

campania



specialities



REGIONE CAMPANIA

Assessorato al Turismo
e ai Beni Culturali



how to get here

by air: direct flights link all the major Italian and European cities with Naples Capodichino airport (www.gesac.it, tel. 848 888777). Long haul flights land at Rome Fiumicino (tel. 06 65951), from where you can continue to Naples by plane, train or bus

by train: the Italian railway network (Ferrovie dello Stato) links the whole of Italy with the station of Napoli Centrale (www.trenitalia.it, tel. 892021)

by coach: the coach company SITA runs services between Naples and many Italian cities and also Germany (www.sitabus.it)

by car: Campania is reached by the motorways A1 from central and northern Italy, A3 and A16 from the south

by ship: Molo Angioino in the port of Naples (tel. 081 2283302 - 081 2445111) is served by Italian and international cruise lines

how to use this guide

the series

this booklet is one in a series of themed guides designed to help tourists planning a trip to Campania. The five separate booklets illustrate the wealth of attractions to be found in this region

colour scheme

each guide is identified by a specific colour

themed itineraries

each guide is organized in itineraries five the indication "not to be missed", featuring the absolute 'musts'



curiosities, in-depth treatments, useful information

coloured insets

the text of presentation is accompanied by a series of coloured insets: recommendations of things to do if you are staying just 1 or 3 days and hints on what to buy, where to go with children and what's on ("shopping", "outings with children" and "events")

themed insets

every itinerary features certain themed insets which, in addition to the specific topic, highlight the most important things to see and do in that particular area (art and archaeology, nature and parks, for young people, specialities, spas and fitness). The colours used refer to the respective guides in the series, where the places and topics featured in the insets are presented more fully

abbreviations

the abbreviations Doc, Docg and Dop indicate official EU recognition of quality products. The Doc (Denominated origin controlled) and Docg (Denominated origin controlled and guaranteed) labels refer to wines, Dop (Denominated origin protected) to local gastronomic specialities

regione campania
theme guides
specialities

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Land and sea. From the teeming coastal waters and the fertile plains come Sorrento lemons and Vesuvian apricots, Paestum artichokes and lobsters from the Gulf of Salerno. A continent waiting to be discovered, where quality and territory are closely linked and Nature and History dine at the same table.

Spaghetti, pizza and buffalo mozzarella have made Neapolitan cuisine famous worldwide, but there are many other surprises in store for anyone wishing to stray off the beaten track. In addition to linguine served with seafood or the legendary ragù meat sauce, traditional popular dishes co-exist with the aristocratic cuisine of the past like rice sartù and pasta timballi, created by the “monzù” French chefs who came to Naples in the 18th century.

The rest of Campania has all this and more: the sea-based cuisine of the coast, the islands and the villages of Cilento, which have made the Mediterranean diet so famous; the peasant cooking of the Benevento and Caserta hinterlands, the strong flavours of Irpinia, with mushrooms, truffles and meat taking the lion's share.

This is without even mentioning the production of extra-virgin olive oil and wine, which has had a strong tradition here since Greek and Roman times: from Lacryma Christi to Solopaca and the three DOCG (Controlled and Guaranteed Denomination of Origin) – Taurasi, Fiano di Avellino and Greco di Tufo, the jewels in the crown of a wine-making tradition rich in local vines that in recent years has come on in leaps and bounds.

Unmistakable aromas, such as freshly baked bread, which has special importance in the culture of local communities and whose shape and texture varies from place to place. Flavours and colours of raw materials that for thousands of years have been equated with the Campanian sunshine. **Wine Trails** have been established throughout the region: these lead to wineries open to the public, vineyards, traditional restaurants and handicraft shops and allow visitors to sample typical products both in historic towns and amidst the beauty of the natural environment. These Trails provide a 'transversal' way of enjoying the region.



People and aristocracy: the tradition of **Naples**

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NOT TO BE MISSED

Babà

Coffee

Buffalo Mozzarella

DOP

Pizza margherita DOP

Napoli salami

Sfogliatella

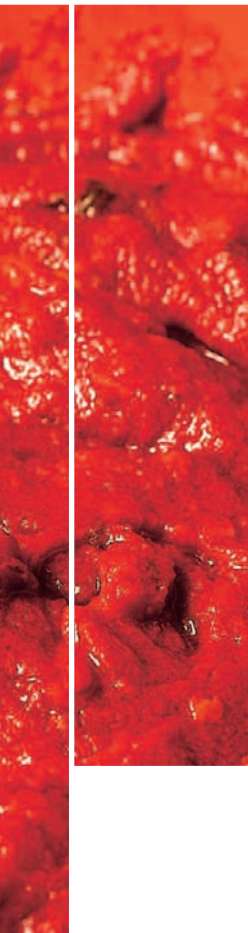
shortcrust or crinkly

pastries

Spaghetti with clam
sauce



"Ragù"



Perhaps more than any other European city, **Naples** has kept its internationally famous gastronomic traditions alive. It was the birthplace of **pizza**. Made with local ingredients, baked strictly in a wood-burning stove, soft in the centre and a little deeper around the edge, it is the symbolic food of the city.

Nowadays, it comes in infinite varieties, created by the imagination of the pizza maker, but the classic pizza is the “Margherita”, based on tomatoes, fiordilatte cheese or buffalo mozzarella, oil and basil. It is only right and proper that it has earned the STG trademark (Guaranteed Traditional Speciality). It takes its name from Queen Margherita, to whom a pizza maker dedicated this three-coloured ‘invention’ at the close of the 1800s.

The typical snack available in the backstreets of the historic centre is the legendary pizza “al fazzoletto” (folded up like a handkerchief and eaten with the hands).



