

# Puglia



## Tipicamente Puglia

Itineraries through the heritage, traditions and flavours of the Apulia Region

[www.viaggiareinpuglia.it](http://www.viaggiareinpuglia.it)





[www.viaggiareinpuglia.it](http://www.viaggiareinpuglia.it)



*Puglia is a beautiful region full of charm and mystery. It is a land to be discovered but also to be “savoured” and “tasted” for its extraordinary wine and food products that the whole world envies us. All of this is described and shown in the Guidebook ‘Tipicamente Puglia’, a journey through Apulian knowledge and flavours by which the Regional Office for Tourism wants to provide tourists with useful information to guide them in selecting the natural, environmental, landscape, architectural, archaeological and cultural attractions to visit and the foods to taste.*

*The ten itineraries suggested in the section ‘Puglia dei sapori’ go through selected farmhouses, masserias, farms, trattorias and introduce the products used for the unique Apulian cuisine to readers and tourists.*

*‘Tipicamente Puglia’ is a way to invite people to ‘travel to Puglia’ in a ‘sustainable way’, by walking the routes of the region’s outstanding landmarks: parks, natural reserves, cultural and religious itineraries will draw the tourist’s curiosity while promoting and enhancing places and territories.*

*Every stop of the tour, from Gargano to Salento, from the countryside to the sea, from the hinterland to the cities is characterized by a typical local dish or produce that will help get in touch with the nature, environment, history, traditions. The tour will also pass through villages on the sea, the medieval villages of Murgia, cornfields, centuries-old olive trees, trullis and masserias. Have a nice trip and come enjoy our products!*

*Magda Terrevoli*

*Councillor For Tourism and Hotel Industry*

*Regione Puglia*

# Tipicamente Puglia

Itineraries through the heritage, traditions and flavours of the Apulia Region

**T**raveling around Puglia in a sustainable and responsible way as a "traveler" rather than a hasty tourist.

"Sustainable traveling" means living the journey as a discovery: visiting a place on tiptoe, taking a delicate step induced by curiosity and desire to know something about the culture, nature, traditions of the place through the contact with the local community.

"Going slow" allows covering unusual paths, stopping off and listening to the stories of those who have always lived there; taking refreshment in a countryside inn tasting a delicacy of the place made with simple ingredients, a precious taste of the cultivated land.

Making sustainable tourism in Puglia means going along roads that lead to the discovery of small rural villages away from the usual tourist routes, surprising the travelers with authentic small restaurants, the so-called trattoria, where culture is expressed just through the simple use of local products. Such products make Puglia a land of flavors and tastes that tells stories and legends of ancient peoples as the Greeks, the Messapians, whose echoes can still be heard among the canyons of the High Murgia. The project "Tipicamente Puglia" combines "traveling in Puglia" and "sustainable tourism" in a binomial through routes that intertwine the excellence of the territory with the traditional local products.

How? Through the travel offers that make tourism unseasonal, through the development of not well known areas as the Daunian Subappennine, whetting the traveler's appetite with the typical products of Puglia's tradition, but above all making the local community the protagonist of this new model of tourism development in Puglia.

Let's sit at the table and enjoy Puglia along 10 routes!



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# THE 10 - STOP TASTE ROUTES

-  *Gargano: at the table between sky and sea*
-  *Tasty parcels from medieval Daunia*
-  *Swabian Tastes*
-  *Rock civilizations and medieval banquets*
-  *Delicacies and tastes in the enchanting land of the Trullis*
-  *Flavours and Tastes along the Messapic routes*
-  *A bite of Baroque*
-  *Tasting Salento*
-  *Puglia and Nature: the Flavours of the Parks*
-  *Holy routes: Faith and Tastes*

Bari



# The Guide

## in brief

This guide is designed as an easy-to-read compendium describing the main enological-gastronomic specialties which are found in the rural areas of Apulia. The guide also points out the areas where these specialties are being produced. The ten different cultural-enological-gastronomic itineraries illustrated in this guide will enable travellers to discover all the different areas of Apulia. A geographic map, together with a detailed city-map legend beside each itinerary, will aid tourists with information about the cities which they will visit on each route. This guide contains descriptions of the main naturalistic and architectonic sites characteristic to each itinerary, as well as information about the typical local products. A list with the typical products, local events and museums with contact numbers is offered to the reader-traveller at the end of each itinerary description. The latter is followed by a useful list of addresses of companies where the tourist may taste/buy the typical enological-gastronomic products described in the itineraries; specific graphic symbols illustrate the particular characteristics of each producer. Two important aspects need to be underlined to the reader for a clearer comprehension of this guide: 1- some of the local products indicated at the end of each itinerary are located near the cities shown in the itineraries maps.

2- Some producers are indicated in more than one itinerary (e.g. Monte Sant'Angelo is recommended in the Gargano's itinerary as well as in the Parks and Nature and religious itineraries) More information about monuments, history, events and local products can be found on the following web sites [www.viaggiareinpuglia.it](http://www.viaggiareinpuglia.it) and [www.biotipicinpuglia.it](http://www.biotipicinpuglia.it)

The services offered in the mentioned facilities are expressed according to the following symbols:



*Hotels*



*Guided tasting, tours and/or laboratories*



*Restaurants*



*Agreement between cooks and SLOW FOOD points*



*Credit Card*



*Agromuseum*



*Where to buy products*

The companies mentioned in the Guide Book have been selected by CIA Puglia by using the professional registers from the following sources: [www.viaggiareinpuglia.it](http://www.viaggiareinpuglia.it); [www.tipicinpuglia.it](http://www.tipicinpuglia.it); Masserie didattiche di Puglia ([www.regione.puglia.it/index.php?page=prg&opz=display&id=212](http://www.regione.puglia.it/index.php?page=prg&opz=display&id=212)); Turismo Verde Puglia ([www.turismoverde.it](http://www.turismoverde.it)); alleanza tra cuochi e presidi Slow Food, workshops of Tipicamente Puglia

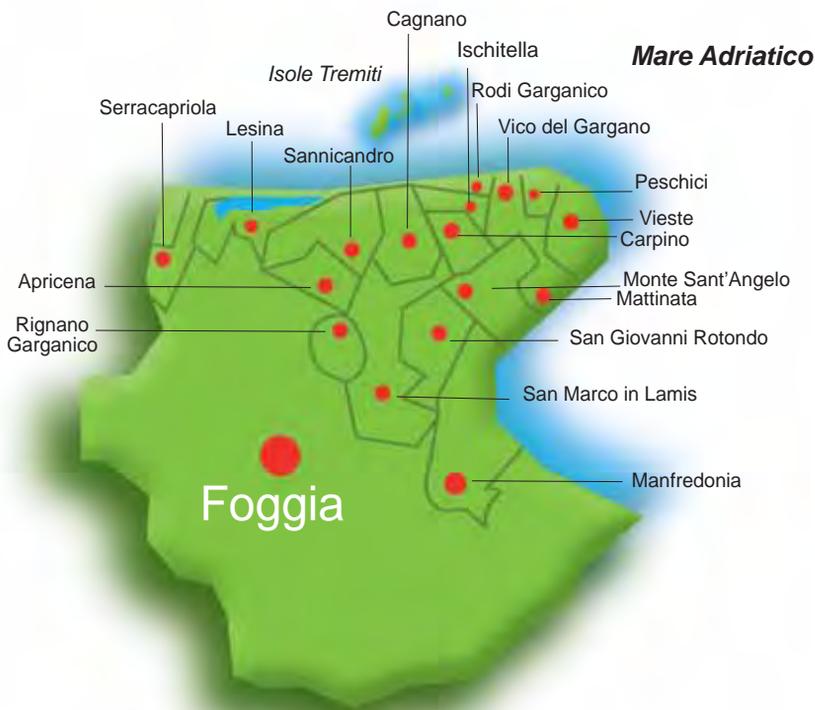
# What an **Agromuseum** is

Observing, touching, experiencing the Apulian rural life

**O**ur region is rich in rural structures where spaces and moments witnessing an ancient country culture can still be found; a culture that has greatly shaped Puglia and made it unique. The rich rural architecture (masseria, jazzi, trulli, hypogeum oil mills ...), made up of crop traditions (meaning not only crop techniques but also the tools of the country life) and of the high-quality products, is sometimes combined with the ability of disseminating knowledge and involving people. These are the Agromuseums\* of Tipicamente Puglia: living places though stuck in time, in which the traveller will have the opportunity to see how oil is produced, to visit a small museum and to discover the peasants' shrewdness in manufacturing their ancient tools, to taste and to know the typical gastronomy products as well as to attend a laboratory of white art... many are the opportunities offered to the traveller by the Agromuseum.

\* The Agromuseums mentioned in the Guide are farm businesses equipped to receive tourists and disseminate knowledge and provided with experienced personnel and spaces suitable for experiencing the place. They also meet the "Quality Card" requirements.





**Gargano - Apricena, Cagnano, Carpino, Ischitella, Isole Tremiti, Lesina, Manfredonia, Mattinata, Monte Sant'Angelo, Peschici, Rignano Garganico, Rodi, San Marco in Lamis, San Giovanni Rotondo, Sannicandro, Serracapriola, Vico, Vieste**

**T**he Gargano, a land that nature has intended isolated for a long time because of its location on a high promontory over an emerald green sea...That is why the communities living there for centuries have kept their traditions and their culture intact, because in the history of invasions in the land of Puglia the

Normans, the Saracens, the Byzantines as well as the Lombards hardly managed to conquer this natural stronghold.

On the Gargano the visitor will taste a cuisine deeply rooted in local traditions: recipes developed and modified over time by the customs of those who, although living on the sea,

have rarely been affected by external influences.

Around Lesina our traveler will take a canoe to the lagoon surrounding the village, the saltwater lake of Lesina separated from the sea by a thin stretch of land. In this area the small country restaurants serve excellent **scapece of Lesina**, tasty fried or baked eel, flavored with mint and cooked in extra virgin olive oil. Following the outline of the promontory, the traveler will stop at Peschici and will have a quick bath in one of the wonderful beaches of the coast, knocking down on the white sand of the Manacore Bay after a long swim and taking refreshment with a **lemon of femminiello** and **orange of the Gargano juice**.

Along the journey our traveler will come to Vico del Gargano, a small farm town rich in vegetables flavored by the saltwater, located on the edge of the Foresta Umbra (see Puglia and Nature: the flavours of the parks), then to Vieste, an old refuge of the legendary pirate named Dragut who raged over the Mediterranean Sea in the sixteenth century, stopping here to admire the wonderful trabuccos, effective fishing tools made of Aleppo wood, cleverly anchored to rocks today as in the past.

The small local restaurants serve excellent **lagane** which, flavored with chickpeas, become a tasty dish as suggested by the poet Horace: "...so I'm going home to my bowl of leeks chickpeas and lagane". Still not

satisfied enough, the visitor will praise the beauty of his land and ask the visitor to look back on the sea, once again, to admire the colossal monolith "Pizzomunno" or "the top of the world" and to keep him there for a little while, he will hand him a piece of **pizza sfoglia e scannatedda**, puff pastry pizza expertly prepared with durum wheat semolina and flavored with fennel flowers.

