



Gastronomic tradition

Liguria is a complex land that its habitants have managed to make the most of (for example the terraces on the hills to cultivate olive trees).

Ligurian cuisine is the first at km 0.

We can safely find marjoram, basil, garlic, olives, cheeses and meat. Every element of Ligurian cuisine wants to bring back to colors, flavors, smells that characterize the land from which they come.

Pesto pasta: is dated back to the nineteenth century. Sometimes were used cheese crusts, because cheaper, and potatoes for the same reason.



Pansoti with walnut sauce is a traditional dish of the Ligurian Levant



The focaccia di Recco dates back to the time of the Saracen invasions, when the Genoese population took refuge in the hinterland where cheese, flour and a little oil were always available ingredients..

The Pasqualina cake. In the past people prepared this cake with 33 layers of puff pastry, in honor of the years of Christ. Eggs were also considered a strong symbol of birth.



A typical dessert is the Genoese pandolce. Legend has it that it was Andrea Doria, in the 500. This dessert is consistent with the Genoese marine soul: nourishing but long-preserved, a sort of baked dough focaccia.

Even today the youngest has the task of putting on the sum a branch of olive or laurel as a sign of devotion; the oldest, that of cutting it with the care of keeping a slice for the poor who shows up at the door.

The boat of San Pietro

It is a very old tradition now almost abandoned, but fun to try at least once!

On the evening of June 28, we have to deposit an egg white in a glass jar filled with water and leave it outside all night.

The following day, the egg white will be crystallized and will be in a strange shape. From the withe a strange, unspeakable shape may have come out, or that of the boat with unfurled sails that gives the ritual its name. In consideration of how the "sails" looked, one could draw good or bad omen on what the agricultural year would be like, or on one's destiny.



The painted windows on the buildings.

It was the year 1798 and the government of Genoa devised a method to increase the income of the Republic ... How? The wealthiest used to have lavish mansions and luxurious palaces with numerous windows, and the republic decided to put a fee on those windows, also called the "patriotic window subsidy", . What they hadn't thought is that ... "could you really think of cheating a Ligurian (known for not being a lover of spending money) with such a simple gimmick with an high bill?"

The tax provided that up to five windows, nothing needed to be paid, but from the 6th, there was a real "taximeter".

But as mentioned ... a Ligurian is not that easy to fool, and therefore ... They decided to wall up their windows subject to this tax and to paint false ones outside the buildings.

Everyone liked it and many started to make paintings as realistic as possible to become a real embellishment of the facade. Those paintings are still very popular nowadays.



The Ligurians, an ancient population that lived in the northwestern area of Italy, in a much larger territory than that of the present region, were the first inhabitants of our peninsula.

