



Brief lexicon of the taste

Eats as you speak: the "pugliesi" have taken to the letter this way of saying.

You drag as the vowels of their dialect, "lagane", "raganelle" and "chiacchiere" - they are alone some of the so many formats of pasta, that serve as soft base to flat very tasty, and to the equal one of the so many consonants that the dialect composes, they beat the rhythm: pressing, always in unstable balance between the melodic dirge and the hard rock.

Autochthonous vegetables, aromatic grasses of the Mediterranean stain as oregano and mint, locks of rucola, rather than powerful souces of meat, exalt the dowries of "recchietelle", "mignucche", "fenescchie" and "strascinate".

It acts from adhesive the "cacioricotta", that replaces the "parmesan cheese": together with the "pecorino", ago from master of ceremonies to almost all the gastronomic marriages and it consolidates them. In the family of the cheeses of Puglia the "cacioricotta", that contains the characteristics of the "ricotta" and of the "caprino", it is in the first row: sweet when it is fresh, it takes a most definite taste when it is seasoned. The "pecorino" more noble is the "canestrato pugliese", that owes its name to the baskets of rush used for giving form to the pasta.

Soft it is instead the "burrata" a pouch of spun pasta filled with other frayed pasta and spongy and fat whipped cream. Its relative is the "burrino", of the dynasty of the "provoloni", it has a shiny and smooth crust and it contains inside a ball of flower of butter from the strong taste. The "caciocavallo" is produced with milk of cow: it has a thin and homogeneous crust, more or less yellow in base to the seasoning and of the type of "caglio" to used. Excellent to smear on the toasted bread it is the "ricotta forte" gotten by the serum of ovine and vacchine milk, good also with soups and pastas, it has a color dark ivory and a prickly odor and to the palate it results spicy.

Metaphorically must be said that pasta also has a decisive role in the wedding true, those among human.

In the rural zones there is not, in fact, future bride that doesn't have to learn, punishment to stay old maid, the pasta's art done in the house: that manufactured by the shop is banished in fact from the Sunday lunches.

It is up to the women to manipulate I mix him of water and flour and to give vary forms to

it, all cataloged by the local lexicon together with the techniques of workmanship.

It takes, for example the agile movement of three fingers to get the "strascinate", pasta's rectangles.

Same procedure follow the "cicatadde", that rather than to unfold they are stayed closed.

Closed as the "cavatelli", risen of potato dumplings of concave form, the "orecchiette", instead are the result of the pressure of the thumb that creates a hollow ready to receive the souce, that red-brown of the tomato in which are cooked "brasciolette" of meat of horse, full of bacon, garlic, parsley and cheese. With meatballs are done the "lasagnette pugliesi", with mozzarella, ham and without tomato.

Reserved to the festive days, the meat in the work days surrenders the footstep to the vegetables, "cime di rapa" first of all; there is not even meat in the "troccoli alla dauna", stuffed as more as possible, but with ingredients that furnish the fields.



Sort of "tagliolini" drawn by an object similar to the "abruzzese" "chitarra" that you can eat with a dense mixture of mince eggs, "pecorino" and asparagus tips, and finally submerged by tomato sauce.

The union of distant traditions also explains the absence of a precise scanning of the meals and the rotate of sumptuous courses and of frugal soups, of bowline and/or wheat, or of "tielle" (containers of oven crock) of vegetables, only also with potatoes, olives and mushrooms. And it also explains the devotion of the people for dishes that, thanks to the presence of pulses, meat of the poor men, has maintained whole generations.





It is the case of "ciceri e trie", Salento's specialty: "tagliatelle" boiled, and partly fried, and chickpea flavored with laurel and onion. But true queen of the pulses is the broad bean, protagonist of "fave e cicorie", an ancient recipe, it is said that Pitagora was greedy of it and that he recommended the raining water to boil it.

The dish is banner of an earth that honors everything that grows on: cauliflowers, aubergines, peppers, tomatoes, cardoons, fennels, chicory and the wild onions, small and round, that enters in a lot of preparation but they holds up alone: it is the case of the "pampasciuni alla murgiana", boiled, fried and then united with eggs, "pecorino" and fried again in frying pan.

The chapter of the meats, almost exclusively ovine and equine, it is accompanied to the vegetables and the mushrooms "paparuli", from the peppery taste and "cardoncelli", so-called because in the Murges, they are born next to the wild cardoons.

The vegetable tastes triumph in the lamb to the murgiana style, cut in little pieces and baked with potatoes, mushrooms "cardoncelli", tomatoes, "lampasciuni", and seasoned with minced garlic, "pecorino" and parsley. The lamb to the saucepan cooks on a slow fire



together with onions, cherry tomatoes and little pieces of "pecorino". The "pugliesi" don't throw nothing away of lambs and butchered kidskins: the prove are recipes of the baked lamb's head with bread crumb and "pecorino", the "quagghiaridde" (mutton filled of pluck united to scamorza cheese, eggs and salami, baked and served with boiled rocket) or the "gnemeriedde", lamb pluck, roasts to the spit.

Certainly they are intense tastes for strong palates as those of the shepherds that ate that being taking advantage of the few standstills that, in to follow the flocks, they were granted. Some butcheries show poster with the writing "fornello pronto" to point out that in the back, who wants can make to be roasted the pieces of meat and to consume them on the place with the only addition of salt.

To test of glutton

Nothing sweet to breakfast but stale bread softened in the water and seasoned with oil and cherry tomatoes. The peak of glucose is reached with the desserts of the feast as the "ostie piene di Monte Sant'Angelo", ovoidal wafers of water and flour stuffed with almonds, honey, cinnamon and cloves heated and versed hot on the wafers and than they are closed. The ingredients are the same of the "prupate", except the almonds, sweets "taralli", of the garganica's area, prepared for carnival and marriages. Honey, cinnamon and colored bonbons decorate the pancakes said "pirciedde" or "cicerchiate". As the "cartellate", pasta's strips jagged, to form of nest, fried or bedew with syrup of fig trees, of grape or of honey. For close a lunch is also used the "mattonella di fichi secchi", minced with almonds and united to little pieces of melting chocolate. Sprinkled of liqueur, the "mattonella" is set in a mould and putted in the refrigerator. It is tasted cutted in little cubes. Not to forget, finally the "boconotti", pastries with base of ricotta, eggs and candied, stuffed with cream or jam. Good also the "panzerottini" fries and stuffings of jam.