Rising with difficulty from the table, with a stomach full of delicacies and eyes full of wonderful visions, the visitor will arrive in Manfredonia to admire the medieval architecture of the St. Leonard Abbey and have a plate of **muschiska**, a special recipe based on goat meat, dried and flavored with fennel seeds and chilli pepper, and a **farrata of Manfredonia**, made with emmer wheat and stuffed with fresh ricotta cheese, whose scent is made intense by mint and sweet marjoram. The traveler will turn his gaze towards the sea and won't resist the temptation to embark and sail to the legendary Tremiti Islands, a **jewel of the Gargano**; he will land on the island of St. Nicholas to stop at the Abbey of Santa Maria by the Sea or on the island of St. Domino where, among the green stretches of pine trees, they still tell the story about the old hermit who lived on the nearby Capraia Island and collected capers of the Gargano with a strong and penetrating flavor and sold them to those who ventured out by boat to the wild Pianosa.



**Meat:** muschiska  
**Cheese:** pecorino cheese of Foggia  
**Vegetable Products:** lemon and orange sweets, capers of the Gargano  
**Home-made pasta, bakery and pastry products:** calzone of Ischitella, farrata of Manfredonia (recipe based on emmer wheat), lagane (home-made pasta), puff pastry pizza and scannatedda (twisted kind of bun)  
**Fish, shellfish, seafood:** scapece of Lesina  
**PGI products (Protected Geographical Indication products):** PGI Lemon of Femminello del Gargano, PGI oranges of the Gargano

**EVENTS AND FESTIVALS**

**2nd to 8th of August:** Carpino, Carpino Folk Festival  
**On Good Friday:** San Marco in Lamis, processione delle Fracchie (a religious procession)  
**On Good Friday:** Vico del Gargano, la Messa Pazza (the Crazy Mass)  
**January-March:** Manfredonia, Daunian Carnival

**MUSEUMS**

National Archeological Museum of

Manfredonia. Info: +39.0884.587838

**AGRITURISMO FALCARE**



Cagnano Varano (FG)  
 C.da Falcare  
 Products: extra-virgin olive oil from organic farming, caciocavallo and cacioricotta cheese, walnuts and chestnuts, orecchiette (ear shaped home-made pasta), stewed wild boar  
 Tel. +39.0884.8238  
 info@agriturismofalcare.com  
 www.agriturismofalcare.com

**AGRITURISMO MASSERIA GIORDANO**



Ischitella (FG)  
 C.da Forchione  
 Products: extra-virgin olive oil, troccoli (long and thick home-made pasta) and chickpeas  
 Tel. +39.0884.995519  
 masseriagiordano@libero.it  
 www.masseriagiordano.it

## AZ. AGR. M. CRISTINA BISCEGLIA



Mattinata (FG)  
At the "Agriturismo Giorgio",  
C.da Giorgio

Products: extra virgin  
olive oil, orange and  
lemon marmalade  
Tel. +39.0884.551477  
info@oliodelgargano.it  
www.oliodelgargano.it

## AGRITURISMO MADONNA INCORONATA



Mattinata (FG)  
Loc. Madonna Incoronata  
Products: PDO extra-virgin olive oil  
from organic farming  
Tel. +39.0884.550228  
info@agriturismogargano.it  
www.agriturismogargano.it

## COOP. AGRICOLA "LA MONTANARA"



Monte Sant' Angelo (FG)  
Via F. Cavallotti, 19  
Products: caciocavallo,  
pecorino, mozzarella  
and honey  
Tel. +39.340.9747854  
lamontanara@virgilio.it

## AGRITURISMO LA TORRE TARONNA



Monte Sant'Angelo (FG)  
Loc. Purgatorio  
Tel. +39.0884.562331  
agriturismolatorretaronna@gmail.com  
www.agriturismolatorretaronna.com

## AGRITURISMO "LA CHIUSA DELLE MORE"



Peschici (FG) - Loc. Padula  
Tel. +39.330.543766  
lachiusadellemore@libero.it

## RISTORANTE IL TRAPPETO



Vico del Gargano (FG)  
Via Casale, 168  
Products: broad beans and chicory,  
agnello alla cacciatora (lamb stewed  
in a tomato, wine and herb sauce)  
Tel. +39.0884.961003  
marinellapatania@yahoo.it

## AZIENDA AGRICOLA VITILLO



Vico Del Gargano (FG)  
Via Salita Della Bella, 1  
Products: extra-virgin olive oil  
from organic farming, walnuts,  
chestnuts, figs  
Tel. +39.0884.994188 - +39.329.4569884  
agricolavitillo@alice.it

## AGRITURISMO POSTA PASTORELLA



Vieste (FG) - Loc. Piano Grande, 7  
Tel. +39.0884.701047 - +39.3405233131  
Products: extra-virgin olive oil,  
IGT Puglia and IGT Daunia BIO  
wines, olives  
pastfab@yahoo.com  
www.postapastorella.it

## SPLENDIDO GARGANO



Vieste (FG) - Loc. Piano Piccolo  
Tel. +39.0884.705708  
agricimaglia@tiscali.it



**Lucera, Accadia, Bovino, Deliceto, Troia, Ascoli Satriano, Torremaggiore, Apricena, Cerignola, Candela, Faeto, Orsara di Puglia**

**O**n the extreme borderline between Puglia and the land of Basilicata there is an area, once isolated in the north by Mount Cornacchia, considered impenetrable ages ago.

It's the Daunian Subappennine that witnessed long battles between the Byzantines and the Lombards for the conquest of its territory and was for a long time one of the main paths of transhumance as shepherds descended with thousands of sheep from the

lands of Abruzzo towards the rich pastures no longer existing. It's a region characterized by small towns surrounded by ancient walls, built on hills that, from high above watch over the immensity of the Tavoliere delle Puglie, or an infinite stretch of golden wheat, which has always been and still is a source of development for our land.

Walking along the paths on the Tavoliere, the "traveler" will come



into the city of Troia and visit the beautiful cathedral, built according to the will of the Bishop Girard at the beginning of the year 1000. Tired of his wandering, the traveler will be accepted in one of the thousands small local restaurants where, before sitting at the table will be served a slice of **soppressata of the Daunian Appennine**, and a glass of “**Cacc’e MMitte DOC**” wine with its pomegranate essence aftertaste. Venturing into the inland and climbing 900 meters above the sea level, the traveler will arrive in the ancient city of Faeto, of Provençal origin, where he will have to taste typical specialties prepared with **lard of Faeto** flavored with bay leaves which makes the taste delicate, or **raw ham of Faeto** whose deliciousness is guaranteed by the wild state of breeding of the native black pig species. Down the valley we enter the heart of the Tavoliere delle Puglie and the traveler will want to visit Lucera, the

center of Daunia, which after being a Turkish settlement for a long time, was conquered by the catholic Charles of Anjou to whom we owe nowadays the splendid Cathedral of Our Lady of the Assumption. The visitor will linger a long time in front of the magnificent portal decorated with a beautiful rose window, but not before having a lunch break with a good plate of beans of the **Daunian Mountains** expertly prepared with **cicatelli**, home-made pasta from durum wheat burnt in the fire.

Our traveler will continue his route and admire small towns full of towers, castles and churches as Torremaggiore where is said that Frederick II (see Swabian Tastes) died, or Apricena, an ancient hunting area, or Cerignola, named after Ceres, the goddess of sowing and harvesting.

Skipping from one historical period to another, the traveler will discover the local cuisine experiencing the spicy and mature flavor of **Daunian**



**podolic cattle caciocavallo cheese**, sided by a slice of **durum wheat bread** produced in the small town of Ascoli Satriano.

In the end, before continuing south, the traveler will look back and let his eyes admire the spectacular immensity of the Tavoliere, biting a juicy and crispy **limoncella apple**.

**Meat:** raw ham and lard of Faeto, sausages of the Daunian Appennine, soppressata of the Daunian Appennine (a typical salami), tocchetto (a typical salami), Daunian podolic cattle meat  
**Cheese:** Daunian podolic caciocavallo cheese

**Vegetable products:** bean of the Southern Daunian Mountains, limoncella apple of the Daunian Mountains

**PDO products (Protected Designation of Origin products):** PDO Oliva Bella of Daunia

**Home-made pasta, bakery and pastry products:** bread of Ascoli Satriano, burnt wheat pasta of Cerignola  
**Registered Designation of Origin Products:** red wine of designated origin of Canosa, Cacc'e Mmitte of designated origin of Lucera

#### EVENTS AND FESTIVALS

**2nd Sunday of August:** Deliceto, sagra del Maiale Nero (Black Pork Festival)

**February:** Deliceto, St. Mattia Bonfire  
**July and August:** Orsara, Orsara Jazz Music Festival

#### MUSEUMS

Treasure of the Cathedral of Troia.  
Info: +39.0881.726245  
The Wheat Museum of Cerignola.  
Info: +39.0885.414944

#### A. A. SALECCHIA



Bovino (FG) - C. da Salecchia S.P.122

Products: gentile cheese, black pork salami, salsiccia rocchiata (rolled sausage)

Tel. +39.0881.966332  
salecchia@supereva.it  
www.masseriasalecchia.it

#### MASSERIA CELENTANO



Lucera (FG) - S.P. Pietra Monte Corvino Km 4

Products: IGT and DOC wines  
Tel. +39.0881.539057  
info@albertolongo.it

#### MASSERIA SANT'AGAPITO



Lucera (FG)

C.da Santa Caterina Ripatetta  
Products: extra-virgin olive oil, traditional dishes of the Tavoliere  
Tel. +39.0881.547827  
info@masseriasantagapito.it  
www.masseriasantagapito.it

#### RISTORANTE MEDIOEVALYS



Ascoli Satriano (FG)

Via Leta Bammine, 1  
Products: orecchiette with turnip tops and beans, burnt wheat cavatelli (hand-made pasta) with cherry tomatoes and local cacioricotta cheese  
Tel. +39.0885.651665  
gianniegrazia@aliceposta.it  
www.medioevalys.com



### FATTORIA FIORENTINO



Torremaggiore (FG) - Loc. Castel Fiorentino

Products: (organically grown) goat and

podolic cow milk cheese

Tel. +39.0881.318149

info@fattoriafiorentino.it

www.fattoriafiorentino.it

### RISTORANTE 'U VULESCE



Cerignola (FG) - Via C. Battisti, 3

Products: burnt wheat cicatelli (hand-

made pasta) with broad bean soup and

fresh clams, lamb with potatoes,

cardoncelli mushrooms and wild onions

Tel. +39.0885.425798

rosario@cerignolacabaret.it

### RISTORANTE PEPPE ZULLO



Orsara di Puglia (FG) - Via Piano Paradiso

Tel. +39.0881.964763

info@peppezullo.it

www.peppezullo.it

### AGRITURISMO POSTA GUEVARA



Orsara di Puglia (FG)