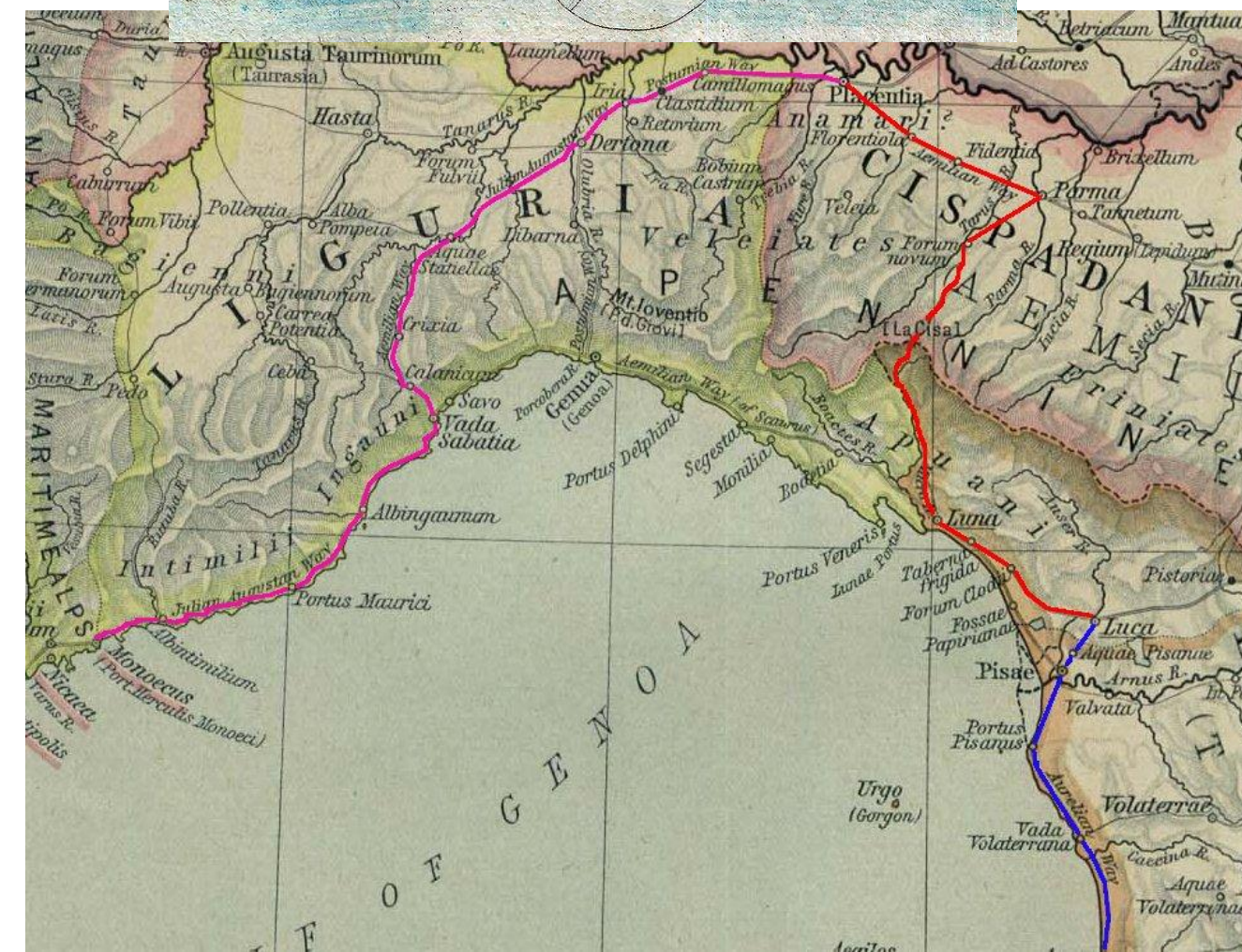
The Ligurians are mentioned for the first time in a fragment of Hesiod reported by Strabo in "La Geografia VII 3.7", as the oldest inhabitants of the West:

The term "Liguria" to indicate this area was established only in the course of the contemporary age: until the whole of the thirteenth century and for most of the nineteenth century, it was "Genoese"

Liguria is the protagonist of the Risorgimento giving birth to personalities such as Mazzini, Nino Bixio, Goffredo Mameli, the Nicoise, Giuseppe Garibaldi. Even before the unification of Italy, the region is one of the leading areas of the industrial revolution and we are witnessing rapid urbanization processes and considerable social tensions linked to the struggles of the labor movement.

In fact, the Italian Socialist Party was born in Genoa in 1892.

Liguria has been the most important maritime republic since the 12th and 14th centuries. Its trade makes it the richest in Europe, a position strengthened by its partnership with Spain.



To the west we find the elegant city considered the capital of the Riviera dei Fiori, or Sanremo. Between the end of the 19th and the beginning of the 20th century, Sanremo was a tourist destination favoured by nobles and intellectuals.

The magnificent villas in the centre of Sanremo, including that of the inventor of the Nobel Prize (now a museum), a promenade lined with palm trees, and the famous Casino date back to that period of luxury and carefree.

In more recent times Sanremo has entered the collective imagination thanks to the festival of the same name, which despite having passed the 70th edition remains the most watched television program in Italy.



The VIP resort of Liguria, symbol of glamorous and exclusive tourism, is a town nestled in a bay of the Portofino mountain, a hill covered with thick vegetation and crossed by various paths.

The small square by the sea, an obligatory point of passage for all visitors to Portofino, can be the starting point for urban walks in search of Vips or a quiet exploration of churches, castles, gardens and breathtaking views of the sea.