalto di Castro

PRODUCT DESCRIPTION Nonno Nino's cacio cheese is obtained from the processing of raw sheep's milk, obtained from the morning milking of sheep mainly of the Sarda breed, raised on pasture in the Tuscia area. It is a table or grating cheese, left to mature for a minimum of 60 days up to a maximum of 6 months, with a semi-hard texture and cooked, grainy and with the presence of eyes; the colour of the inner paste ranges from straw yellow to golden. The rind is thin, ochre or greyish in colour, with the development of moulds treated with extra virgin olive oil and left to dry for a few days and then brushed to remove the moulds in excess. The taste is rich, decisive, tingling and with aromas and scents that vary according to the season and the diet of the sheep; the weight is 4-5 kg.

PRODUCTION METHOD After milking in the morning, the sheep's milk arrives at the dairy where it is refrigerated for a few hours, usually 6 hours, at 8-10°C or processed immediately raw. This is followed by heating to 36°C for 15-20 minutes with the addition of kid rennet paste, in order to promote the formation of curd. The curd is broken into the size of a grain of rice with the help of a steel or wooden curd breaker. This is followed by forming in plastic or wooden or wicker drums and draining through manual pressing and then inside the hot chamber holding the shapes for 5-6 hours. Salting is manual, dry, for about 24 hours or depending on the weight of the cheese. The maturation takes place in an ageing room at 9°C and 80% RH for a minimum period of 60 days (table cheese) up to 6 months (grated cheese).

HISTORY BACKGROUND The production of Nonno Nino's cacio cheese is strongly linked to the dairy tradition of the Manca family who in the 1950s arrived from Sardinia with sheep in the territory of Montalto di Castro. Here, they initially were involved only in livestock breeding, and then also dedicated themselves to the activity of cheesemaking thanks to the experience of processing the milk of their sheep into excellent sheep's cheeses used mainly for family consumption. Still today, this cheese follows a traditional processing with raw milk and according to a cheesemaking process handed down from generation to generation that guarantees the maintenance of the specific flora of this cheese.





CACIOFIORE

PAT 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. Salting 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.





(PLAIN AND HERBAL) CACIO MAGNO

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area

Province of Rieti: Poggio Mirteto, Montopoli di Sabina

PRODUCT DESCRIPTION Produced from September to June, plain 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 in 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.





(SIMPLE AND SMOKED) BUFFALO CACIOCAVALLO

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Provinces of Latina, Frosinone, and Rome

PRODUCT DESCRIPTION Simple and smoked buffalo Caciocavallo 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.



SUPINO CACIOCAVALLO

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Province of Frosinone: Supino

PRODUCT DESCRIPTION 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 calf rennet paste. The process continues by breaking the curd into clumps similar in size to hazelnuts. After a maturation phase under whey for 4-10 hours, the curd can be stretched. The stretching, carried out by hand, takes place by soaking the curd in hot water in steel or beechwood tanks. A "stretched strand" of curd 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 any gaps and a smooth and shiny surface. After shaping, the caciocavallo is cooled in water and undergoes salting by soaking in brine. The cheese is tied at the level of the round head and hung with a piece of twine for 6 hours. The ageing, 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 It is a typical cheese of all the regions that fell under the Kingdom of the Two Sicilies. It's been produced in Supino since the late 1800s.



(SIMPLE AND SMOKED) CACIOCAVALLO VACCINO

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Lazio Region

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: "F*amme truvà tante casecavalle*" (Make me have a lot of Caciocavallo).



BUFFALO CACIORICOTTA

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

PAT 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

PAT 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

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Lazio Region

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.



a tavola

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.



CEPRANO CACIOTTA/ CACIOTTONE CHEESE

Production area
Province of Frosinone: Ceprano

PRODUCT DESCRIPTION Ceprano Caciotta/Caciottone is a table cheese. It is made from cow's milk, mild in taste, with a soft semi-cooked white or straw yellow interior; the texture is grainy and has small eyes. Cylindrical in shape, with flat ends, it has variable dimensions and weight depending on the shape: from 8-12 cm in height and 10 cm in diameter, weight about 1.5 kg; 15 cm in height by 30 cm of diameter, weight 8 kg (Caciottone). The rind is naturally thin and white in the small size, thicker and yellowish in the Caciottone. The ageing ranges from 15-30 days for the caciotta; minimum 6 months for the Caciottone which acquires a tangy flavour. It is characterised by a delicate to intense aroma depending on the ageing, a flavour that recalls fresh milk and pasture.

PRODUCTION METHOD Ceprano caciotta is a cheese made from Holstein and Brown cow's milk raised in semi-open herding with access to pasture. Milking takes place twice a day, in the morning and in the evening, stored at 12°C for 4 hours. The milk undergoes thermisation at 60°C for about 5 minutes, after filtration both in the milking parlour and at the cheesemaking establishment. Subsequently, the milk is heated to 37°C for 40 minutes and liquid calf rennet is added to form the curd, which undergoes cooking at 40°C for 10 minutes and then is poured into the moulds for shaping. Draining takes place by manual pressing, stewing at 40°C for about 3 hours. Salting is dry on all surfaces, with coarse salt or brine for 8 hours. Drying continues, i.e., ageing in a cold room at 12°C at 70% RH, for a period varying from 15 to 30 days for the caciotta; at least 6 months for Caciottone.

HISTORY BACKGROUND Ceprano, in Lazio, is deeply linked to the peasant tradition through historical festivals, such as the Fair of Sant'Antonio Abate (with blessing of animals and markets of livestock and local products), and events that celebrate agriculture, such as the Palio delle Corti (medieval re-enactment) and the Agricultural Festival. Its territory is characterised by the presence of traditional farms and cheesemakers that enhance the short supply chain, keeping alive the links with the agricultural past and natural resources such as the Liri and Sacco rivers, testifying to a historic economy that is still vibrant, linked to typical products such as the "mosciarelle" and to peasant religious celebrations. Even today, thanks to the presence of livestock breeding in the countryside of Ceprano, especially cows, and cheesemakers, it is possible to taste the famous Ceprano Caciotta, small or large, rich in flavours of fresh milk and pasture.
In the past, each peasant family had its own cows with whose milk they obtained the caciotta, to be consumed at home fresh or aged, in the cellar, or sold to customers.
Thanks to the savoury flavour outside due to its dry salting and to the mild interior, it was traditionally eaten by light frying it in a pan with extra virgin olive oil.





PLAIN OR SEASONED CACIOTTA DI VACCA CIOCIARA

PAT 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.



MIXED CACIOTTA AI BRONZI

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Province of Frosinone

PRODUCT DESCRIPTION Fatty hard cheese, cylindrical wheel form, it is produced with mixed sheep-cow milk (50% - 50%). The interior has a straw yellow colour. The taste ranges from slightly salty to salty with accentuated lipolysis (fat elimination).

PRODUCTION METHOD It is obtained from the transformation of mixed 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. Dry salting takes place for 48 hours at room temperature with subsequent drying phase for 7-15 days. The mixed caciotta ai bronzi, massaged with oil and vinegar, aged 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 aged for another 45 days at room temperature. The "bronzi" are covered with cotton or linen tablecloths.

HISTORY BACKGROUND The mixed caciotta ai bronzi is a relatively modern variation of Pecorino ai bronzi. Since antique times, 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) to improve the ageing.



CACIOTTA GENUINA ROMANA

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Lazio Region

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.



MIXED CACIOTTA DELLA TUSCIA

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

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 Mixed caciotta 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.



MIXED SHEEP-COW MILK CACIOTTA OF LAZIO

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Lazio Region

PRODUCT DESCRIPTION Mixed sheep-cow milk caciotta cheese with raw and semi-cooked interior. The interior, 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 mild to spicy, depending on the length of ageing.

PRODUCTION METHOD Mixed sheep and cow milk, 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 lamb rennet or lamb rennet paste at 36-40°C, with a setting time of 30-40 minutes. In some cases, the cheese is flavoured with chilli peppers. The curd, after breaking, eventually undergoes cooking at 43°C, without stopping under whey 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. The ageing time is variable, from 1 day (Primo Sale or fresh cheese) 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 Produced in the period of a scarcity of cow's milk, it brings to mind the processing of Roman Genuine Caciotta, but with a shorter ageing time and milder taste**.**



BUFFALO CACIOTTINA CHEESE OF AMASENO (PLAIN OR SEASONED)

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area

Province of Latina: Prossedi. Province of Frosinone:Amaseno, Giuliano di Roma, Villa Santo Stefano

PRODUCT DESCRIPTION Peculiar cheese obtained from the transformation of buffalo milk, it has a cylindrical shape and colour from white to straw yellow.

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 breakage into clumps the size of a peanut 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 left to dry for at least 4 hours. The ageing, which provides for the arrangement of the small 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 wheels 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 grease and ash.

HISTORY BACKGROUND Local cheesemakers have gathered a wealth of oral history on this product and its history. Buffalo ricotta is mentioned in the Atlas of typical products: 'Cheeses' of the Italian National Institute of Rural Sociology (1990).



SHEEP CHEESE AND CACIOTTA IN OIL

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area

Lazio Region

PRODUCT DESCRIPTION Hard, aged sheep cheese with a straw yellow colour tending toward browning. The flavour is spicy, with the aroma of the conservation oil.

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 lamb rennet powder and paste (50%), at 36°C, with a coagulation time of 30 minutes or with kid rennet paste, 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. Ageing 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.

HISTORY BACKGROUND Cheese similar to Pecorino del Pastore mentioned in the Atlas of typical products: 'Cheeses' (INSOR, 1990).



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

PAT 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 diary, 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

PAT 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.

a tavola

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

PAT 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 is 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 neighbour 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.

a tavola

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

Production area
Lazio Region

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).

a tavola

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.



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)

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

LINK WITH BIODIVERSITY

Production area
Lazio Region

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".

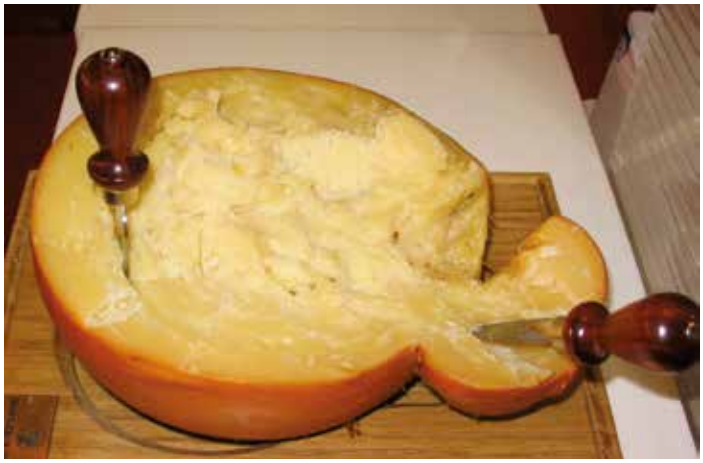
PRODUCTION METHOD The production period of this goat cheese varies according to the area: from April to June in the area of Frosinone and Latina, from autumn to spring in the province of Rome. In the aforementioned areas, the production of this cheese is traditionally linked to the presence of native 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.

a tavola

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

PAT 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

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

LINK WITH BIODIVERSITY

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.



BUFFALO MUGNAIA CHEESE

Production area
Province of Rome: Formello

PRODUCT DESCRIPTION Table cheese made from raw processed buffalo milk. It is a semi-fresh soft cheese with stretched curd, left to mature for a short period in order to make the internal cheese creamy and spreadable, similar to stracchino. The rind is absent or very thin, if the Mugnaia cheese is left to mature for a few days; the internal cheese is porcelain white, without eyes and creamy. Intense flavour of buffalo milk, slightly acidic. The Mugnaia cheese is worked by hand to form a very large braid that tends to flatten and widen during the short period of maturation.

PRODUCTION METHOD Buffalo milk, coming from buffalo farms in Lazio, is refrigerated for a few hours or destined for processing by subjecting the milk to heating to 38°C with the addition of starter obtained by acidifying the milk from previous processes for 4-5 days or until reaching the right degree of acidity, assessed by the cheesemaker's experience. After the addition of the starter, liquid bovine rennet is added in order to promote coagulation by keeping the milk at 38°C for 20-25 minutes. This is followed by a first breaking of the curd, separating it into 4 parts, like a cross; then letting it rest for 10 minutes. This is followed by a second break in 8 parts and after 10 minutes a third break to the size of walnuts, performed very carefully and gently. This is followed by a resting phase of the curd for 20-30 minutes in which the coagulated paste descends to the bottom of the vat where it remains for about 4 hours in order to ensure the process of draining in hot whey and the maturation of the paste necessary for perfect elasticity and stretching. Once maturation is complete, the buffalo milk is heated to 97.5°C in order to start the manual stretching giving the braid shape, left to mature and age for a very short time in order to allow the formation of a soft and creamy internal part.

HISTORY BACKGROUND Ancient product, linked to the transformation of buffalo milk. Buffalo Mugnaia cheese takes its name from the town of Mugnano di Napoli where it was most likely traditionally produced. However, there is no certain information on the origin which, however, is linked to the centuries-old practice of breeding buffaloes in Campania and in the south of Lazio, as well as to the art of transforming buffalo milk into mozzarella. The technique of processing buffalo milk for the production of the Mugnaia cheese has been recovered from the dairy tradition of the Esposito family and above all from grandfather Peppe, a cheesemaker for generations, of Campania origin, who in the 1950s moved near the Capital city, to Formello, to offer and propose himself to the market of Rome with the historical cheeses of his family, exclusively based on buffalo milk from selected buffalo farms in central and northern Italy. It is from these solid roots, geographical and familial, that the challenge taken up by the family of grandfather Peppe was born, who transferred his skill as a cheesemaker to subsequent generations, spreading the art of processing buffalo milk even in areas far from the usual ones. The curious element of this aged buffalo cheese is that it is not a classic stretched curd cheese (such as provola or scamorza) as buffalo milk is processed, but for the cheesemaking technique used, it is very similar to a caciotta or a pecorino cheese, so much so that the regular customers of Formello also call it the "buffalo pecorino".



PECORINO VITERBESE

PAT 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, depending 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 CIOCIARO

PAT 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.

a tavola

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 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 fatty, hard cheese made from sheep's milk.

PRODUCTION METHOD It 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 brought 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 age, 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 Picinisco for the ageing phase, since it is produced in a more humid area than that of the territory of the Comino valley. Precisely to safeguard the cheese from excess humidity, the cheesemakers used chests for a first ageing, and then, for the second phase, they used the traditional truncated conical wooden containers called "bronzi".



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).



(PLAIN OR SEASONED) PECORINO DELLA SABINA

PAT 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. Pecorino 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.



a tavola

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

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area

Province of Rieti: 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

PAT 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.



ROIATE/ROIATESE PECORINO

Production area
Province of Rome: Roiate

PRODUCT DESCRIPTION Roiate/Roiatese Pecorino is a semi-cooked and semi-hard sheep's milk cheese with a characteristic cylindrical basket shape. Processed with raw or pasteurised whole milk, it has a thin, rough rind of a light straw yellow or dark yellow colour that encloses a semi-hard, greasy and ivory-coloured cheese, with the presence of some eyes. The scent ranges from delicate to intense, with milky notes accompanied by hints of wild flowers and fresh and cooked vegetable grass; decisive, medium mild and salty, slightly acidic and with a slight bitter and spicy note in the more aged version. Medium solubility and aromatic persistence. Size from 1 to 8 kg approximately; intended mainly for table consumption.

PRODUCTION METHOD Cheese made from sheep's milk obtained from breeds traditionally raised in pastures, especially in the mountains of Roiato, at an altitude ranging from 750 to 1,000 meters above sea level, such as Massese, Siciliana, Sarda, Sopravissana and for over twenty years also the Lacoune: the animals are raised in the mountains, free-range grazing with a few supplements of chopped hay and corn. Tanshumance is practised in November and then in April-May. The milk, milked twice a day (in the evening and in the morning) with the help of a milking machine, is stored at 0-4°C and the next day processed mainly raw or possibly subjected to pasteurisation. To start coagulation, the milk is heated to 36°C, then added with lamb or kid rennet paste, diluted in water, which gives spiciness to the cheese; setting time about 30 minutes. The curd is broken to the size of a hazelnut with a wooden or steel curd breaker. Once the breakage is complete, the curd is cooked at 42-43°C for about 3 minutes and then left to rest inside the vat for 30 minutes completely immersed in the whey; then, the preparation of the paste in forms (shaping) takes place, with manual pressing, possibly with the help of a wooden straw, to facilitate draining; if necessary, stewing is also carried out to further facilitate draining. The wheels are turned over 4 times, every 15 minutes and then dry salted with salt (half fine and half coarse) or in brine for a variable time depending on the size: 1 hour for each kilo of cheese. The Roiatese cheese is then aged in cold rooms at 10-12°C for 15 days up to 12 months or in historic caves or cellars. After about 30 days, a treatment is done on the rind with olive oil.

HISTORY BACKGROUND Roiate Pecorino, also known as Roiatese, is a cheese produced with whole sheep's milk from farms located in the municipality of Roiate, a small town perched on a beautiful tuff hill on the Ernici Mountains, in the province of Rome, with a centuries-old history of sheep farming in which sheep of the Comisana, Massese, Sarda, Sopravissana and for over twenty years also the Laucone breed are raised on free-range grazing. A centuries-old pastoralism also testified by the rich administrative documentation collected in the municipal archive of the Municipality of Roiate, which shows the presence of livestock (cattle, sheep, goats, etc.) from the late 19th century and for which the application of a tax and the counting of livestock was envisaged. Equally centuries-old is the cheesemaking tradition whose production techniques have been handed down orally from father to son and carried on today with a spirit of initiative by the new generations.





PECORINO IN GROTTA DEL VITERBESE

PAT 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

PAT 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.

a tavola

"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.



PRIMO SALE SHEEP'S MILK FRESH CHEESE

Production area

Province of Viterbo: Montalto di Castro

PRODUCT DESCRIPTION The Primo Sale of sheep's milk fresh cheese is obtained from thermised sheep's milk, obtained from the morning milking of Sarda sheep, raised on pasture in the Tuscia area. It is a fresh table cheese aged a minimum of 1 day up to 7 days which has no rind or a soft and very thin rind; internal cheese is porcelain white, soft and with very few eyes. The taste is rich, tasty and distinctively of fresh sheep's milk.

PRODUCTION METHOD After milking in the morning, the sheep's milk arrives at the cheesemakers where it is refrigerated for a few hours, usually 6 hours, at 8-10°C or processed immediately. After a phase of thermisation of the milk at a temperature between 57 and 68°C for about 15 seconds; this is followed by heating to 36°C for 15-20 minutes with the addition of kid rennet paste, in order to promote the formation of curd. The curd is broken into the size of a kernel of corn with the help of a steel or wooden curd breaker. This is followed by forming in plastic or wooden or wicker forms and draining through manual pressing and then inside the hot chamber holding the shapes for 5-6 hours. Salting is manual, dry, for about 24 hours or depending on the weight of the cheese. No ageing takes place, or there is ageing for short periods; from a minimum of 1 day up to 7 days.

HISTORY BACKGROUND It was Pliny the Elder who for the first time in his work 'Naturalis Historia' classified national and foreign cheeses, defining Primo Sale as one of the best cheeses of the time. Legend has it that the paternity of the Primo Sale is attributed to the Cyclops Polyphemus. In fact, Homer in the Odyssey narrates that: "Sitting, Polyphemus milked the sheep and bleating goats in turn and, giving the mothers back to the lambs, he curdled half of the milk and placed it in woven baskets". In Montalto di Castro the production of the primo sale sheep's milk fresh cheese, such as Nonno Nino's cacio, is strongly linked to the dairy tradition of the Manca family who in the 1950s arrived from Sardinia with sheep in the territory of Montalto di Castro. Here, they initially were involved only in sheep breeding, but later they also dedicated themselves to the activity of cheesemaking thanks to the experience of processing the milk of their sheep, transformed into excellent sheep's cheeses made mainly for family consumption.





BUFFALO PROVOLA (SIMPLE OR SMOKED)

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

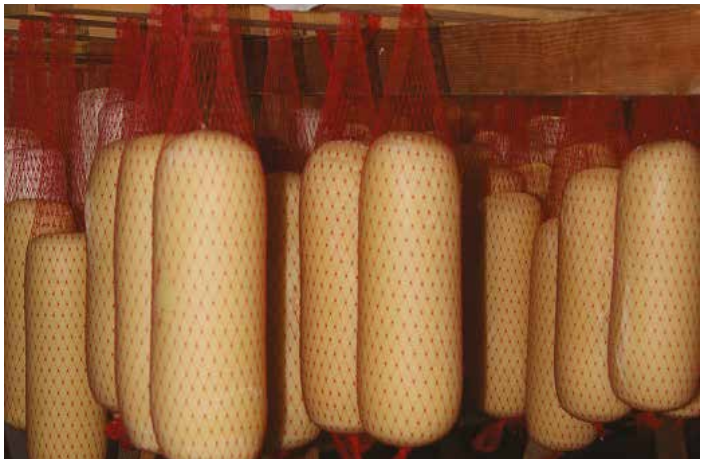
Production area
Provinces of Latina, Frosinone, and Rome

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 OR SMOKED) PROVOLA DI VACCA

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Lazio Region

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.

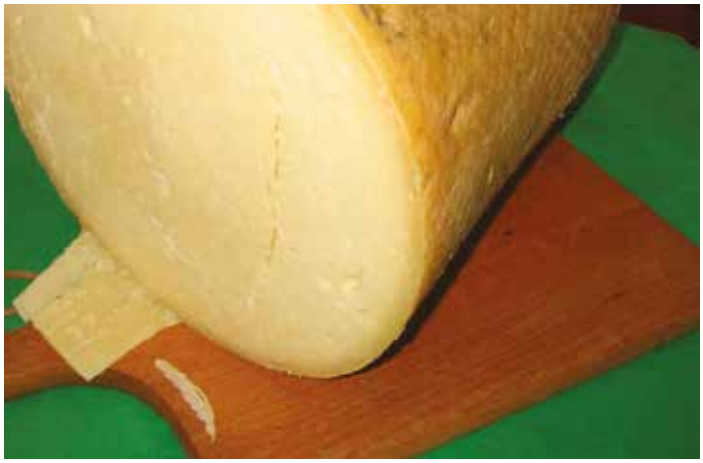


a tavola

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

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area
Lazio Region

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 cheesemaker 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.

a tavola

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.+



AGED BUFFALO PROVOLONE OF FORMELLO

Production area

Province of Rome: Formello

PRODUCT DESCRIPTION Stretched curd cheese made from buffalo milk that is characterised by lengthy ageing: from 1 year to 5 years; the size is particularly large, as it can weigh about 20 kg. It is characterised by the shape of wedges (pumpkin type) thanks to the manual tying with vegetable or synthetic string, which allows the provolone to be kept hanging from a pole or beams throughout the ageing period. Aged Buffalo Provolone of Formello is a cooked, semi-hard, stretched, compact, homogeneous, straw yellow cheese. The rind is thin with an ochre yellow colour. The flavour is intense tending to spicy.

PRODUCTION METHOD The buffalo milk, coming from buffalo farms in Lazio, is refrigerated at about 2-4°C for a few hours and then destined for processing by first subjecting the milk to pasteurisation at 72°C for 10-15 seconds and then to heating the milk to 38°C for 20-25 minutes for coagulation with the addition of liquid bovine rennet. In some cases, raw milk processing is also used. This is followed by a first breaking of the curd, separating it into 4 parts; then letting it rest for 10 minutes. This is followed by a second break in 8 parts and after 10 minutes a third break into small cubes. The fourth breaking takes place more energetically with the help of a curd breaker until the clumps are the size of a grain of rice. Then it is continued with the draining in hot whey for 4-5 hours in order to ensure the maturation of the curd necessary for perfect elasticity and stretching. Once the maturation has ended, the buffalo milk is heated to 97.5°C in order to start the manual stretching, giving the paste a particular flask shape and then a pumpkin shape, tying the cheese into the typical shape of a pumpkin. The cheese can be kept in a cold room at 4°C until the end of the long ageing that lasts 4-5 years, keeping the provolone hanging with the use of vegetable or synthetic string.

HISTORY BACKGROUND 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 Campania and in the coastal areas of southern Lazio. 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 periodically went in procession to the monastery of San Lorenzo in Capua, in the province of Caserta. The production of aged buffalo provolone in Formello is linked to the history of the Esposito family and of grandfather Peppe, a cheesemaker for generations, of Campania origin, who in the 1950s moved near the Capital city, to Formello, in the Roman province, to propose himself on the market of Rome with the historic cheeses of his family, made exclusively with buffalo milk. It is from these solid roots, geographical and familial, that the challenge taken up by the family of grandfather Peppe was born, who transferred his skill as a cheesemaker to subsequent generations, which has been since the past to spread the centuries-old tradition of transforming buffalo milk (whose breeding is widespread above all in southern Lazio and Campania) even in distant areas.



SCAMORZA APPASSITA (OR CACETTO) DI SUPINO

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

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 scamorzas, 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 scamorzas, 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

PAT 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.



a tavola

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

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

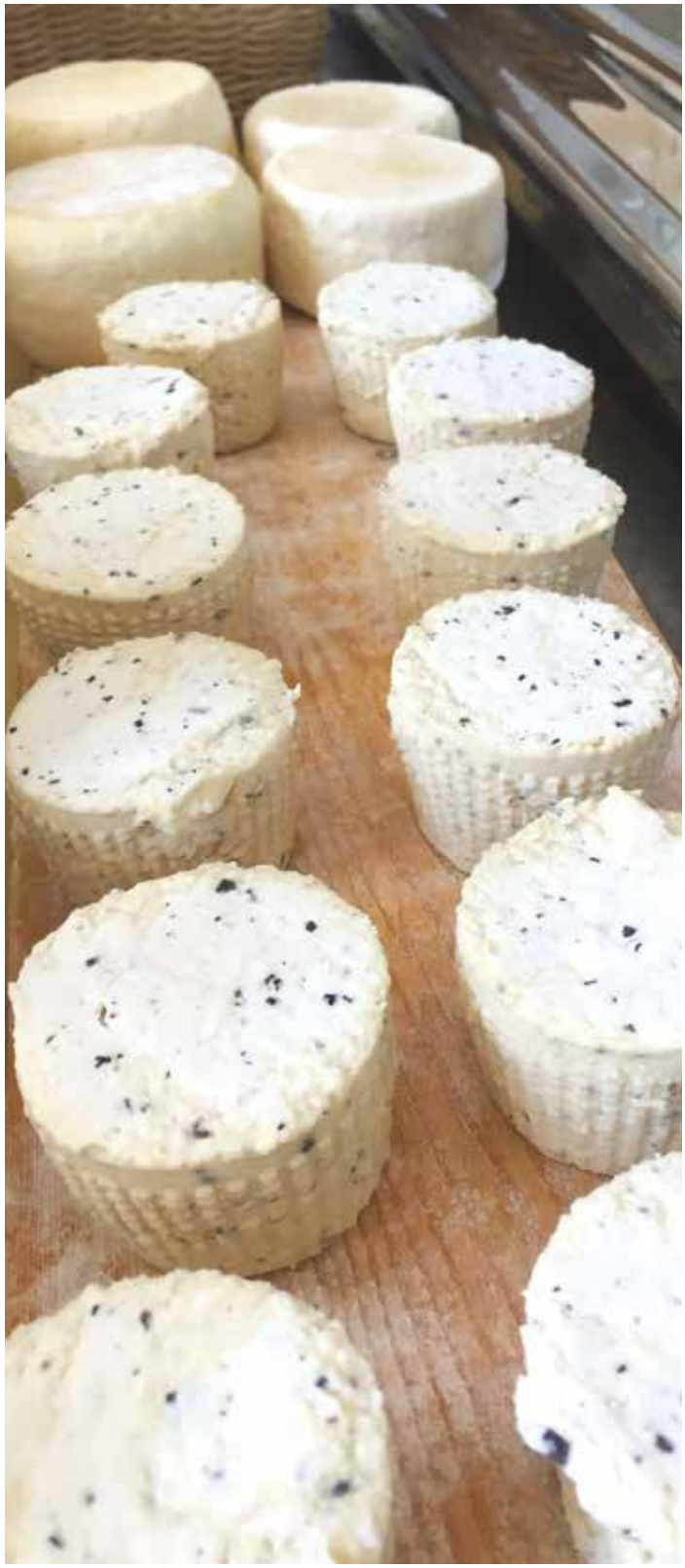
Production area

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.





AGED BUFFALO CHEESE OF FORMELLO

Production area
Province of Rome: Formello

PRODUCT DESCRIPTION The aged buffalo cheese of Formello is a semi-hard table cheese, compact with a slight presence of eyes, straw yellow in colour and with the development of mould especially in the section under the rind. The rind is thin ochre in colour or with a black cap based on food grade wax. The processing of this cheese is characterised by a sequence of 4 breaks interspersed with 10 minutes of rest in hot whey. The ageing of this cheese ranges from 6 months up to 1 year; the size is about 2 kg.

PRODUCTION METHOD The buffalo milk, coming from buffalo farms in Lazio, once it arrives at the dairy, before processing, is refrigerated in silos at about 2-4°C. Processing takes place after a maximum of 2 days by subjecting the milk to pasteurisation at 72°C for 10-15 seconds. In some cases, raw milk processing is also used. The process continues with the addition of liquid bovine rennet and starter from the farm's production. The starter comes from buffalo milk left to acidify for 4-5 days or until the right acidity of the milk is reached, established according to the experience of the cheesemaker. Coagulation takes place by heating the milk to 38°C for 20-25 minutes, followed by a first breaking of the curd, separating it into 4 parts; left to rest for 10 minutes. This is followed by a second break in 8 parts and after 10 minutes a third break into small cubes. The fourth breaking takes place more energetically with the help of a curd breaker until the clumps are the size of a kernel of corn. The forming takes place with food-grade plastic forms with a capacity of about 2.5 kg of curd. The forms are then stored in a cold room for 4-5 days in order to allow the cheese to be shaped and drained; then dry salting is carried out with fine salt to strengthen the draining phase. The cheese is stored in a cold room at 4°C until it reaches a pH of 5.2-5.5. The ageing ranges from a minimum of 6 months up to 1 year with rind cleaning treatments carried out with the help of a brush in order to remove the surface mould.

HISTORY BACKGROUND In this aged buffalo cheese there is all the history and cheesemaking tradition of the Esposito family and of grandfather Peppe, a cheesemaker for generations, of Campania origin, who in the 1950s moved near the Capital city, to Formello, to obtain and propose himself to the market of Rome with the historical cheeses of his family made exclusively with buffalo milk from selected buffalo farms. It is from these solid roots, geographical and familial, that the challenge taken up by the family of grandfather Peppe was born, in order to spread the centuries-old tradition of transforming buffalo milk (whose breeding is widespread above all in southern Lazio and Campania) even in areas not traditionally involved in buffalo breeding. The aged buffalo cheese is a cheese that sets itself apart from the characteristic cheese made from stretched curd buffalo milk (such as provola or scamorza), it resembles a caciotta or pecorino cheese in the technique used, so much so that the regular customers of Formello also call it the "buffalo pecorino".





STRACCHINO DI CAPRA

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

LINK WITH BIODIVERSITY

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)

TRADITIONAL AGRI-FOOD FROM THE LANDS OF LAZIO



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 fertilizers, 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).

a tavola

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 DEI COLLI MONOVARIETAL EXTRA VIRGIN OLIVE OIL

LINK WITH BIODIVERSITY

Production area

Province of Frosinone: Arpino, Boville Ernica, Castelliri, Fontana Liri, Monte San Giovanni Campano, Strangolagalli, Veroli

PRODUCT DESCRIPTION Ciera dei Colli monovarietal extra virgin olive oil is obtained from the milling of fruits of the landrace, so named in the production area. This landrace is called Ciera, sometimes Acera, on the Ernici Mountains and in the surrounding area. In reality, the genotype is also widespread on the Ausoni and Aurunci Mountains where it takes the name of Vallecorsana, in Sabina where it is called Salviana or Fecciara and on Monte Soratte where it is known as Sirole. Although the genotype is unique, the landrace, adapted to different pedoclimatic and cultural contexts, expresses oils with distinctive characteristics for each area. The Ciera dei Colli plant is vigorous and has an upright growth, medium-density foliage, fruiting branches with medium-short internodes, short elliptic-lanceolate leaves. The fruit, of medium weight and ovoid shape, has a high pulp/stone ratio, and ripens in the first ten days of November. The average yield is 22%. Ciera oil is characterised by pleasant green sensations of fresh grass, aromatic herbs and light hints of ripe fruit. Oil with good harmony, keeps very well.

PRODUCTION METHOD The plants have a structure which is mostly irregular or traceable to 7x7 or 8x7 metres. The growing system is bush vase for the oldest specimens and polyconic vase for the younger ones; in many olive groves in the area the growing system is undefined. Olive groves are generally kept naturally grassed, several cuttings are 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 harvesting. The olives are subjected to defoliation and/or washing at room temperature.

HISTORY BACKGROUND In a description of the assets of the parish of San Lorenzo Martire di Colli dating back to 1714, a first explicit reference to a Ciera olive present in those lands since at least 1676 was found. In the 1940s, the landrace was already considered "residual" because the economic support given in favour of the renewal of olive groves had triggered an embryonic process of varietal substitution. Despite this, the landrace remained characteristic of the area and worthy of attention. The specimens of Ciera dei Colli that were surveyed are all over a hundred years old and of large size. Unfortunately, their limited number means that the landrace, despite the different areas of discovery, is still at risk of genetic erosion and for this reason registered in the Regional Voluntary Register as required by Regional Law no. 15/2000 - Protection of autochthonous genetic resources of agricultural interest. With its intense green foliage, the Ciera adapts well to the impervious hilly areas of the Ernici Mountains where the cultivation of olive trees is widespread. It is also present in Veroli, where it is known as Glivastreglie and more sporadically also in the surrounding municipalities, such as in upper Fontana Liri or Alatri, where it takes the name of Acera or Uriana. The indication of the toponym "dei Colli" was added by the cooperative company "Ciera dei Colli" in reference to the locality "Colli di Monte San Giovanni Campano". The cooperative company also gathers members from neighbouring municipalities.





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.

a tavola

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: Alvito, Gallinaro, Picinisco, San Donato Val di Comino, Settefrati

PRODUCT DESCRIPTION This monovarietal extra virgin olive oil is extracted from the fruits of the Marina landrace, grown exclusively in the Municipalities of San Donato Val di Comino, Alvito, Settefrati, Gallinaro and Picinisco in Val di Comino and in particular at an altitude between 500 and 800 m. The variety is self-sterile and takes advantage of cross-pollination with plants of the Moraiolo landrace, which have always been present in small quantities in olive groves. The plant, with an upright growth of limited vigour, has a moderately dense crown, medium length of the internodes of the fruiting branches, small and light green leaves on the upper side. It has a low susceptibility to the fly if the plant is grown at high altitudes as happens in the area. The drupes, of medium-large size, have a late oil period and fall. The yield is good and the oil obtained is very rich in polyphenols, with an aromatic profile characterised by hints of grass, almond, artichoke and tomato.

PRODUCTION METHOD The olive groves of Marina in Val di Comino often have an irregular planting layout or can be traced back to 6x7 metres. The prevailing growing system is the polyconic vase with three branches. In many olive groves in the area there are undefined growing systems. The olive grove is kept naturally grassed, green manure with field beans is practised 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 olives 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 monovarietal extra virgin olive oil is stored in stainless steel containers.

HISTORY BACKGROUND The Marina olive tree is a native landrace, to which local communities are strongly attached as it represents an identifying element of the landscape of the Val di Comino on the slope facing the National Park of Abruzzo, Lazio and Molise. This olive tree grows at an altitude that reaches almost 700 metres, demonstrating a great resistance to frost. The fruit seems to have been suitable to the pre-Apennine cold: it has a slightly curved shape and a purplish and mottled colour when it reaches ripeness. The adaptation to climatic conditions and the good resistance to common diseases have meant that the landrace has not been replaced in favour of others and this is true both in family plots with few plants and in olive farms with productions intended for the market and export.

Today, agronomic and technological advances guarantee an excellent quality of the oil extracted from the Marina and have made sure to reveal its aromatic elements, such as spiciness, due to the high content of polyphenols. Perhaps the bitter taste of the olive is at the origin of the name ("amarina"), even if the local tradition links it to that of De Marinis, a pharmacist who - it is said - at the end of the 1700s brought back this olive tree capable of opposing frost from the distant Pyrenees. The spread of olive growing in Val di Comino, however, dates back at least to the Middle Ages and to the work of the Benedictine monks of San Donato, who some claim were involved in the spread of this important landrace.

Whatever the origin, the Marina has been cultivated for generations on several hundred hectares. Despite this, it is registered in the Regional Voluntary Register (Regional Law no. 15/2000) with a "medium" degree of genetic erosion. In fact, it is not free from dangers, represented primarily by climate change and the limited area of diffusion.



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 minorm inpensam desi siderat 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 olivastrone 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

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: hyponastic. 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 Rieti and Rome, especially the Sabina Reatina and Sabina Romana areas

PRODUCT DESCRIPTION The monovarietal extra virgin olive oil of Salviana is obtained from the Salviana landrace, as it is called in the province of Rome, known instead as Fecciara, in the Rieti area. It is present in the form of plants scattered in the olive groves of Sabina, on the Lucretili and Tivoli Mountains. This landrace shares the same genotype as the Ciera dei Colli, Sirole and Vallecorsana landraces, although the soil and climate conditions, the growing systems, the care and the method of oil extraction mean that the product maintains distinctive characteristics in each production area.
This landrace tends to be late, the surveys in the third harvest period showed a very high soil penetrometric resistance value (471±28 g), which indicates a great aptitude for producing potentially prized oils. The harmonious fruity oil, mainly mild, with a bitter and spicy hint that leaves pleasant sensations, has an intense yellow colour. Although there are several hectares cultivated with Salviana/Ciera/Sirole/Vallecorsana, the genotype is considered part of the regional olive biodiversity at risk of genetic erosion and for this reason the variety is protected and registered in the Regional Voluntary Register as per Regional Law no. 15/2000.

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 integrated control method, by avoiding the indiscriminate use of fungicides. At the time of harvesting, the nets for the collection of the drupes are placed around the plant, covering everywhere the plant projection. The harvesting is performed manually with facilitating means (combs), 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. The olives are then kneaded in traditional mills. After milling, the oil is decanted in insulated steel silos, thanks to which temperature changes are avoided and the oil is then bottled.

HISTORY BACKGROUND Until the mid-20th century, Salviana was considered one of the minor but important landraces of the province of Rome, where it was considered a vigorous plant with an excellent oil yield. In that historical period, the cultivation of olive trees just in Palombara Sabina expanded over an area of over 1,800 hectares in specialised cultivation and about 560 hectares in mixed cultivation. Numerous centuries-old plants of this landrace have been traced in Sabina. Carbon 14 dating of an ancient specimen has identified a monumental Salviana olive tree of about 285 years of age which is located in the territory of Palombara Sabina in the locality of Sant'Antonio. The landrace is known in the province of Rieti and on the border with Umbria with the name of Fecciara, sometimes Scacacciara or Nebbiara. Genetic analyses have shown that the genotype of the Salviana coincides with that of the Ciera dei Colli, Sirole, Vallecorsana, even if the oil and history are distinguishable.





SIROLE MONOVARIETAL EXTRA VIRGIN OLIVE OIL

LINK WITH BIODIVERSITY

Production area

Province of Rome: Civitella San Paolo, Fiano Romano, Filacciano, Nazzano, Ponzano Romano, Rignano Flaminio, Sant'Oreste, Torrita Tiberina

PRODUCT DESCRIPTION This monovarietal extra virgin olive oil is obtained exclusively from the pressing of the fruits of Sirole, a local landrace named after Monte Soratte, in the province of Rome, also known as Vallecorsana in lower Lazio, Salviana or Fecciara in Sabina and Ciera in the Frusinate area, near the Ernici Mountains. Although the genotype is identical, the pedoclimatic conditions, the growing systems, the care and the method of oil extraction characterise the monovarietal oil of Sirole, making it distinguishable. The oil extracted from the fruits of Sirole is characterised by sensations of ripeness, good bitter and spicy tastes, medium harmonic taste; fine oil as the unsaturated/saturated fatty acid ratio is high (6.75). It is a landrace 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 is vigorous, with an upright growth, dense foliage, lanceolate elliptic leaves and ovoid-shaped drupe. The fruit has an early veraison period and a medium ripening period. The optimal harvesting period is around mid-October. The Sirole landrace is a native resource at risk of genetic erosion, protected by Regional Law no. 15/2000 -Protection of native genetic resources of agricultural interest.