Strada Statale 90 - Via Napoli

Products: burnt wheat cavatelli (hand-

made pasta) with cacioricotta cheese,

burnt wheat pizza, cheese of the

Daunian mountains, black pork salami

and main courses

Tel. +39.0881.976880

posta-guevara@libero.it

www.paginegialle.it/agriturismopostaguevara

### MASSERIA CASACAPANNA



Chieti (FG) - C.da Viarelle

Products: caciocavallo, ricotta and

cacioricotta cheese, almonds,

orecchiette, cicatelli (hand-made pasta),

torcinelli (lamb rolled in guts), taralli

(circle-shaped bakery products), zeppole

(typical cakes), preserves in oil

Tel. +39.0882.689661

agripadrepio@tiscali.it

www.agripadrepilogiovane.it

### TENUTA FUJANERA



Foggia (FG) Via Bari - C.da Quadrone

delle Vigne Km 2+500

Products: IGT Puglia Nero di Troia and

IGT Puglia Negramaro wines,

vegetables in oil

Tel. +39.0881.652619

info@fujanera.it

www.fujanera.it



## Andria (Castel del Monte), Bari, Barletta, Canosa, Corato, Margherita di Savoia, Trani

**D**escending from the province of Foggia towards the center of Puglia, our visitor will have the opportunity to learn about the magical geometry of the castles of Frederick II, Castel del Monte, an octagonal monument standing between heaven and earth, which according to ancient medieval symbology represents the union between God and man, between the perfect and the imperfect. It's the first of a series of Frederick's

magnificent buildings that follow one another along the coast of the Adriatic city of Bari. Frederick's roads are intertwined with equally interesting paths characterized by culinary tradition which in this area is rich in wine and cheese.

Continuing towards Barletta it won't be simple to resist the temptation to stop along the road that from the castle leads straight to the old Cantina della Disfida (or Cellar of the

Challenge) and enjoy a slice of **caciocavallo** cheese or **scamorza di pecora** with a piece of **durum wheat bread**, and a glass of delicious **Barletta DOC red wine** (wine of designated origin).

Then if a curious traveler wants to deviate from the main path and run away in the hidden small town of Corato, after walking in the charming medieval old town, he will have the opportunity to get lost among the thousands laboratories where they still practice the ancient techniques of milk processing and boiling in order to obtain delicious types of fresh cheese that are now known around the world: juicy **burrata**, **giuncata** to taste with a pair of **sun-dried tomatoes**, **mozzarella cheese** with a side dish of small **artichokes in oil** and the strong taste of **lampascioni in oil**.

Back on the main road towards Bari, there is a stop which should not and can not be given up: it's the sunny city of Trani, entirely developed on the sea, a wonderful urban center to visit in the winter as well. In the coldest days, it will be pleasant to taste in front of a fireplace a delicious glass of sweet **Moscato di Trani DOC** (wine of designated origin) at the end of a meal worthy of a banquet of Frederick II: a hearty meal during which we can taste the delicious **orecchiette** served with tomato sauce or a dish of **ravioli with ricotta cheese** topped with the grated **canestrato**. Why not end in flourish visiting the Norman-Swabian Castle of Bari, or

the door of the east? Penetrating the old city centre the visitor will enjoy exploring the thick network of alleys and streets leading to the magnificent Basilica of St. Nicholas.

Going from a court to a church, the visitor will have lot of fun visiting the local markets and enjoying a **cartellata covered with cooked wine** or whetting his appetite with a **tarallo** cooked in white wine.

**Cheese:** burrata (fresh buttery cheese), cacio cheese, caciocavallo cheese, cacio ricotta cheese, giuncata (curd cheese), manteca cheese (derived from podolic cattle caciocavallo cheese), mozzarella cheese, scamorza (smoked cheese), vaccino cheese (cattle cheese), scamorza di pecora (smoked sheep cheese), canestrato (an old type of sheep milk cheese made in cane baskets)

**Vegetable Products:** artichokes in oil, quince jam, stewed figs, fresh fava beans cooked in a pot, self-sown mushrooms in oil, lampascioni in oil (small wild onions), tomatoes in oil, sun-dried tomatoes

**Home-made pasta, bakery and pastry products:** cartellate (sweets made of dough and covered with cooked wine), taralli (typical circle-shaped bakery product made of dough and white wine), durum wheat bread, ravioli filled with ricotta, orecchiette (ear shaped home-made pasta)

**Registered Designation of Origin Products:** Barletta of designated origin, moscato di Trani of designated origin.



## EVENTS AND FESTIVALS

3rd weekend of September: Andria, Festival of the Patron Saints Riccardo e Maria dei miracoli

August and September: Castel del Monte, Castel dei Mondi Festival

September: Barletta, the Challenge Memorial Day

April: Canosa di Puglia, local products of Canosa Festival

The Holy week: Canosa di Puglia, the rituals of the Holy Week

September: Trani, Jewish Culture Festival

## MUSEUMS

Picture Gallery of the Province of Bari. Info: +39.080.5412421

G. De Nittis Picture Gallery, Barletta. Info: +39.0883.578614

## TENUTA MONTEVITOLI



Andria (BAT)

Via Vecchia Spinazzola, Km 9,2

Products: traditional dishes of Murgia, extra-virgin olive oil from organic farming

Tel. +39.0883.1955408

info@tenutamontevitolo.it

www.tenutamontevitolo.it

## MASSERIA "TERRE DI TRAIANO"



Andria (BAT) - S.P. 12, Km 13

C.da Torre Di Bocca

Products: extra-virgin olive oil, Castel Del Monte DOC wine

Tel. +39.0883.591554

info@terreditraiano.it

www.terreditraiano.it

## A. SPAGNOLETTI ZEULI



Andria (BAT) S. P. 231, Km 60

Products: Nero di Troia wine,

extra-virgin olive oil

Tel. +39.0883.569560

c.szo@contespagnolettizeuli.it

www.contespagnolettizeuli.it

## A. AGRITURISTICA "TENUTA TANNOIA"



Andria (BAT) - Masseria San Francesco

Castel del Monte

Products: sheep ricotta cheese,

traditional dishes of Murgia

Tel. +39.0883.545731

postmaster@tenutatannoia.com

## AGRITURISMO "SEI CARRI"



Andria (BAT) - S. P. 234 - C.da Finizio

Products: cacioricotta, giuncata (curd cheese), goat and sheep milk cheese,

marzotica cheese, orecchiette with cardoncelli mushrooms and cherry tomatoes,

acquasala (bread with tomatoes, olive oil, onion and oregano)

Tel. +39.0883.569836

www.agriturismoseicarri.it

## AZ. BIODINAMICA CEFALICCHIO



Canosa (BAT)

C.da Cefalicchio, S.P. 143 - Km 3

Products: DOC biodynamic wines,

tomato puree, olives in brine, dried salt-cured cod with Carpino broad beans and sponsale (leek-onions),

focaccia (flat oven-baked bread)

Tel. +39.0883.642123

info@cefalicchio.it

www.cefalicchio.it

## RISTORANTE U.PE.P.I.D.D.E.



Ruvo Di Puglia (BA)

Vico Sant'Agnese, 2



Products: cavatelli (hand-made pasta) with cardoncelli mushrooms and white bean soup

Tel. +39.080.3613879

info@upepidde.it

www.upepidde.it

#### AGRITURISMO LE VEDUTE



Bisceglie (BAT) - S.P. 23 Km 9,00

Tel. +39.080.3952416

info@levedute.it

www.agriturismolevedute.it

#### AGRITURISMO MONTEPAOLO



Conversano (BA) - C.da Montepalo, 2  
Products: burnt wheat focaccia bread, mozzarella cheese, pizza stuffed with onions

Tel. +39.080.4955087

info@montepaolo.it

www.montepaolo.it

#### AGRITURISMO IL PETRARO



Modugno (BA) - C.da Petraro, 56

Products: extra-virgin olive oil, almonds, artichokes, wild onions, cherries

Tel. +39.080.5326731

info@ilpetraro.com

www.ilpetraro.com

#### AGRITURISMO CURATORI



Monopoli (BA)

C.da Cristo Delle Zolle, 227

Tel. +39.080.777472

agricurcont@libero.it

www.agriturismocuratori.it

#### TRATTORIA DEL PORTO



Monopoli (BA)

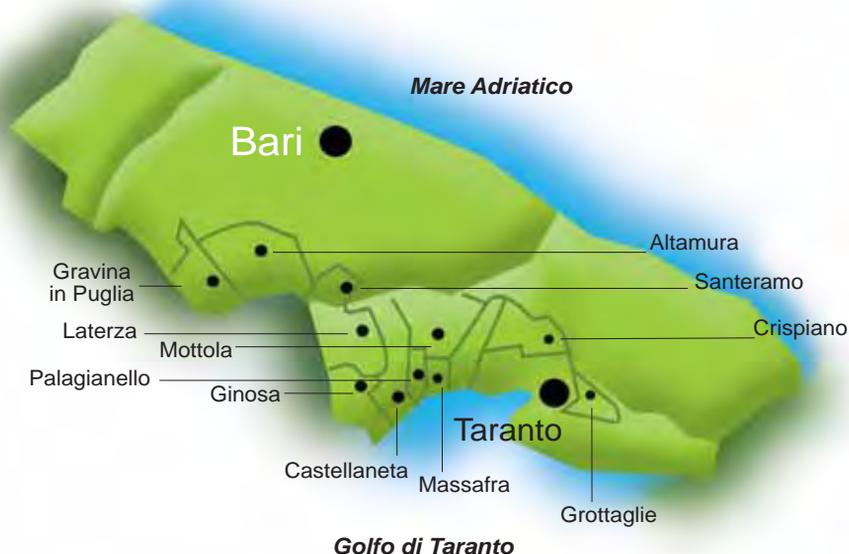
Via Porto, 17

Products: stewed Savoy cabbage with ricotta forte cheese, stewed octopus with onions, anchovies and mussels au gratin, burrata (fresh buttery cheese)

Tel. +39.080.4107431

trattoriaporto@virgilio.it

xoomer.virgilio.it/trattoriadelporto



**Altamura, Castellaneta, Crispiano, Gravina, Ginosa, Grottaglie, Laterza, Massafra, Mottola, Palagianello, Santeramo**

On the inland territory stretching from the Province of Bari to Taranto, the landscape has a unique conformation made of ravines and grottoes, similar to canyons, more than 100 meters deep and crossed by underground rivers and rainwater. Since the dawn of the year 1000, whole generations have inhabited these caves, leaving evidence of how man has adapted to the conditions dictated by nature.

It is an area with many towns that make the history of this territory and its typical cuisine.

The traveler will enter the heart of the city of Altamura through its megalithic walls to visit the Cathedral built by Frederick twice during the Middle Ages because of an earthquake. In the late morning, especially in winter when it often snows, the traveler will want to warm up with a soup of lentils of Altamura in which he can dip

fragrant slices of PDO bread of Altamura with its typical durum wheat yellow soft part.