Ente Provinciale per Turismo di Napoli
piazza dei Martiri 58
tel. 081 4107211
www.eptnapoli.info

Azienda Autonoma di Cura Soggiorno e Turismo di Napoli
piazza Plebiscito
Palazzo Reale
tel. 081 2525711
www.inaples.it

information bureau
piazza del Gesù
tel. 081 5512701

campania > artecard
all-in-one ticket allowing admission without queuing to museums and archaeological sites in Campania and for use on the whole of the region's overland and overseas public transport network
Freefone 800 600 601;
from mobiles and from abroad 06 399 67 650
www.campaniartecard.it

Cuisine from land and sea

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Traditional Neapolitan cuisine is divided equally between land and sea and 'poor' and 'rich' recipes.

Working-class dishes include **minestra maritata** – meat and vegetable soup, and **zuppa forte** – soup made from pork meat and entrails fried for a long time and then 'thickened' with a spicy sauce.

The rich dishes once eaten by the aristocracy, on the other hand, include elaborate and spectacular specialities such as **macaroni timballo** and **rice sartù**.

Neapolitan cookery is based on simple ingredients and nothing is wasted. Take **fried pizzette** for example: this favourite local snack is made from a mixture of flour, water and salt, stuffed with ricotta, courgette flowers or seaweed. The traditional version, made with tomato and a sprinkling of parmesan cheese, is also delicious. **Tòrtano** bread is another 'rustic' speciality, made with lard, strong cheese, hard-boiled eggs, pork crackling and salami. At Easter it is known as "**casatiello**".

The Neapolitans are such great vegetable-lovers that in the 17th century they earned the name 'leaf-eaters': hence the inclusion of produce **from the land** in dishes such as escarole pizza, aubergine parmigiana, stuffed peppers, courgettes marinated "alla scapece" and friarelli (bitterish broccoli grown only in Campania) with sausages. Neapolitans reveal their creativity in the ways they use **meat**: "tracchie" (spare ribs), chicken liver, tripe, "bracirole" (meat roulade) and the legendary **ragù**.

naples in 1 day

Royal Palace and Piazza
del Plebiscito
Castel Nuovo
National Archaeological
Museum

'Spaccanapoli'
and the historic centre
Castel dell'Ovo
and the seafront



famous travellers

It's true that macaroni was invented in Naples; but macaroni is now a European dish, which has travelled as civilisation has.

Alexandre Dumas, 1835

naples in 3 days

Royal Palace and Piazza del Plebiscito

Castel Nuovo

Certosa and Museum of San Martino

National Archaeological Museum

'Spaccanapoli' and the historic centre
Capodimonte Museum

Castel dell'Ovo and Borgo Marinari

Seafront and Mergellina
Posillipo



The ritual of "ragù" meat sauce

Making ragù is a veritable 'ritual'. Put the onion and pieces of pork and beef into a clay pan, add fresh San Marzano tomatoes and juice and stir with a wooden spoon: leave to simmer for at least six hours, as the playwright-director Eduardo De Filippo explains in *Sabato, domenica e lunedì*: the ragù has to 'pippiare' [Neapolitan term reproducing the sound of sauce puffing in the pot].

"Casatiello"



City sightseeing

This is a tourist bus operating under a system whereby you can hop-on and hop-off with the same ticket.

Four routes: Route A "Places of art", Route B "Views over the Gulf", Route C "San Martino", Route R "Donnaregina", all departing from Piazza Municipio. The ticket is valid for 24 hours and can be bought on board or at travel agencies
tel. 081 5517279
www.napoli.city-sightseeing.it

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art and archaeology

Castel Sant'Elmo

Castel Nuovo

Old city centre and "Napoli Sotterranea"

Certosa and Museum of San Martino

National Archaeological Museum

Capodimonte Museum

Duca di Martina Museum

Royal Palace

nature and parks

Botanical Gardens

Capodimonte Park

Virgiliano Park

Villa Comunale

Villa Floridiana

Gaiola Underwater Park

spas and fitness

Beauty centres
in the major hotels

Babà, sfogliatelle and desserts for special occasions

10

Buffalo mozzarella is famous worldwide and is protected by the trademarks DOP and STG. The production of **cured meats** is also important: these include “Napoli” salami, Campanian capocollo, wild fennel sausages and cervelatina sausages. Best accompanied by a glass of **Aglanico** or **Taurasi**, two of the region’s best red wines. Unusual combinations are being experimented with in the local **sea cuisine**. These include “scialatielli” (type of fresh pasta) with prawns and courgettes or “pàccheri” with mussels and broccoli. Without disowning tradition: mussel “impepata”, risotto alla pescatora, spaghetti with clam sauce, octopus “alla Luciana” (i.e. born in the seaside district of Santa Lucia), bass “all’acqua pazza”. Perfectly washed down with a delicious glass of chilled white wine such as **Coda di Volpe**, **Falanghina** or **Falerno**.

The confectionery tradition, which is based on several great classics such as **babà** and **sfogliatella** (shortcrust and crinkly varieties), comes into its own during festivities: nougat “of the dead” (in November), an outstanding variety of **Christmas cakes** (mostaccioli, raffioli, roccocò, susamielli, struffoli, cassatine), **sanguinaccio** – a cream of chocolate and candied fruits made at Carnival, “**zeppole di san Giuseppe**” (19 March) and the Easter “**pastiera**” wheat pie. Finishing up with a cup of **coffee** brewed as only the Neapolitans know how: black, strong and highly aromatic.