PRODUCTION METHOD The Sirole is cultivated by local farmers and olive growers who, over the decades, have recovered plants from old olive groves and put them back into production through the cleaning of plots with different planting layouts, with good distances, highlighting olive growing systems where intercropping with herbaceous or other fruit-bearing species was once practised, or with sheep grazing. The landrace has been multiplied in order to create new, denser plantings (6x6). The polyconic vase is one of the most widespread pruning and growing 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 being pruned (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. The typical production area falls in the northern area of the province of Rome, starting from the slopes of Monte Soratte, at an altitude of about 200-250 m. The farmers are organised into a cooperative company to enhance the productions and fine-tune the supply chain of oil obtained from the landrace.

HISTORY BACKGROUND Monte Soratte rises between the Provinces of Rome and Viterbo, in an area particularly suited to the cultivation of olive trees. This is the privileged area of the Sirole landrace, appreciated for its "small fruit but capable of producing oil of excellent quality". Shortly before the Second World War, it was counted among the main landraces of the area. Due to its interesting characteristics, it was included in the clonal identification programme for improvement promoted by Ersal and conducted in the mid-1980s, together with the main olive landraces of Lazio. Being at risk of erosion, it was registered in 2009 in the Regional Voluntary Register, but only in 2021 was it certain that from a genetic point of view, it is identical to Ciera dei Colli, Salviana, Vallecorsana. They are therefore synonyms of the same genotype, despite having very different histories, adaptation and oil. The transformation of the name Sierola into Sirole is due to a process of Italianisation carried out by the olive growers of Soratte which took place at the beginning of the 1980s, when the first steps were taken to recover the landrace.










NATURAL OR PROCESSED PLANT PRODUCTS

TRADITIONAL AGRI-FOOD FROM THE LANDS OF LAZIO



KIWIFRUIT

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 kiwifruit 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 kiwifruit 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 kiwifruit was organised in Turin; on this occasion, the Agro Pontino area was indicated as an Italian area particularly suited to produce Kiwifruit.



a tavola

BAVARESE WITH ACTINIDIA

Ingredients: 5 ripe kiwis, 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 kiwis, 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

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, *Aglio 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 Sulmona 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*".

a tavola

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

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.



a tavola

'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

Production Area

Province of Latina: Castelforte, Fondi, Formia, Gaeta, Monte San Biagio, Sperlonga

PRODUCT DESCRIPTION Landrace of the Pontine area only. Currently, there are three landraces called: 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 - bigarade orange - to improve resistance to rooting rottenness, leading to less thorny and more durable plants); Biondo known as 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 orange, with a spheroidal shape, 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. The predominant fertilisation is that with ternary and organic chemical fertilisers with the contribution of micro-elements buried in the spring period, before flowering, in minimal doses. Depending on the area of cultivation, harvesting begins at the end of February in Fondi and continues until the end of July-August in Suio, in the Municipality of Castelforte (LT).

HISTORY BACKGROUND The largest number of testimonies is recorded around the 18th century, a period in which the orange assumed significant commercial importance. In the Statistics of the Kingdom of Naples of 1811 there is information on the production area precisely in the Piana di Fondi and the following is reported: "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". The Statistics also provide production data: "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 Inquiry of 1883 describes cultivation of trees with a diameter of 40-50 cm and an age of 300 years. 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 Staël, 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. 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 production. 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.





SUIO BLOOD ORANGE

Production Area
Province of Latina: Castelforte

PRODUCT DESCRIPTION Landrace closely linked to the pedoclimatic conditions of the Suio area, a hamlet in the Municipality of Castelforte (LT). Since the spa resort is located downstream of the Roccamonfina-Foce del Garigliano natural park (altitude 148 m), the soil of volcanic origin is alkaline and contains sulphur. This allows the ripening of oranges that in the collective imagination are typical and exclusive to Sicily. In the area of Suio, the production of blood oranges is obtained from the Moro and Tarocco varieties, whose change from blonde orange to the blood orange is due, in addition to the characteristics already mentioned, also to the minimum and maximum critical temperatures that are the cause of the temperature changes typical of areas located on the slopes of mountain ranges. Suio is in fact one of the last ramifications of the Aurunci Mountains, located dovetailing with the Roccamonfina volcano. These temperatures, together with the characteristics of the soil, allow the orange to take on the particular sanguine colour of both the juice (minimum yield about 40-50%) and the peel. The peel is orange in colour with reddish parts, not very thick. The pulp can be completely red or be partially red, depending on the degree of ripeness. The yellow part never exceeds about 15% of the total. Both varieties are almost completely seedless. Their shape ranges from globular to ovoid. Specifically, the Moro variety is basically a blood orange, but its production in the Suio area allows an exacerbation of these characteristics and gives a peculiar sweetness to the taste, which is why it is particularly in demand on the market. The Tarocco quality, on the other hand, which in other pedoclimatic conditions would remain with its original yellow appearance, in the territory in question undergoes a chromatic mutation towards red. The main peculiarity of blood orange production in the Suio area lies in the possibility of supplying local markets with the Moro variety in a very short period of time from harvesting, allowing the consumer to obtain a fresh product, as well as a local one.

PRODUCTION METHOD The existing planting patterns are characterised by a density per hectare of 600-700 plants, however the new planting layouts have been created considering a density/ha of no more than 200-300 plants, in order to keep the rows well spaced from each other and create channels for the powerful seasonal winds that characterise the area. Flowering runs from the last ten days of March to the first of May. Pruning is carried out in May, after flowering. Fertilisation (in addition to mild nitrogen fertilisation by March-April) is not practised, given the soil particularly rich in minerals. The harvesting period, which runs from the end of December to March-April, allows blood oranges to be placed on the market from December to May. The yield/ha is about 300 q. As for irrigation, it is carried out every 5-10 days in the hottest periods, in order to obtain a good yield at harvest.

HISTORY BACKGROUND In the territory of Suio (Castelforte, LT), the orange has always been a distinctive element, especially the blood variety. However, the first and sure historical evidence is linked to the orange festival, organised annually from 1977. The festival takes place approximately the second week of June. Traditionally, the village priest blesses the oranges which will then be sold and consumed as part of the day itself.





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 cespitous, 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.



ANGUILLARA BROCCOLETTO

Production Area
Province of Rome: 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 (cinquantino, 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.

a tavola

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.



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.



ROMAN CAULIFLOWER

Production Area
Province of Rome

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.

a tavola

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 bruth. 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.

a tavola

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

LINK WITH BIODIVERSITY

Production Area
Province of Viterbo: Orte

PRODUCT DESCRIPTION The head, of medium compactness, is spherical-flattened and globular, with a characteristic opening 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 that is appreciated for its distinctive organoleptic qualities, which allow it to be consumed fresh and raw, thanks to the high sugar content in the bracts. Consumed in spring (April-May). The Ortano Artichoke is protected under Regional Law no. 15/2000 because it is at risk of genetic erosion.

PRODUCTION METHOD It is a multi-annual crop. The shoots are planted from August to late October and the artichokes are harvested in spring. The cultivation technique is based on standard agronomic practices, with the only distinctive feature being the high level of manure residues originating from the 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. The landrace is characterised by high genetic variability, suggesting that local farmers, over the decades, have likely cultivated artichokes that appear similar but are genetically distinct and traceable to the "Romanesco" and "Montelupone" families.

HISTORY BACKGROUND Although there are currently no historical sources providing a morphological description of an "Ortano artichoke", there is ample evidence of a long-standing cultivation tradition in this area, particularly in the areas of the municipality along the banks of the Tiber, where it is still produced today.

At the end of the 19th century, artichoke cultivation in Orte held some economic importance, and contemporary bulletins noted "a quality of artichokes with a singularly striking form and size" (MAIC, Notizie e studi sull'agricoltura, 1877), described as "valuable" and "sought after by merchants sending them to northern Italy", attesting to their commercialization (Atti della giunta per la inchiesta agraria e sulle condizioni della classe agricola, 1884). Further information became available with the establishment of a travelling Chair of Agriculture in Orte in 1906, which began reporting the agricultural work calendar to the Labour Office for labour requests. From these brief notes, we know that artichoke seedlings were transplanted in November, that the harvesting of the flower heads took place in May and continued until June. This further confirms one of the distinctive characteristics of the Ortano Artichoke, namely its ability to produce until late spring (MAIC, Bollettino dell'Ufficio del Lavoro, 1906). Artichoke production was not limited to self-consumption or local use; before World War II, the cultivated area exceeded 18 hectares, with a "well-established export of artichokes" (Guida turistica commerciale industriale agricola di Viterbo e provincia, 1939). Sales took place in local and regional markets, particularly onto the square in Terni, where, according to oral tradition, the inhabitants of Orte are closely associated with artichoke and watermelon production, earning them the nickname "carciofari", which means artichoke merchants. Between the 1940s and 1960s, artichoke cultivation in Orte continued to expand, exceeding 60 hectares. Even at the end of the 1960s, the Veronelli Guide to Pleasant Italy (1968) reported valuable vegetable crops in Orte, including peas, tomatoes, but above all, artichokes. Today, artichoke cultivation areas have been significantly reduced but the landrace has been preserved thanks to the efforts of some local farmers. An association involving producers, agronomists, and citizens has been active for years to counter and reverse this trend. By the first half of May, the Ortano Artichoke Festival takes place in Orte.





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 abundancy 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).

a tavola

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.



FIUMICINO CARROT

Production Area

Province of Rome: Fiumicino

PRODUCT DESCRIPTION The Fiumicino Carrot is characterised by an intense and bright orange root colour, a water concentration of 95% and a low percentage of dry matter that makes it crunchy, low in calories and rich in fibre (only 35 calories/100 grams). This product is marketed with a root length between 15 and 24 cm. Characterised by a high content of vitamin A (Beta-carotene), B, C, K and E, as well as mineral salts, such as sodium, potassium, calcium, phosphorus, sugars. It is grown in the open field in soils with a sandy texture (sand > 80%), sunny, deep, fresh and well drained, with different crop cycles, the most important of which is the one between July and March where productions of 80-100 T/ha are reached. This production arrives on the market in the months of December-February, a period in which fresh produce is scarce. Due to the high salinity of the soil (1.7-2.8 ms/cm) at the time of sowing (July-August) cover fertilisation is favoured. The other sowing is carried out in the winter period with harvesting in May and June. The cultivation, with multi-row sowing, is carried out on seedbeds with a depth of 10-20 cm, an ideal technique for mechanised harvesting; the pneumatic seeder is used for sowing. The value of the sowing is optimised thanks to a precise arrangement of the seed, both in relation to the depth and in terms of the distance between the individual seeds. The same element of the seeder machine will sow 2 or 3 rows, but the seeding speed will be slow (3 to 5 km/h). For mechanical collection, the distance between rows cannot exceed 14 cm. The technique used favours earliness, length and calibre. The density is reduced for early carrots (sowing in autumn and winter), compared to sowing for seasonal harvesting carried out in other areas, mainly due to competition for light. For summer and autumn-winter sowing: 1.2-1.5 million seeds/ha; winter sowing for early harvesting: 0.9-1.2 million seeds/ha. The bottom fertilisation is carried out with well-mature manure from the livestock farms in the area with doses ranging from 300 to 600 T per hectare. Cover fertilisation is carried out with fertilisers with a high phosphorus and potassium content while nitrogen is slow-release. Harvesting is carried out by machine when the product has reached the predetermined quality characteristics. The product, due to its valuable characteristics and the scalability of sowing and harvesting, is packaged (small quantities) and sold fresh, or for the most part sold loose in bins directly in the field.

HISTORY BACKGROUND The history of the Fiumicino Carrot is closely linked to that of the reclamation of the Agro Romano and the mouth of the Tiber river. The first major reclamation work was that of the cooperative of the Ravennati which in the early 1880s succeeded through the filling and use of water pumps to dry up the water of the pond of Ostia and subsequently the area of Isola Sacra. The final results, however, were achieved between the 1920s and 30s, when the Italian National Fighters Opera completed important works on the entire right side of the river between Isola Sacra and Maccarese. The agricultural focus was mainly cereal and livestock – cattle and horses – but in the newly established farms, space was still reserved for viticulture, fruit trees and vegetable gardens. It is in this newly formed agricultural landscape, engraved by canals, redesigned by farms and new crops that the Fiumicino Carrot began to settle as early as the early 1950s, probably in conjunction with the discovery of its nutritional properties (Reggiani, La coltivazione della carota in provincia di Roma. Frutticoltura, 1962). The beginning of cultivation on large areas dates back to the first half of the 1950s, to develop in the following decade. The cultivation techniques, the expertise of the workers and the presence of historic companies that have been farming carrots for at least three generations are the most tangible proof of this, as well as the numerous contributions in magazines and sector volumes that describe its qualities and characteristics





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

LINK WITH BIODIVERSITY

Production Area

Province of Frosinone: Terelle

PRODUCT DESCRIPTION Depending on the landrace, the Terelle chestnut is reddish brown (Roscetta), dark brown (Primutica, so called because it is harvested earlier than the others, i.e., in mid-September), blackish brown with white pulp (Pelosella, so called because of the abundance of white hairs around the stem) or dark brown with cream pulp (Pizzutella or Conca, recognisable by its curved shape). The size varies from small to medium, the flavour is more or less intense, depending on the landrace. The plants grow to over 15 metres in height, many are hundreds of years old, and they generally have a very high trunk, from which a "candelabrum" of large, excessively vertical branches starts, due to the extreme competition for the light. The Pelosella and Pizzutella landraces are protected under Regional Law no. 15/2000 as they are at risk of genetic erosion.

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 pattern is irregular. 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 manual turning 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 The Municipality of Terelle is located on a ridge of Mount Cairo at an altitude of 950 metres. Founded by the Counts of Aquino in 1117 in a dominant position, it was considered a strategic passage to access the Comino Valley. Historical information on the conversion or planting of edible chestnut groves in the area has not been collected systematically and some of these have been reported orally without precise archival indications. According to this information, in the archives of the Abbey of Monte Cassino there are contracts for the purchase and sale of fruit-bearing chestnut trees dating back to the 15th century. The planting layouts and the size of some specimens, with a circumference of more than ten metres, suggest that the inhabitants of these areas have a centuries-old familiarity with the cultivation of edible chestnut trees. The economic importance of chestnut cultivation in the town of Terelle emerges more clearly from various printed sources, some of which were published at the turn of the 18th and 19th centuries. In fact, several descriptions of the Kingdom of Naples record the production of wheat, corn, legumes, oil, wine and chestnuts for this mountain municipality. An element also emphasised in the Jacini Agrarian Inquiry in which Terelle stands out as an exception throughout the Sora district where, according to the monograph, the production of chestnuts was present but never "abundant". On the contrary, "in the Municipality of Terelle the cultivation of chestnuts [was] very extensive; and those industrious mountain people drew a very large part of it, because [they went] around all the fairs





and markets in the district to sell their chestnuts, from which they obtained for a good part of the winter season the small earnings necessary to provide for their bare necessities" (Jacini, vol. 7, 240 Monograph of lawyer Mario Mancini on the Sora District, 1884). Again, from a description of the late 19th century we know that the chestnut grove was located at an altitude of about 700 metres, where the verges and terraced areas dedicated to this crop still persist today (CAI, Ascesa al Monte Cairo, 1896).

The chestnut trees of Terelle suffered serious damage during the Second World War, especially in the lower part of the chestnut tree. Many plants still have metal splinters and bomb fragments incorporated or bear the marks of machine gun fire, testifying to the bloody fighting that took place between the French troops and the German occupiers.

Traces of the use of the name "Pizzutella" in the district of Sora can be found in some printed notes by naturalist Notarianni, who in his Memoria sulle piante economiche della Provincia di Terra di Lavoro (1815), describes it as a "mediocre but very savoury" chestnut. Together with the Pelosella, however, it is mentioned in two essays on chestnut cultivation in the first decade of the 20th century. The names are listed among the local varieties grown in Terra di Lavoro (Giglioli, 1908), in particular in the forest district of Caserta (Remondino, 1910).

Among the landraces preserved in the chestnut grove of Terelle, the Pizzutella is considered among the most valuable for the ease with which it is peeled. According to the opinion of some representatives, the Pizzutella trees are less diffused due to the delicacy of the plant grown mainly in the plots of the wealthiest families in the country. The name is due to the conformation of the fruit, "pizzuto" (ending in a point), just as the concave form gives the name to its other name, "Conca", very popular among local farmers and already reported by sources at the beginning of the 20th century (Giglioli, 1908).

Instead, the Pelosella is the most popular variety. The fruit is small in size, is very resistant and has a particular flavour. Until a few decades ago, the Pelosella was sold in the markets of Cassino, Sant'Elia, Roccasecca and throughout the Comino Valley. Transported on the back of a donkey, they were cooked over open flame in the squares of the villages (roasted chestnuts). The Pelosella first underwent a treatment of curing in water with soaking for 8 or 9 days with a subsequent drying period that took place on the ground in a protected room. The chestnuts had to be turned daily. This treatment was reserved only for those chestnuts intended for sale. The quantities reserved for domestic consumption were kept in a box where the fruits were covered with sand. The land fragmentation and the promiscuous cultivation allowed most of the families of the town to own a few plants on plots intended for the cultivation of cereals, legumes and potatoes. For this reason, the harvest was consumed quickly and the curing was not necessary.

Another peculiarity concerns the mode of consumption. In Terelle there has never been drying or even transformation into flour. Chestnuts were mainly cooked on an open flame or especially eaten boiled together with potatoes, as a local source said, according to which "the Pelosella is smaller, but it can be used in many dishes". In addition, the chestnut is resistant, there is no need to harvest it immediately because it does not spoil easily. The name Pelosella is due to the "quiff" present on the tail of the fruit. Among the landraces present in Terelle, the Pelosella matures the latest.

a tavola

TERELLE CHESTNUT MARMALADE

It can be used not only to make a tart, but also to make an excellent home-made 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 purée 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.



CAPOLATERRA RED CHESTNUT

Production Area
Province of Rieti: Cantalice

PRODUCT DESCRIPTION This name indicates the fruit produced and harvested within the historic chestnut grove of Cantalice (RI), located in a valley that extends at an altitude between 800 and 900 metres in the locality of Capolaterra, hence the name. This chestnut is called Florentine by the locals, for some morphological and qualitative characteristics reminiscent of the Tuscan brown chestnut. The Red Chestnut of Cantalice has a medium size, blackish brown colour, globular shape and a pronounced tail (pizzuta). The hilum is small. The fruit is monoembryonic and the penetration of the germ into the embryo is weak. The flesh is cream-coloured. The plant blooms at the end of May and the fruits are ripe for the third decade of October, so much so that the harvest is finished for the Day of the Dead. On average, each burr contains 3 fruits, but it can also reach 5. The flavour is sweet and intense. It is a local tradition to consume these chestnuts boiled, next to cod, or either roasted or baked. In recent times, local pastry shops and restaurants have included this chestnut among the ingredients of many savoury and sweet preparations.

PRODUCTION METHOD Chestnut (Castanea sativa Mill.) is a siliciphilic plant, i.e., it grows well in soils containing silicon both in the form of flint, also called amorphous quartz, and as a component of marl. The sweetness of the fruit of Capolaterra derives fundamentally from the quality of the rocky substrate of this locality. The plants in the chestnut grove are arranged in an irregular layout according to the often steep slopes. Being a historic chestnut grove, the grafted and producing plants exceed 12-15 metres in height, although there is no shortage of small plots with young, recently grafted plants. 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 chestnut harvest takes place manually from mid-September to the end of October without the help of mechanical vacuums. At this stage, the fruit is already quickly sorted and selected. Some chestnut growers still practice a traditional method of preservation called "ricciata" which allows the fruits to be brought until the end of the year. The method for treating larger quantities of fruit, on the other hand, consists of "curing". The fruits should be "cured", i.e., put in water for 6 or 7 days, after which they are left to dry for two or three days in the sun or in a dry room, spread out on the ground so that they can be rotated morning and evening. Once drying has ended, the chestnuts are stored in crates. Cured chestnuts can be stored for about a month. Their harvest usually finishes by the end of November.

HISTORY BACKGROUND The cultivation of chestnut fruit in Lazio has very ancient origins. Already appreciated in Roman times, the development of chestnut woods dates back to medieval times. In-depth studies and research have made it possible to affirm that the landrace panorama of the chestnut in the region is the result of both a selection process on spontaneous populations that lasted centuries, and a process of adaptation of landraces introduced mainly from nearby Tuscany. Hence probably the name "Florentine" that the inhabitants of Cantalice reserve for the Red chestnut grown in the chestnut groves of Capolaterra. The origin of the chestnut grove is not known, but the size of the plants and the method of farming suggest several centuries of presence. The very high grafting point refers to the habit of growing cereals under chestnut trees where the ground was flatter, or pasture for pigs or flocks. The traditionality of this chestnut lies in the growing method, in the harvesting still entirely by hand, in the preservation through the "ricciata" method which consists of piling the burrs up and covering them with branches, leaves and straw. In this way, chestnuts can be preserved to be consumed during the Christmas holidays, without resorting to the freezer.





CICOLANO RED CHESTNUT

Production Area

Province of Rieti: Accumuli, Amatrice, Ascrea, Borbona, Borgorose, Cantalice, Cittareale, Collalto Sabino, Collegiove, Concerviano, Fiamignano, Longone, Marcetelli, Nespolo, Orvinio, Paganico, Pescorocchiano, Petrella Salto, Posta, Pozzaglia, Roccasinibalda, Turania, Varco Sabino

PRODUCT DESCRIPTION The Cicolano Red Chestnutis 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 episperm with more or less extensive introflexions inside the pulp; the seed is white, crunchy, delicate and sweet. The Cicolano Red Chestnutis 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 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 diameter 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 'Marcetelli 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*".



MARRONI CHESTNUT FLOUR

Production Area
Province of Rieti: Borgo Velino

PRODUCT DESCRIPTION Flour obtained from processing Antrodocano 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.



CHICKPEAS



LINK WITH BIODIVERSITY

Production Area
Lazio Region

PRODUCT 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. The species chickpea (C. arietinum L.) belongs to the legume family and, it has always been cultivated for its essential protein contribution to the diet. Like other leguminous crops, chickpea is nitrogen-fixing, which is an advantage in agricultural soil management.

HISTORY BACKGROUND In Lazio, chickpeas have been cultivated for food since Roman times (Forni, Marcone, 2002). Chickpea was considered a substitute for meat especially in winter, and for that, also known as 'the meat of the poor' until beans, originally from the Andes and Mesoamerica, were introduced to Europe. In medieval times, production in Lazio was not abundant but very widespread, as revealed by the taxes and duties levied on this legume, which, like others, was recognized for its nutritional value and use in the form of flour in bread-making mixtures (Cortonesi, 1981). This trend remained virtually unchanged until the last century, when, production has dropped sharply throughout the country since the 1960s. Recently there has been a reversal of this trend, motivated by an increase in consumption as chickpeas are a valuable alternative source of animal protein. In the Viterbo area, in Canepina, a local variety of chickpea at risk of genetic erosion is being recovered and is therefore protected by Regional Law 15/2000.



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 Olpeta 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*".

a tavola

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.



CELLENO CHERRIES

LINK WITH BIODIVERSITY

Production Area
Province of Viterbo: Celleno

PRODUCT DESCRIPTION The cherry trees (P*runus 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 (Durona). 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 (Durona) 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.





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.

a tavola

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.



CICERCHIA (GRASS PEA)

Production Area

Province of Rieti: Accumoli, Amatrice, Borgorose, Concerviano, Fiamignano, Leonessa, Marcetelli, 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 DI CAMPODIMELE



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 landrace grass chickpea '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.



GAETA JAGGED CICORIA OF CATALOGNA (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.



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.



CEPECCIA OR CIPICCIA

Production Area

Provinces of Frosinone and Latina: Aurunci Mountains and Ausoni Mountains

PRODUCT DESCRIPTION It is a shallot landrace (Allium cepa var. aggregatum), with an upright plant movement, light green leaves. The bulb is small, generally ovate in shape. Each bulb produces a large number of bulbils, each of which is wrapped in scales which, once dried, have a medium-intense brown colour. This shallot is eaten raw, accompanied only by bread and a pinch of salt, or by a slice of cured meat. It has a complex, pungent, bitter and spicy flavour that lingers in the nose and throat for a long time because the variety is very rich in allicin. Eaten fresh, freshly harvested, it has a less aggressive taste. To sweeten it, it is crushed and left to rest with a pinch of salt and oil or in wine vinegar, or, as is customary in Minturno, cut and soaked in cold water. It is also very widely used in sweet and sour preparations. If cooked, it is appreciated in omelettes (especially with the "tails" or stems) but also in traditional local recipes. The name of the plant can vary from place to place. Just to give a few examples: Cipiccia in Villa Santo Stefano and Vallecorsa (FR), Scalogna or Cepecchia in Campodimele (FR) Cepeccia in Minturno (LT).

PRODUCTION METHOD A very rustic vegetable plant, this shallot rarely is diseased but suffers from stagnant water. For this reason, it needs draining and dry soils. After cleaning from weeds (weeding), the soil is prepared in furrows along which the bulbs are planted (4 or 5 per hole), buried and hilling is carried out. The rows are about 30 cm apart, but the holes are arranged in quincunxes because the plant produces many bulbils and tends to expand. There is expansion at the first rains but growth slows down with the cold. The shallots intended to be eaten fresh are harvested between April and May, when the green part reaches about 20-30 cm, while the others are harvested in summer (July or August). They are left to air dry, suspended from the ground until the leaves dry and then selected for transplanting the following year. Transplanting takes place between October and November, depending on altitude and seasonal trends. According to tradition, it is planted and harvested at the new moon. There are different methods for conservation: they are left in wicker baskets or in boxes (Vallecorsa), or they are formed into beautiful braids that remain hanging under the canopies (Minturno) or they are suspended from threads and sheltered from damp and wind with a cloth (Campodimele).

HISTORY BACKGROUND This landrace with many names is present in the foothills of southern Lazio between the provinces of Frosinone and Latina. The prolificacy and rusticity of the plant have made it a precious ally of the populations of the high hills and of shepherds in transhumance, especially in times of war and famine. The Cipiccia was planted on terraces, among olive groves, in small vegetable gardens or in scattered plots in such a way that it was always within reach, because "it was dug up and eaten" with a pinch of salt and a slice of bread.
Dialect names have Latin derivation. This is indicated by the Italian Etymological Lexicon (LEI) which refers to "cepa", that is, onion, the name "cipizza" found in Sezze ("very bitter wild onion, smaller than the cultivated one") or the "cipiccia" of Terracina or the "cepeccia" of Minturno. Neapolitan-language dictionaries recorded similar names as early as the 1800s (Vocabolario napolitano, Royal Print House, 1845) as cepecce, cepecchie, cipicchie were already in use in the nomenclature of botanists and naturalists to describe the "very tasty onions" classified according to the Linnaean taxonomy as shallots (Allium ascalonicum L.). In fact, similar names can be found throughout the territory of the historic province of Terra di Lavoro straddling Lazio and Campania. In southern Lazio, Cipiccia was an indispensable vegetable that had to be on the table at all times. Even today it marks the arrival of spring and is the protagonist of Easter Monday picnics: eaten raw with just bread, as the farmers did, or in pinzimonio. In Minturno it was used on pascotte, in the "egg soup" that was taken to the fields, in the stuffing of artichokes or in the famous jotta (casserole made with spring vegetables and potatoes). In Campodimele they took a bite of the raw "scalogna" for each tablespoon of cicerchia soup. The stems also have their uses: once finely chopped, they are used in the omelette, or to flavour the sauce or to make soup.



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 seedbeds, 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 rottenness. 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.



PROSSEDI ONION

Production Area
Province of Latina: Prossedi

PRODUCT DESCRIPTION The Prossedi Onion is a variety of summer onion. The seed has been recovered from local farmers and self-reproduced on the farm, has a rounded shape and is yellowish in colour. It is characterised by medium-small dimensions: 5-6 cm in diameter and 6-8 cm in height. The outer skin is thin, white and the taste tends to be very mild. On the palate it is delicate and fragrant, not at all aggressive and it is very digestible, so the uses in the kitchen can become many, from raw consumption to peasant soups. Once harvested and dried, it can be consumed within an arc of 3 months.

PRODUCTION METHOD The cultivation of the Prossedi Onion takes place on silty-clayey soils subjected to a scarification of about 30 cm, bottom fertilisation, tilling and mulching. The production cycle begins with the waning moon in February-March when it is sown in seedbeds, from which the seedlings are obtained and transplanted into the open field in March-April at about 5 cm. Approximately 20-30 days after transplanting, the seedlings are hilled and the weeds are removed. Irrigation is by sprinkling. Harvesting takes place between the end of July and the beginning of August, when the leaves turn yellow. Once harvested, the onions are placed to be stored in ventilated and dark rooms to be dried and to avoid the onset of diseases and rot. To obtain seeds, the bulb is buried in February/March and the seed is collected in September/October. The seeds are obtained from the inflorescences produced by the onion plant itself. These inflorescences are cut by hand and placed specifically in a non-perforated container. All operations are carried out manually, including weed control. The best bulbs are selected to be replanted and sent to seed the following year. The bulbs for consumption are kept until late autumn; those that remain and are on the way to degradation can be replanted and used for seed production.

HISTORY BACKGROUND The cultivation of onions in Prossedi has a centuries-old history. Already at the end of the 19th century, this hilly town at the foot of the Ausoni Mountains was renowned for its "onions sought after for their shelf life" (Abbate, Guida della provincia di Roma. Prossedi, Italian Alpine Club, 1890; Straforello, La Patria. Geografia dell'Italia, Prossedi, Turin 1894). A testimony of the early 20th century tells how this crop was "not very extensive and yet so profitable" because from a hectare of "cipolleto" (onion grove) up to a thousand lire gross were obtained, so much so that in Prossedi the onion was the "accompaniment of the poor but also the defender of his fortune" (Il Coltivatore, vol. 1, 20 (54), 1908). It was also considered one of the largest agricultural products in the area, mainly intended for "export" (Giuda Monaci, Prossedi, 1935). There are rich testimonies of the people of Prossedi who were called "cipollari" (onion growers) because of the very widespread cultivation of onions. Sowing took place on small areas and once born, the seedlings were transplanted with a "zippetto" hoe into a larger plot at a distance of about 20 cm from each other. Once ready, the onions were harvested, left to dry and gathered together in small bunches. The bunches of Prossedi onions were kept for the winter or sold in the village; but above all, they were sold in the markets of neighbouring villages. Even the Prossedi onions were brought to the market of Anzio by the women of the village. The most important meal of the past was onion soup. The few remaining producers have held the seed for generations and are very careful to reproduce it in isolated land so as not to incur contamination with other varieties of onions.





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.



CITRUS MARMALADE, CHESTNUT JAM, APPLE AND COOKED MUST JAM, CONCORD GRAPE JAM, SOUR CHERRY JAM

Production Area

Province of Rieti: Accumoli, Antrodoco, Concerviano, Fiamignano, Marcetelli, Pescorocchiano, Petrella Salto, Varco Sabino. Province of Latina: Castelforte, Fondi, Monte San Biagio, Sezze

PRODUCT DESCRIPTION **Citrus marmalade**: it can be obtained using bitter or blonde oranges, tangerines, clementines or lemons. After washing, peeling and cutting the fruits, the amount of sugar corresponding to the weight of the citrus fruits is gradually poured in, adding the peel of one fruit for every six. Let everything cook. The mixture is then placed in airtight glass jars. It is produced in correspondence with the seasonality of the fruits.

Chestnut jam: for the preparation, the shelled chestnuts, boiled in water and freed from the inner pellicle, are added with sugar in quantities equal to the weight of the chestnuts. Everything is then placed back on the heat until a thick paste is obtained which will be poured still hot into glass jars. Finally, the preparation is covered with liqueur. It is prepared in autumn, at the chestnut harvest.

Apple jam with cooked must: jam produced with apples of the Renetta, Limoncella, Pianella, Quince landraces. The apples are boiled with sugar for 4-5 hours in grape must of the "pecorino" variety. It is produced from October to December.

Concord grape jam: the grapes, passed through the masher to remove the seeds, are left to cook for a long time, adding the amount of sugar corresponding to the weight of the grapes themselves. The mixture is then placed in airtight glass jars, sterilised in a double boiler. It is produced in correspondence with the seasonality of the fruits.

Sour cherry jam: the fruits are placed in a container and left to cook for a quarter of an hour, then the sugar is poured and stirred continuously for about two hours, making sure that the jam does not caramelise.

HISTORY BACKGROUND The preparation of jams and marmalades is linked both to the preservation of an easily perishable product such as fruit, and to the possibility of using the processed product in the filling of desserts. It is, therefore, a preserve, similar to what was done with the salting of meat or fish. The shelf life is guaranteed by the long cooking to which the product is subjected and by the presence of sugar. These preparations spread in the territories concerned around the 1950s in conjunction with the diffusion of sugar, when this ingredient, from a luxury good, became accessible to many thanks also to the introduction of beet cultivation and the construction, in Italy, of large sugar refineries. The preparation of the fruit jam is closely linked to the abundance of the fruits in the reference area.





BLACK CESENESE GRAPE JAM

LINK WITH BIODIVERSITY

Production Area

Province of Rieti: Poggio Bustone, Rieti

PRODUCT DESCRIPTION Particularly sweet and dense, Black Cesenese Grape Jam is characterised by a dark red colour tending to black and a grape scent typical of the black Cesenese grape landrace rediscovered and strengthened in the Rieti area. This jam is excellent for the preparation of tarts, pies and traditional biscuits called Terzetti and to accompany fresh or aged cheeses and ricotta.

PRODUCTION METHOD The jam derives from the processing of the grapes of the black Cesenese grape landrace, with large and long bunches, which are characterised by the small size of the berries, blue black in colour, with juicy, sweet pulp and a very firm consistency. The bunches, after harvesting at local farms, arrive at the processing laboratory and undergo manual sorting, checking bunch by bunch and berry by berry, through which any impurities and damaged, split and unusable berries are removed. After a thorough blow-cleaning in the bubble washing tank, they are transferred to a copper container where they are left to macerate for 24-30 hours with sugar (100 g of sugar per kg of grapes) and 15-20% of lemon juice, according to the Ferber method. This is followed by cooking in steel tanks for 30 minutes at 86°C. Once cooked, the skins and seeds are removed with cloth or cotton filters in order to obtain a concentrate of black Cesenese grapes stored in large glass jars for 45 days. To complete the processing and obtain the right density of the jam, the concentrate is cooked in the copper container for 1 hour and a half at 98°C, adding 500 g of sugar per kg of grapes. The jam is jarred and cooled to 35°C with the cap open and then pasteurised with the cap closed for 60 seconds at 90°C. Production takes place from the month of October, in correspondence with the harvest of the black Cesenese grape landrace.

HISTORY BACKGROUND A product of peasant origin, it comes from the historical presence of a landrace of Lazio, called black Cesenese, identified in a rather restricted territory (Colle Castel Franco), corresponding to the hilly areas located a short distance from the city of Rieti. Over the years, the inhabitants of the area have preserved a viticultural heritage perfectly adapted to the local reality thanks to the selection work carried out in previous centuries. Described as “ameno colle” (pleasant hill), Castel Franco was already praised in the 15th century for being “very fertile in wheat, wine, olives, and every other kind of fruit” (Pompeo Angelotti, Decrittione della città di Rieti, 1635). The black Cesenese landrace is now registered in the Voluntary Regional Register of Lazio and protected under Regional Law no. 15/2000. It is cultivated in the northern territories of Rieti, in particular between Rivodutri, Poggio Bustone, Cantalice, Rieti (Castelfranco) and Cittaducale (Santa Rufina). The viticulture is fragmented into numerous vineyards, partly specialised, but very often promiscuous, in which both white and red grape varieties are present to varying degrees (according to the tastes of the winemaker): the wine produced is mainly intended for self-consumption.



ARSOLANA BEAN

LINK WITH BIODIVERSITY

Production Area

Province of Rome: Arsoli, Cineto Romano

PRODUCT DESCRIPTION The Arsolana bean is a particular ecotype of bean, belonging to the *Papilionaceae* family, type *Phaseolus,* species *P. vulgaris 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 "*faćòlo a kkàrne*", described as a variety of light brown bean that matures early: "*ò rronkàto sta lètta de faćòl 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 landrace 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 Collepiccolese (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 Rome: San Vito Romano

PRODUCT DESCRIPTION Landrace of the *Papilionaceae* family, genus *Phaseolus*; species *P. vulgaris 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 reseeding); 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 reseeding 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. vulgaris* 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 landrace 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 Restituta (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, Vivaro Romano

PRODUCT DESCRIPTION The Cappellette di Vallepietra bean is a landrace belonging to the Papilionaceae family, Phaseolus type, species P. vulgaris 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

LINK WITH BIODIVERSITY

Production Area
Province of Viterbo

PRODUCT DESCRIPTION AND PRODUCTION METHOD

The Small Ciavattone Bean is a landrace of common bean (Phaseolus vulgaris L.) and belongs to the group of beans of Mesoamerican origin. The plant has an indeterminate (climbing) development, the flower is white while the pod is yellow. The seed, slightly kidney-shaped, is white with slight veins and has the characteristic of being flattened, also called "a ciabatta". Although it is a medium-sized bean, compared to other "ciavattoni" of Lazio, which belong to the Spanish bean species, the size is smaller and for this reason it is known as such. It is harvested and eaten when fully ripe or at wax stage, is tender and flavourful after cooking. It has an almost non-existent skin. 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. This legume, like the others typical of the area, enjoys the favourable climate of the lands near the Bolsena lake basin and the volcanic nature of the soils that are particularly favourable. Unfortunately, the richness of biodiversity of this area, linked to the conservation and selection of local landraces of common bean, is in danger of being lost. For this reason, the Small Ciavattone has been registered since 2001 in the Regional Voluntary Register for the protection of agricultural biodiversity of Lazio (Regional Law no. 15/2000).



YELLOW BEAN

LINK WITH BIODIVERSITY

Production Area
Province of Viterbo

PRODUCT DESCRIPTION AND PRODUCTION METHOD

The Yellow Bean is a landrace of common bean (Phaseolus vulgaris L.) and belongs to the gene pool of beans of Mesoamerican origin. It is used both when waxy and dry. The seed is beige or brown in colour and has a rectangular shape with a well-marked eye; it cooks easily and tastes sweet. The plant is climbing, the flower is white and the pod is yellow and of medium length. 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 landrace has been reported in the Municipality of Onano but its cultivation is widespread in the municipalities of Upper Tuscia and around Lake Bolsena where the volcanic soils, devoid of calcium and rich in potassium, give the legume a good supply of organoleptic substances. Currently, there is no certain information on the history of this landrace. Some local farmers say that it was also called Fagiolo Secondo (second bean) or Delle Stoppie (stubble bean), names based on agricultural events, because it was always sown after the wheat harvest in the third decade of June, to be harvested at the end of summer, but we have no scientific evidence to verify this. The rotation of legumes and cereals was essential to ensure the nitrogen regeneration of the soil when synthetic fertilisers were not used, while the legume guaranteed the right amount of protein in the diet of local farmers. The mechanisation of the wheat harvest has shifted the harvest calendar forward, greatly limiting the possibility of sowing the landrace. The Yellow Bean has been registered since 2001 in the Regional Voluntary Register for the protection of agricultural biodiversity of Lazio (Regional Law no. 15/2000).



SOLFARINO BEAN

LINK WITH BIODIVERSITY

Production Area

Province of Viterbo: Civita Castellana, Onano

PRODUCT DESCRIPTION AND PRODUCTION METHOD

The Solfarino bean is a common bean (Phaseolus vulgaris L.) and belongs to the gene pool of beans of Mesoamerican origin. It should be counted among the landraces of legumes present in the Upper Viterbo area, a region rich in biodiversity. The climate mitigated by the presence of Lake Bolsena and, above all, the volcanic nature of the soils, rich in potassium and organic substances, have facilitated the cultivation of legumes, in particular beans, selected and transplanted, year after year, by the older farmers who have jealously guarded the seed. It is distinguished from the others by its small, ivory-yellow seed, sometimes tending to white, and rounded to elliptical or rectangular in shape. It blooms in May, while the waxy seed is harvested in July and the dry seed is harvested in August. At risk of genetic erosion, it has been registered since 2001 in the Regional Voluntary Register for the protection of agricultural biodiversity of Lazio (Regional Law no. 15/2000). The plant has a semi-determined growth rate, semi-prostrate and of medium height. The pod is yellow and short. 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.