Continuing towards Gravina the traveler will be surprised in front of St. Michael's Church, completely carved into the rock. Right beside it, numerous trattorias serve **pzzntel**, excellent salami made in accordance with folk wisdom reusing parts of the pig that would be thrown away, with a glass of white wine of **Gravina of designated origin**. Moreover, to deepen the knowledge of the cuisine of the place, it will be "necessary" to eat a plate of **cardoncelli** mushrooms which in the Middle Ages were rejected by the Church because they were considered aphrodisiac.

Entering the territory of Taranto the rocky landscape of the canyon is followed by the farmhouse complexes of Mottola, Crispiano and Massafra. In these places, good food is a rule and the use of cooking meat reaches its climax in the town of Laterza. Here, after a hike in the canyons that reach a length of 10 kilometers, the traveler is expected for a lavish meal of **roast meat of Laterza** prepared with **red onions of Acquaviva**, livers of Laterza based on the entrails of lamb flavored with parsley and thyme, and to end **sausage of Laterza** beef cooked on a spit.

Strolling among the laboratories of the potters in Grottaglie, studying their work on the potter's wheel, the traveler will sweeten his mouth with a **clementine of the Gulf of Taranto**.

**Meat:** pzzntel (typical salami), "a punta di coltello" sausage (filled with chopped meat), roast meat of Laterza, liver of Laterza, small sausage of Laterza  
**Cheese:** pecorino cheese (sheep milk cheese)

**Vegetable products:** lentil of Altamura, sweet orange of the Gulf of Taranto, cardoncello mushroom

**Home-made pasta, bakery and pastry products:** bread of Laterza

**Registered Designation of Origin Products:** Gravina wine of designated origin

**PGI products (Protected Geographical Indication products):** PGI clementine of the Gulf of Taranto

**PDO products (Protected Designation of Origin products):** PDO Bread of Altamura

## EVENTS AND FESTIVALS

**14th to 16th of August:** Altamura, festival of the Patron Saints Irene e Ss. Assunta

**15th to 20th of October:** Gravina, festival of grapes and wine

**2nd of June:** Santeramo, festival of St. Erasmo

**August:** Castellaneta, "Far' nedd e dei sapori di Puglia" Festival

**July:** Crispiano, Summer Festival of liver

**October:** Massafra, Half moon Palio

## MUSEUMS

State Archeological Museum of Altamura. Info: +39.080.3146409

Ethnographic Museum of the High Murgia, Altamura. Info: +39.080.841502



### MASSERIA MADONNA DELL'ASSUNTA



Altamura (BA)  
S.P. 238 Altamura - Corato, Km 39  
Products: cardoncello mushroom, bread of Altamura, agnello a cutturidd (boiled lamb with fresh herbs and vegetables), gnumuridd' (special roulades with lamb and goat offal), almond paste cakes  
Tel. +39.080.3140006  
pugliainmasseria@libero.it

### MASSERIA CHINUNNO



Altamura (BA)  
S.P. 18 - Km 8, C.da Chinunno  
Products: mozzarella, scamorza, ricotta, caciocavallo cheese, lamb and roulade backed in clay bowls  
Tel. +39.080.3140185  
info@masseriachinunno.it  
www.masseriachinunno.it

### AGRITURISMO "LA CALCARA"



Altamura (BA)  
C.da Ceraso - S. P. 151 per Ruvo, Km 6  
Products: ricotta, scamorza, burrata cheese, cutturidde (boiled lamb with fresh herbs and vegetables), marro (dish made from lamb offal), cardoncello mushrooms  
Tel. +39.080.3145365  
info@masserialacalcara.it  
www.masserialacalcara.it

### AZIENDA AGR. MICOLOGICA DE BIASI



Castellaneta (TA)  
C.da Trio I  
Products: fresh and in-oil cardoncelli mushrooms  
Tel. +39.099.8493709  
info@fungocardoncello.it  
www.fungocardoncello.it

### AZ. AGRICOLA PERRONELLO



Castellaneta Marina (TA)  
S.S. 106 Km 462  
Tel. +39.099.8430246  
info@perronello.it  
www.perronello.it

### HOTEL VILLA GIUSY SRL



Castellaneta Marina (TA)  
Via Sputnik, 4  
Tel. +39.099.8430031  
info@villagiusy.it  
www.villagiusy.it

### ANTICA MASSERIA MONTI DEL DUCA



Crispiano (TA)  
Strada Prov. 72  
Products: extra-virgin olive oil  
Tel. +39.099.5612419  
info@montidelduca.com  
www.montidelduca.com



### MASSERIA MITA



Crispiano (TA) - C.da Foresta, 126  
Products: preserves in oil, wines from  
negramaro grapes  
Tel. +39.080.4839482  
info@masseriamita.it  
www.masseriamita.it

### MASSERIA QUIS UT DEUS



Crispiano (TA) - S.P. 49 Km 10,750  
Tel. +39.099.8110116  
info@masseriaquisutdeus.com  
www.masseriaquisutdeus.com

### MASSERIA PILANO



Crispiano (TA)  
Masseria Pilano, S.P. 49  
Tel. +39.099.613107  
info@pilano.it  
www.pilano.it

### AZIENDA AGRICOLA GUIDA



Crispiano (TA)  
Via Circ. Conca D'oro  
Products: primitivo DOC, verdea DOC,  
fiano minutolo, extra-virgin olive oil  
Tel. +39.099.8110300  
info@agricolaguida.it  
www.agricolaguida.it

### OSTERIA GRANO E VINO



Gravina in Puglia (BA)  
Via Fontana La Stella, 39

Products: cardoncelli mushrooms,  
hand-made pasta  
Tel. +39.080.2377484  
osteria@granoevino.it  
www.osteriagranoevino.it

### VALLE RITA



Ginosa (TA) - C.da Girifalco  
Tel. +39.099.8271824  
info@vallerita.it  
www.vallerita.it

### AGRITURISMO SIERRO LO GRECO



Laterza (TA)  
C.da Serro Lo Greco  
Products: small grain cereals and  
pulses, IGT wine, extra-virgin olive oil  
Tel. +39.099.8296550  
sierro@inwind.it  
www.sierro.it

### SIMPOSIO ENOTECA E PRODOTTI TIPICI



Laterza (TA) - Via Col di Lana, 20  
Tel. +39.3389101680  
info@simposio.biz  
www.simposio.biz

### RISTORANTE ENOTECA FALSOPEPE



Massafra (TA)  
Via Santi Medici 45  
Tel. +39.099.8804687  
info@falsopepe.it  
www.falsopepe.it



## Alberobello, Castellana Grotte, Cisternino, Locorotondo, Martina Franca, Noci, Putignano, Ostuni, Carovigno, Ceglie Messapica, Fasano

A path to "dive" in the Adriatic Sea, but also in the green Itria Valley, between Trullis and old farmhouses (masserie). An area on the borderline between the provinces of Bari, Brindisi and Taranto, among thousands of olive trees and native vineyards where you can find and discover ancient tastes and ancient knowledge. A stretch of Puglia full of archaeological parks and museums, but also events repeated

for centuries. What with a warm welcome and the "pleasure" of being able to taste typical dishes of country cooking, served with fragrant wines of the Itria Valley and seasoned with incomparable extra virgin olive oil. Walking in the Baroque old town of Martina Franca, the traveler will be guided by the restaurant kitchens where he will enjoy an excellent spicy **capocollo of Martina Franca**,

cooked on Balkan oak wood, and toast to the beauty of this land with a glass of sparkling **Martina Franca wine of designated origin**.

Itria Valley: a land so rich in wine that it's impossible not to try them all. Here our traveler, enchanted by the streets of Rione Monti in Alberobello, will treat himself with a sparkling **IGT Valle d'Itria red wine**, a tasty appetizers such as **eggplants in olive oil** mixed with **capers in vinegar**.

Continuing along the old towns of Cisternino and Locorotondo, at dusk the white color of the houses reflects the fiery red sunset, a sight that mustn't be missed. After that, the proverbial sense of reception of the local hosts is expressed with a tasty piece of **white tripe rolls of Locorotondo** cooked with onion, peel of pecorino cheese and tomatoes in earthen pots called "pignatte", obviously served with the inevitable delicate taste of **Locorotondo wine of designated origin**.

In the morning, the traveler fresh and ready for new explorations, will prepare himself for a long excursion among the Caves of Castellana, the result of underground river hollowing over thousands of years (see Rock Civilizations And Medieval Banquets). A lunar landscape that is hidden between the so called "Grotte della Civetta" and "Grotta del Presepe" (Caves of the Owl and Cave of the Nativity), and the beautiful "Grotta Bianca" (White Cave) at the end of which our visitor will feel the need to freshen up with a mature **barattiere** cucumber with a crispy pulp and tender center.

In the end, browsing through the enormous heaps of stones called "speccie" near Ceglie Messapica, the

traveler will reach the charming old town, where thinking of his family at home, he will buy the fragrant **biscuits of Ceglie Messapica** with toasted almonds, filled with delicious cherry jam or sour black cherry jam and covered with delicious sugar icing and cocoa.

**Meat:** Capocollo of Martina Franca (typical pork meat), white tripe rolls of Locorotondo

**Vegetable products:** Barattiere (typical cucumber), capers in vinegar, eggplants in oil, early fig of Pezze di Greco

**Home-made pasta, bakery and pastry products:** Biscuit of Ceglie Messapica.

**Registered Designation of Origin Products:** Martina Franca wine of designated origin, Locorotondo wine of designated origin

**IGT products (or Typical Geographical Mark products):** IGT Valle d'Itria

**PDO products (Protected Designation of Origin products):** PDO Extra virgin olive oil

## EVENTS AND FESTIVALS

**August:** Alberobello, International Folk Festival

**July and August:** Locorotondo, Locus Festival

**11th to 15th of August:** Cisternino, Alterfesta

**June:** Fasano, la scamicciata: rievocazione storica del 2 giugno 1678 (Historical Memorial Day)

**June and July:** Martina Franca, Festival of the Itria Valley

## MUSEUMS

Archeological Area of Egnazia and National Archeological Museum, Fasano.

