

## MORE ABOUT PASTA & BREAD

In terms of **pasta**, Apulians pride themselves on their *orecchiette*, little ear-shaped shells that are still produced by hand on a daily basis. It is usually served with tasty sauces such as meat ragu, broccoli and lard, mushrooms or turnip tops. The pasta itself is made rigorously from durum wheat flour, water and salt. Eggs, once considered a luxury, are not used in traditional Puglian pasta-making. Another pasta speciality is *maccheroni al forno*. The maccheroni is mixed with meatballs, hard-boiled eggs and all manner of other ingredients.

As with pasta, the local durum wheat is also used in Puglia's delicious **bread**, which comes in all shapes and sizes and is a constant companion to meals. In more remote villages, communal wood-burning ovens still exist where local housewives can bake their own bread. Altamura, a small town in the north-west of Puglia was the first town in Europe to receive a DOP classification (Denomination of Origin of Production) for its bread.

### BREADS AND PIZZE

*Pane di Altamura* (Altamura semolina bread)

*Sfilatino di ricotta* (bread roll with ricotta cheese)

*Friselle* (crunchy twice-baked ring-shaped bread quickly immersed in water and seasoned with extra-virgin olive oil, fresh diced tomato, basil, oregano and a pinch of salt)

*Taralli Di Palo Del Colle* (salted biscuit cooked with wine and extra virgin olive oil )

*Focaccia* (focaccia bread - flat oven-baked bread topped with herbs or flavored with a number of vegetables)

### PASTA-BASED MAIN COURSE

*Tubettini con le cozze* (Small pasta tubes with mussels)

*U Tridde* (Fresh pasta in a turkey broth, typical of Locorotondo inn the Valle D'Itria)

*Ciceri e tria* (Tagliatelle with chick peas)

*Tiella riso, patate e cozze* (Potatoes, rice and mussel bake)

*Orecchiette con le cime di rapa* (ear-shaped pasta with turnip greens/tops)

*Cavatelli con la rucola* (pasta shells with cooked rocket greens, tomatoes and pecorino cheese)

### DESSERTS

*Purcedduzzi* (Mini fried gnocchi with honey)

*Bocconotti* (pastry shells filled with custard and sour cherries)

*Cartellate:* (ribbons of pastry dough - flavored with Marsala - rolled and fried in extra-virgin olive oil and topped with honey and cinnamon or *vincotto* - cooked wine must)

*Scarcella* (an Easter treat - a thick crumbly biscuit shaped like a big heart, or even like a dove, with a white sugar glaze)

*Pastiera* (wheat tart, made with a cooked grain, ricotta, egg and candied fruit filling)

*Tiramisù* (Ladyfingers soaked in espresso with mascarpone cheese)

*Paste secche* (baked almond biscotti)

*Cuscinetti* (CHRISTMAS fritters)

*Mostaccioli* (almond spiced cookies)

*Ciambellone* (chiffon cake)

*Zeppole* (deep-fried dough ball or fritter topped with powdered sugar, and filled with custard)