





# TYPICAL APULIAN FOOD

Puglia is a region with an extraordinary variety of food and wine, appreciated throughout Italy and throughout the world



The “**focaccia**” is round, tall, stuffed with tomatoes and olives. It is the queen of Apulian street food and should not be missed in Puglia.

“**Panzerotti**” is a type of dough turnover (like a calzone) which is fried and stuffed. The classic one is stuffed with tomato and mozzarella but it can also be stuffed with ham and mozzarella.





Cooked in traditional wood and stone ovens, **Altamura bread** stands out for its fragrance, flavor and aroma. It has a very crunchy crust and a soft straw-colored crumb. **Altamura bread** is still produced today following the ancient recipe handed down from generation to generation by farmers and shepherds since the Middle Ages.



**Extra virgin olive oil** is characterized by a green or yellow color with a slight green reflection, a medium fluidity, an odor with a slight sensation of leaf, a fruity flavor with a medium bitter sensation and a slight spicy sensation





**Mozzarella** of Gioia del Colle is a typical Apulian product that is part of the immense world of the extraordinary dairy products of this region.



Another typical product is the grape that is used to produce the **Gioia del Colle primitive wine** which has a ruby red colour and a fruity and harmonious flavor

The name of this kind of fresh pasta is derived from its shape: a concave disk, smooth on one side and rough on the other, which reminds one of a small ear (in Italian **“Orecchiette”** literally means “Small ears”).



The flavours of land and sea are combined in a **Riso, Patate e Cozze** dish. It comprises rice, potatoes and mussels. Originally among the Apulian typical dishes that were cooked to commemorate feast days it has now become a staple.



The “**cartellata**” is a typical Apulian dessert that is prepared especially during the Christmas period. It is a rose-shape crunchy fried dough, covered with honey or vincotto (cooked wine), sometimes both

This is «**the faldacchea**» a typical dessert of the Apulian tradition. It is made with cooked almond paste, sugar and black cherries. Traditionally it is covered with a white chocolate glaze.





**Pasticciotto** is a small cake filled with cream and usually black cherry, from Salento, but nowadays you can find them all over Puglia.



**Zeppole di San Giuseppe**, soft baked or fried choux pastry, filled with custard and sour cherries in syrup, sprinkled with a shower of icing sugar. In Puglia, **zeppole** are associated with 19 March, the feast of St. Joseph, father's day.