Info: museearch.egnazia@libero.it



### AZIENDA LA CANTINA



Alberobello (BA) - Vico Lippolis, 9  
Tel. +39.080.4323473  
info@ilristorantelacantina.it  
www.ilristorantelacantina.it

### AGRITURISMO LAIRE



Alberobello (BA)  
Viale Canale Di Pilo, 4  
Tel. +39.080.4324702  
laire@libero.it  
www.lairealberobello.it

### RISTORANTE L'ARATRO



Alberobello (BA)  
Via Monte San Michele 25/29  
Tel. +39.080.4322789  
info@ristorantearatro.it  
www.ristorantearatro.it

### AZ. AGRICOLA "I GIARDINI DI POMONA"



Cisternino (BR)  
C.da Figazzano, 114  
Products: extra-virgin olive oil, figs  
(direct harvest)  
Tel. +39.080.4317806  
pomona@tin.it  
www.pomonaonlus.it

### MASSERIA GIANCA



Cisternino (BR) - C.da Figazzano  
Products: broad beans and wild  
chicory, crushed wheat with meat  
sauce  
Tel. +39.080.4317613  
isabella.detullio@alice.it

### AGRITURISMO "IL PORTICO"



Cisternino (BR)  
C.da Lamapellegrini, 27  
Products: extra-virgin olive oil from  
organic farming  
Tel. +39.080.4449653  
az.agricola@agriturismoilportico.it  
www.agriturismoilportico.it

### LA BIANCA D'ITRIA



Martina Franca (TA)  
Via Locorotondo, 119/A  
Products: tarallini and other traditional  
bakery products  
Tel. +39.3207137976  
ttquartulli@tiscali.it  
www.labiancaditria.com

### RISTORANTE CIACCO



Martina Franca (TA)  
Via Conte Ugolino, 14



Products: capocollo (typical pork meat) of Martina Franca, pecora in pignata (lamb cooked in clay bowls), strascinate al ragù (ear shaped hand-made pasta with meat sauce)  
Tel. +39.080.4800472  
info@ristoranteciaccio.it  
www.ristoranteciaccio.it

#### TRATTORIA LA TANA



Martina Franca (TA) - V.le Mascagni, 2  
Products: capocollo (typical pork meat) of Martina Franca, DOC Primitivo di Manduria  
Tel. +39.080.4805320  
info@ristorantelatana.it  
www.ristorantelatana.it

#### RISTORANTE VILLA BACCO



Martina Franca (TA)  
C.da Madonna Del Pozzo  
Products: capocollo (typical pork meat), tiella di agnello e lampascioni (lamb and wild onions)  
Tel. +39.080.4856115  
info@villabacco.it  
www.villabacco.it

#### MACELLERIA CERVELLERA



Martina Franca (TA) - Via Mottola, 68  
Products: capocollo (pork meat) of Martina Franca  
Tel. +39.080.4838812  
info@capocollodimartinafranca.it  
www.capocollodimartinafranca.it

#### MASSERIA MURGIA ALBANESE



Noci (BA)

S.P. 237 Km 28 St. Murgia Antici  
Tel. +39.080.4975676 -  
+39.347.2298907  
baba2000@tiscalinet.it  
www.murgiaalbanese.it

#### AZIENDA AGRITURISTICA LE CASEDDE



Noci (BA) - Zona B23  
Products: cavatelli (hand-made pasta) with mushrooms and chickpeas, white beans and chicory, almond paste cakes  
Tel. +39.080.4978946  
info@lecasedde.com  
www.lecasedde.com

#### AGRITURISMO LA MANDRA



Noci (BA) - Zona B 102, C.P. N.12  
Tel. +39.080.4949882  
lamandrass@alice.it

#### RISTORANTE L'ANTICA LOCANDA



Noci (BA)  
Via Spirito Santo, 49  
Products: orecchiette with cardoncelli mushrooms  
Tel. +39.080.4972460  
anticalocanda@pasqualefatalino.it  
www.pasqualefatalino.it

#### MASSERIA FERRI



Ostuni (BR)  
C.da Ferri, 1  
Products: caciocavallo, cacioricotta, ricotta forte and marzotica cheese, IGT Valle d'Itria  
Tel. +39.080.4395483  
info@masseriaferri.com  
www.masseriaferri.com

#### MASSERIA MONTEBORO



Ceglie Messapica (BR)  
Via Martina Franca, 259  
Products: extra-virgin olive oil, biscuit  
of Ceglie Messapica  
Tel. +39.0831.381409  
info@masseriamontedoro.it  
www.masseriamontedoro.it

#### MASSERIA SELVAGGI



Ceglie Messapica (BR)  
C.da Selvaggi, s.n.c.  
Tel. +39.0831.381473  
info@masseriaselvaggi.com  
www.masseriaselvaggi.com

#### RISTORANTE ENOTECA CIBUS



Ceglie Messapica (BR)  
Chianche di Scarano, 7  
Tel. +39.0831.388980  
cibus.ceglie@libero.it  
www.ristorantecibus.it

#### AZ. AGR. F.LLI SAVOIA



Fasano (BR) - Case Sparse, 5  
Products: extra-virgin olive oil from  
organic farming  
Tel. +39.080.4897695  
info@oliosantalucia.com  
www.oliosantalucia.com

#### MASSERIA LAMIOLA PICCOLA



Montalbano di Fasano (BR)  
C.da Lamiola Piccola  
Products: orecchiette with turnip  
tops, lamb tripe, broad beans and

peppers  
Tel. +39.0831.359972  
lamiolapiccola@libero.it  
www.lamiolapiccola.com

#### MASSERIA OTTAVA PICCOLA



Montalbano di Fasano (BR)  
C.da Ottava, s.n.c.  
Products: broad beans and chicory,  
orecchiette, giuncata cheese, focaccia  
bread with tomatoes  
Tel. +39.080.4810902  
ottava.piccola@libero.it  
www.ottavapiccola.net

#### RISTORANTE BELLA MONTALBANO



Montalbano di Fasano (BR)  
Via XXIV Maggio, 78  
Products: parmigiana (aubergine bake),  
orecchiette with turnip tops, tripe  
with tomatoes  
Tel. +39.3935710394  
bigslave81@hotmail.it

#### MASSERIA NARDUCCI



Speziale di Fasano (BR)  
Via Lecce  
Tel. +39.080.4810185  
info@agriturismonarducci.it  
www.agriturismonarducci.it

#### TENUTA MONACELLE



Monopoli (BA)  
C.da Aratico,  
Loc. Selva di Fasano  
Tel. +39.080.9309942  
info@tenutamonacelle.com  
www.tenutamonacelle.com





## Taranto, Manduria, Mesagne, Brindisi

**A** historic journey leading from the Gulf of Taranto on the Ionian Sea to the Adriatic Sea; a route through Puglia washed by two seas, through the ancient Appian Way with the intent to achieve the knowledge of two civilizations: the Greeks and the Messapians.

A journey that starts from Taranto, the ancient capital of Magna Grecia, the city of the two seas, the Mar Piccolo (Small Sea) and Mar Grande (Big Sea) defined visually by the

Revolving Bridge, unique example in the world of such a typical architecture. After a whole day spent visiting the Archaeological Museum and before stopping to visit the old town, there will be a quick meal based on [mussels of the Gulf of Taranto](#) and [clementines of the Gulf of Taranto](#).

A look at the endless stretches of mussel farming on the Mar Piccolo and then the traveler will continue along the path to Manduria, old Messapic center whose main evidence are the



remains of cyclopean walls. Along the road leading from Fonte di Plinio (Source of Pliny) to the Imperial Palace, there is a Jewish ghetto. There are several chances to stop in the cellars of the town to enjoy the delicious **primitivo di Manduria wine** in its different alcoholic strengths: from the dry taste of a glass of red primitivo at 14 degrees up to the more liqueur like at about 17 degrees, a natural sweet taste that will be enjoyed even by tourists with a more delicate palate. Continuing towards the Adriatic coast, there is a stop in Mesagne, an ancient Messapic center, for long time dominated by the Turks, characterized by the presence of several Baroque style churches. The traveler will penetrate the inland of Brindisi, rich in farmland and ancient farmhouse complexes today refurbished to accommodate anyone who wishes to

know the typical food of the place: **artichokes of Brindisi**, **eggplants in olive oil** and the strong flavor of **peppers dried in the sun**.

Arriving in Brindisi, before entering the archaeological museum and visiting the Palace of the Seminar it will be difficult to resist the temptation to taste the sweet flavor of **dried figs** soaked in honey and sweets made with genuine recipes based on **fig jam**.

**Vegetable products:** artichoke of Brindisi, fig jam, eggplants in oil, peppers in oil

**Registered Designation of Origin Products:** Brindisi of designated origin, primitivo di Manduria wine of designated origin

**Fish, shellfish and seafood:** mussel of Taranto

**PGI products (Protected Geographical Indication products):** PGI clementine of the Gulf of Taranto



**PDO products (Protected Designation of Origin products):** PDO extra virgin olive oil Terre Tarantine

#### EVENTS AND FESTIVALS

**June:** Brindisi, processione del cavallo parato (procession of the decorated horse), Corpus Christi Sunday

**August:** Mesagne, “Ti la fucazza chena” Festival

**1st Sunday of September:** Manduria, Grape Harvest Festival

**Holy Week:** Taranto, the rituals of the Holy Week

#### MUSEUMS

Provincial Archaeological Museum of Brindisi. Info: +39.0831.221401

National Archaeological Museum of Taranto. Info: +39.0994532112

#### MUSEO DELLA CIVILTÀ DEL VINO PRIMITIVO



Manduria (TA)

Via Fabio Massimo Quinto, 19

Products: Primitivo di Manduria DOC, Salento and Negroamaro IGT wines, tarallini, orecchiette with meatballs and tomato sauce, broad bean soup

Tel. +39.099.9735332  
info@museodelprimitivo.it  
www.museodelprimitivo.it

#### CANTINE SOLOPERTO



Manduria (TA) - S.S. 7 Ter

Products: Primitivo di Manduria DOC

Tel. +39.099.9794286

soloperto@soloperto.it

www.soloperto.it

#### AZ. VITIVINICOLA BOTRUGNO SERGIO



Brindisi (BR)

Via Arciove, 1

Products: IGT Salento, IGT

Ottavianello, DOC Brindisi red wine,

IGT Negroamaro

Tel. +39.0831.555587

sergiobotrugno@virgilio.it

www.vinisalento.it

#### RELAIS TERRE DI TERRE



Avetrana (TA)

Via Stazione, Km 1



Products: meat and pulses cooked in clay bowls, extra-virgin olive oil from organic farming, vegetables in oil  
Tel. +39.099.9704099  
info@masseriabosco.it  
www.masseriabosco.it

#### AGRITURISMO MARINA PICCOLA



Avetrana (TA)  
Via Ariosto, Km 2  
Product: preserves in extra-virgin olive oil  
Tel. +39.099.9707528  
pierodepadova@tin.it  
www.marinapiccola.com

#### AGRITURISMO TREDICINA



Francavilla Fontana (BR)  
Contrada Tredicina  
Products: taralli (round-shaped bakery products), frise (ring-shaped dry bread), olive oil  
Tel. +39.0831.810918  
info@tredicina.it  
www.tredicina.it

#### LOMAZZI E SARLI SRL



Latiano (BR)  
Contrada Partemio SS 7 Br - Ta

Products: IGT Negramaro, Susumaniello, IGT Primitivo  
Tel. +39.0831.725898  
lomazzi-sarli@vinilomazzi.it  
www.vinilomazzi.it

#### TENUTA DEL BARCO



Marina di Pulsano (TA)  
C.da Porvica  
Products: wines from primitivo and negramaro grapes  
Tel. +39.099.5333051  
info@tenutadelbarco.it  
www.tenutadelbarco.com

#### MASSERIA TENUTA DESERTO



San Vito dei Normanni (BR)  
C.da Deserto C. P. 130  
Tel. +39.0831.986545  
info@tenutadeserto.it  
www.tenutadeserto.it

#### ANTICA MASSERIA JORCHE



Torricella (TA)  
C.da Jorche  
Products: orecchiette with turnip tops, broad beans  
Tel. +39.099.9573355  
jorche@jorche.it  
www.jorche.it



## Lecce, Galatina, Galatone, Lequile, Nardò, San Donato di Lecce, San Cesario, San Pietro in Lama

**T**he incomparable beauty of the city of Lecce, the sinuous lines of its Baroque churches, the loftiness and elegance of its sumptuous palaces, will enchant the traveler who explores the streets. Lecce: Palazzo dei Celestini, Piazza del Vescovado with its Dome, wonderful works of local sculptors and architects who have worked with exuberant and original deep mastery the soft sun-colored stone. The stone of Lecce is the theme of this path that will lead to the

discovery of the historical centers in Baroque style such as Galatina, an ancient Greek colony, nowadays full of noble palaces (Palazzo Venturi, Palazzo Galluccio - Mezio, Palazzo Gorgoni).