VERDOLINO BEAN

LINK WITH BIODIVERSITY

Production Area

Province of Viterbo: Gradoli, Onano

PRODUCT DESCRIPTION AND PRODUCTION METHOD

The Verdolino Bean is a landrace of common bean (Phaseolus vulgaris L.) and belongs to the gene pool of beans of Mesoamerican origin. It is used both when waxy and when dry, has a round to elliptical shape, ochre brown colour and medium size. The plant has dwarf growth. The fruit is a green or yellow pod of medium length. The flowering period is in mid-June and the flowers are pinkish white or pink. Sowing falls in the first two weeks of May, the harvest of the waxy seed takes place in mid-July and the dry seed in the first ten days of August. Highly sought after in the kitchen and appreciated on the market, it cooks quickly and has a very delicate flavour that makes it suitable for any recipe. Harvesting is both manual and mechanical. It is grown in the municipalities of Upper Tuscia surrounding Lake Bolsena. At risk of genetic erosion, it has been registered since 2001 in the Regional Voluntary Register for the protection of agricultural biodiversity of Lazio (Regional Law no. 15/2000)..



CIONCONE BEAN

LINK WITH BIODIVERSITY

Production Area

Province of Rome: Arsoli, Marano Equo, Riofreddo, Vallepietra, Vallinfreda, Vivaro Romano

PRODUCT DESCRIPTION The Cioncone bean is a local ecotype belonging to the *Papilionaceae* family, *Phaseolus* type, species *P. vulgaris*. 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 landrace 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.

a tavola

BEANS SOUP OF THE UPPER ANIENE VALLEY

Ingredients: 500 g of "cioncone" beans, 200 g of "cicerchiole" (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 Confraternity, 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 overhad 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".

a tavola

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 landrace 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 BEAN

LINK WITH BIODIVERSITY

Production Area

Province of Rome: Arsoli, Marano Equo, Riofreddo, Vallepietra, Vallinfreda, Vivaro Romano

PRODUCT DESCRIPTION The Marano Equo Regina Beans is a local variety belonging to the *Papilionaceae* family, type *Phaseolus* species *P. vulgaris 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 BEAN (FAGIOLO CIAVATTONE)

LINK WITH BIODIVERSITY

Production Area

Province of Rome: Arsoli, Marano Equo, Riofreddo, Vallinfreda, Vicovaro Romano, Vallepietra

PRODUCT DESCRIPTION The Vallepietra Big Bean is an ecotype belonging to the *Papilionaceae* family, type *Phaseolus*, species *Phaseolus coccineous 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 Vallepietra area, which is part of the Monti Simbruini Park, and in the Filettino 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 freshwater springs that can be used to irrigate the fields make it an ideal area for growing beans. The product Vallepietra Big Bean comes from the cultivation of the local variety at risk of genetic erosion, *Fagiolone di Vallepietra (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 coccineous* 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.

a tavola

BREAD SOUP AND VALLEPIETRA BIG BEANS OR BREAD

Ingredients: 400 g Vallepietra Big Beans, 200 g stale homemade bread, extra virgin olive oil, salt and 50 g onion.
Method: Cook the Vallepietra 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 *Moracae* 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 otrioles and has no achenes because of its parthenocarpy. 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 Bellegrana'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.



EMMER

LINK WITH BIODIVERSITY

Production Area
Province of Rieti: Accumoli, Amatrice, Leonessa, Posta

PRODUCT DESCRIPTION Emmer cultivation (T. turgidum L. ssp. dicoccum Schubler) has never been completely abandoned in the mountain areas of the province of Rieti. In some areas of the Upper Tronto Valley, a landrace at risk of genetic erosion is still cultivated. It has been identified between Amatrice and Accumuli. Being now protected by Regional Law 15/2000, it is also present in other municipalities in the Rieti area. Emmer is an autumn-winter cereal and the sowing time can vary between autumn and late winter depending on the altitude of the area on which it is grown. The ears are generally harvested in August. It is grown on small plots of land, following grass crops or at the end of multi-year crops of alfalfa. It is suitable for making tritello, suited in soups and broths, and for grinding into flour or semolina, to be used in baked goods or pasta, either alone or mixed with other cereals.

HISTORY BACKGROUND Emmer wheat is a cereal native to the Mesopotamian Fertile Crescent and has been cultivated in the Mediterranean since ancient times. It began to circulate in the Italian peninsula around the 7th century B.C. forming the basis of the human diet. In Central Italy regions, it was certainly among the first cereals cultivated, and here today is where populations of emmer landraces have been identified. The cultivation of this cereal, which declined in the second half of the 20th century, has seen a certain revival since the 1990s thanks to a process of promotion and reintroduction into everyday diet.



MONTI LUCRETILI EMMER

Production Area
Province of Rome: Licenza

PRODUCT DESCRIPTION Monti Lucretili emmer (T. turgidum L. ssp. dicoccum Schubler) 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 Emmer has been cultivated in central Italy since ancient times and it was the staple food of the ancient Apennine tribes and later of Roman troops and peasants. With the advent of wheat, emmer cultivation was gradually moved to poor soils in the high hills and mountains, where it was grown alone or mixed with other grains to produce flour. The introduction of corn and then the drastic reduction of cultivated lands at high altitudes led to the almost complete disappearance of local varieties of this cereal, which only in recent decades has been reintroduced into consumers' common diet. In the Lucretili Mountains, emmer has found ideal soil and climate conditions for adaptation, although today it is produced on small patches of land and it can be found only in local markets. Since 1989, during the first ten days of October, the municipality of Licenza has been hosting the historic "Elle Sagne 'e Farre" festival.



PUNGOLO EMMER OF ACQUAPENDENTE

Production Area

Province of Viterbo: Acquapendente

PRODUCT DESCRIPTION The Pungolo Emmer 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 Emmer (*Triticum dicoccum*) is a variety of wheat belonging to the *Graminacee* family, also known as "dressed wheat" because, after threshing, the grain (caryopsis) remains covered by its protective husks (glumes and inner glumes). Emmer, 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 emmer with a stone in order cause the various parts to break off and become unusable. Pungolo Emmer of Acquapendente is sown in November and harvested in July.

HISTORY BACKGROUND The cultivation of Pungolo Emmer 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 emmer. 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 Emmer of Acquapendente soups and other dishes based on this ancient product are set up.

a tavola

DESSERT WITH SPELT OF ACQUAPENDENTE

Ingredients: 200 g Pungolo Emmer 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

LINK WITH BIODIVERSITY

Production Area
Province of Frosinone: Aquino

PRODUCT DESCRIPTION The Aquino Horse Bean plant is a landrace 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*".

a tavola

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.



FIGS 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.



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.



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.



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 ("*apprattamento*") 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 Savoys 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).





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.





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 Ponzian 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.

a tavola

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.



AGOSTINELLA MAIZE

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.





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 episperm 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 episperm 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.

a tavola

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.

a tavola

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.



ANTRODOCO MARRONI CHESTNUT

Production Area

Province of Rieti: Antrodoco, Borgovelino, Castel Sant'Angelo, Cittaducale, Micigliano

PRODUCT DESCRIPTION Antrodocano Marroni chestnuts refer to chestnuts of the species *Castanea sativa Miller*, a local variety commonly known as Antrodocano Marroni Chestnus. 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 Antrodocano 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 second 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 Antrodocano 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.

a tavola

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.



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 Roma 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.

a tavola

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.



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.

a tavola

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.



SEGNI 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 episperm (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.



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 Pnnyroyal 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.



CAPRANICA PRENESTINA MOSCIARELLA

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

LINK WITH BIODIVERSITY

Production Area Province of Rome:

Province of Rome: Capranica Prenestina, Genazzano, San Vito Romano

PRODUCT DESCRIPTION The dried chestnut, or Mosciarella, is transformed according to the traditional method of smoking carried out in the "casette" or drying rooms. The fruits of the area come from chestnut plants (C. sativa Mill.), grafted, that is, "inzite". Locally, the chestnut of a plant or the plant that has undergone grafting and that "therefore is good" is defined as "inzita". A landrace of chestnut, renamed "Inzita di Capranica Prenestina", has been registered in the Regional Voluntary Register and is protected by Regional Law no. 15/2000, as it is at risk of genetic erosion. Despite their small size, the fruits have a sweet taste and are easily cleaned from the second skin. The dried product loses most of its original weight: 1 kg of Mosciarelle contains about 100 fruits. Mosciarelle, therefore, are dried chestnuts without the skin that in the local tradition are eaten boiled in water or milk, with aromas and spices for the preparation of soups and gastronomic dishes. Or, as farmers and shepherds once did, they are kept in their mouths for a long time, sucking on them slowly, as one would do today with hard candy.

PRODUCTION METHOD The dried chestnut is obtained with a lengthy manufacturing process and still linked to traditional systems according to an ancient custom. The procedure consists of arranging the chestnuts on a grate inside the "casette", consisting of two overlapping rooms, the upper one is made up of a scaffolding supported by chestnut beams, with a floor composed of wooden slats, forming a grated pattern, at a height of 2 metres from the ground. A back door allows access to this compartment. The harvested chestnuts, once unloaded, are distributed here until they form an even layer of about 70 cm. The half-timbered floor can contain several quintals of fresh chestnuts. The lower room consists of a compartment with a natural ground floor in beaten earth on which the fire is constantly kept lit, fed by pruning wood and chestnut peels, taking care to suffocate the flame and release the smoke and heat. The chestnuts accumulated on the upper floor are turned periodically, to make the smoking and drying uniform. The fire remains lit continuously for about 30 days until the fruit is completely dried. 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 racks, they are then extracted to be subjected to the "beating", i.e., the separation of the fruit from the dry skin. The "beating" takes place thanks to a vigorous beating, carried out by hand, which shreds the peel and allows the chestnuts to be separated, which are then sorted by skilled female hands. After this processing, the chestnuts are "white", sterilised, ready to be stored tightly closed in bags kept in a dry place.

HISTORY BACKGROUND The cultivation of chestnut fruit became widespread in the area of the Prenestini mountains probably in the late Middle Ages, maintaining a significant productive and economic importance until the 1960s. On the Prenestini Mountains, chestnut trees have been planted in scattered formations, in association with semi-native and arboreal plants and in woods for coppicing. The area between the territory of San Vito Romano and Capranica Prenestina, however, is distinguished by the significant extension of domestic chestnut groves, of which today, about 160 hectares fall within the natural monument called "Il Castagneto Prenestino". The peculiarity of the protected area lies precisely in this chestnut forest populated by centuries-old monumental specimens of Castanea sativa Mill. Here the edible chestnut trees form a unitary complex which, despite the fragmentation of the plots, still shows a marked specialisation oriented towards the production of dried chestnuts, "castagnole", intended for sale. Sources from the late 19th century and early 20th century indicate the characteristic production of "excellent dried chestnuts", which were already intended for trade and export at the time. Drying is a very common practice for the preservation of chestnuts, since ancient times: the one practised on the Prenestini Mountains is a long process that leads to obtaining excellent "Mosciarelle". It is easy to find in the chestnut groves of the area small dry stone rooms (the typical "casette") with roof tiles and fireplaces kept continuously lit in autumn, suitable for drying.



MONTI CIMINI HAZELNUTS

Production Area

Province of Viterbo and part of the Province 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.

a tavola

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 Rome: 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.





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 buttigl*"), 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 PRODCUTION 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.

a tavola

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.



a tavola

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 meze 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.



PEPPER WITH MARC

Production Area

Province of Frosinone: Pastena, San Giovanni Incarico, Falvaterra

PRODUCT DESCRIPTION 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.





SPADONA PEAR OF CASTEL MADAMA

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 russeting. 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 *"stuvaletta"* (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 noble and genuine. 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. 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.



SOUTHERN ETRURIA HANGING VINE TOMATO

Production Area

Province of Rome: Tarquinia, Allumiere, Civitavecchia, Santa Marinella, Tolfa

PRODUCT DESCRIPTION The Southern Etruria hanging vine tomato belongs to the Solanaceae family, specifically, the Lycopersicon esculentum L. species. It has a small fruit with a rounded shape with excellent product characteristics. The epicarp, particularly thick, improves its resistance and shelf life. It is thanks to the thickness of the skin that the Southern Etruria hanging vine tomato can be preserved for a long time by hanging the vine tomatoes in the summer, joined together in bunches, in well-ventilated and dry environments. From this procedure derives the name "hanging vine tomato".
It is a traditional process that has guaranteed and still guarantees, the availability of this tomato even in winter, maintaining all its organoleptic and nutritional peculiarities. The plant of this tomato is considered very rustic and is moderately vigorous and rather voluminous, with short internodes and ventilated foliage of an intense green colour. The flowers, yellow in colour, are not very large and have a corolla with a maximum diameter of about 3 cm and a well-protected pistil that does not protrude. Fertilisation, characteristic of the species, is of the autogamous type, which provides security in maintaining the varietal characteristics in propagation. The internodes are short with alternating clusters on the trunk, with opposing leaves. The bunches are quite numerous, from 15-20 bunches, with a number of fruits equal to 5-6 per bunch for 6-7 stems.

PRODUCTION METHOD The seed of the Southern Etruria hanging vine tomato is self-reproduced by the farmers of the area. The cultivation of the vine tomato takes place mainly in the open field on medium-textured soils rich in organic matter. The seed is first placed in starter trays until the development of the seedling of about 15 cm. Subsequently, in May, transplantation takes place in the open field and/or in a greenhouse with a planting layout of 150 between the rows x 80 on the row in consideration of the fact that it is a rather voluminous plant with an upright plant movement. No special treatments are provided. Before proceeding with the transplantation of the seedlings, the soil undergoes light tilling with burying of the previous crops and organic matter and then proceeds with the furrow with a drip or sliding irrigation system in the open field. It requires little water supply. The harvest in the open field takes place in July, August and September and the fruits are kept until spring of the following year to be consumed in many ways, including those that are widely used in modern cuisine.

HISTORY BACKGROUND From the oral testimonies collected, we learn that the spread of the Southern Etruria hanging vine tomato is due to the shepherds of the Marche who had done transhumance and found in this territory an opportunity to settle, in particular near Tolfa and Civitavecchia, from which it spread among the local farmers. The seed is self-reproduced.
In a slow process of abandonment of the ancient practice of transhumance, many shepherds from the Marche region have bought land and farms, transforming themselves into permanent farmers and livestock breeders, also favouring the cultivation of tomatoes that the women preserved by drying them naturally and braiding them together to hang them, for winter supply. Today this tomato has returned to attention for its value linked to environmental sustainability for several reasons: biodiversity; low water supply in cultivation; natural conservation.



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 omato 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 abscess, 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. "Pennacchielo" 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°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.



SPERLONGA PERINO TOMATO

Production Area

Province of Latina: Fondi, Sperlonga

PRODUCT DESCRIPTION The Sperlonga Perino tomato belongs to the Solanaceae family, Lycopersicon esculentum (L.) species. It has a small fruit with a characteristic shape: slightly narrow at the apex and slightly wider, elongated "pear-shaped", with a small protrusion at the end. The epicarpus, which is of a uniform intense red colour, is particularly thick, so as to favour considerable resistance to bad weather conditions and excellent tolerance to cracking; it keeps for a long time and has a good consistency. The fruit, full of pulp, has a characteristic sweet, slightly acidic taste. The Sperlonga Perino tomato plant is of indeterminate growth, vigorous but less voluminous with medium-small leaves of an intense green colour with a inflorescence that is mainly a monopodial raceme. The flowers are yellow, small and have a corolla with a maximum diameter of about 3 cm and a well-protected pistil that does not protrude. The internodes are short with alternating clusters on the trunk, with opposing leaves. The bunches are quite numerous, minimum 8-10, with a number of fruits per bunch ranging from 6 to 12; provided with a peduncle with an abscission layer, with an average weight of the individual fruits of 10-15 grams.

PRODUCTION METHOD The seed of the Sperlonga Perino tomato has been self-reproduced by the growers of the area. Cultivation takes place both in the open field and in greenhouses on sandy, medium-textured soils rich in organic matter. Typical of the area are the "marshy" soils that have a dark colour and an almost outcropping pitch. The soil, before proceeding with the transplantation of the seedlings, undergoes a light tilling with burial of the previous crops and organic matter.
Then one proceeds with the furrowing and mulching with a drip or surface irrigation system in the open field. In the case of greenhouse cultivation, the sowing of the Sperlonga Perino tomato takes place in a seedbed in early February with transplanting around the middle of March. While in the open field, sowing takes place in seedbeds towards the end of March with transplanting in May. The planting system is 35 cm on the row and 70-80 cm between rows. Greenhouse harvesting takes place in June-July; in the open field between July and August.

HISTORY BACKGROUND The Sperlonga Perino tomato was a very popular variety until the 1960s. It is a tomato that is highly appreciated in the area for its flavour, tending to sweetness and the long shelf life of the fruits. Although there are no bibliographic traces on the historicity of the Perino tomato, we have several oral testimonies of farmers who self-reproduced the seed and sold the fruits for the preparation of jars of sauce.



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 resold 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 *"mattr di broccl"*.



RONCOLETTA LABICANA

Production Area
Province of Rome: Labico

PRODUCT DESCRIPTION The name of Roncoletta labicana or Labico pea refers to different varieties of dwarf peas (Verdone, Scarafone and Ortolano) grown in the Municipality of Labico. These are annual legumes with a height of about 50 cm, an erect or semi-erect plant movement, climbing and branchy stems. The pods contain from 7 to 12 rounded seeds. The Roncoletta Labicana, or Labico pea, has a colour ranging from beige to light green and is characterised by its high integrity after cooking. Size: diameter 5-10 mm. The high olfactory intensity is characterised by vegetal notes. The taste is sweet and slightly salty. Good texture and solubility.

PRODUCTION METHOD The Roncoletta Labicana prefers cool and humid soils, because, like almost all varieties of peas, it suffers from high temperatures, so much so that at the first real heat, the plants begin to turn yellow and to form a "waxed" patina on the pod. For a continuous harvest that covers about a month, it would be preferable to sow twice during the season. This technique, called "staggering", involves starting in November and then, after the coldest period of December and January, performing a second sowing from the end of January until late March. In this way, the harvest begins in May and can continue until the end of June. Sowing takes place by tracing furrows 20 cm wide with a depth of 4 cm and making rows just over a metre apart, in holes about ten centimetres apart and 2.5-3 cm deep. The seeds should be covered with a thin layer of soil. The Roncoletta also germinates with temperatures around 3°-4°C, but the optimal temperature for obtaining a good harvest is between 14° and 20°C.
Resistant to cold, in the birth phase, it survives even at -8°C without damaging the plant. Instead, it is very delicate in the flowering phase, and the slightest frost is harmful. Germination, which reaches almost 100%, is quite slow. To hasten it, it is advisable to keep the seeds in the refrigerator for a few days, until it is evident that the seed is "remade" (it has resumed its appearance when fresh). At this point one can proceed with sowing.
This procedure not only has the advantage of accelerating germination but also has a certain preventive function against attacks by some pests. About four to five months will pass from sowing to harvesting, and this will have to be carried out as the pods have reached the best development; however, it is advisable not to wait too long to harvest the pod, otherwise its quality will deteriorate.
If the cultivation of peas is subsequent to that of plants that have been abundantly fertilised, there is no need for fertilisation; otherwise, it may be useful to work the soil beforehand by enriching it with compost or manure. Periodically weeding and hilling of the ground must be carried out; weeding, to be carried out every two weeks from the moment the seedlings of the peas have emerged, are extremely important to hinder the growth of weeds as much as possible; it will also promote the aeration of the soil. The hilling must be carried out when the plants have reached a height of about 15 cm. After hilling, the plants are supported by inserting dried branches into the soil or, in the absence of supports (twigs, called frasche), a net is positioned on the row. These two techniques allow the tendrils of the plant to cling and grow vertically and expand in search of as much light as possible. For what concerns irrigation, on the other hand, the need is felt more when the plant begins flowering until the time when the pods begin to swell.

HISTORY BACKGROUND The Roncoletta Labicana, also known as Labico pea, takes its name from the particularly curved shape of the pod, similar to a billhook, and represents a typical local production. Since ancient times, the pea required a laborious cultivation: it was sown in small gardens supporting the plant with the technique of using twigs, or with the use of wooden supports, so that in Labico in every season real vegetable gardens were built. The production of Roncoletta Labicana acquired great notoriety in the first half of the 20th century, so much so that in the thirties this area was the subject, under the Fascist regime, of experiments to increase its productivity. In those years the traditional Pea Festival also developed, which took place at the beginning of June. During the festival there was a parade of floats, decorated for the occasion, involving the whole population.



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 *Asteraccee* 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 Zaragolo" 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 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, Tarquinia, Vetralla

PRODUCT DESCRIPTION The black summer truffle or Scorsone has a very irregular surface, a medium-bulbous rounded shape, cusped, and an aroma that is not excessively strong. The internal colour is yellowish-brown and the flavour of unripe mushroom, weak at the first taste, becomes more and more pleasant. It proliferates near oaks and Turkey oaks. It is collected by experienced truffle hunters with the help of dogs trained to recognise its scent. The size ranges from 10-20 to 80 g. The harvest runs from the first of May to July but, in the wetter seasons, it can last until the first ten days of August. It is eaten fresh, cut into thin flakes to give flavour to dishes.

PRODUCTION METHOD The harvesting technique involves the use of trained dogs, then manual excavation, 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 ground). Harvesting must not take place when the ground is frozen so as not to compromise the formation of new truffles.

HISTORY BACKGROUND From Tarquinia to Blera through Monteromano and Vetralla, the right environment is created for the proliferation of these tubers. This territory, in fact, has medium-textured soils, with a good calcium content and a humid rainfall regime. The woodland species, under which the Scorsone is included, are, in general, the oak and the Turkey oak, where, in the past, pigs were brought to pasture which, in addition to acorns, found these tubers particularly pleasant. Although its presence has been reported since the Middle Ages, the collection and the consequent use in food spread among the inhabitants of the area around the 1970s.



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.



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 Bagnoli, 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 Venafro'; in 1785: 'for two couriers sent to S. Germano (Cassino), with the help of the police'. Germano (Cassino), truffles to the colonnel of the contryside squadronal"; again in 1785: " to the courier of Roccasecca sent for the truffles to be sent in Venafro 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.



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.



CANTERANO TRUFFLE

Production Area
Province of Rome: Canterano

PRODUCT DESCRIPTION In the evocative territory of Canterano, thanks to its hilly conformation and the richness of the soil, there are two varieties of truffle: the "Tuber magnatum" or Fine White (Pico, 1788) and the "Tuber aestivum" or Scorzone or black truffle.
The **White**, prized and highly sought after, has a globular shape, ochre, hazelnut colour and a smooth velvety surface. The gleba is whitish and marbled. It is characterised by its intense and unmistakable aroma and is consumed almost exclusively raw to preserve its organoleptic qualities.
The **Scorzone** has a tuberous shape, a warty surface with basal cavity or depression and is black-brownish; the yellowish/hazelnut gleba, sometimes also light in colour, is furrowed by numerous whitish veins, more or less thin, branched and anastomosed. The ripening period is the summer (from which the Latin name originates). Less prized variety with a pleasant and not very pronounced, slightly fungal aroma.

PRODUCTION METHOD The Canterano Truffle is born in an area located at an altitude between 400 and 600 metres characterized by woods with different tree species, including oaks, chestnuts, poplars, willow, hazelnuts and by a habitat and microclimate that contributes to giving the truffles unmistakable aroma, scents and flavour. The harvest takes place in the traditional way with the use of trained dogs that identify the truffles in the subsoil. The digging is done with a metal hoe called a "vanghetto", making sure to close the hole with the same soil to preserve the quality of the humus and promote the regeneration of the soil. The white truffle is harvested in the territory of the Aniene Valley (500 m towards lowland areas); the black truffle in mountain areas at an altitude between 500 and 1,000 metres. In Italy, truffle harvesting is regulated by Law no. 752 of 16 December, which regulates the methods and periods of harvesting to protect the natural heritage and ensure sustainable growth. In the territory of Canterano, local regulations also apply that limit harvesting to authorised operators: measures that serve to safeguard the environmental balance and preserve the biodiversity of the wooded areas. After harvesting, the truffles should be cleaned with a soft brush and stored in the least cold part of the refrigerator, preferably wrapped in paper towels that should be changed regularly.

HISTORY BACKGROUND The truffle harvest in Canterano has been taking place for more than 25 years, but initially the locals did not have a great interest in this product that was little-known to them. Instead, it was known and appreciated by collectors who came from neighbouring provinces or regions who then sold the harvested truffles to markets in northern Italy. For Canterano, the truffle is culture, tradition and sociality: a constant dialogue with nature and its territory that has led Canterano to be awarded the title of "City of Truffles". For about 15 years, a dedicated festival has been organised here, with strictly local truffles, collected in the woods of the Aniene Valley; fine ingredients of local recipes such as, for example, veal morsels with truffles, tagliolini with butter and white truffle, poached eggs and tortellini in broth





COLLI SUL VELINO TRUFFLES

Production Area
Province of Rieti

PRODUCT DESCRIPTION The truffle is the common name given to underground ascomycete mushrooms, i.e., a "fruiting body of mushrooms belonging to the genus Tuber that completes its entire life cycle underground (hypogeum). It must necessarily live in symbiosis with arboreal plants to produce the precious sporocarp. It consists of an external wall called peridium, which can be smooth or textured and of variable colour [...] The internal mass, called gleba, varying in colour from white to black, from pink to brown, is crossed by more or less wide and branched veins that delimit the alveoli in which the grolle cells (asci) containing the spores are immersed" (https://www.tuber.it/centro-nazionale-studi-tartufo/). The province of Rieti, in particular the area of Valle Santa, near wetlands, such as the banks of the Velino or the Lakes Lungo and Ripasottile, or woods where there are particular arboreal plants, is rich in truffles. Throughout the province there are 5 species: Summer Truffle, Fine black, Whitish, Hooked, Fine white. The landraces are an expression of different soil and climatic conditions and are distinguished by expression and ripening time as follows:

Summer Truffle: it is mainly found in hilly areas, at an altitude between 300 and 700 metres, it prefers calcareous soils and is associated with woodland formations composed of hazelnut, hornbeam, dogwood, juniper, downy oak. It has a black peridium with hazelnut-coloured gleba and white streaks. It is found almost on the surface up to about 15 cm deep. It grows in truffle grounds and the best time for harvesting is around July. It has a pleasant, elegant, sweet aroma and taste, with intensities that vary according to the symbiotic plants, with hints of dried fruit and mushrooms, with a characteristic milky note, always present. This type of truffle is very suitable for being grated, rather than sliced. It lends itself to the preparation of white sauces based on extra virgin olive oil, garlic, anchovy, salt and pepper, for seasoning pasta, in particular gnocchi or fettuccine, bruschetta, scamorza, or to accompany meats, shellfish or for final touches on pizza.

Fine black: this truffle is increasingly rare both because of the rise in temperatures and because of the lack of sheep and goat pasture within the woods, so the undergrowth remains obstructed. The fine black truffle grows at an altitude between 400 and 1,000 metres, in scattered formations, patchy on soils with a good presence of skeleton, with pH 7-8.2, on symbiotic plants similar to those favoured by the Summer Truffle, but on different truffle grounds. It is harvested between the end of December and the end of March. To ripen it needs the cold, so for some years the main months of harvesting have been concentrated between January and February; in March they are found only at higher altitudes. It has a peridium with not very pronounced pyramids, an almost black gleba with purple or brown shades, white streaks. It must not be woody to the touch, otherwise it loses aromas. It has hints of coffee powder, tobacco, leather, dark chocolate, and on a gastronomic level it tolerates heat well and is therefore very versatile. It matches very well in combination with extra virgin olive oil.

Fine white: it is found from the bottom of the valley up to 800 metres, it prefers sandy or clayey soils, and the symbiotic plants are silver poplar, hazelnut, dogwood, downy oak, hornbeam. It is found at varying depths, from just below the ground surface to a depth of one metre, especially if it has developed in a search for moisture. It prefers land near lakes or rivers. The peridium has a dull ochre or ivory colour, sometimes with greenish hues, hazelnut-coloured gleba with white veins. Delicate but present aroma, there are hints of dried wild herbs, and floral, citrus fruit and dried fruit scents. Production is scarce, so of all the species, it is the most sought after and expensive.

Whitish: the harvest takes place between January and April, but the best period falls in March, so it is called "Marzuolo". The peridium is smooth, the colour varies from cream to yellow ochre with reddish hues, more or less dark hazelnut gleba depending on the degree of ripeness with white streaks. The symbiotic plants are pine, oak and hazelnut. It is found on truffle grounds that are not very extensive but that form here and there in scattered formations. The Whitish truffle has small dimensions, ranging from the size of a hazelnut to that of a tangerine. The smell and taste tend to garlic. Cut into slices, it adapts very well to preparations based on animal fat (cream or melted butter bases).

Hooked: this truffle is harvested in autumn and is found at an alti-





tude between 700 metres and over 1,500 metres, especially in periods of unseasonal heat. In fact, like the Fine black truffle, it needs the cold and also requires abundant summer rains to ripen properly. The Hooked truffle has a black peridium, and accentuated pyramids. It owes its name to the fact that the rind has large warts with the characteristic hook shape. When fully ripe, it has hazelnut gleba with white streaks. Very fragrant, it has hints of milk chocolate, scents of undergrowth, hay, dry grass, based on symbiotic plants. It adapts to any preparation in which extra virgin olive oil is present, to season pasta or, as was used in the past, pan-fried beans.

PRODUCTION METHOD The truffles are collected in the woods with the help of dogs trained to recognise truffle grounds. They develop underground, so they must be excavated at variable, extremely shallow depths, up to one metre deep. The removal is done with a metal hoe. After that, they are wrapped in damp cloths or absorbent paper and placed in the refrigerator, taking care to change the damp wrapping every two days. This way, they can keep for up to two weeks. During this time, sorting and processing must be carried out. In fact, the truffles are examined to assess any defects, then they are cleaned and brushed. They are vacuum-packed, blast chilled to -18°. In cold storage they can be kept for up to a year. However, it should be emphasised that the Fine black, the Fine white and the Hooked truffle are also in great demand abroad so they immediately find a market and are therefore mainly consumed fresh. Depending on the type and variety, they are intended for fresh consumption (cut into slices, grated), or intended for grinding for the preparation of sauces, creams or flavoured oils. Both the first and second types are used in the kitchen to season various shapes of pasta, both dry and egg, or in combination with cheeses, beans, meat and, as is customary in the province of Rieti, to season trout. Until recently, in the province of Rieti, in homes, it was customary to prepare a thick omelette whose only ingredient was a pinch of grated truffle at the time of beating the eggs.

HISTORY BACKGROUND The truffle harvest in the upper Rieti area and in the Sabina has been practised for a long time despite being poorly documented. Some commercial guides of the 1930s, however, report truffles among the local products of some Rieti villages. The memory of parents and grandparents who even before the Second World War went in search of truffles accompanied by the family's pig is well etched in the local memory. Truffles for home consumption were sought especially in December, to be able to consume them at Christmas. Each family has handed down its own places where the truffle grounds are renewed every year, and each collector has over time adopted practices and methods such as to ensure the regrowth of truffles, with a view to preserving and respecting the resource and the woodland habitat necessary for its reproduction. In Colli sul Velino (RI) in 1993 during a patron saint's festival a competition between truffle hunters was held and the first edition of a festival was organised, suspended and then reactivated in 2008 and which continues today. At the end of the 1990s there was the establishment of one of the few companies in all of Lazio dedicated to the raising, processing and sale of truffles



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 bru- male 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 Gavio 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.



MONTI LEPINI SOUR CHERRIES

Production Area
Province of Rome: Artena, 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.



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.





JERUSALEM ARTICHOKE

Production Area
Lazio Region

PRODUCT DESCRIPTION erusalem artichoke (Helianthus tuberosus L.) is a perennial herbaceous plant introduced to Europe from the American continent. The aerial part has an erect stem that can develop up to over two meters, ovate and rough leaves, a flower head inflorescence that generates yellow flowers that resemble small sunflowers (3-7 cm in diameter). The hypogeal part originates from the rhizome which, through the enlargement of stolons, produces several grouped tubers, with an irregular and sketchy shape. The tuber represents the edible part. The skin is very thin, it can have a purple or white colour, depending on the variety, while the raw pulp is smooth and ivory-coloured. The white variety tends to be larger and more regular, while the purple variety appears to have more lumps. Once cooked, the Jerusalem artichoke has a compact consistency, a potato-like smell and a characteristic artichoke flavour. The plant is very rich in inulin.

PRODUCTION METHOD A rustic plant, it grows spontaneously near ditches or in meadows, at any altitude, but in some areas of Lazio, through the selection of the largest and most regular tubers, the plant has begun to be cultivated, both in vegetable gardens and in the open field on larger areas, for food purposes. The cultivation cycle of the Jerusalem artichoke follows that of potatoes. The tubers chosen to go to seed are planted with the seeder between February and March, in rows spaced about 70 cm apart and at a depth between 5-10 cm, and then covered. The shoots are expected in April until the stem and flower of the plant are fully developed. The tuber is ready to be harvested only when the flower begins to dry out. In fact, the enlargement of the tuber occurs as the inulin present in the aerial part of the plant is transferred to the tuber underground. The harvest takes place in rows with the potato digger: it starts from mid-October and continues until spring. Once in the air, the tubers can shrivel up and lose consistency, on the contrary those that remain underground remain turgid until March. The epigeal part of the plant (stems and dried flowers), once the tuber has been harvested, is chopped. The most delicate phase of production is the cleaning that takes place after a few hours of bathing in water, in order to remove the earth that has remained attached to the external surface of the tubers. The yield is high, it can even reach 300 quintals per hectare, depending on the fertility of the soil, the type of fertilisation and irrigation, recommended especially between July and August in case of drought. Rustic and resistant, the plant adapts to all soils, from clayey to sandy. The Jerusalem artichoke must be washed thoroughly to remove soil residues by leaving it to soak in water and lemon or in water and salt so as not to remove the peel. In the kitchen it is very versatile: excellent in the oven as a side dish, or fried in slices; boiled, it is excellent for gnocchi or with the addition of spices and aromas to be reduced to spreadable cream. Fresh, it is commercially available in half-kilo sacks. As a transformed product it is available in the form of chips or in jars in oil.

HISTORY BACKGROUND The Jerusalem artichoke in Italy was the subject of numerous agronomic experiments in the 19th century. It was known to be a rustic, versatile, productive, undemanding plant, it had been identified as a particularly convenient supplement to the animal diet, and as a plant for the production of alcohol. Its nutritional qualities were also appreciated but the shape of the tuber made its preparation somewhat "tedious", which is why the potato was preferred. The plant, which can become a weed, was present in many places, and rural populations began to cultivate it especially at times when food was scarce. In the upper valley of the Sacco, where it is called Taratufolo, the elderly still associate the use of this tuber with wartime, when it was eaten as an alternative to the potato. Today, in these areas between Genazzano, Cave and Paliano, there is a production spread over several hectares for the delivery of the product also to large-scale distribution. Small productions for commercial purposes are also reported in some areas of the upper Rieti area and in Fiumicino (RM).



PIZZUTELLO DI TIVOLI TABLE GRAPES

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 ¼ 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 Ti-



burtine 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'Arcu 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.





TUSCIA SAFFRON

Production Area

Province of Viterbo: Caprarola, Nepi, Proceno, Sutri

PRODUCT DESCRIPTION Saffron derives from the trifid stigma of the plant belonging to the Iridaceae family, Crocus sativus species. Harvested by hand and marketed in whole or powdered pistils, Tuscia Saffron undergoes a slow and controlled drying at low temperatures. It is characterised by a purple-red colour, a characteristic and intense aroma. It is a spice of particular value and much sought after, used in cooking as a colouring agent and to give a particular flavour to dishes. It is also used in pharmacopoeia as an ingredient in some medicines. The saffron flower has 6 petals of an intense violet colour consisting of 3 yellow anthers which are the male part of the flower and ovary, stamens and stigma of intense red colour, which are the female part. The leaves are elongated and thin. The plant consists of a bulb-tuber with a diameter of about 5 cm which contains about 20 undifferentiated buds from which all the organs of the plant originate, but generally there are only 3 main buds that will give rise to the flowers and leaves, while the others, smaller, will produce secondary bulbs.

PRODUCTION METHOD After a light tillage of the earth, consisting of a ploughing of 25-30 cm and a minimum of refinement with a disc harrow, towards the end of August the bulbs are planted. It is important not to carry out plastic mulching, in order to avoid water stagnation in the soil. The planting is done by hand or mechanically with a potato seeding machine, modified and suitable for sowing the bulbs of the saffron plant, arranging the bulbs at a distance of about 15-20 cm, on 3-4 rows side by side about 15 cm. In September, the soil is prepared for flowering by shredding and grassing: the flowering and the emergence of seedlings begins from the end of September to mid-October. The cultivation of Tuscia Saffron takes place on volcanic-subacid soils, fairly loose, with a pH below 7, draining and with little skeleton: saffron does not thrive with water stagnation. The flowers are harvested by hand, starting in the second half of October and continuing until the first fortnight of November. The flowers are harvested at dawn with the petals still closed in order to maintain the freshness and above all the integrity of the stigmas. After harvesting, the soil remains fallow until the new campaign without carrying out any particular tillage; in some cases, if necessary, shredding and grassing are carried out and, sometimes in September and depending on the timing, after the second shredding, mulching with straw is carried out in order to reduce the load on the soil. Once the flowers have been brought to the laboratory, they are refrigerated at 8°C in a cold room for a few hours and cleaned by hand, i.e., separating the stigmas from the flower. The stigmas are placed in trays and dried in the drying chamber for 3-4 hours at 40°C and RH of 15% and left to rest for about 1 hour in order to lower the temperature before removing them from the oven. Drying can also take place according to the traditional chimney smoke system. Tuscia Saffron, before being marketed, requires a period of conservation and storage in glass jars for about 6 months, keeping it in a dark and dry environment. This is a very important storage phase in order to preserve the perfume and ensure a humidity of 12% to avoid the development of mould.

HISTORY BACKGROUND Saffron served as a bed for Zeus, while ancient writers narrate that the Romans dissolved it in wine to sprinkle it in theatres, on pyres, in thalami and in hair. It is also said that the Romans themselves used the flowers to cover the streets when princes and emperors passed by and legend has it that Isocrates, before going to bed, used to perfume the pillows of his bed with saffron (https://zaffy.it/storia-zaffy-zafferano/). Homer, Virgil, Pliny and Ovid mention it in their works boasting of its virtues in the culinary art and as a fabric dye. Among the ancient Asian peoples, it was a common ingredient in the cooking of various foods. It was also used to prepare mixtures to be burned during religious ceremonies.
For some years in the Tuscia area, some companies have recovered and enhanced the cultivation of saffron by maintaining a traditional, environmentally sustainable cultivation and self-reproducing the seed for subsequent crops. Saffron in Viterbo's cuisine is mainly used during the Christmas period for a well-known typical product: the yellow bread which owes its colour to the presence of saffron among its ingredients (https://www.ilgiornaledelcibo.it/zafferano-italiano-produzione/). The cultivation of the plant was also linked not only to gastronomy but also to the ancient dyeing industry. The statutes of several municipalities in Viterbo regulated the cultivation of Crocus flowers as early as the early Middle Ages.



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 travelling 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 entartained. 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, chickpeas, 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
Provinces 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 cucurbitacee 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.










FRESH PASTA
AND BAKERY, BISCUIT, PASTRY AND CONFECTIONERY PRODUCTS

TRADITIONAL AGRI-FOOD FROM THE LANDS OF LAZIO



GUARCINO AMARETTO
(undergoing PGI status)

Production area

Province of Frosinone: Alatri, Guarcino, Fiuggi, Torre Cajetani, Trivigliano, Vico nel Lazio

PRODUCT DESCRIPTION These macaroons made with bitter and sweet almonds, granulated sugar, egg white and wafer paper. It has a rhombus shape, a well-cooked brown colour and longitudinal external cracks. Inside, the colour is lighter and the texture soft. Balanced almond flavour, neither sweet nor bitter.