Babà



shopping

Nativities and shepherds
from San Gregorio Armeno
Coral and cameos
Capodimonte porcelain

Pignasecca food market
(Montesanto)

Porta Nolana fish market
(Via Marina)



The king of cakes

The babà, the spongy light king of Neapolitan cakes, really does have royal origins: it was invented in the 18th century by the Polish King Stanislas I Leszczynski, renowned for his gastronomic passions.

outings with children

Aquarium of the 'Anton
Dohrn' Research Station
Castel dell'Ovo

Città della Scienza
(Science Centre)

Archaeological Museum
(educational trail
for children)



Coffee for connoisseurs

A "tazzulella 'e café" or cup of espresso has always been a cult in Naples. In the early 1800s, the peddler with his containers full of coffee and milk would walk the streets at dawn, carrying a basket of cups and sugar.

True connoisseurs still make it with a special Neapolitan coffee percolator that keeps its flavour intact. As Minister Talleyrand declared in 1815, a cup of coffee is only worthy of this name if it is as "hot as hell, black as the devil, pure as an angel and sweet as love". Neapolitans agree.



A cup of coffee



A food-and-wine tour in the **Phlegraean Fields**

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NOT TO BE MISSED

Miseno mussels

Buffalo Mozzarella
DOP

Bluefish

The Phlegraean Fields Wine Trail

The Phlegraean Fields Wine Trail runs from Naples to Posillipo, then drops down to Bagnoli and to Pozzuoli. The climate and fertility of the soil has made it possible to grow local varieties of wine, which since 1994 have been awarded the "Campi Flegrei" controlled denomination of origin label. The DOC vines are Piedrosso and Falanghina, which have been cultivated here for centuries, Biancolella and Coda di Volpe for the whites, Olivella and Sciascinoso for the reds.



Mussels



The **Phlegraean Fields** offer a combination of sensational archaeological, landscape and thermal-water attractions as well as outstanding **wines**.

The area can boast the production of wines that have earned the DOC label: **Campi Flegrei white**, **Piedirosso** and the famous **Falanghina**.

Pozzuoli's seafront is lined with restaurants offering excellent **fish dishes**. Specialities on the menu include uncooked prawns and "**bianchetti**" (fry) in an omelette or au gratin; endless varieties of gulf fish, barbecued "pezzogne" fish and monk fish, gilthead, squid and octopus. In rural **Quarto**, in the Phlegraean hinterland, we find a successful fusion of the plentiful fruits of both the sea and the land. Dishes include: cannellini bean and squid soup, and pasta with savoy and bacon. On the coast, gastronomic trails wind their way amidst **flavours from the sea** and archaeological remains. Destinations absolutely not to be missed include **Baia**, **Bacoli** and **Miseno**, where visitors can sample the famous mussels cultivated locally.



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piazza dei Martiri 58
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di Cura Soggiorno
e Turismo di Pozzuoli
largo Matteotti, 1A
081 5266639
www.infocampiflegrei.it

**the phlegraeen fields
in 1 day**

Pozzuoli

Baia

Cuma

**the phlegraeen fields
in 3 days**

Pozzuoli

Solfatara

Lake Averno and Lake

Lucrino

Baia

Bacoli

Cuma

14



Annurca apples

art and archaeology

Amphitheatre of Pozzuoli

Sibyl's cave (Cuma)

Casino Reale (Lake Fusaro)

Baia Archaeological Park

Phlegraeen Fields

Archaeological Museum

(Bacoli)

Cuma Archaeological Park

Rione Terra (Pozzuoli)

nature and parks

Baia underwater park

Phlegraeen Fields

Regional Nature Park

Cratere degli Astroni

Nature Reserve

for young people

Bacoli
Pozzuoli seafront
Miseno
Stufe di Nerone

spas and fitness

Stufe di Nerone (Baia)
Agnano spa Centre
Terme Puteolane

shopping

Ceramic and terracotta
ware
Wines

outings with children

Amphitheatre of Pozzuoli
Sibyl's cave (Cuma)
Solfatara



The 'queen' of apples

The Annurca apple, grown only in Campania, is widespread in the Phlegraean countryside and in the mountain hinterland. Pliny called it *mala orcula* because in ancient times Pozzuoli was thought

to be the land of the Orcus, the Underworld. This 'infernal' (though heavenly-tasting) fruit is now protected by the IGP label. The apples are picked unripe and ripened on a bed of straw. This gives them their characteristic stripy red colour.

famous travellers

There is rivalry between the wines of Massico and those made from the vineyards on Monte Gauro overlooking Pozzuoli and Baia.

Pliny the Elder, 1 A.D.



Procida and Ischia: tastes from the islands

16

NOT TO BE MISSED

PROCIDA

Procida lemons

ISCHIA

Ischia Rabbit

Island of Ischia Food and Wine Trail

This is an itinerary not to be missed, taking in wineries, typical restaurants and artisan shops where you can sample typical products and the excellent wines that inspired the ancients to call it Aenaria, land of wine.



Peperoni



On **Procida** and **Ischia** it is not the sea that reigns supreme over the table. The agricultural tradition is reflected in an infinite number of dishes based on meat and vegetables. The volcanic origin of the islands has contributed to the successful cultivation of vines, from which outstanding wines are made, mainly whites.



**Ente Provinciale
per Turismo di Napoli**
piazza dei Martiri 58
tel. 081 4107211
www.eptnapoli.info

**Azienda Autonoma
di Cura Soggiorno
e Turismo di Ischia
e Procida**
via Sogliuzzo 72
Ischia
tel. 081 5074211
www.infoischiaprocida.it

information bureau
banchina porto salvo
Ischia Porto
081/5074231

Pro Loco Procida
via V. Emanuele 168
Procida
tel. 081 8101968

Procida, isle of lemons

procida in 1 day

Marina Grande
Terra Murata
Marina di Corricella

ischia in 1 day

Ischia Porto
Lacco Ameno
Forio d'Ischia

18

As an island, **Procida** is simple and Mediterranean, just like its people. To enjoy its **fish specialities**, simply sit down in one of the little restaurants overlooking the beaches or the **Marina Grande** port, or in the village of **Marina di Corricella**. Local dishes? *Volamarina* (moonfish) tripe with chilli and tomato, anchovies marinated in onions and vinegar or fried, spaghetti with clam sauce, fish soup, poached octopus, squid stuffed with anchovies.