Walking along the edge of the city, the traveler will admire the endless grape vines that in their symmetry tell the stories of farmers who at dawn collect generous bunches of Negroamaro grapes. This name, which means dark and bitter, echoes the



# A BITE OF BAROQUE

agricultural traditions of the hard life of those who lived in this land, whose only wealth was found in a glass of **IGT Salento**. Before going any further, the traveler will have to stop and see how the red soil of Salento turns the bright yellow **early potatoes called "Sieglinde" of Galatina** into a rusty red color, excellent to taste in a rich fresh salad.

Continuing on the way to Nardò, on the road to the castle, our traveler will stop at a countryside small restaurant to enjoy a hearty dish of **ciceri e trya**, frugal meal cooked in the traditional clay pot over high heat fire; the strong flavor of the chickpeas is well combined with a **rosè wine of Nardò of designated origin**, a fruity taste wine with a hint of blackberries and raspberries. At sunset, landing in San Cesario, on the roads nearby the Palazzo Ducale the traveler will hear the pressing rhythm of a famous folk dance called **pizzica tarantata**. While in the light of the crackling

fireplace, the host will prepare a generous portion of "**alla salentina sausage**" scented with fragrant lemon, chili peppers and white wine. It's a dish worthy of a king when served with a good "**puccia - uliata**" or bread enriched with local pickled olives.

Passing by the Caroli Museum in San Pietro in Lama, the traveler won't resist the temptation to dive into the elegant Lecce stopping at Piazza Sant'Oronzo and enjoying the spectacular Roman amphitheater in the center, seated comfortably at a table for a coffee and a tray full of local sweets: the tempting **pasticciotto** stuffed with lemon cream, the **purceddhuzzi** covered with honey and colored sprinkles, the **mustazzueli** typical of the folk tradition... sweet bites in the enchantment of the Baroque of Puglia

**Meat:** alla salentina sausage

**Cheese:** marzotica ricotta of Lecce,



caprino cheese (goat milk cheese)  
**Vegetable products:** apricot of Galatone, sieglinde potato of Galatina, meloncella (a type of melon), mugnuli (black cabbage of Salento)

**Home-made pasta, bakery and pastry products:** pucce uliate (bread made with black local olives), rustico leccese (puff pastry filled with mozzarella, white sauce and tomatoes), pasticciotto (typical cake of Salento stuffed with cream), cuddhura (Easter sweet), purceddhruzzi (Christmas sweet), mustazzueli 'nnaprati (typical Salento sweets), fruttone (cake), zeppole salentine (typical sweets)  
**Gastronomic products:** Ciceri e tria (chickpeas and handmade pasta)

**Registered Designation of Origin Products:** Salice Salentino wine of designated origin, Galatina wine of designated origin, Nardò wine of designated origin

**IGT products (or Typical Geographical Protected Mark products):** IGT Salento

### EVENTS AND FESTIVALS

28th to 30th of June: Galatina, festival of the Patron Saints Peter and Paul  
 28th to 30th of August: Lecce, festa te la oliata

September: Nardò, Te lu mieru Festival

### MUSEUMS

Museo delle tradizioni popolari (Museum of folk traditions of Lecce).  
 Info: +39.0832.361176

### LOCANDA RIVOLI



Lecce  
 Via Augusto Imperatore, 13

Products: Ciceri e tria (chickpeas and hand-made pasta), broad beans and chickory, taieddrha (rice with mussels, potatoes and courgettes)  
 Tel. +39.338.6133335  
 antonelladedonna@tiscali.it

### OSTERIA DEGLI SPIRITI



Lecce  
 Via Cesare Battisti, 4  
 Products: Ciceri e tria (chickpeas and hand-made pasta), pasticciotto (cake stuffed with lemon cream)  
 Tel. +39.0832.246274  
 info@osteriadeglispiriti.it

### RISTORANTE ALLE DUE CORTI



Lecce - Corte dei Giugni, 1  
 Products: il grano del diavolo (the devil's wheat), "ciciri e tria" (chickpeas and hand-made pasta), fritti te l'uertu (Mixed fried vegetables)  
 Tel. +39.0832.242223  
 info@alloseduecorti.com  
 www.alloseduecorti.com

### TENUTA SOLICARA



Lecce  
 Via Adriatica, Km 8  
 Tel. +39.0832.378677  
 tenutasolicara@virgilio.it  
 www.tenutasolicara.com

### MASSERIA LU PIRAZZU



Galatina (LE)  
 C.da Macchia Latronica,



Via Vicinale "Due Trappeti"  
Products: citrus honey, Indian figs,  
capers  
Tel. +39.392.1990191  
lupirazzu@gmail.com  
www.lupirazzu.net

#### TENUTA DEL MORIGE



Galatone (LE)  
C.da Morige  
Tel. +39.0833.574442  
morige@tenutadelmorige.it  
www.tenutadelmorige.it

#### MASSERIA LO PRIENO



Galatone (LE)  
C.da Orelle  
Products: extra-virgin olive oil from  
organic farming, ciceri e trya  
(chickpeas and hand-made pasta)  
Tel. +39.0833.865898  
mgr.castriota@libero.it  
www.agriturismoloprieno.com

#### TENUTA CARADONNA



Lequile (LE)  
S.S. 101 Lecce - Gallipoli Km 8  
Products: PDO oil, traditional dishes  
of Salento  
Tel. +39.0832.639108  
info@tenutacaradonna.com  
www.tenutacaradonna.com

#### AGRITURISMO TORRE DEL CARDO



Nardò (LE)  
Strada Prov.le  
Veglie - Torre Lapillo  
Products: meatballs and pittule  
(flour balls fried in olive oil), broad  
bean soup, wild chicory  
Tel. +39.3391654489  
info@torredelcardo.it  
www.torredelcardo.it

#### L'ASTORE MASSERIA



Cutrofiano (LE)  
Via G. Di Vittorio, 1  
Products: IGT Salento wines  
from Negramaro and  
Primitivo grapes, olive oil,  
vegetables in oil  
Tel. +39.0836.542020  
info@lastoremasseria.it  
www.lastoremasseria.it

#### AZIENDA FEUDI DI GUAGNANO



Guagnano (LE) - Via Cellino, 3  
Products: DOC Salice Salentino,  
IGT Salento, Negroamaro and  
Primitivo wines  
Tel. +39.0832.705422  
contact@feudiguagnano.it  
www.feudiguagnano.it



## Salento sea - Castrignano del Capo, Castro, Gagliano del Capo, Gallipoli, Melendugno, Nardò, Otranto, Porto Cesareo, Santa Cesarea Terme, Tricase, Ugento, Santa Maria di Leuca

Heading south towards the heel of the boot, there is an area rich in small towns in a harmonious combination with the extensive countryside. Here fields of vegetables alternate with areas full of olive trees as well as long rows of grapes. It's a landscape full of colors that runs towards the sea, where earth and sky merge in a thousand shades of iridescent changing colors as the sunset arrives.

It's Salento, a land rich in history and

stories of peoples who have passed and left clear traces in the architecture, in the local dialect, traditions and cuisine.

If our traveler decides to stay a few days in winter or autumn, he will begin the journey starting from the inland small towns where through the ancient songs and stories, which the elders will never be tired of telling, he will enjoy the genuine taste of **rolled lasagne** with one of the thousands of



typical preserves as the **zucchini dried in the sun**, prepared in the hot summer months, **wild mushrooms in oil** or **peppers in oil**.

Walking among the ancient cathedrals of Ugento and Nardò, where the passing of the Turks and Byzantines still echoes, as well as among the dolmens of Melendugno, town of thousands of festivals, in the hottest hours of hot summer day, the traveler will take refreshment under the arcades of cozy small restaurants to enjoy and cool off with **meloncella** not before having a crispy **puccia** cooked according to the local tradition, with green olives or stuffed with a **rustico leccese** filled with tasty mozzarella cheese and tomato, the typical ingredients of the place.

In the summer or winter the traveler can visit the beautiful old towns on the coast of Salento: Castro, Santa Cesaria Terme with the magical “Grotta Zinzulusa” (Cave of Zinzulusa), Porto Cesareo, but above all the pearls of the two seas, Otranto on the Adriatic Sea and Gallipoli on the Ionian Sea. Here the fishermen make unleavened bread with red wine vinegar of Lecce and saffron, which, once cooked and grated, will be used to flavor small fish cooked in small wooden vats, that is the **scapece of Gallipoli** with marinated anchovies that characterizes the already rich cuisine tradition of Salento.

In the end, when the day has gone by, sitting at the tables of the small cafés located in the main streets, the most greedy traveler will wonder what will

satisfy his palate: **sour lemon and orange flavored pies?** **Africani?** The creamy **bocche di dama** (mouths of ladies)? The fancy **dolcetti della sposa** (bride’s sweets)? The only solution is to try them more than once and choose or maybe why not? Never know.

