

## BOCCONOTTO



The *bocconotto* is a traditional sweet of Martina Franca. Visitors to the Valle d'Itria do not give up tasting this dessert made with shortbread, custard and sour cherries.



The Organizer suggests: Bar Adua, Via Paisiello 62

Caffè Tripoli, Via Giuseppe Garibaldi 25 ('bocconotto ricotta e pera')

## CAPOCOLLO



*Capocollo* is a pork product cased like sausage and smoked with oak bark and almond husk. Cooked wine is used to slowly marinate the capocollo. The meat of the most prized swine of the Murgia make this Capocollo of Martina Franca unique.

## BOMBETTE



Puglia has a rich food tradition with distinct regional varieties, but one street food treat which is typical of its whole southern end is the *bombetta pugliese*, made from slices of pork wrapped around cheese, usually provolone, then roasted on a skewer over wood or charcoal. (Often, the meat used is from pig crossed with wild boar and it looks more like beef.) A bombetta can come in different varieties, such as mushroom or sun-dried tomato.

It is thought that bombette pugliesi were first made more than 40 years ago in a butcher's shop, Macelleria Romanelli, in Martina Franca. Since then, they have been served throughout southern Puglia as a popular street food at carnivals and festivals, and straight from butcher shops that invest in their own charcoal oven.

*The Guardian* (<https://www.theguardian.com/travel/2016/jul/24/bombette-pugliese-puglia-street-food-italy>)



The Organizer suggests: Macelleria Granaldi, Via Bellini 108

## GNUMERIDD



*Gnummaridd* are a typical dish of Apulian culture linked to ancient Greek tradition and Mesopotamia. They are lamb entrails wrapped inside the gut and parsley leaves. Juicy and with a strong taste when cooked on the grill, they can be made of liver, lung and kidney.



The Organizer suggests: Macelleria Granaldi, Via Bellini 108

## FAVE E CICORIA



*La cucina povera*, or ‘peasant cooking’, has become quite fashionable in recent years. Based on ‘humble’ ingredients (some of which have ironically become quite expensive) and simple cooking techniques, these traditional peasant dishes were borne out of necessity. And yet they still appeal to us today, partly out of nostalgia for simpler times, and partly because they’ve come to represent a kind of authenticity that seems to have been lost in modern life. But probably they just taste too good to give up, even when you can afford something ‘fancier’. *Fave e cicoria*—Fava bean purée with chicory—is a native Apulian dish. It epitomizes the *cucina povera* concept, since it is made from two ingredients that were, and still are, inexpensive, or even free: broad beans and chicory. The combination of these two simple ingredients offers a taste experience that appeals to the most sophisticated of palates. *Fave* (or *Favetta*) and chicory is one of many examples of how Apulian cuisine is able to create completely nutritious dishes, which are absolutely tasty and wholesome using simple and inexpensive products.



In ancient times the cooking of this dish took place "int u pignatidd", a small earthenware pot that was generally used for all legumes and is still commonly found throughout Puglia. It is a wide-mouthed, pot-bellied amphora, which was oriented towards the fire of the fireplace on whose floor it was placed in the early morning for slowly cooking broad beans or other vegetables, which sometimes lasted until evening.



The Organizer suggests: Osteria del Coco Pazzo, Via Arco Mastrovito 17/18 19

## Panzerotto fritto



As with many of the delicious dishes in Italy, panzerotti (or 'panzerotto', singular) is a typical example of regional '*cucina povera*' – or peasant cooking, originating from Puglia.

Panzerotti were a tasty way to make use of left over dough from bread making using some of the most common ingredients found in an Italian home, namely mozzarella and tomatoes. Whilst the classic filling of mozzarella, tomatoes and oregano is also the most widespread, many varieties exist.

Some other popular ingredients you will find in the south are influenced by their regional produce as seen from the varieties of cheeses – ricotta forte and scamorza cheese; it is also common to find anchovies, prosciutto or olives added to the filling.



The Organizer suggests: SuperBar Carrierio, Piazza Roma 9