PRODUCTION METHOD The secret of the Guarcino Amaretto lies in the skilful dosage of sweet and bitter almonds. After chopping the almonds quite finely, egg white and sugar are added to the mixture and everything is kneaded until one "finds the dough again". After that, portioning is done by hand or mechanically. By hand, with the help of a spoon, small portions of dough are obtained which are dosed one by one on the wafers cut in the shape of an oval lozenge – the wafers will then be kept on the product until the moment of consumption. Then, with quick gestures, the dough is pressed on the sides between the index fingers until it takes on the typical shape. Baking takes place in preheated ovens at a temperature between 150-200°C for 25-35 minutes. At the end of baking, the product is left to cool, then sent for packaging.

HISTORY BACKGROUND Several diplomas of participation in national and international trade fairs and exhibitions have linked the name of Guarcino to "almond macaroons" since 1909. Produced by local bakeries or prepared at home in an artisanal way, amaretti were sold in the cafés of the central square or ordered directly from the skilled women who prepared them for special occasions, for family celebrations or ceremonies that always ended with the appearance of this dessert. In particular, the Guarcino Amaretto was the dessert chosen to pay homage to brides and is still suggested as a gift for guests during weddings. The peculiarities of this amaretto lie first of all in the lozenge shape, obtained by shaping the dough with the fingers, pressing it between the index fingers, with quick and simple gestures; then in the softness that distinguishes it from other types of dry amaretto; the colour, given by the almonds used; in the taste, neither sweet nor bitter, given by the balance of sweet and bitter almonds mixed in the dough. Starting from the 1930s, tour guides, commercial directories and even encyclopaedias point out the production of amaretti among the economic activities or among the gastronomic specialties of the place not to be missed (Guida Generale d'Italia e dell'Impero, 1937-39; Enciclopedia Curcio per Tutti, 1966; Veronelli, Lazio, 1968; Touring Club, Guida del Lazio esclusa Roma, 1981; Frignani, La via di San Benedetto, Terre di Mezzo, 2019, Rai1, LineaVerde, 02/01/2022). The notoriety of the Guarcino Amaretto, according to local memory and to what was reported by Floridi (Floridi, L'amaretto di Guarcino e altre ghiottonerie, 1992) is mainly due to the thermal tourism of nearby Fiuggi and to the winter tourism practised at the ski and accommodation facilities of Campo Catino. Since 2011, every third week of September, Guarcino celebrates its famous dessert with a dedicated festival: the Amaretto Festival.





ANSE DEL TEVERE

Production area
Province of Rome: 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.



ALMOND STICKS OF CORI

Production area
Province of Latina: Cori

PRODUCT DESCRIPTION The Almond sticks, light and crumbly, are obtained from the mixture of type 0 or 00 flour, sugar, white wine, peanut oil, leavening agent, baking soda, bitter cocoa, sambuca, almond flour. The almonds, previously roasted and finely ground, are the main ingredient that gives the sticks a flavour that is particularly appreciated by the consumer. They have an elongated shape of 10 cm, a light brown colour and the surface is irregular with some cracks caused, during baking, by the presence of sugar on the surface.

PRODUCTION METHOD All the ingredients are mixed until a homogeneous and soft dough is obtained; then small quantities of dough are manually kneaded to form strips. At this point, the Almond sticks are placed in the pans, sprinkled with sugar, where the sticks are turned over to promote a homogeneous coverage. The biscuits are baked in the oven at 150-180°C for about 25 minutes.

HISTORY BACKGROUND "Almond sticks are a real invention!" This is what Mr. Alessi Ernesto said, who in 1976 started, together with his wife, the production and sale of biscuits. He says that his family for many years has been linked to the processing of bread and desserts; it was started by his mother, who had a home cooking license, thanks to which she could bake bread and biscuits at her home and the local bakery, and which she scrupulously prepared in compliance with the traditional methods handed down by the women of Cori. The almond biscuits have been made to offer a new product starting from the dough used for ring cakes and adding almonds, toasted and finely ground.



AMARETTI

Production area
Lazio Region

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.



BISCOTTI

Territorio interessato alla produzione
Province of Rieti: Castel di Tora, Poggio Moiano

DESCRIZIONE Prodotto dolciario preparato con farina tipo 00, uova, latte, zucchero, lievito per dolci, scorza di limone grattugiata e olio extravergine di oliva Sabina DOP, amalgamati fino a ottenere una pasta liscia da cui, con le mani leggermente unte, si ricavano biscotti allungati. Le forme vengono successivamente cotte in forno a 260-270°C per 5-10 minuti circa. Si tratta di una ricetta tramandata oralmente di generazione in generazione la cui preparazione domestica tradizionale aveva luogo in occasione della panificazione.



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.



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.



BARACHIA

Production area

Province of Rome: 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 as 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, is 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 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.





BUSSOLANI

Production area
Province of Rome: 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.



CAVALLUCCI AND PIGNE

Production area
Province of Rome: 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 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.



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 the biscuits are placed on baking trays, previously covered with parc hment paper and baked in a wood-burning oven at 160-190°C for 15-20 minutes. Local bakers claim that these of biscuits have been baked for some thirty years. They 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.



BISCOTTI SEZZESI

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

Territorio interessato alla produzione
Province of Latina: Maenza

DESCRIZIONE 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 Caciatelle. 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.



BORZA AND PUCCATTA

Production area

Province of Rieti: Borgorose, Concerviano, Fiamignano, Marcetelli, Pescorocchiano, Petrella Salto, Varco Sabino

PRODUCT DESCRIPTION Hard dough cakes traditionally given to girls and boys during Easter breakfast. Common in the culinary tradition of many realities of Lazio and the central and southern regions, the Puccatta takes the form of a doll with feminine features that has hidden a hard-boiled egg in its belly; the second, characteristic of Cicolano, has the shape of the "Borza", that is, an old-fashioned suitcase with a showy handle, in which the hard-boiled egg hidden inside is meant to symbolise the hopes for a fruitful emigration.

PRODUCTION METHOD The dough necessary to make the two shapes (Borza and Puccatta) is obtained with 450 g of common wheat flour, 250 g of sugar, 4 egg yolks, 150 g of lard, 1 cup of coarsely chopped dried fruit, 1 glass of alkermes, the grated zest of a lemon, baking powder, 2 whole boiled and peeled eggs. Once the ingredients have been mixed, a sheet is obtained to be divided into two parts, each rolled out to a thickness of about 2 centimetres.
At this point, one part is shaped into the shape of a suitcase, the other into the shape of a doll. After that, an egg is placed on the shapes and then covered with a further thin layer of pastry. Colouring and glazing is done by brushing the top with egg yolk diluted with some water. The shapes are baked in the oven for about 45 minutes, at 180°C..

HISTORY BACKGROUND The Borza and Puccatta is part of the list of Easter desserts prepared for Sunday breakfast, in the Cicolano called Sdejuno. The cake consists of the Fiamignano and Cicolano variant of a tradition also used in other towns of Lazio and especially of Abruzzo, a region with which this part of the Lazio shares a long administrative history, interrupted in 1927. Borza and Puccatta are auspicious desserts made of hard dough, reminiscent of objects and toys and were prepared to be given to children on the day when the fast was broken and the resurrection was celebrated. The Borza takes the shape of a suitcase, it contains a hard-boiled egg which in this case symbolises the wealth that returns together with the journeys of emigrants. Unlike Puccatta, this form is exclusive to the Cicolano in which seasonal work, even before the great transnational migrations, was part of the living conditions of the men of these agro-pastoral communities; the Puccatta, on the other hand, is present with different names in the tradition of many towns in central and southern Italy, especially among those that were once included in the Kingdom of the Two Sicilies. It takes the typical shape of a doll that encloses a hard-boiled egg in its lap, recalling fertility, rebirth and spring. The eggs enclosed in these sweets therefore symbolise in their own way "the fruits" of migrant labour and a new life (Adriani, Quirini, Borza and Puccatta. I dolci ritrovati, 2021).





CACCHIARELLE

Production area
Province of Rome: 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 of 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.



CACIONE DI CIVITELLA SAN PAOLO

Production area
Province of Rome: 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 filing 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.



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 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.



CEPRANO CANTAMESSA

Production area
Province of Frosinone: Ceprano

PRODUCT DESCRIPTION Bread with a rich anise scent, in a loaf, which can range from 300 g up to 20-25 kg for the Cantamessa carried in procession in honour of San Rocco in mid-August (Ferragosto). The crust is crunchy, golden/brown in colour, smooth as soon as it comes out of the oven. Internally the bread is white with black dots due to the presence of aniseed; compact but soft with homogeneous and not particularly large alveoli, an indication of the use of sourdough starter (lievitino/starter dough). Eaten as it is or served with cured meats.

PRODUCTION METHOD It is characterised by the lengthy period of processing and storage, thanks to the use of various flours suitably selected and mixed; type 0, 00 and manitoba flours; strong flours in relation to the gluten mesh to be obtained. The preparation begins with a pre-dough, or with the starter dough also known as "lievitino": a yeast that must mature from 12 to 24 hours, at a temperature of about 22-23°C. The next day the dough is prepared based on the starter dough, a mixture of flours, salt, water and aniseed. It is left to rest for about 2 hours at room temperature and then divided into the desired sizes and weights. Before baking, the Cantamessa is brushed on the surface with egg and water to give it a brown colour and baking takes place in the oven with variable times depending on size and weight. During baking, especially for large pieces, it is important to rotate the Cantamessa in order to obtain homogeneous cooking.

HISTORY BACKGROUND The Ceprano Cantamessa is a thousand-year-old ritual in which loaves of aniseed bread prepared in honour of San Rocco are carried in procession on 15 August, and then distributed to the faithful the following day at the church dedicated to the saint. The bread represents a votive offering linked to the tradition of the "sung mass", hence the name. A symbol of abundance, charity and local identity, with roots dating back at least to the 16th century, it is an event of great historical and cultural importance (Nalli, Ceprano nella Storia, 1934). The saint is offered huge loaves of bread and copper containers full of wheat to obtain graces, as the antique Latin populations did in the past to ingratiate themselves with the gods or to celebrate the new harvest. The loaves for the Cantamessa are carried in baskets decorated with lace, often by women in traditional costumes of the Ciociaria region, in a procession that starts from the main square. In ancient times they carried 4 pieces, even weighing up to 12 kg, and inside the basket, in the centre, they also put small children. Today the tradition continues thanks to the presence of historic local ovens taken over from the retired bakers who have transferred the ancient recipe to current generations.





CARGIUNI

Production area

Province of Rieti: Borgorose, Concerviano, Fiamignano, Marcetelli, Pescorocchiano, Petrella Salto, Varco Sabino

PRODUCT DESCRIPTION Cargiuni are rustic savoury pastries that are eaten exclusively at Easter, typical of the Salto Cicolano area. They consist of large sweet-savoury ravioli of very thin egg pastry, golden in colour, stuffed with a mixture of grated pecorino cheese, whole eggs, raisins and possibly sheep's milk ricotta. Cuttings are made on the back before being baked so that during cooking the filling overflows, representing a sign of abundance.

PRODUCTION METHOD For the pastry: common wheat flour from Biancòla, or in the absence thereof, type 00 flour, whole eggs, extra virgin olive oil, possibly seed oil, white wine. For the filling: whole eggs, medium-aged pecorino cheese or in any case suitable for grating, possibly sheep's milk ricotta, raisins. The filling, to be compact and doughy but not hard, must rest for at least one night and therefore must be prepared the day before and left to rest at room temperature, if prepared at home, or in the refrigerator if prepared in professional kitchens.

In this way, the moisture from the egg and possibly the ricotta is well absorbed by the raisins which must not be soaked. The dough, made with flour, eggs, extra virgin olive oil and a drop of white wine, must be as thin as possible and remain soft even after cooking, so it is advisable to roll it out by machine. It is also advisable to prepare the pastry the day before so that it is easier to work. To prevent the dough from sticking to the work surface, it is best to use semolina flour, so that the dough doesn't harden too much. Strips are prepared 15 cm wide and as long as desired, on which balls of dough worked by hand or with a pastry bag of about 2 or 3 cm in size are placed. Then the dough is folded over to cover the filling, like a ravioli, and cut with a pastry cutter or using the edge of a circular glass. At this point, the edge is closed using the tines of a fork and brushed with the egg yolk diluted in water in order to give a golden colour to the dough. Before baking, a knife is used to make a cut in the top. In this way, during baking, the abundant filling seeps out, presenting a characteristic dripping as a sign of prosperity and richness. The Cargiuni are baked in the oven at 180°C for at least 25 minutes.

HISTORY BACKGROUND From memory, the Cargiuni have always been made to honour Easter Sunday and the guests welcomed into the house during that festive period.
The ingredients refer to the typical productions and activities of the pastoral civilisation of Cicolano, to transhumance and to the dairy tradition of local shepherds, many of whom until after the Second World War spent long periods in Sardinia precisely to teach the art of transforming sheep's milk into pecorino cheese. The spring period, which coincides with the one in which the Cargiuni are prepared, guarantees the availability of the main ingredients, that is, pecorino and ricotta. The Cargiuni in the popular tradition are a sign of generosity and wealth, which is why they must be well filled so as to seem "prini" or full almost to explode their content. The incision on the top and the protrusion of the filling indicates hopes for abundance. The Pro Loco of Fiamignano recovered and transcribed the recipe in the early 1980s, when the volunteer members undertook to prepare them to distribute them to the villagers during the toast that was made in the square on the night before Easter. Currently they are produced by different companies in the area with commercial purposes while the complex processing is still carried out by hand in the homes of older women who keep the custom alive.



CASATA PONTECORVESE

Production area

Province of Frosinone: Pontecorvo, Supino

PRODUCT DESCRIPTION A 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 this 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 it with the remaining pastry dough. Pinch the edges of the dough together to seal perfectly. 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 this dessert 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.



CASTAGNACCIO

Production area

Province of Rieti: Antrodoco, Fiamignano, Petrella Salto; Province of Rome: Capranica Prenestina

PRODUCT DESCRIPTION It is a typical autumn desert. It is made with chestnut flour and dried fruit, flavoured with rosemary. The ideal accompaniment 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. 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 Rome: 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. It is left to rise until the dough doubles in volume, even overnight. It is kneaded once more and shaped into ring cakes, which are placed on a cooking sheet and left to rise for another 2-3 hours; the ring cake is baked in a pre-heated oven at 200°C for 20 minutes.

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. 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 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*".



CALZONE WITH VEGETABLES

Production area
Province of Rome: 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 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 *fallone*, was born from the tradition of the cooking of the poor classes, when seasonal vegetables were baked with bread dough leftovers.



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: Marcetelli

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, sweety 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.



CIAMBELLA A CANCELLO

Production area
Province of Rome: 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 Cancello (Gate ring cake) is characterized by a not particularly sweet flavour, in which the hint of anise prevails. It is deal if accompanied by a good glass of wine.

PRODUCTION METHOD The ingredients used in the Ciambella al Cancello 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 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 Cancello is 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, 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 Rome: 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.



CINETO ANISEED RING CAKE

Production area

Province of Rome: Cineto Romano

PRODUCT DESCRIPTION The Cineto ring cake is prepared with flour, aniseed, eggs, salt, wine, oil and starter (natural yeast, produced artisanally with water and flour, left to rest for 18 hours). It is characterised by an irregular doughnut shape with surface incisions that give it a flower shape, light hazelnut colour with aniseed on the surface.

PRODUCTION METHOD The ingredients are mixed until a dough that is hard to the touch comes out, which is divided into loaves of about 400 g. The loaves are rolled out into a long roll and then closed in a doughnut shape. At this point, the cakes are boiled for a first cooking. Once taken out, one by one, they are supported with wooden toothpicks and left to cool. At this point, incisions are made on the top, so that during the second cooking, which takes place in the oven, the ring cake splits and cooks well inside.

HISTORY BACKGROUND The ring cake was usually given as a tribute on the occasion of consecrated rites, such as baptisms or weddings, to people of the village who had not been invited to the ceremony. This tradition has been lost over time and only the custom of preparing them for the patron saint feasts of Sant'Agata in February and of the Madonna in August has remained. In Cineto Romano, for a long time there was a festival dedicated to the ring cake which was distributed or broken and shared among those present on St. John's feast day. On that occasion, the recipe of an elderly villager named Gregoria was followed, which involved adding bay leaves to the cooking water.



CIAMBELLA DEGLI SPOSI DI ROCCA DI PAPA

Production area
Province of Rome: 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 baptesimu*" (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 be 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'oclock 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.





SAN FILIPPO RING CAKE

Production area
Province of Rieti: Contigliano

PRODUCT DESCRIPTION Soft and medium-large in size, the San Filippo ring cake has a sweet and aromatic flavour of citrus and cinnamon. It has the characteristic doughnut shape, light brown exterior colour with raisins on the surface. Internally, the cake tends to yellow or white (depending on the amount of eggs used) with a homogeneous texture and soft consistency.

PRODUCTION METHOD The ingredients of the San Filippo ring cake are: whole eggs, sugar, rosolio in cinnamon, lemon and orange flavouring, raisins, type 00 flour, brewer's yeast in small quantities, extra virgin olive oil, milk. All the ingredients are kneaded with the mechanical spiral mixer for about 20 minutes in order to obtain a slack and soft dough. The dough undergoes an initial leavening for about 40 minutes at room temperature. Subsequently, portions of dough of about 300 g are prepared, which undergo a second leavening for a further 40 minutes, after which one proceeds with the creation of the ring cakes by forming a hole in the centre by gradually enlarging the dough. This is followed by a third leavening of about an hour or an hour and a half at 40, 45°C in the proofer. It is baked in the oven for 15 minutes at 200°C.

HISTORY BACKGROUND This historic ring cake takes the name of San Filippo, a hamlet of Contigliano, in the province of Rieti, southeast of the town, towards Monte San Giovanni in Sabina, an ancient, fortified settlement of Scornabeccum (referring to the plant commonly called scornabecco). In 1601, Pope Clement VIII decreed the current name of the town, linking it to St. Philip the Apostle. This ring cake of an ancient recipe was produced at home as a Sunday dessert, on the occasion of the Christmas holidays and during the village festivals organised by the local Pro Loco, such as the Living Nativity Scene of Greccio, organised since 1972, or the Trout Festival in foil of San Filippo, active since 1990. In Contigliano, the San Filippo ring cake was and still is prepared in local ovens, some of which are of very ancient origin, so much so that a street in Contigliano is called: Via del Forno, where the baker carried the heavy sacks of flour on a donkey.





PONZANO ROMANO'S RING CAKES AND CROISSANTS

Production area

Province of Rome: 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 Vapoforno. 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.



SAN MICHELE CIAMMELLA (RING CAKE)

Production area
Province of Viterbo: Vitorchiano

PRODUCT DESCRIPTION The San Michele ring cake is salty and rich in aniseed. Kneaded exclusively by hand, it is large in size, "high or low", with a diameter of about 20 cm and a weight of about 500 g. On the surface the colour is golden, the crust is crunchy and thin. The crumb remains quite soft, even after baking. To eat it and appreciate its intense flavour and aroma of anise, it must be "stozzata" (wrung or broken) with the hands and not cut with a knife. It is usually accompanied by a glass of white wine, capocollo or various cured meats, but on the "Saturday of the poggiata" (picnic), which takes place in May, during the celebrations in which the rite of the Poggiata is renewed at the small rock sanctuary of San Michele Arcangelo, the patron saint. The San Michele ring cake is traditionally eaten with pecorino cheese and broad beans.

PRODUCTION METHOD The San Michele ring cake is produced with flour, white wine, olive oil, fine salt, aniseed, sourdough starter (as was the case in the past) or brewer's yeast. The preparation takes a lot of time and involves many people from the town of Vitorchiano who carry out real teamwork where groups of people take turns in the processing, which can last up to two days. As a first operation, carried out by the first team, one proceeds, the evening before processing, with the soaking of aniseed in white wine, mixed well and left to rest until 3 in the morning. The second team takes over at 3-4 in the morning, which dedicates itself to the preparation of the dough with the flour, yeast and water placed inside the mixer. White wine and aniseed, olive oil and salt are added, with water added bit by bit as the dough is kneaded for at least 40 minutes. This is followed by a 2-hour leavening phase inside the mixer, after which, parts of the dough are divided and placed at first into the "bigonti" (plastic containers) and then onto the work tops, ready to be further divided into loaves of about 500 g, kneaded by hand by several people. From the individual loaves, long rolls are obtained that are overlapped and then closed at the ends, wetted with water to promote greater adhesion and sealed with 4 pressings carried out with the neck of a glass bottle, to form a flower. Once sealed, the ring cake passes to the "capa ciambellaia", the woman who has the role of cooking the ring cakes in plenty of boiling salted water. Once afloat, the ring cakes are passed in cold water, placed on wooden boards and cotton cloth, ready for the "writing" phase, that is, to create surface incisions: using a wooden stick: first a circle, then lines outwards, enlarging the ring cake. The shape that is then requested by the villagers depends on this particular operation, depending on whether they like it "high or low". Once the "writing" is finished, the ring cakes undergo a second cooking, this time in the oven for about 45 minutes.

HISTORY BACKGROUND A symbolic product of the town of Vitorchiano, the ring cake is closely linked to the Patron Saint Michael the Archangel, to whom the Sanctuary of San Michele Arcangelo was dedicated, built in 1358 on a hill outside the town. In ancient times the patron saint of Vitorchiano was Our Lady of the Assumption to whom the main church is dedicated, but in 1319 St. Michael the Archangel was chosen.
It seems that it was the parish priest of the time who wanted this change who, having gone to Sant'Angelo del Gargano, in Puglia, where the apparition of the saint had taken place, on his return expressed the desire to proclaim St. Michael the new protector of the town and to build a church in his honour.
Legend has it that the ring cake was born from a reinterpretation of the Apulian tarallucci, because of a parish priest transferred to Vitorchiano who taught his parishioners how to make the ring cake, but with a variation: in the preparation instead of wild fennel it was preferred to replace it with aniseed. During the patron saint's feast day, it is customary to carry the ring cakes in procession and then eat them during the so-called "Poggiata", which consists of staying after the religious ceremony, during which the "Festaroli" distribute the ring cakes free of charge to those present who consume them together with pecorino cheese and broad beans, accompanying them with a nice glass of wine.



PASTENA RING CAKE (CIAMBELLA CRESCIUTA)

Production area
Province of Frosinone: Pastena

PRODUCT DESCRIPTION With its characteristic dome shape with a slight "depression" in the centre, the Pastena ring cake, also called Ciambella cresciuta, has the aroma and flavour of anise but without being excessively sweet. The ingredients are: flour, sourdough starter, anise, eggs, sugar, sambuca, seed oil. After cooking, the outside part is brown, the inside is quite homogeneous and compact at times with some slight alveoli, the colour varies from ivory to yellowish, depending on the quantity and colour of the eggs. The weight is about 150 g. On the day of the Holy Cross, protector of the town, tradition has it that the larger version is also prepared with a cross in the centre. Excellent even after a few days from preparation, it can be enjoyed as it is, with warm milk for breakfast or with a nice glass of wine.

PRODUCTION METHOD Dessert made from type 00 flour, once produced in the area thanks to the cultivation of wheat in the two plains and thanks to the presence of two stone mills present in the village until 40 years ago. The dose used especially during the two main festivals of the town, the Holy Cross and the feast of May, is 25 kg of flour for each batch of processing. The flour is placed inside the fir, oak or chestnut wood cupboard, to which anise is added and then the whole eggs (25-30 eggs for a dough of 25 kg) previously beaten and the seed oil. In the meantime, a little water is heated to boil the sugar (about 5 litres of water for 6 kg of sugar), which is then added to the eggs and mixed well. One proceeds with the addition of the sourdough starter prepared in the morning and left to grow for a whole night and which is obtained from a sourdough starter generally already produced from bread dough, refreshed with water and flour. Once prepared, this first dough with eggs, water, sugar and sourdough starter is added to the flour inside the wooden cupboards. Sambuca is also added.
The enriched dough is kneaded by hand until it reaches a consistency that is not too hard, but quite elastic and homogeneous. The dough mass is left inside the cupboards or put into plastic containers and covered with plastic wrap to prevent it from drying out and with wool blankets. The room in which the dough is left to rest is heated with a fireplace or stove. From the afternoon when the dough is finished, the leavening lasts until 2-3 in the morning. At this point, when the dough has doubled in volume, thanks to a group work of the village women, the preparation of the ring cakes is resumed during the night, taking parts of the dough that can weigh from 500 g up to about 1 kg.
These are worked and divided into smaller pieces that take the shape of doughnuts with a hole in the centre. During the subsequent leavening, about 3-4 hours, the hole closes, leaving a slight dimple in the centre. The grown ring cakes are ready to be cooked in the wood-fired oven. The right temperature of the oven is checked by throwing in the flour which must reach a golden colour and not get burnt. The oven is then cleaned with "jo munnl", a small broom made from the dried inflorescences of corn, tied together and dampened before being used. The ring cakes are brushed with egg beaten on top and baked in the oven for about 10-15 minutes up to even 20 minutes as the oven loses heat.

HISTORY BACKGROUND Prepared on every festive occasion (Christmas, Easter, weddings, etc.), the Pastena ring cake is historically linked to the feast of May and the Holy Cross, which is held between 30 April and 3 May, and the feast day of the Patron Saint Sinforo, which is celebrated at the end of September. In particular, during the feast of the Holy Cross, the town still practises the tradition of bringing "la sclepa", that is, an offering. Usually, it is the Mastro of the feast day – a volunteer who manages the organisation – who collects both the ring cakes or other typical desserts, or the ingredients necessary to prepare them. On the evening of the feast day, during the Abbusso, that is, when the priest knocks on the door of the Mastro di Festa bringing the Holy Cross, the ring cakes are distributed to all the inhabitants. On this occasion, the Pastena ring cake is also the largest and with the cross in the centre, a key symbol for the feast of the Holy Cross. The recipe has been handed down among the women of the village who for over 100 years, for a month have dedicated themselves to the preparation of ring cakes, accompanying every moment with songs and prayers dedicated to the Holy Cross so that the dough grows to its full potential.



CASPERIA SAVOURY RING CAKE

Production area
Province of Rieti: Casperia, Contigliano

PRODUCT DESCRIPTION The Casperia savoury cake is soft and fluffy, with a cream-coloured surface with evidence of aniseed. The dimensions are medium to large; the taste is salty and anise scented. Internally the cake is white or yellowish with a homogeneous texture and with some alveoli.

PRODUCTION METHOD The ingredients are: whole eggs, milk, white wine, anise, drops of anise liqueur (sambuca), salt, brewer's yeast or chemical yeast powder or traditionally sourdough starter, type 00 flour and extra virgin olive oil which guarantees softness to the dough. All the ingredients are kneaded with the mechanical spiral mixer for about 15 minutes in order to obtain a compact and homogeneous dough. The dough undergoes an initial leavening for about 20 minutes at room temperature. Then portions of dough are prepared and left to rise for at least another hour. It is baked in the oven for 20 minutes at 260°-270°C.

HISTORY BACKGROUND Casperia ring cake is a typical product of the Municipality of Casperia and which today is also prepared in the Municipality of Contigliano at the old-fashioned bakery of the town, managed by a family that inherited the recipe from the previous baker, originally from Casperia. Mrs. Annunziatina, strongly attached to the confectionery customs of Casperia, has always prepared the savoury ring cake, which is also much appreciated by the citizens of Contigliano. In Casperia this ring cake is linked to Sant'Antonio Abate, celebrated in January in every corner of the province of Rieti, where the ring cakes, together with the tortoli, are distributed to passers-by.



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.



SERRONE RING CAKE

Production area
Province of Frosinone: Serrone

PRODUCT DESCRIPTION While the Serrone ring cake is indeed a ring cake, it should not be considered a dessert! Or rather, it is something halfway between sweet and savoury. A few simple ingredients for the Serrone ring cake, which give a tasty and decisive flavour with a strong aroma of aniseed. It has the characteristic fairly large ring shape (with a diameter of 10-15 cm), whose appearance recalls that of a flower thanks to the cuts made during processing along the entire ring cake. The outer colour is golden with the black dots of aniseed on the surface and inside the crumb is yellow with a slight presence of alveoli. The aroma is intense. The Serrone ring cake is a traditional Easter sweet/savoury cake, but its goodness has helped to spread its production also during other times of the year. It can be served in different combinations: first of all the Corallina salami, a combination that's been handed down from the custom that took place during breakfast on Easter Sunday. But also honey, jam or creamy hazelnut spread.

PRODUCTION METHOD The preparation of the Serrone ring cake begins with the use of sourdough starter, the so-called "starter dough" (in turn obtained from the previous dough), which before being reused is refreshed and left to rise for about 1-2 hours in the leavening room. The dough of the ring cake is prepared with type 00 flour, eggs (300 g/kg of flour), extra virgin olive oil, milk, grated lemon peel and lemon juice, previously washed aniseed. The ingredients are all kneaded by hand or with a mixer and left to rise for one or one and a half hours or, in any case, until the volume of the dough doubles and it becomes nice and fluffy, and homogeneous. Fairly uniform rolls of dough are then taken, which are worked by hand by joining them at the end to form the classic ring cake which is then "pinched" with scissors or a knife along the entire ring cake in order to give it the characteristic flower shape. One proceeds with boiling in plenty of water and when the ring cakes emerge, they are removed, placed in a pan and baked in the oven for about 30 minutes at 200°C.

HISTORY BACKGROUND The origin of this particular product is not known with certainty, but traces of it can be found in the town's oral culture. The Serrone ring cake is a sweet/savoury cake that takes its name and birthplace from Serrone, a historic village in the province of Frosinone leaning against the rocky wall of Mount Scalambra, and which accompanies a centuries-old tradition both for its history and for its preparation. It is a typical product of the local cuisine, which is traditionally eaten on Easter Sunday accompanied by cold cuts and cheeses, but also with jams and chocolate. The recipe for the Serrone ring cake therefore has very ancient origins and is handed down orally. It is said that, according to an ancient custom, this ring cake was placed by the bride on the groom's head to enshrine their union. In fact, the elders of the village say that in the past, the "ciammella" was brought as a gift by the man when he went to "pete" (from the Latin "to ask") his girlfriend to become his wife. The ring cake represented a symbol of the wealth of the groom's family of origin and at the same time, women used to put it on their husband's head on their wedding day, as a seal of their union. Other traditions, instead, indicate the ring cake as a food that accompanied the work in the fields. Its particular shape allowed women to wear it as a bracelet and eat it from time to time while they were engaged in agricultural work and during the journey to get to the plots of land: the "ciammella" (worn like a bracelet) was nibbled on while walking. A traditional café in Serrone still produces the famous ring cake at least once a week, kneaded and processed following the recipe that was handed down in the family by the great-grandmother of the current owner, boiled in a giant "cottora", the copper pan that was used for cooking food on the fire.



WINE BISCUITS

Production area
Lazio Region

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.



ANISEED RING CAKES

Production area
Lazio Region

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.



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.



CIAMBELLA ALL'OLIO DI SANT'ANGELO ROMANO

Production area

Province of Rome: 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.senzapanna.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 ae baked in an oven at 250° until they take on a golden colour." (Source: www.poetidelparco.it)



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 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.



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.



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.

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.



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.



CIAMBELLINE

Production area
Lazio region

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 ELLENESE

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 (CIAMMELLÒ)

Production area
Province of Rome: Gallicano 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 Gallicano 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.





RING CAKE OF SAN FAMIANO (SWEET RING CAKE WITH GALLESE RAISINS)

Production area

Province of Viterbo: Gallese

PRODUCT DESCRIPTION Medium to large sized sweet ring cake. It has the characteristic doughnut shape, with the ends overlapping, light brown exterior colour with raisins on the surface. Internally, the cake tends to yellow or white (depending on the amount of eggs used) with a homogeneous texture and soft consistency. The taste is sweet, that of raisins and cinnamon.

PRODUCTION METHOD The ingredients of the San Famiano ring cake are: whole eggs, sugar, baking powder, cinnamon, semi-skimmed milk, brewer's yeast, raisins, seed oil, flour as needed. The ingredients are processed according to a precise order: eggs, sugar, cinnamon, seed oil, flour, milk and the two types of yeast dissolved in milk, raisins. Everything is kneaded in a plastic container or in the mechanical mixer for about 30 minutes. This is followed by an initial leavening phase for about 2 hours at oven temperature. One proceeds with the manual shaping of the ring cakes by taking portions of dough of about 350 g. The ring cakes are placed in baking trays and left to rise for a variable time, which corresponds to the time in which the ring cake doubles its volume. This is a very important phase, as this leavening must take place in the correct way. It is baked in the oven for 15 minutes at 190-200°C with subsequent hot brushing of water and sugar to give shine to the outside of the ring cake.

HISTORY BACKGROUND A centuries-old product whose preparation and name refer to the patron saint of the town of Gallese, St. Famiano, a Cistercian friar of German origin who was a hermit in Spain for many years. Born in Cologne in 1090, he was called Quardo and later Famiano because of the fame he acquired with the miracles he performed.

The friar is highly venerated in Gallese, in the province of Viterbo, where he died on 8 August 1150. The cult of the Saint and the custody of the two churches are entrusted to the confraternity of San Famiano which, after the reconstitution in 1990, every August organises the procession and the palio joust dedicated to the saint. It is an event very much felt by the people of Gallese who traditionally celebrate with the ring cake, distributing it to all families. There is a particular tradition among the young people of the village: those who turn 25 and 50 are responsible for organising the feast dedicated to the patron saint and are required to carry the ring cakes door to door together with a small gift, so that each family has its own sweet ring cake on the feast day. In Gallese, the production of the San Famiano ring cake (Sweet ring cake with Gallese raisins) takes place in some historic bakeries that have been active since the early 20th century and that have recovered the traditional recipe from local families



CIAMMELLOCCO DI CRETONE

Production area

Province of Rome: Cretone – Hamlet of Palombara Sabina

PRODUCT DESCRIPTION The Ciammellocco di Cretone, particularly is particularly rich as regards ingredients, such as flour, sourdough 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).



CIAMMELLOCCO OF SANT'ANTONIO

Production area
Province of Rome: Castelchiodato, Mentana

PRODUCT DESCRIPTION Large ring cake with a brown crust more or less crunchy, hard and engraved on the surface, with the inside soft and anise-scented.

PRODUCTION METHOD The production of the Ciammellocco of Sant'Antonio requires a long preparation, made up of lengthy leavening and double baking. The ingredients are: whole eggs, aniseed, sugar, 1 glass of liqueur (sambuca or mistrà or an infusion of liqueurs called "creola"); white wine, flour, "cresciuta" (sourdough starter), a pinch of salt, extra virgin olive oil, milk. It starts with the preparation of the "cresciuta" which is dissolved with sugar, white wine, extra virgin olive oil, liqueur (sambuca or mistrà or an infusion of liqueurs called creola), aniseed and flour to which eggs are added (15 per 1 kg of cresciuta). The dough, kneaded by hand, compact and homogeneous, is left to rest, covering it with a wool blanket, for about 12 hours (from evening to morning) and, in any case, until it doubles in volume. One proceeds by detaching the dough balls that are placed on a wooden pastry board; the ring cakes are formed with a large and wide hole ("the bigger the hole, the more beautiful the ciammella") and then cooked in boiling water with salt. When it resurfaces, it is removed from the water and allowed to dry; an incision is made on the surface and it is baked in the oven for the second cooking at 180-190°C for 30 minutes; then the temperature is lowered to 150°C and it continues to bake for another 50 minutes.

HISTORY BACKGROUND Fragrant ring cake rich in anise, both in seeds and as a liqueur, whose use in breads, biscuits and savoury ring cakes has been widespread in central Italy since ancient times. The consumption of the Ciammellocco and the related secular rituals (festivals) are often associated with the feast of St. Anthony Abbot, which falls on 17 January. A poor dessert but rich in flavour, it is the symbol of a deep and centuries-old peasant and religious culture, where ring cakes represent the union between mankind and the sacred. In Castelchiodato it is celebrated by the confraternity of the Sant'Antoniani: it was and is customary to celebrate Saint Anthony with Ciammellocchi, a sandwich with porchetta and a glass of wine. It is important to remember that "the Ciammellocchi must absolutely not be cut with a knife because otherwise it changes its taste; they must be broken with one's hands!".





CIAMMELLITTI WITH ALKERMES/CIAMMELLITTI OF SANTA MARGHERITA

Production area
Province of Rome: Castelchiodato, Mentana

PRODUCT DESCRIPTION Ring cakes with a traditional pink colour more or less intense (depending on the amount of alkermes used), medium size, crumbly and not too sweet. The Ciammellitti are eaten as they are, with milk or a good sweet wine. Storage is quite long (even three months).

PRODUCTION METHOD The basic ingredients for the preparation of Ciammellitti are: flour (type 0-00, for cakes), to be used sifted, whole eggs (6 eggs per kg of flour), vanillin, baking powder to make the ciammellitto crumbly, sugar, lard and red alkermes liqueur (4 demitasse per 1 kg of flour) which gives it its characteristic pink colour. Before starting the preparation of the dough, it is important to soften the lard well at room temperature (not on the stove), to which the sugar is added and then all the other ingredients; finally, the sifted flour. The ingredients, arranged on a smooth surface (wood or steel) or processed inside a container, are mixed together and kneaded exclusively by hand until a smooth, soft and slightly moist dough is obtained. In the final phase, the dough will be kneaded on a wooden pastry board. One proceeds by detaching small pieces directly from the dough, pierced in the centre with the index finger, dipped in sugar and then worked to take the shape of the doughnut. They are baked in the oven for about 10 minutes at about 180-190°C.

HISTORY BACKGROUND The preparation of the Ciammellitti of Castelchiodato/Santa Margherita requires real teamwork: those who grease their hands with oil to detach the portions of sticky dough and then place it on the sugar; those who give the shape of the doughnut from the sugar and put it on the baking tray. There are rich testimonies that tell of a process shared between relatives and friends, carried out at home or in the village oven, which here dates back to the 12th century. In the past, the egg was placed on the surface of the ciammellitto with a cotton cloth and then the ring cake was covered with sugar and cooking took place in old wooden baking trays. The alkermes was obtained from the village innkeeper: "The dose gifted was that of two small glasses". The Ciammellitti have also always been associated with the patron saint of Castelchiodato, Saint Margaret of Antioch, patron saint of women in childbirth, celebrated on 20 July. But the Ciammellitti are not only prepared to celebrate the saint, they are guaranteed for all holidays: they are given together with sugared almonds at weddings, they are also offered for communions, baptisms and for the feast of the Most Holy Saviour.
The Ciammellitti of Castelchiodato or of Santa Margherita were also the protagonists of a Gambero Rosso broadcast whose recipe was presented by grandmother Gemma.
https://www.youtube.com/watch?v=aoTVvZ78e8c





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 a 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 Rome

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 *Ciriol*a 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 tarte 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.



COÈLLE

LINK WITH BIODIVERSITY

Production area

Province of Rieti: Borgorose, Concerviano, Fiamignano, Marcetelli, Pescorocchiano, Petrella Salto, Varco Sabino

PRODUCT DESCRIPTION Coèlle are rustic Christmas and Easter snacks, part of the traditional cuisine of Fiamignano and the other municipalities of the Cicolano area, in the province of Rieti. The basic ingredients for the dough are lard, seed oil or extra virgin olive oil, white wine, salt, aniseed and common wheat flour, preferably of the Biancòla landrace which gives the preparation particular and characteristic aromas. The Biancòla is a population of common wheat grown on the Rascino Plateau, at an altitude of about 1,200 metres. We do not know what the origin of the seed is, but from written and oral sources collected in the late 1970s, we know that in that area it was the only "ranu" cultivated. Biancòla is a landrace adapted to mountain areas, a type of winter development, with a good tillering capacity, very rustic but which over the years has been slowly replaced by other improved landraces of wheat. However, it is still highly appreciated by the local communities surrounding the Rascino Plateau for the aromaticity of the flour used above all as a base for baked goods.