**Meat:** “alla salentina” sausage

**Cheese:** cacio cheese, caciocavallo cheese, cacio ricotta cheese, caprino cheese (goat milk cheese), giuncata (curd cheese), mozzarella cheese, pecorino cheese (sheep milk cheese), scamorza cheese, scamorza di pecora cheese (sheep milk cheese), vaccino cheese (cattle milk cheese)

**Vegetable products:** pickled capers, artichoke in oil, hot pepper preserve, quince jam, cooked fig wine, dried figs, eggplants in oil, zucchini dried in the sun, wild mushrooms in olive oil, peppers in oil, meloncella (a type of melon), orange and lemon marmalade  
**Home-made pasta, bakery and pastry products:** rolled lasagne, puccia, rustico leccese, bocche di dama (mouths of ladies), africani, dolcetti della sposa (bride’s sweets)

**Fish, shellfish, seafood:** scapece of Gallipoli

## EVENTS AND FESTIVALS

**July and August:** Gallipoli, Salento Summer Festival

**Last Saturday of August:** Melpignano-la notte della taranta (the night of the Tarantula)

**19th March:** Otranto, la tavola di San Giuseppe (St. Joseph’s Table)



### AGRITURISMO SERINE



Castrignano Del Capo (LE)  
C.da Serine

Products: octopus with potatoes, friselle (ring-shaped dry bread) with tomatoes, extra-virgin olive oil from organic farming, ciciri e tria (chickpeas and hand-made pasta), tajeddha (baked potatoes, rice and mussels)

Tel. +39.0833.751337  
info@agriturismoserine.it  
www.agriturismoserine.it

### MASSERIA ALCORICO



Gagliano Del Capo (LE)  
C.da Cucuruzzi

Products: ciciri e tria (chickpeas and hand-made pasta), octopus cooked in a clay bowl, broad beans and chicory  
Tel. +39.0833.547391

info@agriturismoalcorico.com  
www.agriturismoalcorico.com

### TRATTORIA PORTOLANO



Gallipoli (LE) - Riv. C. Colombo, 71  
Products: fish and traditional cooking

Tel. +39.0833.262576  
info@trattoriaportolano.it  
www.trattoriaportolano.it

### AGRITURISMO MALAPEZZA



Melendugno - Borgagne (LE)  
Via Provinciale S. Andrea  
Tel. +39.0832.811402

malapezza@yahoo.it  
www.agriturismomalapezza.it

### RISTORANTE DA UMBERTO 1972



Otranto (LE) - Tenuta Frassanito  
Products: sea food and typical dishes of Salento

Tel. +39.0836.803072  
info@daumberto.com  
www.daumberto.com

### LU PODERE



Otranto (LE) - Località Frassanito  
Products: orecchiette with turnip tops, ciciri e tria (chickpeas and hand-made pasta)

Tel. +39.360.604473  
info@lupodere.it  
www.lupodere.it

### MASSERIA SANT'ANGELO



Corigliano d'Otranto (LE)  
Case Sparse, Sant'Angelo  
Products: wild vegetables, ricotta and cheese

Tel. +39.0836.320575  
info@masseriasantangelo.it  
www.masseriasantangelo.it

### AGRITURISMO IL VENTICELLO



Santa Cesarea Terme (LE)  
S.P. 363, Km 39,100  
Products: traditional dishes of Salento

Tel. +39.0836.944141  
info@ilventicello.it  
www.ilventicello.it

### AGRITURISMO GLI ULIVI



Tricase (LE) - C.da Palane

Products: wild onions, artichokes, rock samphire, sagne (long ribbon-shaped pasta)  
Tel. +39.347.9129776  
giuliosparascio@virgilio.it  
www.gliulivi.it

#### AGRITURISMO GIANFERRANTE



Ugento (LE) - Prov.le Torre Mozza -  
Acquarica Del Capo  
Products: dried tomatoes in oil, pasta  
made with the "Senatore Cappelli"  
wheat  
Tel. +39.3484942294  
info@masseriagianferrante.it  
www.masseriagianferrante.it

#### MASSERIA MACURANO



Alessano (LE) - Via Macurano, 134  
Products: jams and extra-virgin olive  
oil from organic farming  
Tel. +39.0833.524287  
luciano.lugli@alice.it  
www.masseriamacurano.com

#### AGRITURISMO MATINE



Alessano (LE) - Via Matine, 201  
Products: vegetables in oil, fresh pasta  
Tel. +39.0833.524340  
info@agriturismomatine.com  
www.agriturismomatine.com

#### MASSERIA SANTA LUCIA



Alessano (LE) - C.da Macurano, 28  
Products: olive oil from organic  
farming, pucce (olive-studded bread),  
pitta di patate (potato pie), almond  
paste cakes, mostaccioli (typical  
cookies)

Tel. +39.0833.781221  
info@biomasseriasantalucia.it  
www.biomasseriasantalucia.it

#### MASSERIA SAN NICOLA



Patù (LE)  
S.P. Patu - San Gregorio  
Products: extra-virgin olive oil  
Tel. +39.0833.752243  
sannicola@masseriasannicola.com  
www.masseriasannicola.com

#### MASSERIA PALOMBARA



Salve (LE) - S.P. 292 - C.da Palombara  
Products: aubergine balls, onion jam  
Tel. +39.0833.528502  
info@masseriapalombara.it  
www.masseriapalombara.it

#### TENUTA SPECOLIZZI



Salve (LE)  
S.S Presicce - Lido Marini  
Products: vegetables in oil, jams  
Tel. +39.0833.711305  
info@specolizzi.it  
www.specolizzi.it

#### AGRITURISMO VIGNAVECCHIA



Vignacastrisi Di Ortelle (LE)  
Via Umberto Giordano, 30  
Products: sagne ncannulate (long  
ribbon-shaped pasta), giuncata cheese,  
stumpato alle verdure (wheat with  
vegetables)  
Tel. +39.0836.922471  
+39.0836.921411  
donatadeluca@virgilio.it  
www.vignavecchia.net



## National Parks and State Reserves - National Park of GARGANO, National park of ALTA MURGIA, Natural Reserve of TORRE GUACETO, Natural Reserve of SALINE di MARGHERITA di SAVOIA, Natural Reserve of CESINE

**F**ive natural areas telling about the different features of nature in Puglia. Escaping from the stress of everyday life, our traveler will discover the parks of Puglia: natural reserves stretching through the heel of Italy from the extreme promontory of Gargano to Salento. The National Park of Gargano: in addition to cobalt blue sea it contains beautiful natural treasures inside, such as the lakes of

Lesina and Varano - the latter is for those who love bird-watching since it's populated by numerous species of aquatic animals - and the Foresta Umbra with its oaks, maples, poplars and beech trees whose imposing trunks stand towards the sky.

The traveler will stop in front of a male cornel tree at the edge of the forest and will take from his backpack the lunch, prepared carefully by the

cook of the farmhouse where he stayed over the night before. It will be full of the specialities of the place: **calzone of Ischitella**, stuffed with onions, raisins and salted anchovies, good for those who love the sweet and sour flavors; strong smelling pieces of **pecorino foggiano cheese**, and in the end lemon and orange sweets produced on the spot! Coming down from the promontory of Gargano, along the coast, the traveler will arrive at the State Natural Reserve of Margherita di Savoia: a mirage of "stretches of water" about twenty kilometers long. Going south, towards the inland, the landscape changes: there is the National Park of the High Murgia, a stone plateau, a landscape of karstic origin (see ROCK CIVILIZATIONS AND MEDIEVAL BANQUETS) where the numerous and visible human settlements adapt perfectly to nature. In one of the many bakeries the traveler will ask for a loaf of bread of Altamura, with its soft yellow color that sometimes is still prepared at home, or cooked under the ashes or over the embers, a kind of bread to enjoy the strong flavor of **onions of Acquaviva delle Fonti** baked in the oven. To sweeten the palate, he will taste a slice of **mandorlaccio** made of almond flour, almond praline and honey. Anxious to see the sea again, the traveler will reach the coast of Brindisi and find the Natural Reserve of Torre Guaceto, a small stretch of land between the sea and ancient olive trees surrounded by a high dune belt and - following the coast towards Salento - he will discover the Reserve of Cesine, a route of many species of migratory birds. Here, the traveler will taste the **mugnuli**, a typical vegetable of this area with very sweet flavor that is

well combined with the homemade pasta such as "**trya**" or "**maccharuni**". At nightfall, the traveler will stop at the door of his rural house and have fun listening to the owls, sipping a glass of red ruby Brindisi wine of designated origin.

**Meat:** muschiska, pzzntel, a punta di coltello sausage (filled with chopped meat)

**Cheese:** caprino cheese (goat milk cheese), pecorino foggiano cheese (sheep milk cheese), pecorino cheese (sheep milk cheese)

**Vegetable products:** mugnuli (a combination of Brussels sprout and savoy cabbage), lemon and orange sweets, capers of the Gargano, Femminello lemon, oranges of the Gargano, lentil of Altamura, sweet orange of the Gulf of Taranto, cardoncello mushroom, artichoke of Brindisi, fig jam, eggplants in oil, peppers in oil

**Home-made pasta, bakery and pastry products:** calzone of Ischitella, farrata of Manfredonia (recipe based on emmer wheat), lagane (home-made pasta), puff pastry pizza a scannatedda (twisted kind of bun), maccharuni (home-made pasta), bread of Altamura  
**Fish, shellfish, seafood:** scapece of Lesina

**Registered Designation of Origin Products:** Gravina wine of designated origin, Brindisi wine of designated origin

**PDO products (Protected Designation of Origin products):** PDO bread of Altamura

**IGT products (or Typical Geographical Protected Mark products):** IGT Valle d'Itria wine

**PGI products (Protected Geographical Indication products):** PGI clementine of the Gulf of Taranto



## EVENTS AND FESTIVALS

(see Gargano and rock civilizations)

### MASSERIA LOSURDO



Altamura (BA)

Via Carpentino C.S. 146, Km 6

Products: pecora alla rzzaul (lamb cooked in a clay bowl), cialda (bread watered and seasoned with red onions, tomatoes, oregano, salt and oil), grilled lamb

Tel. +39.080.3105004

masserialosurdo@libero.it

www.agriturismomasserialosurdo.com

### AZ. AGR. BOTROMAGNO



Gravina in Puglia (BA)

Via Archimede, 22

Products: Gravina DOC, Murgia IGT, Passito di Malvasia IGT and Primitivo wines

Tel. +39.080.3265865

info@botromagno.it

www.botromagno.it

### AGRITURISMO SAN VINCENZO



Spinazzola (BAT)

C.da San Vincenzo

Products: salsiccia di maiale a punta di coltello (pork sausage filled with chopped meat), extra-virgin olive oil from organic farming, canestrato, ricotta and caciocavallo cheese

Tel. +39.0883.682999

info@agriturismosanvincenzo.it

www.agriturismosanvincenzo.it

### AGRITURISMO AMICIZIA



Cassano delle Murge (BA)

C.da Cristo Fasano, 162

Products: cacioricotta, caciocavallo, ricotta forte and mozzarella cheese, organic honey, tagliolini e cicerchie

(home-made ribbon-shaped pasta and grass pea)

Tel. +39.080.763393

info@amicizia.it

www.amicizia.it

### MASSERIA RUOTOLO



Cassano delle Murge (BA)

Via Lago Di Nuzzi, s.n.c.