Not to mention "*pesce fujuto*", a unique condiment for dressing pasta, made from oil, garlic, chilli, parsley and a ladle of seawater... **Flavours from the land** are often combined with those from the sea: so we find, for example, "**cicarelle**" (mantis shrimp) dressed with tomato, oil, garlic and chilli, or spaghetti with swordfish and aubergine. Vegetable and pulse soups and broths, escarole and red flour pizza, and exceptional artichokes exalt the aromas of a



Lemons

procida in 3 days

Marina Grande
Terra Murata
Marina di Corricella
Marina di Chiaiolella

ischia in 3 days

Ischia Porto
Lacco Ameno
Forio d'Ischia
Sant'Angelo
Ischia Ponte

art and archaeology

Procida
Terra Murata
Ischia
Aragonese Castle
(Ischia Ponte)

Pithecusae Archaeological
Museum (Lacco Ameno)
Sanctuary of the Madonna
del Soccorso (Forio)
Santa Restituta Sanctuary
(Lacco Ameno)

nature and parks

Procida

Vivara Nature Reserve

Ischia

La Mortella Garden (Forio)
Mount Epomeo

for young people

Procida

Marina di Chiaiolella

Ischia

'Rive Droite' - Ischia Porto
Sant'Angelo

fertile and brackish land. Enormous **lemons** are a particular speciality: sweet and thick-skinned, they can weigh up to half a kilo. The people eat them in salads, with mint, garlic and chilli; they grate the peel over aubergine "parmigiana"; they use them to make liqueurs, sorbets and water ices and to perfume the confectioner's custard used to fill the cake known as **lingua di bue** (ox tongue), made from fine pastry filled with custard and spread with honey.

famous travellers

We steered to Procida and sailed like a blade of sea grass that a wave tosses onto another wave and is then caught up again by the surge in its billowing swell.

Alphonse de Lamartine, 1852

Squid

spas and fitness

Ischia

Spa centres and parks, beauty centres in the major hotels



Where to try wine ice-cream

Wine ice-cream is not the only reason to go to Procida's November Wine Festival, where you will find all sorts of gastronomic specialities and locally-made craft items. There is a wonderful party atmosphere in the various districts, particularly in the Madonna della Libera neighbourhood where the festival is held.



In search of Ischitan cuisine

20

Sun, sea and nature; an enchanting climate and the highest concentration of thermal springs in Europe have made **Ischia** a favourite holiday destination both in summer and in winter. In recent years the variety of the refined food and wine it can offer has helped to further establish the island's positive image.

Ischia produces **wines** that were the first in Campania to be awarded the DOC label, from vines such as **Biancolella**, **Forastera** and **Piediroso** (or **Per 'e Palummo**).

The woods, pine forests and plateaux abound with berries, king boletus mushrooms and wild flowers. The island is covered with chestnut, citrus and olive groves, luxuriant orchards, and walnut and hazelnut trees. Vegetable gardens supply firm, tasty tomatoes, chickling, lentils, string beans and the unusual "**zampognari**", small, dark red beans, perfect for soup. A riot of colours and fragrances enriches traditional dishes, whose ingredients also include pork, fish and seafood.

famous travellers

Ischia can be seen as an immense vineyard; its fruits are exquisite and its figs were celebrated by Horace... its inhabitants are high-spirited and hard-working.

Audot, 1834

shopping

<i>Procida</i>	<i>Ischia</i>
Limoncello	Artistic ceramic ware
	Natural cosmetics (Forio)
	Wines

A wealth of restaurants and bars enliven the 'Rive Droite' of the old town of **Porto d'Ischia**, and **Ischia Ponte**, where the mighty Aragonese Castle is silhouetted against the sky. Typical dishes? Aubergine parmigiana, garnished with the island's wide-leafed, aromatic basil, and Ischia rabbit, the emblem of local cuisine. Rabbits are bred from **Barano** to **Serrara Fontana** and as far as the slopes of **Epomeo** –



outings with children

Procida

Marina di Chiaiolella

Terra Murata

Ischia

Aragonese Castle

(Ischia Ponte)

Farming Museum of Ischia
(Panza)

Sea Museum

(Ischia Ponte)

Sant'Angelo

sometimes in "fossa" (a deep pit dug into a bank). They are cooked in a glazed enamel pan with olive oil, tomato, unpeeled garlic, chilli, basil, wild thyme and white wine; the sauce is used to accompany pasta shapes such as bucatini or 'zitoni'. On the coast, **Sant'Angelo**, **Forio**, **Lacco Ameno** and **Casamicciola** are places for healing and relaxation (numerous spa centres) and for genuine seafood cuisine.



Extra Virgin Olive Oil



Below **Vesuvius**: cherry tomatoes on the vine and other delicacies

22

NOT TO BE MISSED

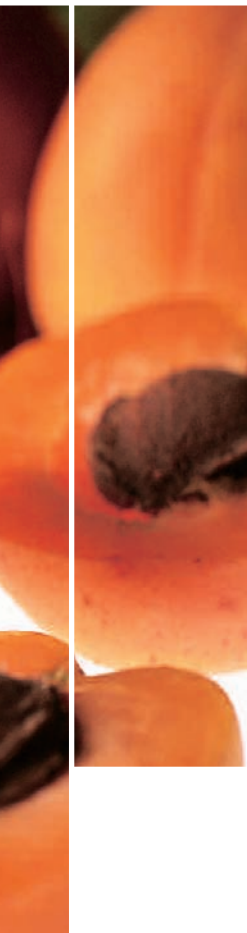
Apricots and cherry tomatoes from Vesuvius
Vesuvius wines

Vesuvius Food and Wine Trail

The hub of this Wine Trail is the DOC Vesuvio, which applies to the slopes of the volcano and protects a wine of ancient fame, Lacryma Christi.