PRODUCTION METHOD The historical recipe calls for a dough based on melted lard and common wheat flour of the Biancòla landrace. Today, both because of the difficulty of processing lard and because of the scarce availability of Biancòla flour, the original ingredients can be replaced with seed oil or olive oil and type 00 flour. To these must be added white wine, aniseed and salt to taste. The dough should be kneaded until it reaches a soft consistency, after which it is left to rest for about 2 hours. At this point the dough is worked by hand and rolled out with a procedure similar to that of doughnuts, obtaining "salami" of dough about 6-7 cm long that are closed by making a double turn, a sort of eight sealed at the two points of contact by exerting greater pressure with the fingers (someone has a key for this operation). This is the form given for domestic productions of modest quantities, while bakeries or restaurants give the Coèlle a simplified shape with a single closing point. To prevent the dough from breaking apart, the Coèlle are lowered one at a time into boiling water until they rise to the surface. Cooking is by eye or as they say in the Fiamignano area, "by feeling". When they rise to the surface, they are removed, dried and then baked in the oven for about twenty minutes, until golden brown or to taste depending on whether one prefers them softer or more fragrant.

HISTORY BACKGROUND The Coèlle take their original name and shape from a sort of wooden hook that was part of the harnesses of the pack animals and which was used to fix the ropes that held the load in place. There is no certain information about the origin of this rustic offer in homes during the Christmas or Easter period, only the certainty that it is associated with the main feasts of the Christian liturgical calendar, as well as with hospitality and conviviality. The ingredients derive from the processing of pork, often raised at home, of which there is a long tradition in the Cicolano region and the use of Biancòla common wheat flour, a landrace historically cultivated on the Rascino Plateau. Today, some prefer to replace lard with seed oil or olive oil to simplify processing. Variations in shape and size are also due to issues of time and quantity produced because the boiling phase requires a great deal of attention. The Pro Loco of Fiamignano collected and transcribed this recipe and the processing method in the early 1970s to re-propose it during the annual Lentil Festival of Rascino. Over the years, however, faced with the growing number of visitors and the complexity of the processing of the product, the Coèlle have been reluctantly removed from the menu of the festival. Even today the Coèlle are prepared at home but it is also possible to taste them in restaurants or buy them at bakeries and commercial ovens throughout the territory of Fiamignano and the neighbouring towns.



CORENO AUSONIO CORNEGLIE

Production area

Province of Frosinone: Coreno Ausonio

PRODUCT DESCRIPTION Coreno Ausonio Corneglie are tasty fritters made with boiled potatoes and flour that can be eaten as a dessert with sugar on the surface and flavoured with cinnamon or as a morsel to accompany traditional cold cuts or both fresh and aged cheeses. It looks like a fried doughnut, varying in colour from golden to brown on the surface, with a soft and fluffy dough.

PRODUCTION METHOD The ingredients for the preparation of Coreno Ausonio corneglie are potatoes, type 00 flour, sourdough starter (also of multi-year production), salt, for the savoury version; cinnamon, lemon and/or orange peel, sultanas or raisins for the sweet version. The potatoes are boiled, mashed while still hot with a potato masher or a fork; they are salted to taste.
For the preparation of the corneglie, the proportion between potatoes and flour is generally 50/50, but in some cases and as was traditionally the case in the past, the amount of flour can vary depending on the consistency and moisture of the potato. The dough and the amalgamation of the two ingredients is done by hand in a fairly large container or on a wooden pastry board, until a compact, homogeneous and fairly dense dough is obtained. This is followed by a leavening phase of 12-24 hours during which the dough is greased with extra-virgin olive oil and wet with water in order to make it moist and slippery. Small portions of dough are then taken from the mass, to be worked by hand to give the classic doughnut shape, while maintaining an irregular appearance. The ring cakes are fried in plenty of oil. Due to the wet dough and the temperature of the oil, small growths are formed on the surface that resemble horns, locally called "corneglie", a term from which the historical name of the product derives.

HISTORY BACKGROUND The Coreno Ausonio Corneglie are a dish that can be enjoyed either sweet or savoury. Of poor origin, they are typical of lower Lazio, in particular in the Municipality of Coreno Ausonio, where they are prepared during the Christmas period. Traditionally, the corneglie were born as savoury fritters, enriched with potatoes from one's own field to make them more substantial. They were eaten during the holidays together with homemade cured meats (sausages, ham and cheek lard) for the winter by those families who raised pigs in the courtyard. Over time, the recipe has undergone some variations. Fine ingredients such as cinnamon, orange and/or lemon peel, raisins, sultanas and sugar sprinkled on the surface have been added. This is how the sweet version of the corneglie flavoured with cinnamon and citrus fruits was born. For some years the Korinem Association of Coreno Ausonio and the Pro Loco, with the patronage of the Municipality, has been celebrating the day of the Immaculate Conception with its usual event "Christmas Market and Corneglie Festival".

POTATO CAKE

Production area
Province of Rieti: Leonessa

PRODUCT DESCRIPTION A delicacy of Leonessa's cuisine, it has the shape of a ring cake and is rich in ingredients: chocolate chips, 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 place that is traditionally linked to the production of potatoes, the production of the potato cake, also known as "pizza with potatoes", in the period following the harvest of the tasty tuber is historically attested to.



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.



CRUSTOLI DE GIRGENTI

Production area
Province of Rieti: Antrodoco, 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.

MAENZA'S APPLE FRITTERS

Production area
Provincia di Latina: Maenza

DESCRIZIONE DEL PRODOTTO Sweet fritters made with apples, flour, sugar, oil, eggs, milk, baking powder, anise liqueur and salt. After peeling and coring the apples, cut them into slices about 2 cm thick. Prepare a thin batter with all the ingredients and dip the apple slices in it for a few minutes. Then fry them in plenty of hot oil until golden brown and finally sprinkle with sugar. This is a homemade dish that is particularly characteristic of the apple harvest season.



CUZZI DI ROVIANO

Production area
Province of Rome: 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 "I *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, wildflower 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 homemade 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".



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: Antrodoco, Borgorose, Cittaducale

PRODUCT DESCRIPTION Waffle cookies with a wafer thin, rounded 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 NERE E BIANCHE

Production area
Province of Rome: 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 Fetticciole) and beige (White Fetticciole). 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 Fetticciole, almonds, wildflower honey, sugar, pepper, flour and anise-based liqueur for the white Fetticcole. For the preparation of black Fetticciole, 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 Fetticciole, however, the almonds are roasted, and heated with wildflower honey. The same processing of the black fetticciole then follows.

HISTORY BACKGROUND The black and white Fetticciole 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 Fetticciole 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.



FETTUCCINE

Production area
Lazio Region

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 Rome. 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.



SEGNI FREGNAQUANTI

Production area
Province of Rome: Segni

PRODUCT DESCRIPTION Fresh pasta made from flour and eggs, kneaded and cut by hand to form very thin strips. Characteristic dish of local cuisine. They should be eaten as soon as they are taken out of the cooking water and served with plenty of condiment, i.e., with meat sauce, especially wild boar, or with porcini mushrooms, cockerels, truffles or free-range chicken giblets.

PRODUCTION METHOD Typical egg pasta made strictly by hand. The preparation consists of a real ritual: a dough based on eggs and flour is mixed and rolled out with a rolling pin. At the right point, the sheets are rolled up and using a suitable knife, with a decisive and precise blow of the hand, they are cut into thin strips. With a delicate and rhythmic movement of the fingers, the threads of dough obtained are formed into nests and left to dry.

HISTORY BACKGROUND The wide and fertile plain of the Sacco Valley has always been the granary of Segni. The abundant harvests have allowed the establishment of a consolidated tradition in the preparation of bread, pasta and desserts. There are numerous bakeries where bread is made. But it is inside private homes that women prepare an exclusive speciality: the Fregnaquanti. According to local written and oral sources, the name derives from a slang expression that expressed amazement at the yield of the pasta once cooked. In fact, before being lowered into the water, the pasta always seems to be just a little but instead, with boiling, it increases in volume and, when it is placed into the serving dish, it is anecdote that the cook exclaims: "Fregna, quanti (sono)!" [Gosh, how many (there are)!]. The Fregnaquanti are among the main dishes that were once prepared on the occasion of the feast of Saint Bruno, patron saint of Segni, as Aldo Zangrilli says, in the dialect poem Jo giorno de San Bruno.



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.



GIGLIETTO DI PALESTRINA

Production area
Province of Rome: Palestrina

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 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.





POLENTA DUMPLINGS

Production area
Province of Rieti: Borgorose, Concerviano, Fiamignano, Marcetelli, 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.



GNOCCHI DE LU CONTADINU

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.



CHESTNUT DUMPLINGS

Production area
Province of Rieti: Fiamignano, Petrella Salto, Antrodoco

PRODUCT DESCRIPTION Chestnut gnocchi (dumplings) are prepared with potatoes and chestnut flour. A well of soft wheat flour and the chestnut flour must 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-gowning areas of Cicolano and the territory of Antrodoco. The recipe is the result of ingredients that were historically easy to find from peasant families.



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 with 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 gnoccacci", 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 reddish 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.

RECRESCIUTI 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 is baked in the oven for a few minutes at about 250°C. These are traditional Easter sweets.

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.



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 Rome: 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.



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 *nociata (nut brittle)*, macaroni with walnuts and sweet ravioli with walnuts.



SAN FELICE CIRCEO VISCOTTA

Production area

Province of Latina: San Felice Circeo

PRODUCT DESCRIPTION Traditional leavened cake made with whole eggs, type 0 and 1 common wheat flour, very little sugar, sourdough starter, lemon and orange peel, a little milk, aniseed, a dash of anise and/or Sambuca liqueur. It requires almost three days of preparation, due to the long resting times and the various stages of leavening. It is prepared in three different forms: in the shape of a loaf, intended for adults, or in the shape of a ring with two whole eggs inserted in the closing point (ju cellitte, "little bird"), given to children, or in the shape of a woman (the "pupa") with the egg in the centre, for girls. It has a colour similar to that of panettone on the outside, but the outside is very thin and after baking it almost peels off. Inside, it has alveoli, and it is light yellow, with a soft and light texture. The scent is fragrant and intense. The flavour is delicate but persistent.

PRODUCTION METHOD For the preparation the use of unrefined or mixed common wheat flours is recommended, type 0 and 1, sourdough starter for leavening, a little sugar, 10 whole eggs to obtain 3 shapes. The classic recipe, as a poor dessert, did not involve the use of fats so neither butter nor oil should be used. Just enough milk to dissolve the ingredients and oil only to prevent the dough from sticking during processing.
The night before, in a bowl, the whole eggs are beaten with the sourdough starter dissolved in a little warm water, a little flour and it is kneaded as if it were bread. A dough is formed and placed in a container, making sure that it is large enough, because at the end of the first leavening, the dough grows about 3 times in volume. The container should be placed on a saucepan full of boiling water, making sure that it is heated by steam but does not come into direct contact with the water. Everything should be covered with a clean and thick cloth, even wool. The dough will have to rest overnight (about 12 hours). The following morning, the remaining eggs, flour and herbs, aniseed, grated lemon and orange peel, a little sugar, a small glass of anise and sambuca liqueur are added to the already leavened dough. Once this large dough is obtained, it is brushed with a little oil to prevent it from sticking to the pastry board, so as not to "mistreat" it during kneading. This phase must be carried out by hand, with great energy and for a prolonged time, to promote the formation of the internal meshes and give the dough the right leavening force. Alternatively, one can use a mixer with plunging arms. The dough must be touched to understand when it has reached the necessary smoothness and the right elasticity. At this point, everything must be left to rest again for 12-16 hours. After the right time, it is resumed, overturned on the work table and it is divided into pieces, generally 3. Large containers are used in which the pieces modelled according to tradition are formed: ring, doll or loaf. Again it is left to rest for another 6-8 hours. The leavening must be followed so that the dough does not "s'accucchi", that is, so that it doesn't deflate and lose strength. The pieces are baked in a hot oven for almost an hour. Once baked, they are taken out of the oven and wrapped in a cotton or linen cloth to make them "schiudere", that is, to finish cooking gradually. The San Felice Viscotta should be cut with a serrated knife, to ensure that the crumb of the slices is well balanced and avoid a "mistreated" appearance.

HISTORY BACKGROUND Viscotta is a good omen dessert, consumed especially during Easter breakfast, during which it was accompanied by cured meats, or on festive occasions. However, it is not unusual to eat it at Christmas or as a dessert at the end of a meal. The recipe was passed down from mother to daughter in every home in San Felice until a few decades ago. A version collected by local "grandmothers" has been transcribed in a volume dedicated to the historical dishes of the place. This collection of recipes was published in 1996 and emblematically takes its title from the Viscotta (A. Bassani, La viscotta. Ricette di S. Felice Circeo, 1996). The Viscotta is made up of very few ingredients and compared to similar Easter desserts, very popular throughout the gastronomic tradition of Lazio and other regions, it stands out for not involving the use of animal or vegetable fats. The sugar used is also very little, precisely because it is a dessert of humble origins. The long processing and the use of many eggs easily procured in the farmyards or in the courtyards of peasant houses are its distinctive features. Due to the preparation time and the complexity of the work, the tradition of Viscotta is almost completely lost and today it is kept alive only by very few local bakeries.



CIVITA CASTELLANA FRITTELLONE

Production area
Province of Viterbo: Civita Castellana

PRODUCT DESCRIPTION Among the culinary specialities of the Municipality of Civita Castellana, the Frittellone (fritter) deserves a place of honour. It is a traditional peasant preparation, made up of a few ingredients, making it 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 small pizzas obtained by dissolving wheat flour in water, with the addition of salt. The dough is semi-liquid but the ingredients are well blended, and everything should be left to rest for a few hours. Then, with a spoon, a little of the dough at a time is placed on the bottom of an iron pan greased 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 The term "frying" refers to all those preparations in which food is 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. In Tuscia, the use of fried foods is an integral part of the gastronomic tradition. 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. In the local tourist magazines of the 1970s, reference is made to this speciality, including it among the most characteristic dishes of the city. There is also news about its being prepared on the occasion of important local celebrations such as its famous Carnival.



'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).



CAPENA LEPERICCHIO AND SPOSATELLA

Production area

Province of Viterbo: Capena

PRODUCT DESCRIPTION The dough for the preparation of the Lepericchio and the Sposatella has five simple ingredients: flour, extra virgin olive oil, sugar, white wine and mistrà. From the semi-soft dough, the Lepericchio are manually formed, round in shape with a handle like a basket, with an egg in the centre (a symbol of prosperity and good omen for a good harvest) and the letters SME to indicate St. Mark the Evangelist, and the Sposatella in the shape of a doll, decorated and adorned with coloured sugar sprinkles.

PRODUCTION METHOD All the ingredients, abundant flour, sugar, extra virgin olive oil, white wine and mistrà, are mixed together until a semi-soft, smooth and manageable dough is obtained, left to rest for about an hour, in order to make it easy to work by hand to give the shape to the Lepericchio and to the Sposatella. No yeast is added to the dough. It is baked in the oven at 160°C for about 1 hour.

HISTORY BACKGROUND The origin of the Lepericchio and the Sposatella is thought to be sought in the rites of pagan Rome where the Robigalie were celebrated, propitiatory rituals that took place between 25 and 28 April to supplicate for the protection of the crops by Robigus, an evil deity. In this period the ears of the wheat started to grow, and it was customary to make sacrifices to ward off diseases such as rust or head blight. For this reason, the population went beyond the Milvian Bridge, dressed in white to make sacrifices to the god and bring loaves adorned with laurel and the first fruits of the season to the Great Mother, the only immortal goddess who joined the serpent Ophion giving rise to the Universal Egg. With Christianity and with the institution of the feast of St. Mark the Evangelist on 25 April, the custom of going to the church dedicated to him was born in Capena (the bell tower is egg-shaped, perhaps a symbol of that universal egg that hatched and from which all things existing in the universe sprung). Instead of offering sacrifices, children bring typical sweets. The Sposatella represents the Great Mother, a symbol of fertility and abundance; the Lepericchio represents the Universal Egg which, once hatched, gave life to all living creatures, the sun and the stars. The etymology of the term Lepericchio (from the Italian word lepre, hare, animal present in the city's coat of arms) is to be found in the ancient name of the town Leprignano which became Capena with Royal Decree in 1933. Therefore, a dessert that refers with its name to the history of this place. The term Sposatella refers to the union of the Great Mother with Ophion and the entire universe descending from her.



LONGARINI OF CRETONE

Production area
Province of Rome: Palombara Sabina

PRODUCT DESCRIPTION The Longarini of Cretone are a type of fresh pasta made with only two ingredients: water and type 0 flour. They look like large spaghetti, are very thick (about 5 mm) and long; light straw yellow in colour, soft but compact. The traditional condiment is with cheek lard and tomato or with chopped lard, garlic, parsley and tomato.

PRODUCTION METHOD Type 0 flour is prepared on a wooden board with the "well" method, that is, a mound of flour with a hole in the centre; one gradually adds cold water and kneads it manually until the dough becomes homogeneous, compact and smooth on the surface. A cylindrical roll of dough is formed which is kneaded by hand from one of the ends by crushing and rolling the dough in order to form, without interruption, a very long strip of cylindrical and coarse dough (about 5 mm thick). As one works the dough, it is good to moisten one's hands to prevent the dough from becoming sticky. Once ready, the Longarini are sprinkled with semolina flour to prevent them from sticking together.

HISTORY BACKGROUND It is the stories of the inhabitants of Cretone, a medieval village that stands on a hill (at an altitude of 167 m) and which falls within the Municipality of Palombara Sabina in the province of Rome, to revive the history of the Longarini. A poor dish, of peasant origin, in the past it represented an important source of livelihood especially for those who went to the fields. In the past, Cretone was surrounded by agricultural land used for the cultivation of wheat, especially of the local varieties from which raw flours were obtained, stone-ground and lightly sifted, then used to prepare bread, cakes and Longarini. Local witnesses have emphasised how important the Longarini were in the diet of those who worked the land. Longarini were the dish of the holidays, rich and tasty, but above all, it was the favourite meal of the peasants. At the time of threshing, children brought lunch on foot to the places their parents and grandparents were working, keeping them away from home for several days: Longarini was the main and most appreciated dish because although they were prepared a few hours beforehand, they kept their cooking well, did not stick and their nourishment restored people from the fatigue of working the land. Today the Longarini can be appreciated during the Festival of the "Ciammellocco and the Longarini of Cretone" organised in the first week of September by the cultural association "Liberamente" of Cretone.





MACCARUNI CU GLI FÉRI

Production area

Province of Frosinone: Giuliano di Roma

PRODUCT DESCRIPTION Fresh pasta obtained by mixing water, durum wheat flour and common wheat flour in varying proportions. These are macaroni about 25-30 cm long, hollow inside, sometimes frayed to allow the sauce to better penetrate inside. The cavity is obtained by rolling small portions of dough around a thin metal wire which is then removed. The length and thickness of the macaroni vary according to the "hand" of the person who works the dough and the family tradition. It is seasoned with strong and tasty sauces, based on tomato and mixed meat sauce or forest mushrooms, and a sprinkling of pecorino cheese or aged goat's cheese (marzolina). The pasta is full-bodied and absorbs the sauce very well, giving life to hearty dishes. The flavour varies according to the condiment.

PRODUCTION METHOD One starts by placing the re-milled durum wheat semolina flour and common wheat flour in the form of a well. The proportion between the two flours can vary, depending on the hand that kneads or external factors such as air humidity, so "everyone goes by feeling": it goes from a ratio of 50% and 50%, up to 70% of durum wheat and 30% of common wheat. One starts mixing the flours by adding water (40, 50% water) a little bit at a time. This system allows one to better control the dough and prevent it from "going crazy". In fact, the difficulty is all in the balance of the ingredients and in the dosage of the water because one must obtain a dough that is neither too hard nor too soft, in order to prevent the maccarune from not stretching enough or, on the contrary, not slipping out of the wire. At this point the dough "refines itself" by resting covered for at least half an hour. Once the right consistency is obtained, small pieces of dough are detached by hand and worked until they stretch a few centimetres. Then one places the wire lengthwise, presses it so that it penetrates the dough and starts rolling it back and forth with the palms of one's hands, until the desired length is obtained. With a decisive but delicate gesture, the macaroni is removed from the wire and placed on a tray, taking care not to overlap them to prevent them from sticking together. At this point, the pasta is ready to be cooked in boiling salted water. The cooking time varies according to personal taste, the thickness of the pasta and its freshness, but the ideal time tends to be about 6 minutes.

HISTORY BACKGROUND A single dish that provided carbohydrates and proteins at the same time and was usually eaten at home for Sunday lunch. The meticulous preparation required time and foresight, but given the simple ingredients, it was not considered a suitable pasta for celebrating the holidays. Instead, it was the dish that was cooked in Giuliano at the times when the family gathered. Macaroni with water and flour are prepared in many areas of lower Lazio and other regions of southern Italy, but the practice of leaving a hole inside them is less frequent. Indeed, the peculiarity of Maccaruni cu gli féri lies in their being hollow, a shape obtained by rolling the dough around a thin round metal wire. These wires were nothing more than the ribs of old broken umbrellas recovered for this purpose. Nowadays, umbrellas have square ribs, so the féri are jealously guarded in every family, in some cases even for three generations. In 1971, to celebrate San Biagio, the Patron Saint of Giuliano, a first festival was organised in the square in which the Maccaruni cu gli féri were prepared and shared among all the villagers. Since 1997, this festival has turned into a true celebration that today attracts thousands of guests.





MACCARUNI GAVIGNANESI

Production area
Province of Rome: 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-paper 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.

a tavola

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
Lazio Region

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.*



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.



MACARONI WITH THE WALNUTS OF 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.



MOSTACCIOLI

Production area
Lazio Region

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.



MARITOZZO

Production area
Lazio Region

PRODUCT DESCRIPTION The maritozzo comes from an ancient Roman recipe. It is a small sweet oval-shaped loaf, soft and fragrant, kneaded with flour, eggs, butter, sugar, a pinch of salt, yeast (traditionally with "historic" sourdough starter), milk, vanilla, natural flavours and in the most ancient custom, enriched with raisins. Split in two according to length, it is filled with plenty of whipped cream. More recent versions offer alternative fillings with cream or ice cream or with savoury ingredients.

PRODUCTION METHOD Flour, eggs, butter, sugar, a pinch of salt, yeast (traditionally with "historical" sourdough starter), milk, vanilla, natural flavourings and traditionally enriched with raisins. These are the precious ingredients for the preparation of the famous maritozzo, processed with the mechanical mixer and manually. When the dough reaches the consistency of an elastic mesh, it is left to rest for about 30 minutes; then many loaves of about 65 grams are made, which are subjected to pirlatura (manual dividing) to give them an elongated loaf shape. This is followed by a second leavening of 12 hours and baking in the oven at 200°C for 10 minutes. Once it has cooled, the maritozzo is ready to be split in the centre and filled with plenty of whipped cream.

HISTORY BACKGROUND There are many stories, legends and anecdotes that revolve around the Maritozzo. It is said that already in Roman times there were loaves that were sweetened with the addition of honey and raisins, and the Maritozzo would seem to derive from this ancient speciality. Originally it was larger than the current one, a sort of loaf kneaded with flour, eggs, honey, butter and salt. It is also said that it was stowed in the leather or cloth saddlebags of the labourers who, away from home all day, had to carry with them the essentials to feed themselves. It seems that in the Middle Ages these loaves were a sort of "emergency dessert" that was eaten especially in Lent, prepared in a slightly different way: the size was smaller, the colour darker, the dough enriched with raisins, pine nuts and candied fruit. "Er santo maritozzo", also known as Quaresimale (Lent), was one of the few exceptions granted to the fast of the period. Scholars, poets and artists of the Roman tradition have tried their hand at praising the exquisite dessert. Giuseppe Giacomo Belli in 1833, in a sonnet entitled La Quaresima, argues that the true Christian is the one who eats the maritozzo during the period of Lent and explains to us, in the dialect of Rome, what is so loved about this dessert: "I maritozzoli sono certi pani di forma romboidale, composti di farina, olio, zucchero, e talvolta canditure, o anaci, o uve passe.
Di questi si fa a Roma gran consumo in Quaresima, nel qual tempo di digiuno si veggono pei catfè mangiarne giorno e sera coloro che in pari ore nulla avrebbero mangiato in tutto il resto dell'anno" (The maritozzoli are certain rhomboid-shaped breads, composed of flour, oil, sugar, and sometimes candied fruit, or cashew, or raisins. Of these there is a great consumption in Rome during Lent, in which time of fasting those who in the same hours would have eaten nothing in the rest of the year are seen to eat day and evening in the cafés). Giggi Zanazzo, Adone Finardi, Giuseppe Gioacchino Belli tell how the maritozzo in the past was given by the boy to his girlfriend on the first Friday of March and that inside its soft heart was hidden a ring or a gold object. On this occasion, the future husband took the mocking nickname of "maritozzo". In this regard, Zanazzo writes that on the maritozzo were drawn with sugar "dù cori intrecciati, o ddù mane che sse strignéveno; or a core tra"passato da una frezza" - Two interwoven hearts, two hands that held each other; or a heart struck by an arrow (Zanazzo, Usi, costumi e pregiudizi del popolo di Roma, 1907). Ignazio Sifone in 1964 wrote Ode ar maritozzo: "Me stai de fronte, lucido e 'mbiancato, la panna te percorre tutto in mezzo, co 'n sacco de saliva nella gola, te guardo 'mbambolato e con amore. Me fai salì er colesterolo a mille, lo dice quell'assillo d'er dottore, ma te dirò, mio caro maritozzo, te mozzico, poi pago er giusto prezzo!" (You're in front of me, shiny and white, the cream fills your centre completely, with a lot of saliva in my throat, I look at you bewildered and with love. You make my cholesterol shoot to the sky, it's my nagging doctor who says so, but I'll tell you, my dear maritozzo, I'll bite you, then I'll pay the fair price!). The maritozzo has also won a dedicated segment in the vocabulary of the Italian language Treccani.



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.



'NDREMMAPPI DI JENNE

Production area
Province of Rome: 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..



MURZITTI

Production area
Intera Province of Rieti. Province of Rome: 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.



WHOLE WHEAT BREAD BAKED IN A WOOD-BURNING OVEN

Production area
Lazio Region

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.

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.



DURUM WHEAT SEMOLINA BREAD

Production area
Lazio Region

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.



PAGLIETTE

Production area
Province of Frosinone: Colle San Magno

PRODUCT DESCRIPTION Medium-sized "flaked" ring cake (grown and opened like a flower), tasty and crumbly but not excessively sweet. The sweetness is on the surface thanks to the frosted coating, abundant both above and below the paglietta. Made of few ingredients, it requires skill to work the right proportion of raw materials according to the leavening times.

PRODUCTION METHOD Traditionally prepared with 10 eggs (7 whole and 3 yolks), a glass of seed oil, a pinch of sugar for each egg, type 00 flour as needed. It is kneaded by hand or with the kneading machine. The dough, of medium consistency and homogeneous, must be worked well to allow air to be taken in and facilitate leavening. Then the ring cakes are formed and left to rest just long enough for the water to begin boiling. The ring cakes are boiled and are not touched until they rise to the surface. One continues with the second cooking in a hot oven so that there is an increase in volume and the "flaking", i.e., cracks on the surface, occur. With the three egg whites, previously set aside, the icing is prepared: whipped until stiff until it reaches a compact and firm consistency, to which, little by little, sugar and a drop of lemon juice are added. The icing must not drip and must be put in abundance both above and below the pagliette, to give it a pretty white decoration

HISTORY BACKGROUND Pagliette are a traditional dessert made from just a few ingredients, but it is "very difficult to get right as the elements must be well dosed, otherwise just one mistake is enough to compromise the whole preparation. [...] They are then covered with gileppe, a mixture made of sugar, water, egg whites". This is what Francesco di Murro tells us in the book "Paese mio. Fatti usi e costumi del nostro paese" (1998), in which he tells of the traditions of Colle San Magno between the 1920s and 1940s. Pagliette is a "Dessert prepared especially for weddings and first communions, where the white of the cake was an indication of the purity of the protagonists of the feast" (Id.). A gift of every anniversary, in the past it was forbidden for children to choose them by touching them: the grandmothers who went from child to child with the basket full of pagliette and a dessert called tozzi neri, warned them saying: "Look them over, choose... and take just one"!





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 di$erent 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".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 Rome: Allumiere

PRODUCT DESCRIPTION Allumiere's bread is prepared with remilled durum wheat semolina, water and natural yeast. There is no addition of salt. It has a round loaf or oblong shape, with a maximum weight of 2 kg and yellow internal crust. The baking 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 (distribution of the ash on the floor of the oven), which is 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, 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.



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).



PAN DI VIA

Production area
Lazio Region

PRODUCT DESCRIPTION Soft and fragrant, Pan di Via is a medium-sized cake that isn't very high. Recovered from an ancient recipe based on flour (for example spelt flour) and a few other ingredients (hazelnuts, honey), today it is enriched with rice flour, wheat, yeast, butter and fruit jam, especially that of sour cherries. Sweet but not excessively so, it has a smooth, golden surface; the cake's texture is soft, without alveoli.

PRODUCTION METHOD Ingredients for the preparation of Pan di Via are: butter, sugar, honey, a mixture of eggs, water, emulsifiers, hazelnuts, rice flour, buckwheat flour, salt, yeast, vanilla, sour cherry jam. Flavourings and preservatives are added. It begins with the weighing of the raw materials and the mixing of the first ingredients which are butter, sugar, and eggs, emulsified at medium speed, until a compact mass is obtained, to which the powders are added: rice flour, buckwheat flour, salt and yeast, vanilla. Mixing always continues at medium speed until a compact mass is obtained. At this point, the honey, chopped hazelnuts and fruit jam (preferably sour cherries) are added, and mixing continues. The last phase of mixing is to add the water until a creamy mass is obtained (take as a reference a mass similar to semi-whipped sponge cake). The mixture obtained is poured into the moulds; each mould contains about 200 g of dough; then placed in the baking trays. Once the pans are filled, they are baked in the oven at 220°C for about 15 minutes. At the end of the cooking time, the Pan di Via cakes are placed in an area dedicated to cooling.

HISTORY BACKGROUND "Pan di via" was the name that, in the past, pilgrims gave to the food they carried in their saddlebags: bread, often to be soaked in water, focaccia prepared with flours and various ingredients, or to be prepared on the spot over improvised fires. Even the legionaries of ancient Rome used their own "pan di via" to be cooked, in the evening, on stones previously heated on the fire. The oldest ingredient of the legionary "pan di via" was spelt, a very nutritious cereal. The wheat that we use today in our diet arrived on the Roman table, first only for the wealthiest, only in the 5th century BC when it was imported from Egypt. The legionnaire brought with him his spelt already ground, or to be ground in a more or less coarse way on improvised mortars. The yeast-free flour was kneaded with water and the semi-liquid dough, poured over red-hot stones, cooked quickly forming flatbreads similar to the Italian piadina. When natural resources permitted, spontaneous, easy-to-harvest ingredients such as walnuts and hazelnuts were added to the flour. If stored properly, it was easy to transport due to its lightness and minimum bulk, it resisted over time without spoiling while providing a good caloric intake. Honey (the only sweetener of antiquity) could be added to the "pan di via", or, as the Romans loved to do, it could be eaten together with olives, or other frugal accompaniments such as cheese or salted dried meat





CAMPODIMELE CASARECCIO BREAD

LINK WITH BIODIVERSITY

Production area

Province of Latina: Campodimele

PRODUCT DESCRIPTION Baked strictly in a wood-fired oven, Campodimele's casareccio bread has a golden crust, about 5 mm thick, light crumb, tending to beige, with small alveoli. The slice is compact and resistant to cutting. The use of Serena wheat flour, a landrace historically cultivated in southern Lazio and a sourdough starter handed down from generation to generation, whose production is more than a century old, make Campodimele's casareccio bread a particularly appreciated and sought-after product that is characterised by an intense flavour and aroma of yeast and a long shelf life.

PRODUCTION METHOD For the preparation of Campodimele's casareccio bread, stone-ground wheat flour is kneaded (keeping the semolina part and removing the bran), water and sourdough starter refreshed the night before, with the addition of 2-3 kg of Serena wheat flour and warm water. Everything is left to rest and rise for about 10-12 hours. The following morning the dough is kneaded with more flour, water and salt, to be kneaded manually. This is followed by the leavening for at least 2 hours of all the dough left inside the chestnut wood cupboard covered with linen or wool cloths, or for 1 hour in the case of bread shapes already formed into loaves or long rolls. The dough, after leavening, is homogeneous and medium-compact. This is followed by baking in a fireproof brick wood-fired oven.

HISTORY BACKGROUND Bread historically produced in the territory of Campodimele whose production was and still is linked to the cultivation of the common wheat Serena landrace (sërinë in dialect), until the early 1950s very widespread throughout lower Lazio (Perini, Verona, 1954) and today cultivated by very few farmers, so much so that the original seed has been recovered only in Campodimele (the landrace is registered in the Regional Voluntary Register as a native genetic resource at risk of genetic erosion referred to in Regional Law no. 15/2000). It is a tall, cold-resistant, dual-purpose wheat, used for the production of flour for bread-making and for the production of straw for animals. The agronomists of the early 1900s considered it the "wheat of the peasants", who persisted in not replacing the landrace with other improved or more productive ones "finding that the bread was better and whiter than that produced by the others!" (Campbell, I frumenti della valle del Liri e del Garigliano, 1923). The cultivation of common wheat in Campodimele is evidenced by the collection of photographic material and books preserved in the municipal archive of the town. The production of Campodimele's casareccio bread still takes place today according to traditional methods handed down and thanks to the use of a sourdough starter produced about 100 years ago. For this reason, it has maintained its intense flavour and aroma over time. In Campodimele there is the "Festival of the Cicerchia and Serena wheat bread" now in its 25th edition.





CERRETO LAZIALE CASARECCIO BREAD

Production area
Province of Rome: Cerreto Laziale

PRODUCT DESCRIPTION Cerreto Laziale's casareccio bread is produced with common wheat flour, sourdough starter, water and salt. It comes in the shape of a long roll or loaf or with a crispy, golden crust; the crumb tends to be ivory/pale grey with not very large alveoli. The slice when cut is compact. The organoleptic and product durability is about 6-10 days after leaving the oven.

PRODUCTION METHOD For the preparation of Cerreto Laziale's casareccio bread we start from the sourdough starter, a historical product, generated about 70 years ago, which is refreshed daily with water and flour and used to make the bread, then left to mature overnight and is ready for kneading the following morning. The dough is kneaded by hand or with a mechanical mixer for about 30 minutes, working with common wheat flour, warm water and salt. This is followed by a maturation phase of about 20 minutes, more kneading for another 5 minutes and a second resting phase for another 20 minutes or so.

At this point, the dough is worked by hand to form the loaves and long rolls. The shapes are placed on raw cotton clothes and placed inside wooden crates to rise for about an hour. When it is considered "grown", the bread is ready to be baked in the refractory brick oven, fuelled with wood and hazelnut shells.

HISTORY BACKGROUND There is a village in the Giovenzano Valley, on the border with the Aniene Valley, where the pleasure of tasting the "loaf of bread" prepared by local bakers, refers to ancient bread-making rules: it is the village of Cerreto Laziale, with its historic bakers who have remained faithful to the traditional preparation of homemade bread. In the post-war period, the processing of bread took place at home and was entrusted to the women of the village, locally called "the bakers", who used to bring the bread to the only oven available, the antique municipal oven, of which traces remain in the historical documents in the municipal archives. Cerreto Laziale's casareccio bread made every day with sourdough starter "refreshed" with water and flour, has ancient origins. 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 remain fresh for a long time.





LARIANO CASARECCIO BREAD

Production area
Province of Rome

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 temperature. 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 Rome, 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 CASARECCIO BREAD

Production area
Province of Rieti: Configni

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 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 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 Configni (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 km. It is said that at the time of papal dominion over central Italy, the Pope decided to put a tax on salt. Unwilling to pay, local folks decided to no longer use salt and thus the "saltless bread" came into being, perfect for enhancing the flavours of the foods it accompanies, without overwhelming them.



VEROLI 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, who included it in the Atlas of Bread, together with the historical "breads" from all over Italy. 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.



MONTELIBRETTI CASARECCIO BREAD

Production area

Province of Rome: 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 rises 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 homemade 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

Lazio Region

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
Lazio Region

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 BREAD

Production area
Province of Rome: 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 aRome 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.



CANTERANO BREAD

Production area
Province of Rome: Canterano

PRODUCT DESCRIPTION Canterano's bread is characterised by a golden, fine and crunchy crust, not too thick (the thickness depends on humidity), a soft crumb with more or less large and irregular alveoli, which depend on the processing time. Slightly acidic aroma and flavour due to natural leavening, slightly savoury. The typical shape is that of the 2 kg loaf; today the 1 kg long role is most requested. An ingredient of great importance, in addition to the sourdough starter handed down from generation to generation, is the water of the Simbrivio aqueduct, characterised by a low fixed residue and which, acting on the sourdough starter, guarantees softness to the bread. It has guaranteed shelf life of about a week.

PRODUCTION METHOD The dough is based on flour (type 0, 00 and/or type 1-2) and sourdough starter which is refreshed every day with a part of flour, water and yeast itself, fermented for about 1 day in the fermentation cell in order to develop the acidic part of the dough. It is important to establish the quantity of yeast that must be prepared in proportion to the daily processing (e.g., bread, pizza, etc.) and to guarantee availability the following day: "it mustn't be too low or too high, so as not to give it too much lift!"; the baker's experience and keen eye are essential. Warm water and salt are then added; the dough is mainly kneaded by machine and left to rise for a few hours; it is then shaped by hand and subjected to the pirlatura (the process of folding the bread by hand), and left to rise on wooden boards and linen cloths for a few hours. It is baked in the oven at 250-300°C for about one hour; the time depends on the size of the pieces.

HISTORY BACKGROUND With its unmistakable aroma, this bread boasts a long history linked to the presence of the municipal oven that was available to the inhabitants, a history continued with three historic companies that started the production of bread for marketing (Mr. Panzini, Mr. Todini; Antonioni): oral testimonies date these historical events back to about 150 years ago. The bakeries of Canterano and neighbouring towns supplied bread to the City of Rome thanks to the commuting made at the time by bus that left from the villages. The sourdough starter is also historic, dating back to the mid-1900s and which still today, renewed and refreshed every day, represents the starting point. Someone has even restarted the fermentation of the sourdough starter with apple puree harvested from "wild" trees around Canterano.





VICOVARO BREAD

Production area
Province of Rome: 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 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 (PA' LATINO)

Production area
Lazio Region

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.



TOTÒ OF FERENTINO PANETTONE

Production area
Province of Frosinone: Ferentino

PRODUCT DESCRIPTION Artisan panettone, prepared according to antique recipes, enriched with dark chocolate chips. Thanks to a long natural leavening of over 24 hours, the dough is soft and fluffy, delicate in taste. On the surface it has granulated sugar, crunchy almond paste and whole almonds. Intense flavour and aroma.

PRODUCTION METHOD One proceeds by preparing the pre-dough based on type 00 and 0 flour, water, natural yeast, egg yolks and butter. Everything is left to rise for a few hours at room temperature (18-20°C). Flour, sugar, water, butter, whole eggs and chocolate chips are added, and it is left to rise a second time for about 5 hours. Then follows the pirlatura (manual dividing and rounding of the individual loaves of well-leavened dough). The individual loaves are left to grow for a third time for another 5-6 hours in the steam leavening chamber and then glazed with corn starch, almond flour, fresh egg white, granulated sugar, almonds, powdered sugar. Baking takes place in the oven at 170-175°C. Once out of the oven, the panettone are skewered with the grill, turned upside down to dry in order to ensure a better fragrance and softness.

HISTORY BACKGROUND Mr. Totò's pastry shop was established in Ferentino in the 1980s. Totò, of Sicilian origin, has gained over the years a great experience in pastry thanks to the work he did at the age of fifteen in his grandmother's historic pastry shop located in a small town in the province of Palermo: Piana degli Albanesi; from there he moved first to Palermo and then to Ciociaria in Ferentino where he was able to reconcile traditional Sicilian pastry with local pastry.



PANGIALLO

Production area
Province of Rome

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.

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, alkermes 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 It 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: the wives of the peasants gave it to local notables. Today it is still a regular gift, but it is on sale in all bakeries.

PANICELLA OF SPERLONGA

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 WITH CREAM OF TARTAR

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 Rome: 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 the punched down 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 all of the wood and embers removed at 180-190°C for 15-29 minutes.

HISTORY BACKGROUND Read 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.

PASTA DI MANDORLE DI MAENZA, SEZZE, LATINA

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.