Products: cavatelli (hand-made pasta), agnello au cutturiedde (boiled lamb with fresh herbs and vegetables), tagliolini e cicerchie (long ribbon-shaped pasta with grass pea), broad beans and chicory, canestrato cheese with organic honey

Tel. +39.080.764336

info@masseriaruotolo.it

www.masseriaruotolo.it

### MASSERIA CHIMIENTI



Cassano delle Murge (BA)

Viale Unità d'Italia, 60

Products: vegetables in oil, almonds

Tel. +39.080.775013

pas.chimienti@alice.it

www.clubshangri-la.it

### AZIENDA AGRICOLA CICE RAFFAELE



Cassano delle Murge (BA)

C.da Donna Francesca

Products: organic olive oil

Tel. +39.080.3072301

rafcipe@libero.it

www.tenutabattista.it

### RISTORANTE CASA SCESCIOLA



Minervino Murge (BAT)

Vico III Vescovado 20/22

Products: cardoncelli mushrooms, fresh

pasta, wild vegetables  
Tel. +39.0883.695932  
casascosciola@libero.it  
www.casascosciola.it

#### MASSERIA COPPA



Ruvo di Puglia (BA)  
S.P. Corato - Gravina, Km 26  
Products: caciocavallo, scamorza,  
ricotta and ricotta forte cheese,  
cavatelli (hand-made pasta) with  
cardoncelli mushrooms, agnello u  
cuturridde (lamb boiled with fresh  
herbs and vegetables)  
Tel. +39.080.3601514  
info@agriturismocoppa.it  
www.agriturismocoppa.it

#### SELVA REALE



Ruvo di Puglia (BA)  
S.P. Corato - Gravina, 238  
Products: Castel del Monte DOC wine,  
burrata and giuncata cheese, extra-  
virgin olive oil  
Tel. +39.330.805545  
mail@selvareale.it - www.selvareale.it

#### AGRITURISMO "PARCO LA GROTTA"



Toritto (BA) - Via Vecchia Acquaviva, s.n.  
Products: almonds of Toritto, pecora  
alla pignata (lamb cooked in clay  
bowls), cardoncelli mushrooms, extra-  
virgin olive oil from organic farming  
Tel. +39.080.601576  
felicearmienti@libero.it

#### AGRITURISMO GIARDINO DEGLI ULIVI



Trinitapoli (BAT) - C.da Giardino  
Tel. +39.0883.630022  
giardinodegliulivi@tiscali.it  
www.giardinoulivi.com

#### AGRITURISMO LA FENICE ANTICA POSTA



Trinitapoli (BAT)  
Villa La Fenice S.S.16, Km 732  
Products: PDO and IGT products,  
regional IGT and DOC wines  
Tel. +39.0883.630919  
info@agriturlafenice.it  
www.agriturlafenice.it

#### RISTORANTE IL CASTELLETTO



Carovigno (BR)  
C.da Morandi  
Trav. Viale Fuggio  
Products: fiaschetto tomatoes,  
broad bean soup, capocollo  
(pork meat) of Martina Franca,  
Salice Salentino DOC  
Tel. +39.0831.990025  
il.castelletto@libero.it  
www.ilcastelletto.puglia.it

#### MASSERIA BELLOLIO



Carovigno (BR)  
C.da Acciano  
Products: extra-virgin olive  
oil from organic farming  
Tel. +39.3474083231  
info@bellolio.it  
www.bellolio.it

#### AZIENDA AGRICOLA CANNITO



Grumo Appula (BA)  
C.da Parco Bizarro  
Products: extra-virgin  
olive oil from organic  
farming, organic table olives,  
cardoncelli mushrooms  
Tel. +39.080.623529  
info@agricolacannito.it



### San Giovanni Rotondo, Monte Sant'Angelo, Bari, Ostuni, Lecce

**F**rom the promontory of Gargano to the hill of the "white city", from the "metropolitan city" to the "heart" of the Baroque of Lecce. A route from the land known in origin as Frederick's land and now known as the land of Father Pio, passing by the grotto of the Archangel Michael which overlooks the Gulf of Manfredonia, and then from the capital of the Region with the Papal Basilica of St. Nicholas to the Cathedral

of Ostuni and the Dome of Lecce. The latter two cities with the patron St. Oronzo and a history rich in traditions over centuries. A route to cure the soul but also to taste "mountain" products and "sea" flavors.

From the heart of the Gargano (see GARGANO: AT THE TABLE BETWEEN SKY AND SEA) the traveler becomes a pilgrim and on the routes of the saints, goes through the streets of San

Giovanni Rotondo, a stop for those who want to learn about the history and miracles of Father Pio of Pietralcina.

Contemplating the flow of devotees on the path of the Sanctuary of Santa Maria delle Grazie, the traveler will discover the intense flavor of **POD canestrato pugliese wine**, ripened in the traditional handicraft baskets; it gets its special flavor from the stomach of lambs dried with dried orange peels, lemon and nettle leaves. A farmer on the way will invite him to accompany the frugal meal with a piece of **bread of Monte Sant'Angelo**, a village nearby where he will be told about the apparition of Archangel Michael.

Led by curiosity the traveler will move a few kilometers further and travel to this ancient village. Walking through the streets of the medieval Junno district, he will discover the sweet taste of **Communion wafers** filled with roasted almonds and honey caramel. Continuing his journey he will come to the cave where the Archangel Michael, protector of the Lombards appeared. During the journey, the visitor will find peace before the relics of St. Nicholas, in the beautiful Basilica of Bari, the Mediterranean center of Christianity and the hub around which grows a labyrinthine old town. Here, in many small restaurants the traveler will enjoy a typical dish of **orecchiette with turnip tops**, flavored with anchovy in oil.

Deeper in the Salento peninsula following the echoes of stories about

St. Oronzo, the traveler-pilgrim will discover the three hills on which stands the white town of Ostuni.

According to the legend, the Saint saved it and Salento from the plague. Now, while tasting the flavor of a dry **Ostuni wine of designated origin**, the visitor will attend the "horse ride of St. Oronzo", the historical parade in honor of the Saint.

Continuing in the footsteps of the Saint to the city of Lecce, the pilgrim will find refreshment in a greedy piece of **galletto di St. Oronzo**, browned with olive oil and cooked in a fresh tomato sauce.

The Square of St. Oronzo: at its center, the stately column that was brought here to support the Saint's statue which was originally located on the territory of Brindisi to mark the end of the Via Appia.

Enjoying the warm sun that shines all over the square, the pilgrim will reach his final goal. The local host will reserve a dinner table full of local dishes: **cecamariti peas** flavored with celery and parsley, the breakfast of the farmers before going to work, the **eggplants of St. Oronzo**: layers of fried eggplant seasoned with tomato sauce, vinegar, capers and pecorino cheese, and in the end **octopus alla pignatta**, cooked in a stew with the same water of the octopus in clay pots.

At the end of his journey, our traveler will leave this land reluctantly and will bring back home images of a story never experienced, but told through the people, places, and flavors met



along the way

**Cheese:** podolic cattle caciocavallo, pecorino foggiano (sheet milk cheese)

**Vegetable products:** turnip tops

**Home-made pasta, bakery and pastry products:** ostie ripiene (filled Communion) wafers, bread of Monte Sant'Angelo, orecchiette (ear shaped home made pasta)

**Gastronomic products:** galletto di St. Oronzo, eggplants of St. Oronzo, cecamariti peas, octopus in "pignatta"

**Registered Designation of Origin Products:** Ostuni wine of designated origin

**PDO products (Protected Designation of Origin products):** PDO Canestrato pugliese wine

### EVENTS AND FESTIVALS

**22nd to 23rd of September:** San Giovanni Rotondo, l'eco dei pellegrini in memoria di San Pio (The pilgrims echo in memory of St. Pio)

**From May to September:** Monte Sant'Angelo, St. Archangel Michael's Festival

**6th ,7th, 8th of May:** Bari, St. Nicholas

**Last week of August:** Ostuni, cavalcata di Sant'Oronzo (St. Oronzo's Horse Ride)

**24th, 25th, 26th August:** Lecce, festival and fair of St. Oronzo

### MUSEUMS

Monte Sant'Angelo, "Tancredi" Ethno-anthropological Museum.

Info: +39.0884.562098

Bari, The treasure Of St. Nicholas.

Info: +39.080.5237247

### OSTERIA ANTICA PIAZZETTA



San Giovanni Rotondo (FG)

Via al Mercato, 13

Products: traditional dishes of Gargano

Tel. +39.0882.451920

info@anticapiazzetta.it

www.anticapiazzetta.it

### MASSERIA BRANCATI



Ostuni (BR) - C.da Brancati s.n.c.

Products: extra-virgin olive oil

from organic farming

Tel. +39.330.822910

info@masseriabrancati.com

www.masseriabrancati.com

### MASSERIA CAPPUCCINI



Ostuni (BR) - C.da Cappuccini

Tel. +39.080.4803347

info@masseriacappuccini.it

www.masseriacappuccini.it

### MASSERIA LO SPAGNULO



Ostuni (BR)

C.da Spagnulo

Products: extra-virgin olive oil,

orecchiette

Tel. +39.0831.350209

info@spagnulo.it

www.spagnulo.it

### MASSERIA SALINOLA



Ostuni (BR) - C.da Salinola

Tel. +39.0831.308330

info@masseriasalinola.it

www.masseriasalinola.it



### AZIENDA AGRICOLA SOLOLIO



Ostuni (BR) - Via Ten. A. Specchia, 30  
Products: Collina di Brindisi PDO  
extra-virgin olive oil  
Tel. +39.0831.332952  
info@sololio.it  
www.sololio.it

### IL FRANTOIO



Ostuni (BR) - S.S. 16, Km 874  
Products: extra-virgin olive oil, lamb  
with potatoes, wild chicory  
Tel. +39.0831.330276  
prenota@masserialfrantoio.it  
www.masserialfrantoio.it

### AGRITURISMO LAMACAVALLO



Ostuni (BR) - C.da Lamacavallo  
Products: extra-virgin olive oil, dried  
figs stuffed with roasted almonds  
Tel. +39.0831.330703  
vacanze@lamacavallo.com  
www.lamacavallo.com

### AGRITURISMO VILLA AGRESTE



Ostuni (BR) - C.da Conca D'oro  
Products: extra-virgin olive oil  
from organic farming  
Tel. +39.0831.305051  
villaagreste@tin.it  
www.villaagreste.com

### ANTICA MASSERIA MORRONE



Ostuni (BR)

S.S. 16 Km 875  
C.da Mass. Morrone, C.P. 61  
Products: typical products  
of Ostuni  
Tel. +39.0831.330254  
masseriamorrone@libero.it  
www.masseriamorrone.it

### TRATTORIA DEL FRANTOIO



Ostuni (BR)  
Via Bixio Continelli, 64  
Products: orecchiette with  
turnip tops  
Tel. +39.0831.301402  
info@trattoriadelfrantoio.com  
www.trattoriadelfrantoio.com

### AZ. AGR. FRANTOIO OLEARIO PUROSTUNI



Ostuni (BR)  
Via Stazione, 4  
C.da Malandrino  
Products: olives in brine,  
figs stuffed with roasted almonds,  
extra-virgin olive oil  
Tel. +39.0831.332644  
info@aziendagricola.it  
www.aziendagricola.it

### OSTERIA DEL BUON GUSTO



Valenzano (BA)  
Via Montrone, 14  
Products: bass,  
gilthead bream,  
mix fried fish  
Tel. +39.080.4674241  
nikrom1962@libero.it  
www.osteriadelfbuongusto.it

# Tipicamente Puglia

Itineraries through the heritage, traditions and flavours of the Apulia Region

The initiative has been promoted and financed by the:

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