Vesuvian Apricots



The kaleidoscope of flavours and aromas in the shadow of the volcano is quite remarkable: the Vesuvian area is rich in typical products, whose uniqueness derives from the characteristic fertility of the soil. This is where the **grapes** mentioned by Sallust and Pliny come from, as proof of a tradition that has extremely ancient origins: Falanghina del Vesuvio, Coda di Volpe, commonly known as Caprettone, and Piediroso del Vesuvio. These grapes are used to make the famous **Lacryma Christi** (DOC since 1983).

In addition to grapes, the volcanic soil is responsible for another delicacy: the sweet **apricots**, known locally as “crisommole”, a dialect word deriving from the Greek (“golden apples”).

Vesuvius is also the realm of the “**pomodorino del piennolo**”, a round cherry tomato on the vine with a pointed end, which is used in many typical recipes.



Ente Provinciale per Turismo di Napoli
piazza dei Martiri 58
tel. 081 4107211
www.eptnapoli.info

Azienda Autonoma di Cura Soggiorno e Turismo di Pompei
via Sacra 1
tel. 081 8507255
www.pompeiturismo.it

too-to-train journeys to Vesuvian destinations on the Circumvesuviana

The Circumvesuviana, which runs for 144 km, sets aside reserved trains and carriages for the use of trippers taking advantage of too-to-train, a programme of tourist initiatives aimed at discovering the region's rural civilisation and the famous places on the route of the Circumvesuviana
tel. 081 2507195

Amidst “monache” apricots and archaeological sites that are unique in the world

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Portici (with its beautiful Bourbon Palace) and **Herculaneum** (with its archaeological site of international repute) are home to numerous restaurants offering seafood specialities or the simple dishes of country tradition.

Torre del Greco is famous for coral working, but also for the delicious “**monache**” apricots that only grow here. In **Torre Annunziata** (ancient Oplontis), known for the ‘**white art**’, visitors can watch pasta being made in the artisan way at the old Setaro factory, where

original machinery is still in use.

Boscotrecase holds a wine festival in September, whilst the speciality of nearby Boscoreale is **wild-boar sausages**. Not far off lies **Pompeii**: a prominent feature of the extraordinary frescoes that decorate the houses demolished by the terrible eruption of Vesuvius in 79 A.D. is the lemon, which is still used a great deal locally for making cakes, ice-creams and water ices.



Piennolo Tomatoes

vesuvian area in 1 day

Pompeii
Vesuvius National Park

vesuvian area in 3 days

Pompeii, Herculaneum and
Oplonti
Vesuvius National Park
Portici Royal Palace

Vesuvian Villas
on the Golden Mile
Sanctuary of Pompeii

art and archaeology

Pompeii and Herculaneum
Portici Royal Palace
Vesuvian Villas
on the Golden Mile

nature and parks

Vesuvius Natural Park

spas and fitness

Stabia spa Centre

Aubergines



Eating with the ancient Pompeiians

The ancient inhabitants of Pompeii, nicknamed “grass eaters” by Plautus, grew vegetables, pulses and edible plants in abundance. They accompanied this produce with bread baked in local bakeries,

which were equipped with stone mills and grindstones (still visible in the archaeological site). They turned olives into oil or preserved them in brine or vinegar; fruit was dried and covered with honey mixed with wine.



shopping

Coral and cameos

Artefacts made from lava-stone, copper, wrought iron and wicker

outings with children

Pompeii

Vesuvius National Park

Vesuvian Observatory

Portici Royal Palace Park

26

Terzigno is rightly proud of its wine production. The **Catalanesca grape**, which makes a perfumed, light white wine, was planted here by Alphonsus I of Aragon around 1450.

The dishes on offer in the nearby villages are based on **produce from the land**. In particular, local aromatic pine nuts are used for escarole pizza, roulade with ragù and meat balls in tomato sauce. The **local cured meats** are delicious and include **Sant'Antonio Abate roast suckling pig**; in nearby **Nola** you can sample "**Napoli sausage**".

For more than a century **dried salted cod** or **stockfish** has been a speciality of **Somma Vesuviana**. This tradition dates back to the second half of the 19th century when the local peasants decided to sell their products at the port of Naples, bartering them with the fish that arrived on Norwegian ships.

Grapes, honey and Catalanesco wine are produced in **Pollena Trocchia**, where the tasty cherry tomato "pomodorino del piennolo" is also celebrated with a festival held in September. Other local products include **apricots, cherries, walnuts, hazelnuts** and table **olives** (in recent years the extra-virgin oil production has also been enhanced).



famous travellers

Those who have been to Mount Vesuvius, and who have had the hardihood to seek the exquisite Lacryma Christi produced on the southwester slopes of the hill, will remember a peculiar ravine running for nearly a mile from the sandy part of the cone, and covered with a stunted green bush of fern-like leaves.