PANPEPATO O PANPAPATO

Production area
Lazio Region

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.



PASCOTTA DI TRAETTO (PASCOTTA DI MINTURNO)

Production area

Province of Latina: Castelforte, Minturno, Santi Cosma e Damiano

DESCRIPTION OF THE PRODUCTS Crunchy twice-baked bread with a golden colour, it is characterised by a circular shape with a hole in the centre or rectangular shape without a hole. The size is usually about 20 cm in diameter. They are also produced in smaller sizes. It has an irregular jagged surface, perfect for condiments, due to the knife cut made to the bread before toasting; the underside is smooth. It keeps for a long time. The weight is about 150-200 g. The historical Pascotta also contains fennel seeds. The presence of the central hole was used especially in the past to collect and tie together several packs to be easily transported, for example attached to the belt. The fishermen hung them in the boat with a thread and then ate them by soaking them in sea water. Excellent as a single dish or as a snack with condiments, after being dampened by water, with salt, oil, oregano, tomato, legumes and with fish.

PRODUCTION METHOD Ingredients for the preparation of Pascotta di Traetto (Pascotta di Minturno) are: type 00 flour, wholemeal flour, water, salt and natural yeast, called "criscito" or "crescenza". All the ingredients are mixed for about 20 minutes with the mechanical mixer with plunging arms that lifts the dough slowly. The dough is left to rest for 4 hours then cut with a knife into various portions from which balls of about 300 g are kneaded which in turn are left to rest at room temperature inside the oven which must be turned on when the dough balls are formed. The oven temperature reaches the right temperature for baking the pascotte when the leavening is finished. The temperature of the oven and the leavening must go hand in hand. Then the balls are crushed between the hands, pierced, spreading the dough at the centre with one's hands, and baked in a wood-fired oven. There is a preliminary cooking of a few minutes, where small loaves are formed which are then removed from the oven, cooled and divided in half with a knife; during cutting, a jagged and irregular surface forms, since the crumb is still a little moist and undercooked. The cut pascotte are baked in a wood-fired oven, until they take on the characteristic golden colour.

HISTORY BACKGROUND The term "pascotta" in Minturno dialect is the transposition of the term "vascott'", or also "vascuott'", more widespread in the Campania area, although the term "fresella" or "frisella" is preferred to this to probably indicate a certain crumbliness of the food. It derives from the Italian "biscotto" and also finds its correspondence in the most archaic Spanish ("bizcocho") and indicates a bakery production subjected to double baking. The raw material used was a lightly sifted flour, originally a wholemeal grind of the entire caryopsis and today also with type 0, 1 and 2 flour. The tradition of leaving the central hole is documented by an antique text of the mid-17th century (Tanara V., L'economia del cittadino in villa, P. Brigonci, Venice 1665). The nautical origin of the preparation is already documented in the Amalfi navy in the thirteenth century and the use of twice-baked bread for the nutrition of the seafarers is also documented in the Statuta, privilegia et consuetudines civitatis Caietae, dating back to 1554, of the city of Gaeta which verbatim report: "Panecteriis fornariis, et aliis quibuscumque tam Caietanis, quam exteris volentibus facere, vel vendere, aut emere biscoctum in Caieta, vel eius districtu pro eorum vascellis, aut eorum necessitatibus, liceat biscoctum facere impune". In medieval times, the cultivation of the fields meant that farmers only returned within the walls of the village in the evening, and this forced them to transport an easy-to-eat meal to the fields. Slowly the technology of "twice baked" bread also spread to the villages of the hinterland, replacing stale bread that could not be cut because it had become too hard. The hardened piece of bread could only be rehydrated and crumbled for alternative uses; vice versa "la pascotta", sliced before being cooked for the second time, was much more versatile, acting as a support for any type of condiment. The bakers of the area devised the technique of "biscottare" (twice baking) using the residual heat of the oven after baking the bread. The central hole, in addition to ensuring homogeneous firing of the central part, was functional for the insertion of a string that allowed it to be suspended from a support. It was a very popular type of bread to the point that it is reported in some Neapolitan theatrical texts of the 1700s. The terms "vascotta" and "biscotto" have been converted into "pascotta" in Minturno dialect by simple replacement of the initial labial consonant: "p" instead of "b" and "v".



CORENO PASCOTTHE

Production area
Province of Frosinone: Coreno Ausonio

PRODUCT DESCRIPTION The Coreno "pascotthe" are crispy and crumbly slices of bread obtained from the second baking of loaves of casareccio bread obtained in turn from the processing of type 2 flour (semi-wholemeal common wheat flour), water and natural yeast prepared about 10 hours before.

PRODUCTION METHOD The dough prepared by hand or with a mechanical mixer is left to rise for a few hours at the temperature of the oven and worked into small rectangular loaves baked in a wood-fired oven for about 2 hours. Removed from the oven, the loaves are cut and the slices baked once again to make them crispy and crumbly.

HISTORY BACKGROUND The farmers and shepherds of Coreno, not finding fertile land in the territory of Coreno, were forced to move away for more or less long periods. They emigrated to the neighbouring mountain areas to work the land and bring their livestock in transhumance. With them they brought cheese, wine and "pascotthe", dry and long-life bread that they ate with cheese, milk and hot soups. In Coreno Ausonio, the consumption of pascotthe has a centuries-old tradition and even today in the oldest bakeries in the country the production continues respecting the recipe and baking the bread with a wood-fired oven. The true citizen of Coreno eats pascotthe all year round, not just in the summer. When there is no bread at home, one is not satisfied with packaged products but "se spogna gliu Pascotthio. [...] Gliu Pascotthio non è per chi non tè renthie" (The Pascotthe are for those who appreciate its quality).



PASTE DI VISCIOLE DI SEZZE (CROSTATE)

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 tarte 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.



ANTRODOCO'S PASTA: SPAGHETTI, PERCIATELLI, BUCATINI, MEZZE MANICHE, RIGATONI, LINGUINE DI PASSERO

Production area
Province of Rieti

PRODUCT DESCRIPTION Antrodoco's pasta is produced with both artisanal and semi-industrial techniques. The shapes of Antrodoco's pasta are: spaghetti, bucatini, perciatelli, mezze maniche, rigatoni, linguine di passero.

PRODUCTION METHOD The dough consisting of semolina and drinking water is mixed and amalgamated, in varying proportions according to the experience of the pasta maker: generally 27-32% water. The mixing takes place inside the mechanical mixer for 30-40 minutes. This is followed by the extrusion of the mixture with manual presses or small machines and the drawing (also with bronze dies), through which the desired shape is given. At this point, the pasta undergoes drying for a period varying from 12 to 30 hours, at a temperature of 40-55°C (depending on the shape), carried out in special rooms or in small wooden drying cells. After cooling for about 1 hour, the pasta is packaged in artisanal packaging and bags made of food-grade plastic material.

HISTORY BACKGROUND The plain of Rieti and the surrounding hills are known for the production of common wheat, in particular for the precious Rieti originario landrace which until the beginning of the 20th century had represented one of the most appreciated seeds throughout the national territory. The Rieti originario, due to its productive qualities, was the basis of the experimental activities of geneticist Nazareno Strampelli who, starting in 1903, was head of the Special Chair of Grain Cultivation established in the capital of the province. Among the landraces still cultivated, the result of Strampelli's improvement work, Terminillo, San Pastore and Senatore Cappelli durum wheats should be mentioned. The raw materials used for the production of Antrodoco's pasta such as common and durum wheat flours and/or mixtures in varying proportions still derive from these and other landraces. The history of Antrodoco's pasta dates back to the early 1900s to gain momentum with the spread of the first mechanised mills for grinding wheat and plants for the production of pasta. An example of this is the historic Pastificio Joannilli & Meloni, a building designed and built by Industrie Reggiane with the Società Anonima Meccanica Lombarda (SAML) (source: http://www.officinemeccanichereggiane.it/storia/). The building, dating back to the 1940s, built near a stream and in the immediate vicinity of the railway station, was built to replace the old plant that was destroyed in a fire. Since 1984, the restored building has housed the headquarters of the State Archives of Rieti. Also in Antrodoco there were several industrial pasta factories active since the 1930s. Among the most important and long-lived is the Mannetti Pasta Factory, decommissioned in the 1980s in which Antrodoco's pasta was produced in the same shapes that today, a local company, Strampelli srl, has recovered and put back on the market.



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.





PINCIARELLE MONTICELLESI

Production area
Province of Rome: Guidonia Montecelio

PRODUCT DESCRIPTION Similar to large hand-made spaghetti, this kind of pasta belongs 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. This pasta is preferably combined with robust meat sauces.

PRODUCTION METHOD The ingredients are type 00 flour and water with the possible addition of an egg. The flour is placed on the wooden board, 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 region, whose diffusion in Montecelio seems to derive from the fact that a considerable part of the population of Montecelio originally hailed from Marche. The Pianciarelle Monticellesi are so famous that a Festival has been organized in Montecelio since the early 1990s.



PIZZA SFOGLIATA

Production area
Province of Rieti: Borgorose, Concerviano, Fiamignano, Marcetelli, 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, 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.



PINSA ROMANA

Production area
Lazio Region

PRODUCT DESCRIPTION Pinsa Romana is characterised by its oval shape and cloud-like surface: rich in leavening bubbles that give lightness but at the same time crunchiness to the crust, which remains rather thin. The Pinsa Romana, known today throughout Lazio and beyond, was born from the need to create a low-calorie and highly digestible product; a characteristic obtained thanks to the mixture of flours (type 00 wheat, soy, rice) and the long leavening time. Designed and tested until the desired product is obtained, Pinsa Romana has a higher water content than the classic pizza. Rice flour gives crunchiness and softness to the dough; wheat flour retains water; soy protein reduces the presence of fat and provides a higher protein content.

PRODUCTION METHOD The preparation of the Pinsa Romana dough involves the use of a mixture of wheat, soy and rice flours to which is added, extra virgin olive oil, seed oil, a little salt and above all the sourdough starter, obtained from the same mixture of flours and water and left to acidify, rise and then used in the dough and refreshed with the addition of flours and water. A large amount of water (80% hydration) is added to the dough mixed with a mechanical mixer or manually and left to rise for 48 to 72 hours in the proofer room at 4°C. After the long leavening, the dough, which is rather moist, must be kneaded exclusively by hand and with plenty of rice flour to make it less sticky; then it is "pinsato" ("pinsatura"), that is, pounded on the surface with the hands to give the classic elongated oval shape and favour the formation of leavening bubbles, which increase with cooking. Inside the pinsa is almost empty. It is baked in the oven. In the case of industrial processing, pre-cooking is required for a few seconds at 300-350°C to promote a gelling of the starch and allow the characteristic oval shape of the pinsa to be maintained.

HISTORY BACKGROUND The history of Pinsa Romana dates back to the mid-1900s. It was a real invention of Mr. Corrado Di Marco, son and grandson of Roman pizza makers and bakers. His business, in the 1970s, was initially dedicated to the production of monovarietal or mixed flours, distributed to pizza makers and bakers throughout Rome. Remembering that his grandfather, a baker in the early 20th century, to test the temperature of the oven he cooked small portions of dough crushed with his fingers - "pinsate" - he tried to make a dough based on a mixture of flours that was light, highly digestible and less caloric than pizza. And so, after various studies and fermentation attempts, the recipe for the "pinsa" was developed, whose name derives from the gesture made to spread out the dough. The recipe was perfected in the early 2000s and together with the name registered with the EUIPO (European Union Intellectual Property Office); but since 2015, given the considerable production and commercial diffusion of the Pinsa Romana, the registration has been revoked, in order to make the use of the ingredients and the name of the product accessible to all. By now the Pinsa Romana has become the gastronomic heritage of the Lazio Region, even crossing regional borders. It is in fact a product that in a quarter of a century has found growing interest from pizza makers, bakers and, above all, consumers. Pinsa Romana is also known abroad where there are more and more bakeries that produce it.





PIZZA DOCE OF COLLE SAN MAGNO

Production area

Province of Frosinone: Colle San Magno

PRODUCT DESCRIPTION Also called the dessert of abundance, the Pizza Doce (sweet) is a sponge cake soaked in plenty of alkermes (or alternatively with rum) and filled on three layers with white (vanilla) or black (chocolate) custard. Rich and exquisite, it is red in colour (due being soaked in the alkermes) and sprinkled with sugar.

PRODUCTION METHOD The classic sponge cake is prepared with eggs, sugar and flour. The eggs yolks are separated from the whites. Sugar is added to the yolks and the whites are whipped until stiff and set aside. Flour is added to the yolk mixture and whipped until the mixture is smooth, fluffy and spongy. The sponge cake is baked at 160-180°C for about 40 minutes. In the meantime, the white custard and chocolate custard are prepared, made with milk, sugar, flour, vanilla or chocolate. After the creams have rested in the fridge to thicken them, and the sponge cake is cooled, one proceeds with the filling of the cake on three layers, which are spread with generous quantities of custard, alternating the white custard with the dark one. The cake is then soaked with alkermes on the outside and placed in the fridge for a few hours before serving.

HISTORY BACKGROUND In Colle San Magno, every period of the year had a dessert of reference, and the Pizza Doce was typical of the celebrations of the patron saint (San Magno). In a book that tells the history and local culture between the 1920s and 40s, the Pizza Doce is described as "the dessert par excellence, which was and still is for those of a certain age, synonymous with parties and exquisite sweetness" (by Murro, Paese mio. Fatti usi e costumi del nostro paese, 1998). Due to its complexity, the risk of wasting the ingredients was high and for this reason "its preparation was a ritual that was begun with the sign of the cross". Even the preparation of the custards for the filling required mastery: one separated "the rusce d'ove (yolks) from the whites that were beaten in two distinct bowls; however, they had to be whipped at the same time, be mixed with sugar and flour and poured into a gliò teste (a baking tray) rubbed with na cica de strutte (a lump of lard)". And here, at the time of cooking, the other difficulty arose "because the oven, which was wood-fired and only wood-fired, had to be hot to the right point: this is the competence of the good housewife, because if it was still warm, the dough did not "grow", if it was too hot, the rapid growth made it overflow from the tray. Getting it right was sometimes a matter of luck, but it was also the pride of the women of the house" (Id.). Despite technological advances, the unknowns remain, but if the difficulties are overcome, it remains a dessert of great satisfaction, for those who prepare it, but above all, for those who eat it.





PIZZA 'NFRASCA

LINK WITH BIODIVERSITY

Production area

Province of Rieti: Fiamignano and Municipalities of the Salto Cicolano

PRODUCT DESCRIPTION Pizza 'Nfrasca is a focaccia obtained from the mixture of two flours, namely noble common wheat flour, once obtained only from the Biancòla landrace (protected by Regional Law no. 15/2000 because it is at risk of genetic erosion), and from corn flour, considered less valuable. A characteristic that is reflected in the name: "nfrasca" in fact means "mixed". The proportion between the two flours has never been formalised as this pizza expresses the need to recover the ingredients and stretch out the quantities. Warm water, a pinch of salt and sometimes a drizzle of extra virgin olive oil are added to the dough. It is cooked under the ashes of the fireplace and is used to accompany vegetables harvested in the field or traditional dishes such as Padellaccia. Greased with the hot fat of bacon or sausage, it is used for the Panontella, the morsels of mixed meats and entrails cooked on a spit.

PRODUCTION METHOD There is no well-established proportion between flours but what one has on hand is mixed according to the season, availability and taste. The higher the proportion of corn flour, the more yellow and golden the colour, on the other hand, common wheat flour helps to keep the focaccia soft. It is kneaded with warm water, a little salt and, sometimes, a drizzle of oil. The dough is rolled out and cooked under the ashes of the fireplace, in the tófa, or it is cooked in a freshly heated wood-fired oven for other baked items.

HISTORY BACKGROUND The Pizza 'Nfrasca is a simple and poor preparation that had the function of accompanying the diet of the farmers of the Cicolano. It was eaten with wild or cultivated herbs and the next day it was taken to the fields, wrapped in a cloth or tucked into the pocket of the work apron, ready for breakfast or lunch. Like many other dishes of local cuisine, here too the principle of recovery and enhancement of what one found at home returns: corn flour, wheat flour, field or garden vegetables, pork fat, used extremely sparingly, constituted a real wealth. The traditionality of this preparation still lies in its cooking method and in the link with the common wheat Biancòla landrace, now at risk of genetic erosion.





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 bracia*, 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 ROSSA, PIZZA BIANCA, PIZZA CON GLI SFRIZZOLI, PIZZA FRITTA

Production area
Lazio Region

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 wooden 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'é 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 Cervesato, 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 BBOTTATA

Production area

Province of Rome: 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 BIANCA ROMANA ALLA PALA DEL FORNAIO

Production area

Province of Rome: Rome and surroundings

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 specialty. 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 WITH WALNUTS

Production area

Province of Rieti: Borgorose, Concerviano, Fiamignano, Marcetelli, Pescorocchiano, Petrella Salto, Varco Sabino

PRODUCT DESCRIPTION Pizza with walnuts is a sweet rustic pizza consisting of pastry dough kneaded by hand or with a mixer made with flour, whole eggs, extra virgin olive oil and wine; the filling, on the other hand, is a condiment based on pepper, honey, sultanas and coarsely chopped walnut kernels, all of it getting a drizzle of oil. The pizza is first rolled on itself, then rolled up to form a spiral. It is preferably baked in a wood-fired oven. Inextricably linked to the Christmas holidays.

PRODUCTION METHOD For the preparation of the pastry the ingredients are: type 00 flour, whole eggs, extra virgin olive oil, white wine. The dough is mixed by hand or with a mixer for the time necessary to mix the ingredients well; it is left to rest for at least half an hour, covered with plastic wrap or overnight; then it is worked by hand with a wooden rolling pin on a rough bench (for example marble) until a thin, almost transparent sheet is obtained. Pizza with walnuts is typically stuffed with a drizzle of oil, pepper, honey, sultanas and coarsely chopped walnut kernels. Baking takes place in the oven, after making some small surface holes, for about 30-40 minutes at 180°C.

HISTORY BACKGROUND It is a baked product that more than any other dish identifies the Cicolano, and it is enough to mention it to bring to mind that land to those who know it, so much so that it becomes almost identifiable: "[a] food that characterises the locality" (Bindi, 2007, 30). The singularity of the preparation was the subject of a long ethnographic investigation by the Pro Loco of Fiamignano, which in 2018 dedicated a special monograph to it (Adriani and Morelli, 2018). The traditional use is linked to the versatility of the preparation.

The pastry, in fact, before being rolled over on itself, constitutes a sort of container capable of accommodating the most diverse fillings based on the availability of ingredients. Pizza with walnuts is an inevitable element of the Christmas "signifier dimension" of the territory that expresses it, and it is precisely this dimension that makes people consider panettone good to eat at Christmas or colomba at Easter, and out of place at any other time of the year. In the past, in most families nothing else could be expected, a condition that essentially persisted as long as food remained linked to domestic production and the course of the seasons (Montanari, 2008). Although today it is possible to "defeat the seasons" (Id.) thanks to transport and preservation technologies, Pizza with walnuts is eaten only at Christmas. Typically stuffed with a drizzle of oil, pepper, honey, sultanas and coarsely chopped walnut kernels, despite the changed economic conditions and the current possibility of having products from all over the world on the table, even today one cannot go without the Pizza with walnuts in the Cicolano in the holidays falling at the year's end.



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, amd 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.



RICOTTA PIZZA

LINK WITH BIODIVERSITY

Production area

Province of Rieti: Borgorose, Concerviano, Fiamignano, Marcetelli, Pescorocchiano, Petrella Salto, Varco Sabino

PRODUCT DESCRIPTION Ricotta pizza, as the name implies, consists of a pizza in which ricotta made from sheep's milk is incorporated. It is a food of clear pastoral and local origin, as can be seen from the fundamental ingredients obtained from typical products of the Rascino Plateau and the Salto Cicolano: ricotta made from sheep's milk of the Sopravissana breed and flour of the common wheat Biancòla landrace. Both the Sopravissana breed and Biancòla wheat are protected by Regional Law no. 15/2000 as native resources of Lazio at risk of genetic erosion and therefore registered in the Regional Voluntary Register. In addition to ricotta and flour, the dough of this pizza includes whole eggs, salt to taste and extra virgin olive oil.

PRODUCTION METHOD The preparation of the Ricotta pizza dough begins by making a well on the work table with flour, possibly Biancòla flour or with type 00 flour. The amount of flour will be the one absorbed by the dough and can vary according to the moisture of the ricotta. In the centre of the well is placed the sheep's milk ricotta and 2 whole eggs. One proceeds by mixing the ingredients and incorporating the flour that "takes the dough" until it takes on an elastic, moist and soft appearance. There is no need to add yeast. At this point one proceeds by stretching everything out on a baking dish with one's hands and pushing the dough down here and there with one's fingers so that the raw pizza has a thickness of about one and a half centimetres. The surface is drizzled with extra virgin olive oil (about 2 tablespoons) to prevent the pizza from drying out too much. After that the pizza can be baked at 180°C for about 20-25 minutes, depending on the amount of whey in the ricotta, in any case, until it reaches a nice golden colour. The inside of the pizza must have a "summo" appearance, that is, compact and without alveoli, but when eaten it will be really soft.

HISTORY BACKGROUND Ricotta pizza is a poor dish of pastoral origin, the few necessary ingredients were easily recovered at home, without having to buy them when necessary. For this reason, the popular saying says that "it manages to satisfy the appetite even when the pantry is almost empty". The recipe has been handed down orally. A verse of a poem in local dialect is dedicated to the Ricotta pizza, collected and transcribed by the Pro Loco of Fiamignano in 1981:

Quànno alla micragna c'ò' 'na pezza
preché dello magnà' mancu la puzza se pò' ricorre' a de ricotta 'a pizza.
Che 'l padreterno benedire pòzza la pecorella sana, e quella pazza:
non va' da chi te segna e pó' ricatta
m'addópri della casa la ricotta!

(Which says: When in poverty and of eating there is not a chance, the only hope is pizza ricotta. God bless the healthy sheep and the crazy one: do not go to those who note it but use the ricotta in your home)
Berardino Cesarini (shepherd, Fiamignano 1927-2004)



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: Antrodoco, 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.



RAVIOLO DI SAN PANCRAZIO

Production area
Province of Viterbo: Montefiascone

PRODUCT DESCRIPTION This dessert, 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.



CERRETO LAZIALE PIZZARELLE

Production area
Province of Rome: Cerreto Laziale

PRODUCT DESCRIPTION The Cerreto Laziale pizzarelle are a typical local pasta made from common wheat flour, about 30% corn flour and water. Sometimes a whole egg is added which makes it possible to obtain a more compact dough. They are characterised by a coarse spaghetti shape, straw yellow colour and a length of about 10 cm. The custom has it that they are seasoned with "sugu agliu pistacchiu" (tomato sauce prepared with a pesto of garlic, oil, chilli pepper and, optionally, anchovies), all sprinkled with plenty of pecorino cheese.

PRODUCTION METHOD The Cerreto Laziale pizzarelle are made from common wheat flour, corn flour and water. The dough is kneaded with a mechanical mixer or by hand until it becomes compact and smooth. It is then rolled out with a rolling pin in order to obtain a sheet about 3-4 mm high. The dough is rolled up on itself and cut into many coarse strips about 10 cm long, like spaghetti.

HISTORY BACKGROUND The pizzarelle belong to the history of Cerreto Laziale since the post-war period: it was the homemade pasta made by housewives, who mixed common wheat flour with corn flour, widely grown in the area, which was used to increase the dose of flour and make a greater quantity of pasta. Since the end of the 1970s, the Pizzarelle have been promoted with a dedicated festival. The first edition of this annual event took place in 1978 on the occasion of Our Lady of Grace.



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.





FIAMIGNANO PIZZA RENTORTA

Production area

Province of Rieti: Fiamignano

PRODUCT DESCRIPTION Fiamignano's Pizza rentorta is a rustic stuffed "pizza", consisting of a shell of pastry kneaded by hand or with a mixer based on flour, whole eggs, extra virgin olive oil and wine; internally, the filling can be simple with a sprinkling of pecorino cheese, oil and pepper (the best known condiment and considered "ancient") or based on sausage, chicory and/or other seasonal vegetables, such as broccoli. 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 For the preparation of the pastry the ingredients are: type 00 flour, whole eggs, extra virgin olive oil, white wine. The dough is mixed by hand or with a mixer for the time necessary to mix the ingredients well. After that, the dough is left to rest for a few hours, preferably overnight. The dough is then kneaded by hand, with the help of a wooden rolling pin on a rough bench (for example marble) until a thin, almost transparent sheet is obtained. The dough is then filled with the condiment: the simplest and oldest consists of pecorino cheese sprinkled on the pastry, extra virgin olive oil and pepper; alternatively, one proceeds with a filling based on sausage and/or seasonal vegetables (chicory, sautéed broccoli). Once the filling is finished, the dough begins to be rolled over the filling and subsequently, the dough is bent again, or twisted into a spiral. Baking takes place in the oven, after making some small surface holes, for about 30-40 minutes at 180°C.

HISTORY BACKGROUND Fiamignano's Pizza rentorta, similarly to what was true in other territories, including the Cicolano district of which the Municipality of Fiamignano is part, is one of those food preparations that arise from the use of local resources according to their availability: wheat flour, the basis of the preparation and produced in the family, oil and pepper. But of the Pizza rentorta, thanks to the historical investigations carried out for the elaboration of the publication "Documenti e ipotesi sulla storia e la tradizione di un'eccellenza gastronomica del comune di Fiamignano. A Cócchiu de Ciammòtta – Ovverosia la Pizza rentorta." (by Settimio Adriani, Elisa Morelli, 2023), it has been possible to reconstruct the existence of an evolution over time. While remaining unchanged in its basic elements, the product has lent itself to multiple experiments that have occurred over time, attributable to stages and processes linked, for example, to the practice of pastoralism and transhumance (short or long), seasonal or definitive migrations and the economic boom. Many of the emigrants who moved away permanently have maintained a strong bond with their countries of origin and in their cultural baggage, they have also brought with them the Pizza rentorta. To enhance the Pizza rentorta, in 1987 the Pro Loco of Fiamignano organised an event called Turrinsàccu d'oro in which, in addition to the show and entertainment activities, it also included the Pizza rentorta, for which subsequently, that is, starting from 1991, at the behest of the Don Agostino Gismondi Association, a dedicated festival was established





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.



SANT'ANGELO ROMANO PIZZA VARATA

Production area
Province of Rome: Sant'Angelo Romano

PRODUCT DESCRIPTION Traditional pizza made with type 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 grooves are mechanically engraved on the surface of the pizza to simulate those of the ploughed (called "varato" in local dialect) and small holes made with a fork or toothpick to represent sowing. 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 first procedure is to mix the dough by hand, preferably on a marble surface, until a compact and uniform consistency is achieved. This is followed by the leavening phase for about 12 hours (usually overnight), at room temperature, covering the dough with a cotton cloth. Once the first leavening is complete, the dough is divided into small loaves that are left to rise until they double 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 cut in order to simulate the furrows in the ground and small holes that bring to mind seeds. Once ready, it is baked in the 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. It is said that for over 100 years this pizza, so called from the dialect name of the plough, has been prepared at home and at local bakeries to be eaten on Easter morning with the accompaniment of cold cuts and hard-boiled eggs.



PIZZICOTTI (BISCOTTI)

Production area
Provinces of Rieti and Rome

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 Rome: Frascati

PRODUCT DESCRIPTION Confectionery product based on wildflower 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: Antrodoco, 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.



RICOCÈ E RICOC'HA

Production area
Province of Rieti: Fiamignano

PRODUCT DESCRIPTION Spoon dessert made with processed ricotta cheese and placed on broken biscuits. In the so-called poor variant (Ricocè - ricotta with what is available), the cream is obtained using cow's milk ricotta with the addition of roasted or substituted barley coffee, sweetened by a teaspoon of honey; in the "rich" form, the ricotta used is sheep's milk to which is added white sugar, coffee, chocolate chips (Ricoc'ha - ricotta with what one has). The desserts are similar in the way they are prepared but different in taste and above all in meaning: in the name they carry the demarcation of status that existed between those who could afford luxury ingredients and those who had to make do with what was available.

PRODUCTION METHOD In a small bowl or on the bottom of a glass, place sponge cake in pieces or biscuits broken in coarse pieces. For the Ricocè cream, take a few tablespoons of cow's ricotta, wet it with a drop of barley coffee and mix together with a teaspoon of wildflower honey until the ricotta has melted well. After that it is placed on the bottom of the biscuit and the dessert is ready to be eaten. If desired, one can also wet the biscuit underneath with barley coffee to make it softer. The procedure for the preparation of Ricoc'ha is the same, but the sheep's milk ricotta, preferably Sopravissana, should be mixed with a drop of coffee, white sugar and chocolate chips

HISTORY BACKGROUND Ricocè (ricotta with what is available) and Ricoc'ha (ricotta with what one has) are two traditional preparations of the Municipality of Fiamignano. The village had and has a long tradition with sheep farming and transhumance, as well as with mountain agriculture well reflected by the main ingredient at the base of these desserts: ricotta. Ricocè is so called because the ingredients with which it is made were those that were found in the homes of the humblest farmers or shepherds, who could not eat fresh sheep's milk ricotta all year round. In fact, during the periods of winter transhumance, when the flocks were stationed in the Roman countryside, the villagers who had few sheep and also worked in the countryside, did not have sheep's milk available in winter. On the contrary, having one or two working animals for ploughing the fields, they could count on a small amount of cow's milk. For this reason, fresh cow's milk ricotta is used in Ricocè with the addition of humbler ingredients such as barley coffee and honey. On the other hand, the owners of flocks with thousands of sheep had staff who periodically brought fresh ricotta from the Roman countryside. For this reason, "those who had" could afford to prepare Ricoc'ha and sweeten it with white sugar and chocolate chips. Due to the speed of preparation and their consistency, these sweet preparations were consumed in everyday life and offered as an afternoon snack to children. The recipes of these spoon desserts are well present in the historical memory of Fiamignano and have been ironically described in a popular satire entitled "Quantu pecora guadagna" (How much one earns from sheep) handed down orally and transmitted by a housewife (1901-1983) and a farmer (1900-1989) from Marmosedio (Fiamignano) to the Pro Loco during a field survey carried out in 1981.





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.



SALAVATICI DI ROVIANO

Production area
Province of Rome: 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 Rome: 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, itcan 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 E 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 (Sant'Anatolia hamlet)

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 ab 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.





SERPENTONE DI CAPENA

Production area
Province of Rome: Capena

PRODUCT DESCRIPTION The product has two preparations: that of the filling, and that of the outer shell. The filling is made with toasted dried fruit (almonds and hazelnuts), dark chocolate flakes, unsweetened cocoa powder, liqueurs (rum, alkermes), grated lemon and orange peel and sugar. The outer part is a simple puff pastry made with flour, eggs, sugar and wine. The Capena Serpentone is prepared exclusively at Christmas..

PRODUCTION METHOD Tradition has it that the preparation is divided into various phases: the filling is prepared a few days in advance so that all the aromas can blend well. Then one proceeds with the pastry dough which must rest until it is easy to roll out. The dough is divided into many balls of about 350 grams each which will then be rolled out with a rolling pin. Then they are sprinkled with the filling which must be grainy and dry. One proceeds to roll the dough to which the shape of a snake is given. On the position of the head and tail there are opposing theories: there are those who place the head in the centre (as happens in nature) and there are those who prefer the snake with the head outside. Two peppercorns are used for the eyes of the Capena Serpentone, while for the tongue that comes out, a white almond is used.

HISTORY BACKGROUND The history of the Capena Serpentone is lost in the mist of time. The ovens that worked in the ancient medieval village (today the historic centre of the town) were specialised in this preparation testified by graffiti still visible on the walls. It seems that the sweet preparation is linked to the pre-Christian myth of Ophion and the Cosmic Egg, to the forces of nature and regeneration through them, a symbolism also found in other typical sweets of Capena. This dessert is prepared exclusively for the feast of Christmas in which birth and rebirth are celebrated every year.

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'.

SERPETTE DI MONTE PORZIO CATONE

Production area

Province of Rome: Monte Porzio Catone

PRODUCT DESCRIPTION The Serpette di Monte Porzio Carton 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.



STROZZAPRETI (STRINGOZZI)

Production area

Province of Rieti: Accumoli, Cantalice, Poggio Moiano, Rieti; Province of Latina: Roccagorga

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 *Cantalician strengozze*, *strozzapreti* (priest stranglers) are a type of fresh homemade 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.



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 are 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.



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 abstention 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.





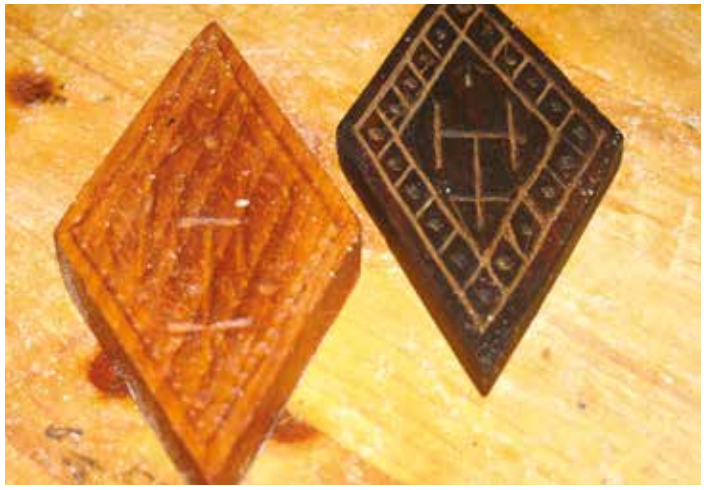
SUBIACHINI

Production area
Province of Rome: 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 baking 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.



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.

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.

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.

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.

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.



SWEET CORENO MILK TARALLO

Production area
Province of Frosinone: Coreno Ausonio

PRODUCT DESCRIPTION Milk-based shortcrust pastry tarallo flavoured with orange and lemon peel. It has the characteristic doughnut shape with slightly overlapping ends and it is thicker than other classic ring cakes, light beige in colour and about 10 cm in diameter. The crumb is compact, crumbly and whitish in colour. The tarallo is also characterised by a long shelf life.

PRODUCTION METHOD For the preparation of the sweet Coreno milk tarallo, type 00 flour, extra virgin olive oil, milk, sugar, baking powder, eggs and orange and lemon peel are used to flavour. All the ingredients are kneaded with a mechanical mixer or by hand for 15-20 minutes and, in any case, until the ingredients are well amalgamated and incorporated. The dough should be soft but smooth. Portions of dough are taken from the mixer and worked by hand to form the doughnut which will then be baked at 230°C for 25-30 minutes.

HISTORY BACKGROUND In Coreno Ausonio the sweet milk tarallo is the typical Easter dessert whose production took place when the oven was turned on in the homes of the locals for the preparation of Easter bread and pizzas and other desserts; with the leftover dough, taralli enriched with milk were prepared and eaten during the traditional Easter breakfast. This tarallo, without a doubt, belongs to the habit of preparing those "ritual breads" mentioned by Camporesi, a scholar of popular traditions, a 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 ring cake is part of one of the most common kinds of ritual festive breads".

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 dè 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 ut, 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.

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.



TORRONCINI 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 real)*. 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 OR PASQUALINA, TORTANO DI PASQUA, TORTOLO, TORTERI

Production area

Torta Pasquale (Torteno 1 E 2): Province of Rome: Artena, 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, Vallemaio, 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.



JENNE TORTIGLIONE

Production area
Province of Rome: Jenne

PRODUCT DESCRIPTION "Maltagliato" shortcrust biscuit with double dough: a white outer one that wraps a second darker one, because it is made with bitter cocoa. The name refers to the twisting of the two doughs. The shape is elliptical with an average size of 7 cm long and 2.5 cm wide. Crumbly on the surface and slightly soft on the inside, the Jenne Tortiglioni are particularly popular as a biscuit for breakfast or at the end of a meal.

PRODUCTION METHOD The basic ingredients are: whole eggs, 00 flour, olive or seed oil, lemon peel, cream of tartar (as a leavening agent) ammonium carbonate, sugar, salt, bitter cocoa (for the "black" dough). To prepare the white dough: first work the liquid ingredients, then add the sugar, flavourings (lemon), leavening agents, a pinch of salt and the flour gradually added in small doses, until all the liquid ingredients have been absorbed and the dough becomes soft, homogeneous, compact and non-sticky. The percentage of flour is about 27% by weight. For the black dough, the same procedure is followed, adding flour up to about 23% and bitter cocoa up to a maximum of 4% so that the dough does not become dry and hard. The processing can be done by hand or with a mechanical mixer for about 10-15 minutes.
After a short period of rest, the white part is worked by hand forming a roll which is then pressed with the hands; one proceeds with the part of the black dough that is placed on top of the layer of white dough, slightly flattened. Then they are twisted around each other. One proceeds with a first baking in the oven at 170°C for about 20 minutes and a second baking after cutting into pieces for 10 minutes at 150°C.

HISTORY BACKGROUND The Jenne Tortiglione is inextricably linked to the history of the municipal oven of Jenne, an oven of particular social importance since ancient times. It was managed by the so-called "fornare" who had the task of taking care of the oven by preparing it for baking bread and homemade desserts. Located in the medieval village of the town, the ancient wood-burning oven dates back to 1751 and is an important historical and architectural find for the community. The oven is made of masonry with a refractory stone hob, as are the side walls and the ceiling with a lowered vault. The vault is made up of fireproof bricks placed in sheet, on top of which a layer of sand and earth has been deposited to contain the heat dispersion. In the past, the village baker had the task of regulating the temperature of the oven and commanding the times, continually making the rounds of the women who had already booked it for use. Today, the firing system has remained the same, although small adjustments have been made over time. The "fornare", therefore, procured wood in the woods around the village of Jenne, lit the oven and brought it to an adequate temperature first for cooking pizza, then bread and finally, biscuits including the Tortiglioni which in Jenne are the sweet memory of the elders of the village. The Jenne Tortiglione is one of the products mentioned in a brochure dating back to the 1990s, as a typical product of women's work in the local cuisine.



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 are: sugar, flour, milk, eggs, extra virgin olive oil, aniseed, salt, sambuca, vanilla and yeast. 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. According to the Christian tradition, 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, while the egg represents rebirth. In the local tradition it also passed to be a wish for fertility and fortune, and, for this reason, it was customary to give it to kids and the betrothed of one's son.



TOZZI NERI OF COLLE SAN MAGNO

Production area
Province of Frosinone: Colle San Magno

PRODUCT DESCRIPTION Known as "gli tozze" (stumps), they are sweet chunks whose dark colour is due to the presence of chocolate and coffee among the ingredients. Cut into slices that are not too thick, they have a thin crispy crust that encloses a homogeneous and compact dough, enriched with dark chocolate and chopped almonds. They are great with coffee.

PRODUCTION METHOD Traditionally prepared with 8 ingredients, "eight heads, the old women used to say": whole eggs, honey (wildflower, chestnut or honeydew), sugar, baking soda, almonds, a bar of dark chocolate (about 500 g), lemon peel, coffee (250 g), flour as needed. Important is the number of whole eggs which, depending on the size, fluctuates between 16 and 18 for a dough consisting of 1 kg of honey, 1 kg of sugar, 1 kg of almonds. The ingredients are kneaded by hand and for constant mixing of the eggs flour is gradually added. Everything is mixed together until it has a compact and homogeneous consistency. At this point, one prepares the loaf and bakes it at 180°C for 40-50 min; the oven should not be too hot so as to avoid hardening the crust too much. Once cooked, it is left to cool and then cut into slices.

HISTORY BACKGROUND "Crumbly, delicious, and so tasty because the various ingredients harmonise well, it has a name that disqualifies it quite a bit: tozze (stumps). This name in dialect means the residue of stale bread which, in appearance, is similar to that of the dessert" (di Murro, Paese mio. Fatti usi e costumi del nostro paese, 1998). This is the description that local writer Francesco di Murro left us, together with the recipe, in a book that describes the customs and habits of the inhabitants of Colle San Magno between the 1920s and 1940s. The dessert is still prepared in every home, especially to accompany a good cup of coffee.



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: Vallerano, 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 Rome: 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 Rome: 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* (Anice 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 Rome. Province of Rieti

PRODUCT DESCRIPTION Dry and rumbly 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, Province of 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 inside.