Augustine J. O'Reilly, 1884

Walnuts





Sorrento Peninsula and Capri: gourmet dishes in the land of lemons

28

NOT TO BE MISSED

Castellammare

biscuits

Creel shrimp

Agerola dairy products

Sorrento lemons

Sorrento walnuts

Gragnano pasta

Provolone del

Monaco cheese

Spaghetti with
courgettes (Nerano)

Limoncello

'Delizia al limone'

Caprese salad

Capri limoncello

Torta caprese

(chocolate and
almond cake)

Isle of Capri Food, Wine and Traditions Trail

Isle of Capri

The sunny slopes of Capri are still home to the vineyards that produce the Falanghina, Biancolella, Greco and Piediroso grapes used to make DOC Capri wines. A stroll on the slopes of Monte Solaro and amidst the kitchen gardens that cover the island provides a perfect opportunity for sampling the delicacies that this land has provided us with for thousands of years and the delights that man has made from them.





Gragnano Pasta

On the splendid **Sorrento Peninsula**, where citrus and olive trees characterise the landscape, the gastronomic tradition boasts illustrious stars: Gragnano pasta, dairy products and cheese from Lattari Mountains, lemons and oil from Sorrento, fish from Massa Lubrense and, *dulcis in fundo*, 'torta caprese' (chocolate and almond cake), perhaps accompanied by a drop of limoncello...



Ente Provinciale per il Turismo di Napoli
piazza dei Martiri 58
tel. 081 4107211
www.eptnapoli.info

Azienda Autonoma di Cura Soggiorno e Turismo di Castellammare di Stabia
piazza Matteotti 34
tel. 081 8711334
www.stabiatourism.it

Azienda Autonoma di Cura Soggiorno e Turismo di Capri
piazzetta Cerio 11
tel. 081 8375308
www.capritourism.com

information bureau
piazzetta Umberto I
Capri
tel. 081 8370686
dock of the bay
Marina Grande
Capri
tel. 081 8370634
via Giuseppe Orlandi
Anacapri
tel. 081 8371524

Azienda Autonoma di Cura Soggiorno e Turismo di Sorrento e Sant'Agnello
via L. De Maio 35
tel. 081 8074033
www.sorrentotourism.com

Azienda Autonoma di Cura Soggiorno e Turismo di Vico Equense
via San Ciro 16
tel. 081 8015752
www.vicoturismo.it

Thornless artichokes, traditional pasta factories and fresh dairy products

30

Castellammare di Stabia is known for its spas and shipyards, but also for **biscuits**. As well as the kind covered in sugar frosting, sold in the famous blue paper, we should not forget the gallette ship's biscuits, which are linked to a formidable tradition. They were being made even prior to Angevin domination and were used as supplies for the crews on sailing, merchant and military ships.

A thornless **artichoke** is grown in the nearby hamlet of **Schito**. It is violet in colour and has tender, delicate leaves.

Not far off, in **Gragnano**, wheat has been the principal resource of the local economy for more than five hundred years: several artisan pasta factories are open to the public. The area is also famous for the production of **wines** with a long history behind them, including **Gragnano** and **Lettere**.

The **Lattari Mountains**, **Agerola** and the nearby hamlets of **Pogerola** and **San Lazzaro** are well-known for dairy produce: **cheeses** such as fiordilatte, caciocavallo, ricotta and provola are absolutely not to be missed.



sorrento peninsula in 1 day

Sorrento
Vico Equense
Massa Lubrense
Bay of Ieranto

sorrento peninsula in 3 days

Sorrento
Castellammare di Stabia
Vico Equense
Massa Lubrense
Nerano
Bay of Ieranto
Agerola

capri in 1 day

The Blue Grotto
Punta Tragara
and the Faraglioni
Villa San Michele
(Anacapri)

capri in 3 days

The Blue Grotto
Villa Jovis
Monastery of San Giacomo
Punta Tragara and the
Faraglioni
Villa San Michele
(Anacapri)
Solaro Mount (Anacapri)

art and archaeology

Stabia Antiquarium

Correale di Terranova

Museum (Sorrento)

Museum of inlaid wood
(Sorrento)

Monastery San Giacomo

Villa Jovis

Villa San Michele
(Anacapri)

nature and parks

Monti Lattari Park

Punta Campanella Marine

Nature Reserve

Solaro Mount (Anacapri)

spas and fitness

Beauty centres in large
hotels

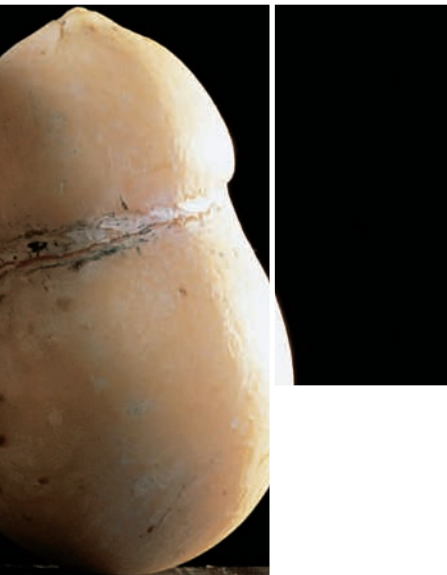
Stabia spa Centre

Vico Equense



31

Caciocavallo cheese



The Metrò del Mare

is Campania's swift sea transport service: it links up the most beautiful resorts on the coast from Pozzuoli to Palinuro, passing via Naples, Capri, Sorrento, Herculaneum and Amalfi. It is an alternative to road traffic and above all a practical, scenic and cheap way of reaching Campania's tourist resorts

www.metrodelmare.com
call-center 199 600 700.

famous travellers

Finally Gragnano, a light wine, but... truly unsurpassable. A deep ruby red colour, verging on dark; a winy, rural bouquet, sparkling, even foamy when young, with a head that receded immediately and all of a sudden was gone for ever.

Mario Soldati, 1969

Pizza? You can buy it by the metre here

A landscape dotted with citrus and olive trees

32 **Vico Equense** is widely known for **pizza 'by the metre'**. This 'invention' is due to Gigino Dell'Amura, who in the '50s came up with the simple yet ingenious idea of making a rectangular pizza to sell by the centimetre (by the metre for the greedier among us). Sample the numerous local **cheeses**, including **caciocavallo**, **provolone del monaco**, ricottine "di fuscella", and "burrino incamicciato", which is butter wrapped in fiordilatte.

Sant'Agello is the entrance to the kingdom of the Sorrento **lemon**, which colours the entire local landscape, together with the green of the olives that go to make Sorrento Peninsula **oil**, which has been awarded the prestigious DOP label.

A favourite destination for tourists from all over the world, **Sorrento** is a centre of gastronomic delicacies. No stroll down the Corso is complete without a limoncello sorbet, a 'gelato caldo' (the local soft ice-cream) or a '**delizia al limone**' (lemon delight). In the backstreets of

Pizza



the historic old town you can stock up on spices, powdered hot chillies, dried tomatoes and “**follovielli**”, vine-leaf parcels stuffed with candied grapes, of ancient origin. **Cheeses** include “**bebè di Sorrento**”, a mild caciocavallo shaped like a newborn baby. There are numerous restaurants all offering traditional dishes such as **cannelloni with ricotta** and the famous **gnocchi alla sorrentina**. After the meal, washed down with a **white** or **red Sorrento wine**, you will be offered a **limoncello** or a **nocino**, a liqueur made from Sorrento’s famous **walnuts**.



Gourmet cuisine

Situated in the wildest part of the Peninsula, Massa Lubrense boasts restaurants that will astonish even the most refined palates. The plait of fiordilatte cheese and the extra-virgin olive oil are absolutely not to be missed.

It is then de rigueur to stop off at Nerano to try to its legendary spaghetti with courgettes; and finally at Sant’Agata sui due Golfi, which is famous for its haute cuisine.



Creel shrimp

The Sorrento Peninsula is still inhabited by the parapandalo, a delicious pink shrimp that gathers in shoals at the entrance of caves.

The local fishermen catch them using a trapping system involving “nasse”, handmade myrtle and rush baskets that are not harmful for the natural environment.

Lemon delights

famous travellers

Sorrento’s vegetables and fruit are excellent. We eat lemons that we can barely hold in both hands and sweet oranges, which, in terms of size, fragrance and taste are not outdone by the celebrated oranges of Malta. The milk and butter are equally delicious.

Friedrich Leopold Stolberg, 1792

Capri: sins of gluttony on the 'Blue Island'

34 **Capri** is one of the top international tourist destinations and is also enticing from the gastronomic point of view. It is rightly proud of its delicate **ravioli**, elaborate **stuffed squid** and **Caprese salad** (mozzarella, tomato, basil and olive oil), whose simplicity has conquered the world. Those who are fond of worldly pleasures can sit outside a bar in the famous 'piazzetta' and try a slice of delicious **torta caprese**, a cake made of almonds and chocolate, now also available in a lemon version.



The traditional cuisine often combines **fresh fish** and **vegetables**: so alongside linguine in grouper or scorpion-fish sauce and vermicelli with sea-urchin meat, we find chickpea and squid soup or vegetable and seafood soup. Main courses are dominated by the sea: anchovies either marinated in citrus or fried, squid either stewed or stuffed with raisins and pine nuts, baked gilthead and fish soup. Meats on the menu – especially worth trying in **Anacapri** – are mainly **chicken** and **rabbit**, as well as wild quail.

Anacapri is also the place to try **soup with chickling**, a typical vegetable of the island. **Capri wine**, of which the Emperor Tiberius was very fond, has a long history behind it. **Capri DOC**, both white and red, is made from indigenous vines. To finish, a drop of **limoncello**, the highly scented liqueur made from Capri lemons.

Torta caprese – chocolate and almond cake

famous travellers

They had come over from Naples on St. Antony's eve, as they had done the year before, to report themselves to their patron, to keep up good relations, to drink Capri wine and to join in the tarantella.

Henry James, 1900-1909

shopping

Dairy products and cheese

Limoncello

Objects in inlaid wood

Capri perfumes

Capri sandals

outings with children

Monte Faito cableway

Monte Salaro (Anacapri)
cableway

Blue Grotto (Capri)



Limoncello



Eating on the 'divine' Amalfi Coast

36

NOT TO BE MISSED

San Marzano
tomatoes

Buffalo Mozzarella
DOP

Salted anchovy
sauce (Cetara)

Amalfi lemons

Red tuna from Cetara

The Amalfi Coast Wine Trail

The Trail winds its way between sheer terraces covered in vineyards and sudden glimpses of the sea, amidst valleys and cliffs onto which coastal villages cling.

Traditional vines are grown here and have charming local names: Falanghina has become Bianca Zita; Biancolella, Bianca Tenera; Sciascinoso, Olivella. The wines made from them are included under the DOC Costa d'Amalfi and Ravello DOC labels.



Cetara Anchovies



The **Amalfi Coast** is impressive, thrilling and seductive thanks both to its spectacular views and blue sea, and to the specialities of its cuisine, which evoke traditional rituals.

The famous SS 163 with its breathtaking hairpin bends runs along the entire Coast, offering views of exceptional beauty and allowing travellers to stop off at the seaside resorts en route to discover the typical local dishes.

Starting from Salerno, at **Vietri sul Mare** (famous for its ceramics), you can start to enjoy the **fish cuisine** that characterises the entire route. The Coast does in fact boast more than one hundred fish species: the most delicious include cocchio (white fish), scorpion fish, cod, monkfish, moray and grey mullet.

Blue fish is also plentiful, especially in enchanting **Atrani**. **Cetara**, a picturesque seaside village is famous for its **anchovies** and you must not leave without buying at least one jar of **salted anchovy sauce**. The **tuna in oil** is also delicious: Cetara has one of the most important fleets in the Mediterranean for tuna fishing, especially the red variety: cetara means "tuna-fishing nets".