PRODUCTION METHOD All the ingredients are mixed in a bowl, taking care to dissolve the brewer's yeast in warm water. The dough is kneaded until it reaches a fairly soft consistency and left to rise until it has doubled its volume. At this point, pieces of dough are broken off, 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 arrival of the Befana (the witch that comes on 6 January). Once upon a time, in fact, they were 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 31 December, children, throughout the streets of the historic centre 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: "Bonì, bonì bon'anno, teccot'i sasso di capodanno. Damme 'na zippola e dammela bona, puzzi fa 'na figlia signòra" (Happy, happy new year, a new year's stone for you. Give me a zippola, and a tasty one). 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 which) 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

TRADITIONAL AGRI-FOOD FROM THE LANDS OF LAZIO



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 ¼ 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 ¼ 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 Colagiacomo, 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.





ACQUACOTTA OF TUSCIA/ VITERBO

Production area
Province of Viterbo

PRODUCT DESCRIPTION A territory is known not only through the beauty of its places, its history and artistic heritage, but also through its most famous dishes, linked to the customs of its inhabitants. Among these there is undoubtedly the Acquacotta of Tuscia, a dish that refers to the frugality of the rural world, which reminds us of the time when food was scarce and people made a virtue out of necessity. The main ingredients are field and seasonal herbs, therefore variable according to the harvest period and availability. Among the herbs we mention chicory, pieces of squash, mint, wild fennel, borage, turnip greens, broccoli, blessed thistle, potatoes, garlic etc., in short, herbs collected daily, then cooked with extra virgin olive oil, cherry tomatoes, an egg and stale bread, chilli pepper. There is also the possible addition of sausages or cod in pieces to enrich and flavour the preparation. More than a poor dish, it's a versatile and nutritious soup.

PRODUCTION METHOD For the preparation of the Acquacotta of Tuscia, blanch the chicory or pieces of squash for a few minutes before starting with the cooking of all the ingredients: boiling the potatoes peeled and cut in half, sautéing with whole garlic, onion, chilli pepper, chopped tomatoes, possibly sausages or cod pieces and all the other vegetables. During cooking, water is then added, which must cover the ingredients, and cooked over low heat for 35-50 minutes. During cooking a certain amount of liquid must be kept, then water and salt are added as needed: in the end there must be enough left to be able to soak the bread. Just before serving, break an egg directly into the soup in order to use the heat of the broth to cook it but allowing it to remain soft, basically a poached egg. Prepare the stale bread on the bottom of the bowl and pour the soup over it, adding the poached egg.

HISTORY BACKGROUND Acquacotta was born as a one-course meal, a poor and simple food for herdsmen, shepherds and farmers who, moving through the countryside and pastures, carried with them, inside their saddlebags, only a flask of water and a piece of hard bread from the previous days. It is said that the name was given to it by a herdsman, called Ultimo, who one day tried to heat water by soaking onion and some herbs collected along his path. Water and bread combined with wild herbs collected during the journeys gave life to the Acquacotta. It was also customary among peasant women to collect wild seasonal herbs, tucking their aprons until they were completely filled and then reaching home and preparing a hot soup with everything they had found, then adding, if there were any, potatoes, an egg and stale bread. Over time and with improved economic conditions, the Acquacotta became more elaborate. Today, in fact, it is not reserved for the poor but rather for those who are enthusiasts of healthy eating. There is no recipe with exact ingredients, these vary according to the areas and seasonality. We can also call it an anti-waste and recovery dish because the recipe also includes ingredients such as fennel leaves and broccoli ribs, parts of vegetables that we generally tend to throw away.





SANTELIANA STEAK

LINK WITH BIODIVERSITY

Production area

Province of Frosinone: Sant'Elia Fiumerapido

PRODUCT DESCRIPTION The Santeliana Steak, despite its name, is based exclusively on vegetable products. A peasant dish of humble origins, it consists of a slice of red pepper, fried in extra virgin olive oil or seed oil, and placed on a slice of soft bread that absorbs its juices.

PRODUCTION METHOD For the Santeliana Steak it is necessary to choose red and fleshy peppers, preferably of local varieties such as the Cornetto di Pontecorvo pepper (protected by Regional Law no. 15/2000). This is because the pepper, to take on the appearance of a "steak", must have a thickness such as to make it succulent. Peppers, if grown in greenhouses, are already available in June, while for those grown in the field one has to wait until the months of July-August. To prepare it, take a pepper, split it in half, clean the collar and internal seeds, rinse it and then dry it. Meanwhile, it is put a large pan with extra virgin olive oil on the stove, if it is prepared at home, or seed oil, when it is necessary to prepare large quantities. When the oil has reached a good temperature, fry the "steaks" until the peppers take on a nice bright red colour. At this point they are removed from the heat, left to drain on a perforated container or on absorbent paper and then placed on slices of casareccio bread without removing the skin and with the addition of a pinch of salt.

HISTORY BACKGROUND The cultivation of peppers has a long tradition throughout the area straddling the provinces of Frosinone and Latina which once fell within the historical region of Terra di Lavoro. In an agronomic description of this area dating back to the early 19th century, we read that the pepper, also called "peparuolo" or "peparulo", was cultivated "in large quantities everywhere [...] because [...] it is very advantageous, in the hot seasons, for food, and for seasoning" (Notarianni, Memoria sulle piante economiche della Provincia di Terra di Lavoro, 1815). A production also presents in the department, then district, of Sara, as attested by several later sources (Del Nero, L'economia agraria e l'agricoltura del circondario di Frosinone, 1907; Mancini, Sulle condizioni agrarie del circondario di Sara, 1882).

The pepper for the farmers of Sant'Elia Fiumerapido has represented a great economic and food resource. In addition to being found in the squares and markets of nearby towns, peppers were produced for family consumption and considered an important source of sustenance for those who had to face work in the countryside. Oral testimonies of elderly gardeners recall how parents and grandparents ate peppers with potatoes in the fields, or a thick slice of pepper fried on bread with the soft part of bread, because they collected the juice. The local peppers had a fleshy consistency and a lot of pulp, so when they were split in half and then cooked in oil, they took on the appearance of a thick "steak" of meat and were particularly tasty. Meat was not an accessible food, so pepper cut and cooked in that way was intended to fill not only the belly but also the eyes. There are several local anecdotes about this dish, some of which date back to the early 1960s. To those who asked if they had "good steaks" in Sant'Elia Fiumerapido, the villagers replied "we grow steaks!". The Santeliana Steak is one of the main dishes offered during the event "Sant'Elia tra i vicoli", a gastronomic walk through the narrow streets of the town that has been held every year in August for about twenty years.



VELLETRI ARTICHOKES "ALLA MATTICELLA"

Production area
Province of Rome: 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 ¾ 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 matticella" 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 matticella". 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 matticella" 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 condimenti s 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 ceceriello" 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 faciolì (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)



CHICKPEAS WITH SMALL GNOCCHI

Production area

Province of Rieti: Fiamignano, Marmosedio, Mercato

PRODUCT DESCRIPTION Soup consisting of chickpeas and "gnocchitti", a type of fresh dough made from water and flour, to which is added tomato sauce, garlic and rosemary.

PRODUCTION METHOD If dried chickpeas are used, they must first of all be soaked overnight with a clove of garlic. In local usage, cod was added to the same water which gave flavour to the chickpeas, even if it would later be cooked separately. Once softened, the chickpeas are boiled in water. Meanwhile, a sauce is sautéed with oil, garlic, tomato sauce and rosemary. Once the chickpeas are ready, add them to the sauce and continue cooking for a while longer. For the gnocchitti, a simple dough of water and flour is kneaded, without egg and without yeast, after which many strips similar to large spaghetti are formed by rolling with the palm of one's hands and then pinching in order to obtain very small pieces of dough. Indeed, the small gnocchi are as big as the nail of the pinky finger and are cooked in boiling, salted water until they rise to the surface. Once ready, they are drained and added to the sauce with the chickpeas. The soup obtained is served hot without the addition of pecorino cheese or other grated cheese.

HISTORY BACKGROUND This recipe was reserved for important religious holidays in which it was necessary to eat "lean", such as Christmas Eve or Good Friday. These were times when abstinence from meat was combined with the need to honour the feast worthily, so much so that two first courses were proposed: Chickpeas with small gnocchi and spaghetti with tuna or cod (preserved fish that had to be purchased or that the shepherds brought back from transhumance). In the past, only the variety of chickpeas grown in the open field on the Rascino plateau or the variety present in the gardens of Fiamignano and neighbouring hamlets was used. Today, these local varieties are very rare to find, so people opt, also for convenience, for the use of commercial or already boiled chickpeas, which are readily available.





CACCIATORA, A BUJONE AND VITERBO (OR MAREMMA) STYLE WILD BOAR

Production area
Lazio Region

PRODUCT DESCRIPTION In Lazio, there are different ways of preparing second courses based on wild boar meat: among these we mention the cacciatora, a bujone and in Viterbo (or Maremma) style, preparations based on shoulder meat, ham and rib pulp, stewed, with the addition of aromas and spices or sometimes tomato sauce, depending on the version. Second courses based on stewed wild boar can be found in all the provinces of Lazio, even if many recipe books report preparations attributed to the area of the Lazio Maremma or bordering the Tuscan-Umbrian area of Tuscia in the Viterbo Province. In fact, one of the recipes proposed is called "Viterbo style" or "Maremma style" wild boar and is characterised by the marinade flavoured with marjoram.

PRODUCTION METHOD For these preparations we recommend the use of cuts of ham, shoulder and rib trimmings, taken from animals of the same size, preferably around one year of age and weighing about 100 kg. The meat, cut into cubes of about 2-3 cm, must be blast chilled in the freezer.

Wild boar alla cacciatora: No marinating is necessary, but the meat releases its excess water on the stove. Place the meat in a pan and allow it to heat for about ten minutes, until it has released its water. To remove any impurities, this liquid is then thrown away and the meat is rinsed under running water. At this point, take a large pan in which is placed a base of extra virgin olive oil, celery, carrot and onion in chunks, with the addition of sage, rosemary, pepper and bay leaf. The meat is browned and then blended with white wine halfway through cooking and then blended again with vinegar. Meanwhile, a condiment based on extra virgin olive oil, vinegar, rosemary, parsley, garlic and anchovy is prepared separately.

Wild boar stew (a bujone): Proceed as for the cacciatora until it is blended with the wine, after which it is cooked in a covered pan for a couple of hours with the addition of several glasses of hot water and tomato paste (or a few tablespoons of sauce), but only enough to colour the dish. For a good stew it is advisable to lift the lid as little as possible, but to shake the pan often to prevent the meat from sticking to the bottom.

Viterbo or Maremmana style wild boar: The whole pieces of shoulder meat and rib pulp should be rinsed and soaked in a marinade previously heated over the fire based on red wine, half a glass of vinegar, 2 crushed cloves of garlic, 1 sprig of rosemary, a few marjoram leaves, half an onion pierced with 2 cloves. Let the meat rest for the necessary time, in a sufficiently large pan prepare a sauté based on extra virgin olive oil, 2 cloves of garlic, a sprig of rosemary to which the meat extracted from the marinade and reduced to small pieces is added. At this point it is left to cook over high heat for a few minutes and then drizzled with a little juice of the marinade. Add a few peeled and drained tomatoes, chilli pepper, salt to taste and a few ladles of hot water to keep everything moist and juicy and continue with the pan covered until cooking is finished..



HISTORY BACKGROUND The use of wild boar meat in the cuisine of Lazio is lost in the mists of time. This is evidenced by the artistic depictions of hunting scenes and the utensils for the preparation of the meat of this animal among the Etruscans who used to cook it on the open fire or boil it with aromatic herbs. In Roman times there are also numerous material and written testimonies that describe not only hunting scenes but also the presence of the wild boar among the game offered for feasting or the recipes for cooking it. The wild boar populated the woods of the Apennines, the Mediterranean scrub that sloped down towards the marshy areas of the coast or the uncultivated areas left fallow. Like all game, the right to hunt for this large animal was a privilege reserved for nobles, lords and high prelates and throughout the medieval period it was practised more for pleasure, social obligation and power relations than strictly for food purposes. Almost extinct with the expansion of land reclamation in the Tuscan-Lazio Maremma between the 1940s and 50s, the wild boar returned to populate the Italian and Lazio countryside at the end of the 70s with the abandonment of many agricultural areas and the consequent expansion of uncultivated land and woodland. There has therefore been an equally renewed interest in the consumption of this meat rich in iron, while also lean and low in cholesterol, to which numerous festivals are dedicated in every province of the region and in which traditional dishes are proposed, as well as those in a more modern key. Throughout Lazio there are several festivals dedicated to wild boar. Among those that boast the most editions is the Festival of pappardelle with wild boar in Torre Alfina (Acquapendente, VT) which saw its first edition in 1986. The greater availability of slaughtered and processed wild boar has also favoured the inclusion of wild boar dishes in the menus of numerous regional restaurants.

FIAMIGNANO GIBLETS CROUTONS

Production area

Province of Rieti: Fiamignano and hamlets

PRODUCT DESCRIPTION Golden fried crouton, consisting of two overlapping slices of bread, inside which is spread a creamy filling based on chicken liver, raw ham, anchovies (cleaned and deboned), garlic and salt.

PRODUCTION METHOD Take the raw chicken livers and the other ingredients, that is, 3 salted anchovies, cleaned and deboned, a thickly cut slice of raw ham, half a clove of garlic and put them all together on a cutting board or directly on the kitchen table. Add a pinch of salt and begin to chop with a knife until getting a homogeneous and very fragrant cream, within which the individual ingredients can no longer be distinguished. Once ready, a generous amount of cream is spread on half of a slice of casareccio bread, then the other half is placed on top. This results in a sort of stuffed sandwich that at this point must be dipped in beaten egg and then fried in hot oil until golden brown. The croutons should be served cold.

HISTORY BACKGROUND Although this preparation is a humble dish, it was never offered in domestic and friendly contexts but was an expression of the formal hospitality of local families, when guests were received at home.
The addition of ingredients that had to be purchased, such as salted anchovies, made this dish the appetizer of great moments of celebration: The Madonna del Poggio (2 August), the Patron Saints Fabiano and Sebastiano (20 January), or at weddings or baptisms in which guests were welcomed with respect. The logic of recovery and the humility of the ingredients coexist with the desire that never fails to celebrate the important moments of the community or of the family with dignity.



SWEET AND SOUR WILD BOAR (OF THE LAZIO MAREMMA)

Production area
Lazio Region

PRODUCT DESCRIPTION In Lazio, there are different ways of preparing second courses based on wild boar meat: among these we mention the sweet and sour wild boar made with shoulder meat, ham and rib pulp, marinated with red wine, vinegar, seasoning and spices that give intense aromas and scents, to which is added the sweet and sour sauce based on sugar, water, two fingers of vinegar, a handful of raisins, and possibly also to make it even tastier, flakes of grated dark chocolate, sour cherries or prunes.

PRODUCTION METHOD For these preparations we recommend the use of cuts of ham, shoulder and rib trimmings, taken from animals of the same size, preferably around one year of age and weighing about 100 kg. The meat, cut into cubes of about 2-3 cm, must be blast chilled in the freezer.
For this recipe you need the marinade which must be prepared with red wine, vinegar, a celery stalk, carrot in large pieces, marjoram, 2 cloves, garlic, a few peppercorns, parsley, thyme and bay leaf. The marinade must be heated on the flame for about 15 minutes. At this point, add another glass of red wine, a bit of vinegar and mix it. The boar should rest in the liquid at least overnight. After the meat has been left to rest for the necessary time, one can opt to cook it in whole pieces or to cut it into cubes. Meanwhile, in a sufficiently large skillet, prepare a sauté with olive oil, a pat of butter and a slice of chopped ham. Brown the wild boar (tied with a string, if left in whole pieces), add a few tablespoons of marinade and chopped herbs, just enough to cover the meat, two tablespoons of sugar and cook in a covered pan, shaking from time to time so that the meat does not stick to the bottom. In a separate saucepan, melt a few teaspoons of sugar on the stove with 1 tablespoon of water, two fingers of vinegar, a handful of raisins. At this point, flakes of grated dark chocolate, sour cherries or prunes are added.
Once cooked, remove the wild boar from the pan and cut it into slices. It is advisable to pass the cooking sauce through a sieve and pour it into the pan together with the sweet and sour sauce which will be put back on the heat for a few minutes with the addition of pine nuts. Serve the sauce over the cut and plated meat.

HISTORY BACKGROUND The use of wild boar meat in the cuisine of Lazio is lost in the mists of time. This is evidenced by the artistic depictions of hunting scenes and the utensils for the preparation of the meat of this animal among the Etruscans who used to cook it on the open fire or boil it with aromatic herbs. In Roman times there are also numerous material and written testimonies that describe not only hunting scenes but also the presence of the wild boar among the game offered for feasting or the recipes for cooking it. The wild boar populated the woods of the Apennines, the Mediterranean scrub that sloped down towards the marshy areas of the coast or the uncultivated areas left fallow. Like all game, the right to hunt for this large animal was a privilege reserved for nobles, lords and high prelates and throughout the medieval period it was practised more for pleasure, social obligation and power relations than strictly for food purposes. Since the animal is aggressive, able to charge a man, hunting takes place with the help of teams of men and packs of mastiff dogs. Almost extinct with the expansion of land reclamation in the Tuscan-Lazio Maremma between the 1940s and 50s, the wild boar returned to populate the Italian and Lazio countryside at the end of the 70s with the abandonment of many agricultural areas and the consequent expansion of uncultivated land and woodland. There has therefore been an equally renewed interest in the consumption of this meat rich in iron, while also lean and low in cholesterol, to which numerous festivals are dedicated in every province of the region and in which traditional dishes are proposed, as well as those in a more modern key. In Lazio, especially in the Viterbo area, cuisine based on wild boar is in some ways similar to that of the Maremma and inland Tuscany, although it has its own peculiarities. Among the numerous preparations based on wild boar, there are stews and casseroles, or condiments based on mince for egg pasta, in particular pappardelle, or the preparation of cured meats such as ham, sausages or aged salami



ETRUSCAN STYLE FETTUCCINE WITH FERLENGHI MUSHROOMS AND SAUSAGE

Production area
Province of Viterbo: Tarquinia

PRODUCT DESCRIPTION Etruscan style fettuccine with ferlenghi mushrooms and sausage are classic fettuccine prepared with flour and eggs, worked by hand and rolled out with a wooden rolling pin on a wooden tabletop: the use of wooden equipment is necessary to obtain a rough and wrinkled fettuccina, capable of capturing the "slippery" condiment, made with sausage and ferlenghi mushrooms. The ferlenghi, thick and compact, were an excellent substitute for meat sauce and are characterised by their fleshy, smooth, fan-shaped or oyster-shaped cap; a short, off-white stem, decurrent, moderately dense gills on the stem. The flesh of these mushrooms is white, negligible smell, sweet taste.

PRODUCTION METHOD For the preparation of fettuccine, the procedure is the classic one: flour, eggs and a little water, which are mixed manually until a compact, homogeneous, smooth and fairly consistent dough is obtained. 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 measuring about 0.5 cm wide and 30 cm long. The colour is yellowish due to the use of durum wheat flour.

For the mushroom and sausage-based sauce, we proceed by taking medium-sized mushrooms, subjected to careful washing and cutting; a sauté is prepared with garlic, extra virgin olive oil and chilli pepper. Sausages in small pieces are added and cooked in a skillet, sautéing them quickly. Remove from heat as soon as the mushrooms have reached the desired consistency (max. 5 minutes).

HISTORY BACKGROUND Two traditional ingredients that in the Lazio Maremma area and in particular in Tarquinia meet to give rise to a dish of tasty, hearty and nutritious fettuccine. A Sunday dish, to celebrate the rest of the peasants and which took the place of the Acquacotta that was eaten practically every day. On the one hand, the fettuccine of popular tradition and on the other the ferlenghi mushrooms historically present in the woods of Viterbo and especially in the hills of Tarquinia where the stumps of ferula grow, spontaneous plants widespread in the uncultivated fields of the Tarquinia and Monteromano area, similar to wild fennel.
The first mention of the ferlengo is taken from a fragment from the Canto del Pellegrino buongustaio (Song of the gourmet pilgrim), written by an anonymous citizen of Tarquinia, in the 15th century. Reference is made to the existence of a ferlengo festival in Tarquinia already at that time. The Canto was condemned by the Holy Office because, it was said, it led to sins of gluttony in the pilgrims, so much so that a copy was burned on the Belvedere square of the Viterbo town. After centuries, the text was found in a private archive. This is what the author says about the ferlengo:

For the festival of the ferlengo mushroom, Pilgrim come to Corneto,
even if mushrooms are not to your taste, Stranger come all the same
There are not only those to eat: Lavish lunches and dinners you will find
Robust wine and Maremma dishes
even though it rains or the wind blows, Gourmet
come all the same, there is a tent larger than a circus to offer you shelter at Corneto.

Even today, at the end of October, the city of Tarquinia hosts a festival dedicated to this mushroom. The ferlengo appears among the most characteristic products of Tarquinia in a local tourist magazine of 1976 and, later, the same magazine dedicates an article to it in which it is said that the ferlengo is born and reproduces in a narrow territory with very short borders: "triangle in which the scrubs between Tarquinia, Monteromano and Tuscania, make up 95% of the territory.
The ferlengo does not go beyond this area and has only a few poor cousins such as the caldarella of the Tolfa mountains".



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: 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 vinigar, 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. In November and December in some municipalities of the Rieti area, the "Sagra della Padellaccia" is organized.



FRIONZA OF COLLE SAN MAGNO

LINK WITH BIODIVERSITY

Production area

Province of Frosinone: Colle San Magno

PRODUCT DESCRIPTION Neither soup nor minestrone, Frionza is an ancient dish that has two main ingredients at its base: small broccoli, preferably from Roccasecca (landrace registered and protected by Regional Law no. 15/2000 and formerly PAT of Lazio, locally called Rapa Catalogna di Roccasecca) and casareccio baked bread, which must be stale. Rich in flavours and aromas of sautéed vegetables, this dish can be eaten as an appetiser or as a one-course meal.

PRODUCTION METHOD The small broccoli, previously washed, should be cooked in a pan with plenty of extra virgin olive oil, unpeeled garlic, chilli pepper, salt to taste. Cooking is over high heat to prevent them from browning, but it is advisable to cover the pan with a lid to prevent water loss. In the meantime, cut the stale casareccio bread (even about a week old) into thin slices, also keeping the crust to give consistency to the dish, to add them to the broccoli during cooking. The broccoli should not be overcooked to maintain a certain hardness and crunchiness. During the cooking of the Frionza, add plenty of extra virgin olive oil and continue to stir, also favouring the breaking of the slices of bread so that they blend well with the vegetables and oil. The preparation is quick and simple, but the result is unexpected, rich in flavours and aromas that rekindle memories of a distant and genuine cuisine.

HISTORY BACKGROUND The Frionza of Colle San Magno is one of the many traditional dishes written about and described by Professor Francesco di Murro in the book "Paese mio. Fatti, usi e costumi del nostro paese (Edizioni Telinforn, 1998) in which he offers a detailed photograph of the daily life of Colle San Magno especially between the 1920s and '40s. Among the customs and traditions, the description of the main activities couldn't be left out, the workshops, the artisans, the carpenters and the work in the fields that was considered the work activity "the hoe and the spade, tools that now have disappeared, were together with the vèmmere... which was grafted onto the ploughshare and agliò messure (the sickle), the only iron tools for working the land". Work that caused fatigue and a certain appetite, satisfied with the traditional Frionza: "Frionza is nothing more than a soup of bread and vegetables, often prepared to use 'lo pane 'ntostate' (stale bread) or to increase the quantity of the dish, consisting only of a few vegetables. One cooked 'cogli brocchele eco gli cappucce' (with broccoli and cabbage). Once the vegetables were put in a pan to fry, the bread cut into small pieces was mixed and everything was left 'covered' for a few minutes to soak in the flavour, it was ready 'pe' na bona abbotata' (binge)" (Id.).



GRICIA OR GRISCIA

Production area
Lazio Region

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-virgin 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. ...*".



MARRITTI

Production area
Province of Rieti: Fiamignano and hamlets

PRODUCT DESCRIPTION A dish made from congealed blood and lamb casing, sometimes chicken offal, cooked on the same day the animal is slaughtered. It is primarily a winter dish linked to this event that takes place around Christmas or Easter. The ingredients are cooked in a sauté made with pork lard and plenty of onion. The colour of the dish is the grey-brown of the offal and the aromas are strong and earthy. Marritti are eaten accompanied by seasonal vegetables sautéed in a pan.

PRODUCTION METHOD The blood, collected directly during the slaughter, is boiled until it solidifies. Once cooled, it is cut into small cubes. In the meantime, the entrails, in particular the small intestine, called budellùcce in dialect, are opened longitudinally and washed with extreme care, several times, using water, coarse salt and white vinegar. Not just any vinegar, but the homemade one, produced by every family and the starter handed down from generation to generation. At this point, a large onion is sliced, which is slowly fried in pork lard, until it becomes transparent and fragrant. Add the cubes of blood and the entrails, cut into pieces of about five centimetres. Everything is sautéed over low heat for at least half an hour. The dish is served hot, often directly in the cooking pot. It goes well with seasonal vegetables, usually chicory or sautéed broccoli.

HISTORY BACKGROUND Marritti are a poor dish, made up of scraps, associated with the ancient ritual of the home slaughter of lamb, or sometimes poultry. The oral sources collected in the 1970s in Fiamignano, describe the collection of blood during slaughter as a widespread and necessary ritual so that nothing of the animal (sheep or chicken) was wasted. This ingredient, immediately boiled in water to facilitate its thickening, was the basis of various dishes, including Marritti (Pro Loco of Fiamignano, unpublished material). The slaughter of home-raised animals was a time of celebration and conviviality and in the case of lambs, it was mainly linked to the Christmas and Easter holidays.





MIRANDO' OR MIRANDOT

LINK WITH BIODIVERSITY

Production area
Lazio Region

PRODUCT DESCRIPTION You need a few ingredients and a simple technical preparation to obtain the tasty dish of Mirandot or Mirandò of Tarquinia. It is a dish that artfully uses scraps in the true sense of the word, one that has always been able to enhance the boiled meat obtained from one of the best-known beef in the Tuscia area deriving from the Maremma breed of cattle, a rustic, native breed, historically raised on this territory mainly on pasture. The ingredients are boiled meat obtained from the cut used for broth or stew, onion, tomato, extra virgin olive oil, salt and pepper to taste.

PRODUCTION METHOD Pour the oil in a casserole and add the onions cut into strips. Once the onions are golden, add the cherry tomatoes, cut in half, or the peeled tomato and cook for about 10 minutes. Add the meat, already boiled and cut into pieces, and continue cooking for quite a long time. If needed, add a little water. Season with salt and pepper. Continue cooking until the sauce is thick. For this preparation, meat from Maremmana cows is still preferably used, as it is particularly suitable for longer cooking.

HISTORY BACKGROUND Mirandò is a typical dish of Upper Lazio, in particular of Tarquinia. It was born as a dish to make use of the boiled meat left over from the preparation of broth, flavoured with plenty of golden onion left to soften in extra virgin olive oil, vine tomatoes, often preserved hanging, and further enriched with the broth itself until completely cooked. The origin of the dish seems to date back to the Napoleonic occupation of the region during the first decade of the 19th century. Known in France as "boef mironton", it was probably born in the first half of the 18th century in Auvergne - a region of central France - but it could, however, have even older origins, at a time when the tomato was not yet known in Europe. Indeed, it seems that only onions were used for the original recipe. It is said that even Marie Antoinette (1755-1793) was struck by the goodness of this recipe and that its secrets were discussed at Versailles. The influences of the French domination in the Tuscia of Viterbo are also reflected in the gastronomic culture. The recipe is also known in Tuscany, Piedmont, Lombardy and Emilia Romagna, albeit with other names and small differences: picchiapò, fricandò, francesina, and so on. In Tarquinia (Viterbo) it has always been called Mirandò. A book has also been written on this traditional dish, entitled Il Mirandò. Vivere e mangiare nel borgo vecchio, written by Vittoria Tassoni and Giovanni Chiatti (2016). Bruno Blasi in his Glossario del Dialetto Cornetano (12, 1983) also includes Mirandò among the entries of which he gives the following definition: "boiled, broken and sautéed meat in a pan with onion, tomato and belly".



"PANE AMMOLLO" (SOAKED BREAD)

Production area

Province of Frosinone: 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.





PAPPARDELLE WITH WILD BOAR RAGÙ

Production area
Lazio Region

PRODUCT DESCRIPTION Pappardelle is a variety of long egg pasta that remains thick, about 1.5 cm wide. The porosity of the pasta and its width are particularly well suited to wild boar sauce, which in Lazio is proposed without tomato, or lightly coloured with the addition of tomato sauce.

PRODUCTION METHOD Pappardelle: whole eggs, 00 flour. The dough must be consistent and hard, of a yellow colour that will change in intensity depending on the eggs used. On a rolling board, make a well of the flour, break the eggs inside it (usually one whole egg for every 100 g of flour) and with a fork begin to push the flour into the pool of egg until the liquid has been absorbed. Then continue by hand, incorporating the residual flour and kneading by hand for about 10-15 minutes until you get a firm, smooth and elastic dough. Before rolling out the dough, you have to let it rest. The dough should be rolled out with a wooden rolling pin - about 1.20 m long - until you get a sheet of the desired thickness. At this point the sheet of dough is rolled up starting from both ends which, once meeting in the centre, must be overlapped without them pushing down too much on top of one other. With a knife you cut the dough so as to obtain many rolls about 1.5 cm wide. The pappardelle are cooked in boiling salted water for a few minutes until the desired cooking is obtained.
Wild boar ragù: it is advisable to use minced meat obtained from the wild boar thigh, shoulder and belly previously frozen in a blast chiller. Based on the fattiness of the pieces chosen, you can consider whether or not to add a small percentage of minced pork. Cooking is carried out as for a normal meat sauce, first starting a sauté with celery, carrot, onion in large pieces so that they can be easily removed, to which a sprig of bay leaf and chilli pepper is added according to taste. As soon as the meat begins to change colour, blend slightly with white wine, season with salt, pepper and sprinkle with a little nutmeg. If desired, the sauce can be coloured with a few tablespoons of tomato sauce. Add water or broth to prevent the mince from sticking to the bottom of the pan and leave it over low heat for about 2 hours until it has reached the right consistency.

HISTORY BACKGROUND The use of wild boar meat in the cuisine of Lazio is lost in the mists of time. This is evidenced by the artistic depictions of hunting scenes and the utensils for the preparation of the meat of this animal among the Etruscans who used to cook it on the open fire or boil it with aromatic herbs. In Roman times there are also numerous material and written testimonies that describe not only hunting scenes but also the presence of the wild boar among the game offered for feasting or the recipes for cooking it. The wild boar populated the woods of the Apennines, the Mediterranean scrub that sloped down towards the marshy areas of the coast or the uncultivated areas left fallow. Like all game, the right to hunt for this large animal was a privilege reserved for nobles, lords and high prelates and throughout the medieval period it was practised more for pleasure, social obligation and power relations than strictly for food purposes. Since the animal is aggressive, able to charge a man, hunting takes place with the help of teams of men and packs of mastiff dogs. Almost extinct with the expansion of land reclamation in the Tuscan-Lazio Maremma between the 1940s and 50s, the wild boar returned to populate the Italian and Lazio countryside at the end of the 70s with the abandonment of many agricultural areas and the consequent expansion of uncultivated land and woodland. There has therefore been an equally renewed interest in the consumption of this meat rich in iron, while also lean and low in cholesterol, to which numerous festivals are dedicated in every province of the region and in which traditional dishes are proposed, as well as those in a more modern key. In Lazio, especially in the Viterbo area, cuisine based on wild boar is in some ways similar to that of the Maremma and inland Tuscany, although it has its own peculiarities. Among the numerous preparations based on wild boar, there are stews and casseroles, or condiments based on mince for egg pasta, in particular pappardelle, or the preparation of cured meats such as ham, sausages or aged salami. Throughout Lazio there are several festivals dedicated to wild boar. Among those that boast the most editions is the Festival of pappardelle with wild boar in Torre Alfina (Acquapendente, VT) which saw its first edition in 1986. The greater availability of slaughtered and processed wild boar has also favoured the inclusion of wild boar dishes in the menus of numerous regional restaurants.



PRICKLY PEAR PAD PARMIGIANA FROM THE ISLAND OF PONZA

Production area
Ponza (LT)

PRODUCT DESCRIPTION A poor dish that comes from the use of a plant resource particularly widespread on the island of Ponza, the prickly pear plant. Plant of Mesoamerican origin, composed of cladodes, commonly called blades or pads: these are modified stems, flattened and oval in shape. In this case, the youngest leaves that have just sprouted are used because they are very tender, which after boiling and frying in olive oil, are stacked one on top of the other and seasoned with tomato and grated cheese: a simple and nutritious dish, rich in mineral salts (phosphorus, sodium, potassium), vitamins and proteins.

PRODUCTION METHOD For the preparation of the Prickly Pear Pad Parmigiana, the young, smallest prickly pear leaves are used, which are particularly tender, so much so, that the spines are just barely visible and soft. They are collected during the summer, early in the morning. The spines are removed from the pads by scraping with knife or by means of a vegetable peeler, cleaned under running water and then boiled. Once they have been boiled until soft, the pads are left to dry and cool. Then they are dipped in flour, whole beaten egg and fried in olive oil. They are seasoned with fresh tomato, with the pads being placed in layers.

HISTORY BACKGROUND Although it is an island historically dedicated to fishing and facing the sea, Ponza grew vegetables and legumes for self-consumption and prickly pears which at the end of the 19th century represented the only export item together with quails. Agriculture today can be said to be a residual activity, but the prickly pear is a dominant presence in the current landscape of the island, where it continues to grow spontaneously. Island life and periodic food supply difficulties have led the island's population to make the most not only of the fruits but of every part of this plant. The pads prepared as a "parmigiana" are seasoned with tomato and cheese, but given the humble origin of the dish, the addition of mozzarella or béchamel is not foreseen.





"CARNE FUJITA" MEATLESS FRIED BALLS

Production area

Province of Rieti: Fiamignano and hamlets

PRODUCT DESCRIPTION Fried balls with sauce, composed of stale bread revived with cow's milk, mixed with fresh eggs, grated aged pecorino cheese, garlic, parsley, salt. For the light seasoning sauce, use fresh tomato or purée with a sautéed onion. The size of the fried balls can vary according to the family's habits. The ball is crispy and golden as soon as it is fried, then it softens while remaining compact once sautéed in the sauce. Among the flavours, the freshness of the parsley and the intensity of the pecorino prevail.

PRODUCTION METHOD For the preparation, one starts by cutting the stale bread, preferably casareccio, into small pieces, from which one can remove the crust if desired. Once milk has been added, wait a few minutes to revive the soft part of the bread. Add the chopped herbs (parsley), chopped or crushed garlic, one or two whole eggs, depending on the quantity and availability, grated pecorino cheese aged (at least 6 months) in abundant quantities to give flavour, salt, and pepper if desired. This is followed by the manual processing of the dough which must be squeezed to fully amalgamate the ingredients. In case the consistency is too soft, it is possible to add breadcrumbs. At this point, small portions of dough are taken and worked in "pallocche", that is, giving them the shape of meatballs that are fried until golden brown in extra virgin olive oil. The size varies, depending on taste preferences, and each family used different sizes and shapes (rounder or flattened) also based on the amount of oil that could be used. For the sauce, in a separate pan, brown the onion slightly and then add the tomato purée which must be heated for a short time. At this point, the fried balls, dried of the excess oil, are immersed in the sauce and sautéed for a few minutes, until they are well flavoured.

HISTORY BACKGROUND There is no exact codification of the recipe and there is not even information on who or when the preparation of the Fried balls started. Those who know the recipe today say that it was handed down from grandmothers to mothers, so it is certain that it has been a common heritage of local gastronomy at least since the beginning of the 20th century. The traditionality of the recipe lies in its ingredients, starting with cow's milk milked from working cows that each family had for ploughing the fields, while aged pecorino was the typical cheese of Fiamignano and neighbouring villages, places with a strong pastoral vocation. The grass was the one that grew in the family's vegetable garden. These simple but very tasty fried balls were born in the times when meat was rare, yet this does not mean that people renounced bringing something to the table that still gave satisfaction to the palate. The name itself - "carne fujita", i.e., "meat that got away" - is evidence of that popular self-irony that characterised the people of the past. One knew how to laugh at one's own hardship, without shame or complaints. Those fried balls, in fact, carry only the echo of meat: the robust flavour was built with other means, more humble, but no less effective.





STUFFED PEPPER OF PIEDIMONTE SAN GERMANO

LINK WITH BIODIVERSITY

Production area

Province of Frosinone: Piedimonte San Germano and neighbouring municipalities

PRODUCT DESCRIPTION Pickled pepper, stuffed with whole eggs, breadcrumbs, parsley, celery, walnuts, raisins and anchovies, sealed in the open part by a crouton and then baked in the oven. The flavour is rich and changes with each bite according to the prevalence of the filling ingredients which are cut into coarse pieces. The sweetness of the raisins contrasts the sour of the vinegar, while the chopped walnuts give the dish a pleasant crunchy effect.

PRODUCTION METHOD Pickled peppers of the Cornetto di Pontecorvo PDO variety are used. Start by rinsing the peppers under water to remove any remaining seeds. For the dough: in a bowl beat the eggs with a pinch of salt, a few anchovy fillets in small pieces, or salted anchovy fillets, cleaned and well washed. Add the breadcrumbs (as much as the dough needs), chopped or crushed walnuts, raisins, chopped celery and parsley. Everything must be worked by hand until obtaining a fairly compact and solid dough. The pepper is filled by pushing the filling as far down as possible. It is sealed with a piece of casareccio bread. The peppers should be placed well spaced out in a pan greased with extra virgin olive oil and should bake in a preheated oven at 180°C for about an hour, turning them over so as not to burn them.

HISTORY BACKGROUND Stuffed peppers are a traditional dish of Neapolitan cuisine that has certainly influenced the gastronomic culture of this area of the Frosinone Province, once belonging to the Bourbon Kingdom of the Two Sicilies. In Neapolitan cuisine, recipes for stuffed pickled peppers were already codified in the 19th century. Very famous is the recipe for "puparuoli gruous mbottunati", described in the "Cucina Teorico-Pratica" by Ippolito Cavalcanti (1839) based on yellow peppers that were fried to allow them to be skinned before browning them in the oven. In the historical of Terra di Lavoro, within which Piedimonte San Germano fell, a similar recipe was widespread in which, however, the local red peppers were stuffed with the addition of walnuts, olives and pine nuts (F. Di Giorgio, Alle radici della gastronomia della Terra di Lavoro, 2011). In this area it could be said that there is a gastronomic identity open to contamination: "being a land of transit and border, its cuisine has absorbed the influences of the capital Naples, expressing them, however, according to local availability" (D. Parravano, I peperoni ripieni di Piedimonte San Germano, Associazione Linea Gustav, 2025). And so, even in Piedimonte San Germano the recipe was suitable and evolved according to what the countryside and the land offered: walnuts, grapes from the vineyard dried at home, eggs from the farmyard to make the dough substantial and keep it firm, celery to refresh the flavour and then a crouton to close it, instead of the pepper peduncle. All cooked in the oven, because the Cornetto pepper has a thin skin that comes off easily and which, even whole, remains highly digestible. Stuffed peppers are the traditional dish of Christmas Eve dinners because they do not contain meat. Although there are no written documents on the origin of this recipe, we know that they have been present on the table of every family in Piedimonte San Germano for at least three generations.





SPERLONGA ANCHOVY FISH BALLS

Production area
Province of Latina: Sperlonga

PRODUCT DESCRIPTION Fish balls made with filleted anchovies, raisins, pecorino cheese, dry bread, possibly casareccio, revived in water, whole eggs, parsley, salt and pepper; for the sauce we use tomato preserve and fresh tomato (possibly of the Spagnoletta or Perino variety), garlic and a drop of vinegar. The texture of the fish balls is soft. The flavour is that of seafood, intense because of the anchovies, enriched by the sweetness of the raisins.

PRODUCTION METHOD The anchovies, possibly fished in the Gulf of Gaeta, must be in season (best period between March and May) and medium-small in size. The first step consists in cleaning the fish, so the anchovies must be deboned and filleted. After that, a little at a time, the various ingredients are added: stale casareccio bread, soaked in water and well squeezed, grated pecorino cheese, crushed garlic, parsley, raisins, salt. One begins by incorporating the ingredients by hand into the soft part of the bread, breaking the anchovies always by hand, without ever using knives or blades so as not to oxidise the fish. Add the egg, and slowly the ingredients will begin to blend. At this point, everything is left to rest for a couple of hours, so that the raisins take shape by absorbing the moisture of the dough and all the ingredients flavour well. At the end of the resting time, portions of dough of about 50 grams are formed which must be worked manually in the shape of a meatball. For this operation, it is advisable to wet your hands with a little white vinegar in order to give more consistency to the dough and leave your hands clean. Once ready, the fish balls should be dipped raw, without breading, in a sauce prepared previously and left to cook in a pan for about 10 minutes.
The sauce is prepared in advance with a little tomato purée, fresh tomato, possibly Spagnoletta tomato from Sperlonga and Gaeta, or Perino tomato, garlic, oil, salt, a little water, a little vinegar and a little fish broth.
Once cooked, it is advisable to let the anchovy fish balls rest for a while, in this way they will remain soft and absorb the aromas and scents released by the sauce.

HISTORY BACKGROUND The Sperlonga anchovy fish balls are prepared with anchovies of the species Engraulis encrasicolus L., possibly fished in the sea in front of Sperlonga, where the temperature of the water due to the currents and the type of seabed give the fish a highly appreciated flavour. On the other hand, here, as in the whole Gulf of Gaeta, fishing, in particular of "anchovies and sardines" has represented for centuries an economic activity of great importance (Statistics of the Kingdom of Naples of 1811). Fish balls made of anchovies or sardines were a very frequent dish in the diet of the inhabitants of Sperlonga and neighbouring villages who drew their income from the sea and fishing. Fish balls were a quick and tasty way to make the most of what little bit of small fish remained unsold at the end of the day. What would not have been enough to feed a family, with the addition of bread and other ingredients, was transformed into a tasty and nutritious dish that was enough for everyone. In addition, the cooking sauce could prove to be excellent for seasoning pasta and ensuring a second meal. According to some studies of local gastronomic history, the preparation of fish balls would be very ancient and widespread throughout the Lazio coast and had the function of reusing the leftover boiled fish. The tradition of enriching the dough with dried fruit, raisins and spices according to local habits, on the other hand, would reflect contaminations from the Andalusian Arab cuisine (AM. Masci, G. Nocca, La cucina al tempo dei Caetani, 2024).





MUTTON ALLA COTTÓRA

LINK WITH BIODIVERSITY

Production area

Province of Rieti: Borgorose, Concerviano, Fiamignano, Marcetelli, Pescorocchiano, Petrella Salto, Varco Sabino

PRODUCT DESCRIPTION Mutton alla cottóra is a dish linked to pastoral culture. When the flocks returned to the village after wintering in the Roman countryside, some large owners had the custom of offering shepherds and villagers a lunch of mutton in broth, in a moment of rest and great conviviality. Cooking is nothing more than a large cauldron capable of containing large quantities of mutton around which all the inhabitants gathered. The dish consists of a stew of lean and fatty parts of the sheep, cooked in broth flavoured with carrots, celery, garlic, potatoes, thyme, sage, chilli pepper and juniper berries, left to cook for at least three hours until the meat frays and the potatoes fall apart.

PRODUCTION METHOD The meat used comes from adult sheep. Considering that it is a preparation designed for convivial lunches with many diners, usually the quantities require the use of at least half an animal so that the lean and valuable parts such as the shoulder or thighs alternate with other fattier cuts. The meat must be broken into medium-sized pieces. Fill a large pot with cold water, to which are added the morsels of meat, celery and carrots in large pieces, whole garlic and a few potatoes depending on the amount of mutton to be prepared. Thyme, sage, chilli pepper, juniper berries, sometimes some tomatoes are also added. Season with pepper and salt and let it simmer for at least 3 hours, depending on the age of the sheep. The dish is ready when the meat is frayed and the potatoes have fallen apart in the broth.

HISTORY BACKGROUND The mutton alla cottóra is closely connected to the pastoral tradition and the seasonal transhumance of sheep. Local memory links this dish to a precise moment of the year, when the flocks returned to the village after wintering in the Roman countryside.
The great owners of herds at this point celebrated the return of the shepherds and animals by offering a large lunch for all the inhabitants of the village who gathered around the cottóra, that is, the large cauldrons where the meat of the sheep that had become crippled during the return journey or that had now reached the end of their productive career was boiled. The meat was therefore from mature animals of the Sopravvissana breed, until a few decades ago, the only breed bred in the Salto Cicalano area, in the province of Rieti. A description of the recipe and the festival can be found in the satire transmitted orally by shepherd Berardino Cesarini and collected in the early 1970s by the Pro Loco of Fiamignano, and which takes its title from the name of the dish.





PIZZICOTTI ALLA LISCIANARA

Production area
Province of Rieti: Rieti

PRODUCT DESCRIPTION Pizzicotti alla liscianara are made from bread dough made from type 00 flour, sourdough starter or brewer's yeast and water, seasoned with an aromatic sauce based on garlic, oil, chill pepper, tomato, marjoram (called "la persa" in local dialect) and thyme to taste; it is precisely these spices that give their aroma an unmistakable flavour. Pizzicotti alla liscianara are a real food pasta with a rounded and slightly flattened shape, obtained by "pinching" the bread dough and throwing the pieces of dough, the pizzicotti, directly into boiling water without letting too much time pass from when the bread dough is left to rise: the pizzicotti alla liscianara in fact must not rest or rise. When cooked, they maintain an excellent consistency, hardness and compactness.

PRODUCTION METHOD Pizzicotti: it starts with the preparation of the bread dough based on type 00 flour, water, sourdough starter (as per local use) or brewer's yeast (in more recent times). The sourdough starter is refreshed and renewed every time bread is prepared by adding warm water and flour, from which a portion of yeast is always recovered to be used at other times. The bread dough, hard, compact and smooth, is left to rise for a few hours: 10-12 hours with sourdough starter; 3-4 hours with brewer's yeast. Once risen, a more or less large portion of the dough is used to make bread and the remaining part is intended for the pizzicotti, small pieces of dough detached with one's fingers, slightly crushed and cooked in boiling water.
The cooking time has a variable duration as it ends when the last pinch is thrown into the water. In this regard, there is a local saying that goes like this: "the first waits for the last!". It means that, even if a lot of time passes between the first pinches and the last, the first ones do not overcook and the last ones are still cooked to perfection. For the sauce: the sauce consists of a sauce based on garlic, oil, chilli pepper, tomato, marjoram (called "la persa" in local dialect) and thyme to taste. The oil and garlic are sautéed and then removed; the spices and tomato are immediately added. The sauce should cook 2-3 hours.

HISTORY BACKGROUND Pizzicotto alla liscianara is a product of the peasant culture of Rieti, in particular of Lisciano di Rieti. It was traditionally prepared during bread-making, when bread was kneaded at home and left to rise for more than 12 hours, from the evening to the morning. While waiting for the long leavening of the bread, the women had to think about lunch or dinner and to speed up the time, they pinched the dough with their fingers, detaching small pieces, hence the name "pizzicotti" (little pinches), which they then tossed directly into boiling water. Cooking has a variable duration, and the locals say that it is cooked when the last pinch is tossed into the water. In this regard, there is a local saying that goes like this: "the first waits for the last!", in other words, even if some time passes between the first pizzicotti and the last, the first ones do not overcook and the last ones are still cooked to perfection. There are many sources that tell the story of Pizzicotti: photographs, administrative acts, newspaper articles that attest to the production of Pizzicotti alla liscianara for more than 25 years. Anticipated by the social dinners inaugurated in Lisciano as early as 1993, the Festival of Pizzicotti alla liscianara was established in 2000 and takes place every summer (in the months of July, August or September) in the hamlet of the Municipality of Rieti.



CASTELCHIODATO SWEET RAVIOLI WITH ALKERMES

Production area

Province of Rome: Castelchiodato, Mentana

PRODUCT DESCRIPTION Rectangular, oval or half-moon ravioli, which is characterised by its size (variable from 5x10 cm; 10x15 cm), and by the use of sweet ingredients (such as alkermes and granulated sugar) and salted ingredients (ricotta, chard or spinach). Sweet and sour and slightly alcoholic flavour generally using meat sauce, Parmesan or tomato sauce as the condiment.

PRODUCTION METHOD The dough is prepared based on type 00 flour and whole eggs and once ready (homogeneous and compact dough) and left to rest for about 30 minutes, the "pizzélla" is prepared, that is, the dough is rolled out on a wooden surface (pastry board) with a rolling pin or by machine, until a sheet of about 2 mm is obtained.
The internal filling is quite abundant and is based on hot sheep's milk ricotta, whole eggs, spinach or chard cooked and finely chopped, alkermes. The dose is always by eye but the ricotta, which has taken on the pink colour, must prevail over the vegetables. The homogeneous mixture should be left to rest for a few minutes. Once the filling is ready, proceed with the filling with two tablespoons of product. Fold the dough on itself forming a half moon, an oval or a rectangle. The ravioli are sealed by closing the ends with the tines of a fork. Cooking takes place in abundant boiling water. Once drained, the ravioli are seasoned with meat sauce and grated cheese, or tomato sauce.

HISTORY BACKGROUND Castelchiodato (a hamlet of Mentana), whose name derives from "Castrum Deodati", has ancient origins, perhaps from the Roman era (identified by some with the ancient Ameriola), a history marked by Germanic invasions and then by the domination of great feudal families. The local cuisine is often linked to a peasant tradition, characterised by robust flavours obtained from the products of the Sabine territory (such as mushrooms, game), typical desserts such as Ciammellitti with alkermes and the famous sweet and savoury Ravioli. Rich are the testimonies collected on these ravioli "which are only made in Castelchiodato!". Their preparation, handed down by grandmothers, takes place above all in moments of celebration spent in the family where joyful memories emerge because it has always been customary to make a challenge between siblings and relatives to see who eats the most ravioli; a rather difficult task given the size and the rich condiment. The sweet ravioli with alkermes were presented by grandmother Gemma to the Gambero Rosso: https://gamberorosso.tv/video/nonna-gemma/



RASCINO LENTILS RECOLATURA

LINK WITH BIODIVERSITY

Production area

Province of Rieti: Fiamignano, Petrella Salto

PRODUCT DESCRIPTION The Lentils recolatura is a dish of the cooking of scraps typical of the pastoral and peasant culture of some municipalities of the Cicalano area. The recipe is very simple as well as its ingredients: stale or toasted bread, soaked with the cooking water of lentils boiled in salted water; sprinkled with pepper, a drizzle of raw extra virgin olive oil. Despite the essentiality of the ingredients, the delicious taste of the cooking water is due to the variety of lentils grown on the Rascino plateau, at an altitude of about 1,200 metres. This local variety at risk of genetic erosion is a symbol of the agricultural and food biodiversity of Lazio (protected by Regional Law no. 15/2000 and registered in the Regional Voluntary Register). It stands out for being a lentil of very small size (microsperm), with a heterogeneous colour that can vary from red-dish to light or dark brown, rich in organoleptic properties, savoury and quick to cook.

PRODUCTION METHOD The Recolatura recipe consists of very few ingredients: Rascino lentils, coarse table salt, extra virgin olive oil, pepper, stale or toasted bread. The Rascino Lentils do not need to be soaked, so they can be put directly in a pot together with the right amount of cold water (approximately for 4 people you need 2 litres of water for 150 gr. of product).
Once it starts boiling, salt is added and the lentils are cooked for about 30 minutes over low heat, taking care not to overcook them. If desired, one can flavour the cooking water with the addition of a celery stalk, whole or chopped carrot and 2 whole cloves of garlic so that they can be easily removed. In the meantime, in a soup dish or in a bowl, one prepares a few slices of stale or toasted bread that are not too thin. When the lentils are ready, the cooking water, that is the "recolatura", is collected with the ladle, which will be poured abundantly on the bread, so that it is absorbed well. It is then seasoned with a pinch of black pepper and a drizzle of raw extra virgin olive oil. It is eaten with a spoon. The recipe was born from the need to let nothing go to waste, from the cooking water to the hardened bread, which is why there is no provision for the addition of lentils that were consumed as a second course or at another time. Now that the need is no longer so stringent, a ladle of lentils can add texture, but the flavour of the dish is all in the water!

HISTORY BACKGROUND The Recolatura is still a dish of family consumption in use in the homes of the inhabitants of Fiamignano and neighbouring municipalities and is closely linked to the production of the Rascino Lentil. The first bibliographic evidence of the cultivation of lentils in these areas dates back to the first decades of the 19nth century, but it probably has its roots in more remote times. In any case, the Rascino Lentil turned out to be a local variety well adapted to the climate and soil of the plateau, whose seed was preserved and reproduced by local farmers, ensuring its survival. (Adriani, La Lenticchia di Rascino. Storia e tradizioni di un ecotipo, 2015). The recipe of Recolatura, on the other hand, was collected and transcribed for the first time in 1971 when the Pro Loco of Fiamignano began to enhance it by offering it to guests since the first Lentil Festival of Rascino, which has exceeded fifty editions.



SAGNE AND BEANS OF ARNARA

LINK WITH BIODIVERSITY

Production area
Province of Frosinone: Arnara

PRODUCT DESCRIPTION Three simple ingredients to make the sagne: type 0 flour, water and eggs. Tomato, cannellino bean from Atina PDO, borlotti beans, mixed minced meat (beef and pork), pork rind, sausage, celery, onion and carrots, to make the traditional, tasty and rich sauce, for the sagne. The sagne are a fresh pasta obtained from a dough worked entirely by hand and cut by hand in a "dovetail" in order to form maltagliati pasta about 5 mm thick. The colour tends to be dark due to the type of flour used and the eggs.

PRODUCTION METHOD For the sagne: type 0 flour, whole eggs (2 eggs per kg of flour) and water are kneaded. Arrange the flour in a well, where the whole eggs are placed in the centre and must be beaten vigorously, gradually collecting the flour. Add the water until all the flour is incorporated. The dough is kneaded by hand until it has a compact and homogeneous consistency. From the main mass (about 6 kg) loaves are then formed which are rolled out with a wooden rolling pin on a wooden pastry board until a more or less thin sheet is obtained. The dough is then rolled up on itself and cut "dovetail" to give shape to the traditional sagne. The sagne are laid out on wooden boards and left to rest and dry for about 2 hours, in a cool, dry and ventilated environment. At this point they are ready for cooking and to be seasoned with the bean sauce.
For the bean-based sauce: start with sautéing with extra virgin olive oil, onion, celery and carrot; then add mixed minced beef and pork, sausage and beans. Then the previously boiled pork rinds are added. The sauce must cook for 4-5 hours and, in any case, until it is sufficiently reduced.

HISTORY BACKGROUND The history of the Sagne and beans of Arnara has peasant origins that allowed people to refresh themselves after hard work in the fields: the women brought the plate of sagne with a basket on their heads, which they then served on wooden trays called scife. Ever since the olden days, sagne and beans have been a dish deeply present and rooted in the culture of Arnara, so much so, that 40 years ago a group of friends thought it best to give life to the first Festival of sagne and beans of Arnara with the aim of not only making their tasty dish known, but above all not losing a precious gastronomic tradition. The tradition of the Sagne and beans of Arnara is documented by numerous photographs, administrative acts and oral testimonies. The festival dedicated to this dish has been celebrated every summer (in the months of July, August or September) since 1981.





SFRITTU E CACIU

Production area
Province of Rieti: Fiamignano and hamlets

PRODUCT DESCRIPTION Dish based on short pasta (small shells or ditalini), cheek lard, garlic, aged pecorino cheese and pepper. Quick preparation, but very tasty, in which the presence of garlic surprisingly enhances the flavour of the cheek lard and aged pecorino.

PRODUCTION METHOD The main ingredients are: cheek lard aged at least 60 days, approximately one slice per person; short pasta made from durum wheat semolina (ditalini or small shells); crushed garlic; extra virgin olive oil; plenty of aged pecorino cheese (3-6 months). Heat the water for the pasta, and while waiting for it to boil, cut the cheek lard into cubes. Once reduced to small pieces, the cheek lard is placed in a pan with crushed garlic and browned in its fat until it browns. Once the pasta has been drained, it is passed in the cheek lard to absorb the sauce and sprinkled with plenty of grated pecorino cheese mixed with black pepper. It resembles the Gricia, but unlike it, the ingredients are not reduced to cream and the pasta used is short and is eaten with a spoon.

HISTORY BACKGROUND It was a dish that the shepherds cooked when they were in the small houses on the Rascino plateau, or in the shelters or huts used during the period of transhumance. The preparation of the sauce was based on ingredients capable of being kept for a long time and the result of family production, namely pecorino cheese obtained from sheep's milk and cheek lard made from home-raised pig. The pasta, on the other hand, was dry, made of durum wheat semolina, so there was no need to work the dough by hand. In this area of the Rieti area, dry pasta had been known for several centuries as an integral part of the Kingdom of Naples and the Two Sicilies. Between Rieti and Antrodoco, moreover, already at the beginning of the 20th century there were several factories for the production of pasta, thanks to the quality of local wheat and the abundance of water. Sfrittu e caciu was a quick dish to prepare, ready in the time it took to cook the pasta, which combined practicality with taste and substance.





SAGNOZZI DI RIOFREDDO

Production area
Province of Rome: Riofreddo

PRODUCT DESCRIPTION Traditional peasant dish made with few ingredients but extremely tasty. Fresh pasta is prepared with warm water, type 0 soft wheat flour (preferably stone-ground) and semolina flour. Its condiment is a sauce of tomato, garlic and celery. Sometimes, to "strengthen" the dough, egg is added. The dough of the Sagnozzi di Riofreddo, worked mainly by hand, must be light straw yellow in colour, homogeneous, compact, consistent and smooth, from which, once flattened and rolled, strips of coarse dough are obtained that are slightly flattened and 2-3 mm thick, soft and about 10-15 cm long.

PRODUCTION METHOD One prepares a well of type 0 soft wheat flour (2 kg) and semolina (1 kg), to which 1 kg of warm water (about 60°C) is progressively added. The dough can be kneaded by hand and with the mixer until it is homogeneous, smooth, compact and quite firm. It is left to rest for about 30 minutes on the wooden cutting board and then rolled out with a wooden rolling pin until it becomes smooth and is 2-3 mm thick; from the dough rolled up on itself, strips of coarse and long dough are obtained which must then be opened with the hands, working some semolina flour through them to prevent them from sticking together. The sauce used to season the Sagnozzi di Riofreddo is based on celery cut into cubes and then sautéed in extra virgin olive oil, garlic and tomato. The cooking of the sauce takes about 40 minutes. The Sagnozzi di Riofreddo, boiled in plenty of lightly salted water, are sautéed in a pan with the sauce and flavoured with pecorino cheese.

HISTORY BACKGROUND Riofreddo, which is about 60 km from Rome, is an ancient medieval village that is part of the association of Borghi autentici d'Italia (Authentic villages of Italy); it still retains the artistic and architectural traces of its origins, from the arch of Santa Caterina to the beautiful frescoes of the church of the Santissima Annunziata to the ruins of the ancient monastery of San Giorgio. The town is immersed in a predominantly mountainous territory where the cultivation of spelt and wheat was practised on small plots. Today agriculture is no longer the main activity for many people of Riofreddo, who nevertheless continue to cultivate and love their small plot of land. Among the first courses appreciated by the local community, together with "sagne" (fettuccine) and polenta, there are the Sagnozzi seasoned with the sauce of "sellaro e pommidoro", that is, celery and tomato. The Sagnozzi are an ancient dish, the preparation of which is linked to the cultivation of wheat and other cereals, from which peasant families obtained wholemeal and unrefined flours, but necessary for the production of bread and Sagnozzi. Today this dish has become known to everyone because of the Festival of Sagnozzi, organised every year by the Pro Loco Association of Riofreddo, and by the local restaurants that offer the Sagnozzi di Riofreddo on their menu.





STRINGOZZI ASPRESI

Production area
Province of Rieti: Casperia

PRODUCT DESCRIPTION Stringozzi aspresi are a typical long fresh pasta with an irregular shape, prepared with water, flour and/or durum wheat semolina, possibly with the addition of egg and salt. The dough is kneaded by hand until it becomes homogeneous, smooth and compact and then wound into nest shapes. Their condiment is usually a pork-based sauce and a sprinkling of pecorino cheese.

PRODUCTION METHOD 00 flour and/or durum wheat semolina, possibly eggs (1 egg per kg of flour), salt and water: these are the ingredients that make up the dough to obtain the stringozzi, worked by hand or with a mechanical mixer for the time necessary to obtain a dough with a hard, compact and homogeneous consistency. It is important to add water gradually in order to mix all the ingredients well. Once the dough has been prepared, one proceeds with the kneading by hand or with the dough sheeter until the dough is smooth and about 4 mm thick and then with the cutter to obtain strips that are about 4-5 mm wide. The strips collected in nests are then crushed and pressed, giving the dough an irregular and curled appearance. The stringozzi must be cooked in plenty of salted water and one must be ready to fish them out at the exact moment they come to the surface. They are seasoned with tomato and pork-based sauces but also in white sauces, such as cacio e pepe or alla gricia.

HISTORY BACKGROUND A dish with ancient and little-known origins, also due to the multiplicity of names, contaminated as it is by the imprecision of the spoken language and by the customary use of some terms rather than others according to the geographical area. It is a type of fresh, rustic and coarse pasta, whose goodness lies precisely in the roughness of its composition. Sources agree on the poor origins of this dish, a long pasta with a rectangular section very common in Central Italy, of Umbrian origin, with a mixture of water and soft wheat flour, without eggs, then worked by hand forming a single large circle which is then collected in a nest, cooked and then seasoned in various ways. What makes the difference, however, is the shape it takes: very similar to that of the shoelaces that in the past were made of tenacious curled leather; hence the name which translated to shoelaces in Italian, but here with a touch of dialect, "stringozzo" with all its local variants. Since 1983, the "Stringozzi" festival has been held every year in Casperia on the first weekend of August.





VELLETRI SPROUTS AND COD SOUP

Production area
Province of Rome: 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".





CIVITAVECCHIA FISH SOUP

Production area
Province of Rome: Civitavecchia

PRODUCT DESCRIPTION Fish soup is the traditional dish of Civitavecchia with a pure seafood vocation, always much appreciated and sought after by passing tourists and Romans on their Sunday trips out of town. A dish rich in fine ingredients that recalls the scent and flavour of the sea thanks to the rich variety of fish, caught locally and according to the season, which make up the famous fish soup: from rock fish (scorpion fish, capon, sea bream, John Dory, dogfish, grouper, mullet, gurnard, conger eel, etc.), to crustaceans (slipper lobster, crabs, prawns, shrimps, etc.) and molluscs (cuttlefish, mussels, musky octopus, common octopus, etc.). The various fish, inserted gradually and at different times according to the size and cooking times, are cooked over low heat in a broth made with tomato, garlic, oil, chilli pepper, parsley and a little white wine. When cooked, the Civitavecchia fish soup is served with croutons or slices of toasted bread, traditionally that of Allumiere.

PRODUCTION METHOD The Civitavecchia fish soup follows a traditional procedure and recipe but the type of fish that will make up the dish of the day always depends on the catch, fresh and local. The types of fish used are: scorpion fish, or capon (locally called "bocca in capo"), Atlantic stargazer or pesce prete, gurnard (locally called "coccio"), dogfish, fraolino (red bream), ray or arzilla, ocellated wrasse (or "lappera"), conger eel, monkfish, sea snails (or "sconciglie"), weever fish, mussels, clams, octopus, mantis shrimp or "spannorchie", sea bream, cuttlefish. All the fish is cleaned, deprived of the entrails and scaled. Cut into slices if too large or left whole in order to give a richer and more seaworthy flavour. A sauté is prepared with garlic, extra virgin olive oil, chilli pepper, 1 glass of dry white wine and fish broth (fumetto). It is brought to a boil and the fish are added starting with the largest ones, put whole or cut into slices, octopuses, medium-sized fish and then those with the most delicate and tender meat, such as sea bream or "fraolino". Proceed by adding the mantis shrimp, mussels and clams. Cooking varies from 20 to 30 minutes, depending on the size of the catch used.

HISTORY BACKGROUND In the past called "mazzumaja" (i.e., mixed fish of small size), celebrated and described in many local and non-local newspapers (including Il Messaggero of 1965; Centro di iniziativa Giovanni Marcora, Civitavecchia in punta di forchetta. Quarantadue ricette della tradizione popolare, 1990), websites, and specialised cooking magazines), the Civitavecchia fish soup is undoubtedly a centuries-old dish that was born from the need to not let the unsold fish at the market go to waste, represented above all by the small fish used for the fish fry. The local historian Carlo De Paolis says that "when the city was part of the Papal States, it was not uncommon for popes to come and eat a good soup. For them, of course, top-quality fish, for the people, the reality was quite different".
It is no coincidence that the soup was born as a poor dish. It is said that in the darkest periods of the history of Civitavecchia, those of foreign dominations, people were satisfied with cast off fish from which, however, a tasty broth was obtained. The historic restaurants of Civitavecchia, such as the Trattoria del Gobbo since 1857, Sara Maria since 1885, Villa dei Principi since 1960, have always had it on their menu and keep track of it in the accounting records of their restaurants, at least since the early 1960s.
Not to be forgotten is the historic film "Sorpasso" by Dino Risi of 1962, which sees two young actors Vittorio Gassman and Jean-Louis Trintignant arrive by car in Civitavecchia where the two protagonists order and eat fish soup at the Mentana restaurant on the city seafront (https://www.sevenblog.it/ricetta-zuppa-di-pesce-de-il-sorpasso/). There is no fixed recipe for this dish, because everything depends on what the sea offers, but it is good to remember that in 2000 some representatives of the Civitavecchia section of the Italian Academy of Cuisine (founded in Milan in 1953) "codified the ingredients and characteristics of the Civitavecchia fish soup [...] so that in every appropriate place it can be used well". Today it is a delicious and sought-after dish but without a doubt the soup has maintained its popular and seafaring soul over the decades.






PREPARATION OF FISH AND SHELLFISH AND SPECIFIC FARMING TECHNIQUES

TRADITIONAL AGRI-FOOD FROM THE LANDS OF LAZIO



OIL-PACKED ANCHOVIES

Production area

Province of Latina: 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

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

Production area

Province of Latina: 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.

a tavola

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
Province of Viterbo: Lake Bolsena

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.

a tavola

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

Province of Latina: 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
Province of Viterbo: Lake Bolsena

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 Huningen. 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*".

a tavola

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

Province of Rome: 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 "*retone*" 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.

a tavola

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 BIGSCALE SAND SMELT

Production area

Province of Rome: 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.





ROMAN COAST WEDGE CLAM

Production area

Province of Rome: 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 centimetres) 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 Torvajanica. 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.



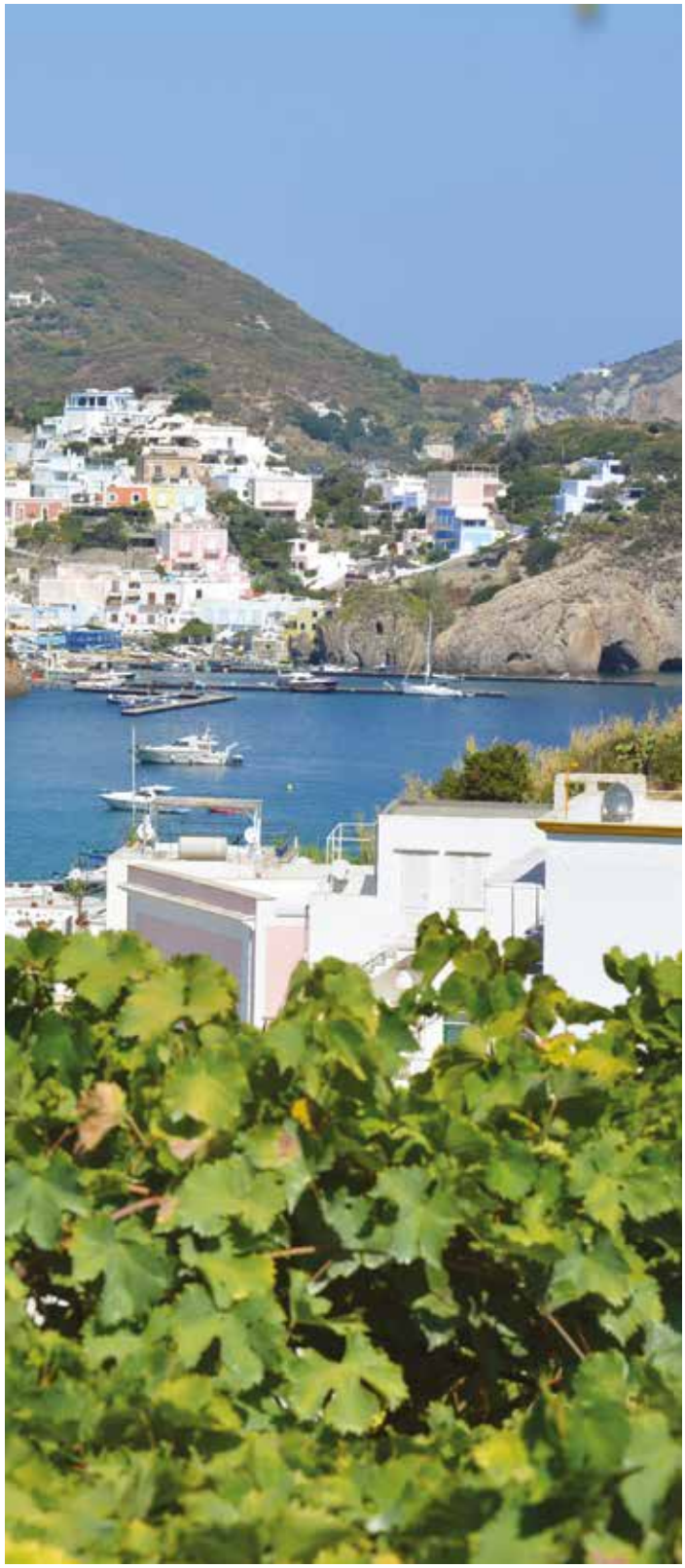
SEA TRIPE FROM THE ISLAND OF PONZA

Production area
Province of Latina: Ponza

PRODUCT DESCRIPTION It is obtained from the so-called fifth quarter of the fish, i.e., from the stomach of larger fish, such as swordfish, grouper, amberjack and monkfish (also called anglerfish). It is cooked and seasoned with various natural flavours. It has a greyish colour and a spongy appearance and is particularly tasty. It is rich in Vitamin B12 and fibre.

PRODUCTION METHOD For the preparation, larger fish such as swordfish, amberjack and monkfish (also called anglerfish) are preferred. The tripe of these fish is recovered by local fishermen who, at the end of the fishing operations, proceed with the phase of cleaning and evisceration of the fish. After a brief period of storage, it is carefully washed in running water and cooked in plenty of boiling water for about 20 minutes with the addition of bay leaf, vinegar, wine, carrots, rosemary and lots of onion. Once the boiling has been completed, the tripe is left to rest and cool and then cut into more or less large strips. This is followed by a second cooking in a fairly large pan, with extra virgin olive oil, tomato, onion and rosemary. Cooking in the pan lasts about 5-10 minutes.

HISTORY BACKGROUND It is a typical dish of Ponza cuisine that expresses the strong bond between the inhabitants of the island and fishing. Fish tripe was considered a waste by consumers, but for the people of Ponza, forced to sell the entire catch, that residual part represented a fundamental food that was easily cooked through a quick boiling in water alone. Today, however, the boiling water is flavoured with herbs and seasoned with tomato. This recipe has become a dish appreciated and requested even by tourists who frequent the island.





SWORDFISH ROE FROM THE ISLAND OF PONZA

Production area

Province of Latina: Ponza

PRODUCT DESCRIPTION Swordfish roe is preserved in oil and can be used as an ingredient in many traditional dishes: as a condiment on pasta; "A pezzell" that is, crumbled, seasoned with oil, parsley, eggs, pepper; or seasoned with oil, salt, lemon, pepper and chilli pepper. At the base of the preparation there are three types of roe distinguishable by size and colour: the unripe roe, small and thin, has a dark almost grey colour; the "a giusto punto" (just right) roe, medium-sized and beige or cream in colour; the mature roe, that is, the roe ready to be released from the fish, large, intense pink in colour and particularly fatty. Swordfish roe is characterised by an intense flavour that recalls the sea.

PRODUCTION METHOD The production period of swordfish roe is linked to the migration and reproduction period of the species, which takes place in summer. The female lays up to 800,000 pelagic eggs measuring less than 2 mm in size. The catching of swordfish takes place with the longline technique (called "coffa" in Ponza dialect) which involves the preparation and laying of many nylon threads (fishing line) from which large hooks are hung. Once the swordfish roe has been recovered, it undergoes a fairly long process that begins with boiling in plenty of salted water. The brine is composed of 70 grams of salt/kg of product in 6 litres of water. Boiling takes place for at least 2 and a half hours, during which the foam that forms on the surface must be removed in order to eliminate all impurities. Once cooked, the roe is blast chilled, cooled and dried. After that, the roe is separated from the fairly thick containment tissue. At this point the roe is put in jars with the addition of extra virgin olive oil or seed oil.

HISTORY BACKGROUND Swordfish roe has been historically produced on the Island of Ponza for over a century. It was considered a peasant food but one that was very nutritious, for those families who could not afford to buy meat. It was above all the dish of fishermen and those who dedicated themselves to working the land. From the testimonies collected on the island, we learn that in the past swordfish roe was preserved by salting, in dialect called "uarittone", and cooked boiled in water alone. This system, however, did not allow for the roe to be stored very long. Towards the second half of the 20th century, a way was found to preserve the roe for much longer, thanks to the use of oil. This made it possible to store the product in glass jars and market it at local restaurants and shops.



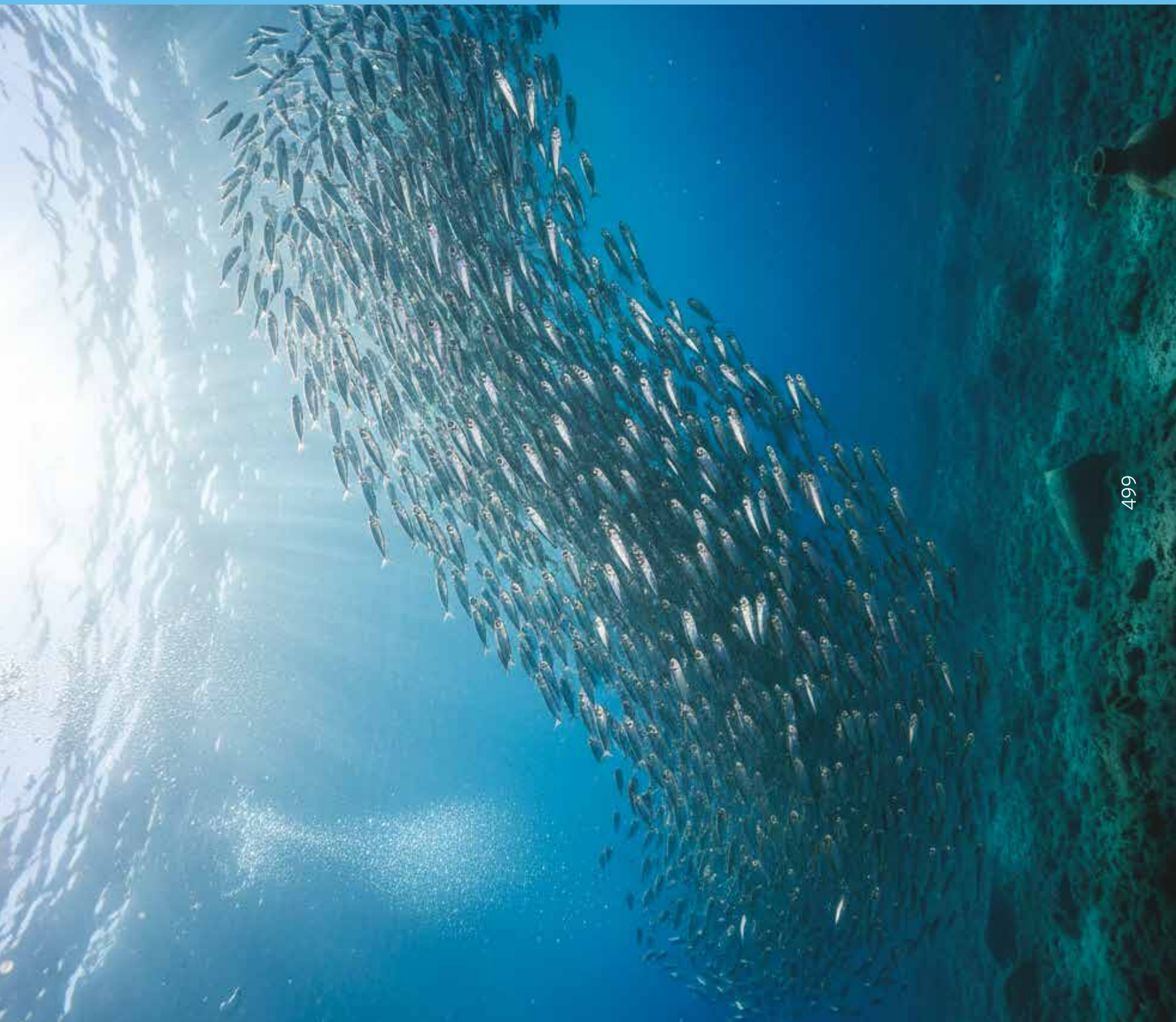
RIETI TROUT

Production area
Province of Rieti

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/m^3. 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 Gianno 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.










PRODUCTS OF ANIMAL ORIGIN

HONEY, VARIOUS DAIRY PRODUCTS EXCEPT BUTTER

TRADITIONAL AGRI-FOOD FROM THE LANDS OF LAZIO





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.



SANTOREGGIA HONEY

Production area

Province of Rome: Monti Simbruini Natural Park, in particular the municipality of Vallepietra

PRODUCT DESCRIPTION *Satureja momtana 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 deposit 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.





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 flocculum 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

PAT POSSIBILITY OF FOOD HYGIENE AND HEALTH EXEMPTIONS

LINK WITH BIODIVERSITY

Production area
Provinces 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.

a tavola

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.



HOT RICOTTA WITH WHEY "ALLA FIAMIGNANESE"

Production area
Province of Rieti: Fiamignano, Marmosedio, Mercato

PRODUCT DESCRIPTION Ricotta served hot together with the residual production whey which, for this reason, remains substantially fluid, so much so that it must be served in a bowl (scoppa) on which slices of stale bread have been placed. Aroma of sheep's ricotta, sweetish taste reminiscent of fresh cream.

PRODUCTION METHOD Hot Ricotta with whey is obtained from the whey left over from the production of sheep's milk ricotta and from the ricotta residues left at the bottom of the processing containers.

HISTORY BACKGROUND Hot Ricotta with whey is an extremely poor dish, linked to pastoral culture and to the use of every available element. The ricotta was sold, while the whey was intended for animal feed, but in this case, with the addition of ricotta residues that escaped from the sfasetta (the ladle with a hole in it) and slices of hard bread, it found new life, becoming a hot dish that gave comfort and nourishment. The Hot Ricotta was eaten directly in the traditional huts by the shepherds at the end of cheese production, so it was intended for immediate consumption and not for the market or for the families who owned the flocks. It was offered as a gesture of generosity and welcome to those who were near the huts at the time of processing, thus also becoming a tangible sign of the shepherd's welcoming spirit and generosity. This moment of simple and spontaneous sharing tells a great deal about the traditional agro-pastoral culture, made up of simplicity, but also of hospitality. The Hot Ricotta was served in a conical terracotta bowl called "scòppa". This simple dish is the protagonist of a popular saying that is still used today to rebuke those who show themselves to be listless, referring to a vital and concrete gesture of everyday life. Laziness leads to a great paradox: the refusal of the benefit (Hot Ricotta with whey) in order not to have to exert the slightest effort (washing the bowl):

"Laziness, do you want ricotta? Wash your scòppa"
"I don't want it anymore!"

The emblem is preserved among the unpublished materials collected by the Pro Loco of Fiamignano APS during a field survey conducted in 1981.



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

978-88-904841-7-9