**Ente Provinciale
per il Turismo di Salerno**
via Velia 15
tel. 089 230411
www.eptosalerno.it

**Azienda Autonoma
di Soggiorno
e Turismo di Amalfi**
via delle Repubbliche
Marinare
tel. 089 871107
www.amalfitouristoffice.it

**Azienda Autonoma
di Soggiorno e Turismo
di Maiori**
corso Regina 73
tel. 089 877452
www.aziendaturismo-maiori.it

**Azienda Autonoma
di Soggiorno e Turismo
di Positano**
via del Saracino 4
tel. 089 875067
www.aziendaturismopositano.it

**Azienda Autonoma
di Soggiorno e Turismo
di Ravello**
via Roma 18 bis
tel. 089 857096
www.ravellotime.it

**the amalfi coast
in 1 day**

Amalfi
Positano

**the amalfi coast
in 3 days**

Amalfi
Ravello
Positano
Furore Fjord

Salerno centre
Vietri sul Mare
Li Galli Archipelago

38 The lively holiday resorts of **Maiori** and **Minori**, with beautiful beaches, offer fabulous sea cuisine: octopus salad, linguine with seafood, fried mullet...

Its highly esteemed **Ravello** and **Tramonti DOC wines** are sub-denominations of the Costa d'Amalfi label, as is **Furore**.

It is here in the ancient Marine Republic that the **Amalfi "sfusato"**, the typical lemon of this Coast, leaves its mark, with its intense perfume, particularly in the local desserts (don't miss citrus fruit peel covered in plain

chocolate). The Coast also boasts a long tradition in the production of fruit liqueurs (lemon, mandarin, liquorice, strawberry, wild fennel, walnut, myrtle).

Sip them in **Conca dei Marini**, accompanied by a sublime dessert, the "**santarosa**", the ancestor of the famous sfogliatella.

Conclude in fine style by sitting down at one of the romantic restaurants on the beach at **Positano**, where you can sample dishes that taste of the sea and enjoy the charming surroundings.



Lemons

art and archaeology

Salerno cathedral
Ceramics Museum (Vietri sul Mare)
Amalfi cathedral



'Colatura' – salted anchovy sauce

Cetara is well-known to epicures for this "extract", which is made from anchovies caught in the Gulf of Salerno using a special salting process. It seems that colatura is a descendant of *garum*, the ancient fish sauce used by the Romans to season their dishes. The highly-prized liquid is obtained by pressing the anchovies.

Ravello cathedral
Villa Rufolo (Ravello)
Villa Cimbrone (Ravello)



A sfogliatella fresh from the convent

A very fine shell-shaped pastry dripping with trickles of custard and garnished with black cherries: this is the "santarosa", the ancestor of the

nature and parks

Diecimare Oasis
Persano Oasis, Foce Sele and Tanagro Nature Reserve

Monti Lattari Regional Nature Park
Punta Campanella Marine Nature Reserve
Valle delle Ferriere State Nature Reserve

39

Neapolitan sfogliatella, created in the 17th century by the cloistered nuns from the convent of the same name at Conca dei Marini. Even King Ferdinand of Bourbon was seduced by it.



Sfogliatelle pastries

for young people

Salerno seafront
Positano
Amalfi
Maiori
Praiano

spas and fitness

Contursi Terme
Beauty centres in the major hotels

shopping

Vietri sul Mare ceramics
Amalfi limoncello
Positano fashion
Wines

outings with children

Paper Museum, Amalfi
Positano
Valle delle Ferriere State Nature Reserve
Beaches of Maiori



Land and sea: **Cilento** cuisine

40

NOT TO BE MISSED

Menaica anchovies
(Pisciotta)

Buffalo mozzarella
DOP and Campanian
buffalo meat (Paestum
and environs)

Paestum artichokes

Controne beans

Cilento dried figs

Cilento Wine Trail: flavours and history

The trail runs along the entire coast from Salerno to Marina di Camerota, with short detours, and provides an exhilarating opportunity to get to know the local typical products both in the towns and amidst the beauties of the natural environment. Typical restaurants and wineries are scattered everywhere, amidst villages rich in history and vineyards overlooking the sea, where visitors will be ensured a warm welcome to the numerous agritourism centres.



Figs



There is so much to discover in **Cilento**, both in terms of tourist attractions and food and wine: long sandy beaches, a crystal clear sea, the wild beauty of the interior set off its typical products, whose flavours have been preserved intact. From the delicate Paestum artichoke to the white Controne bean, from “menaica” anchovies to wild fennel liqueur, the gastronomic trails have more than one surprise in store.

All of Cilento is famous for its tasty traditional cuisine, which is based on many typical products prepared according to recipes handed down from mother to daughter: this has led to the creation of a variety of exquisite dishes that it will be a pure pleasure to sample in the various villages and numerous agritourism centres and bed & breakfasts found locally.



**Azienda Autonoma
di Cura Soggiorno e
Turismo di Salerno**
Lungomare Trieste 7/9
tel. 089 224744
www.aziendaturismo.sa.it

**Ente Provinciale per il
Turismo di Salerno**
via Velia 15
tel. 089 230411
www.eptosalerno.it

**Azienda Autonoma
di Cura Soggiorno e
Turismo di Paestum**
via Magna Grecia 887
tel. 0828 811016
www.infopaestum.it

A compulsory detour: Salerno and the Agro Nocerino-Sarnese

42

It is worth stopping in **Salerno** not only to take a stroll along the seafront or in the historic old town, but also to buy some olive oil of outstanding quality, such as **Colline Salernitane DOP**, or to sample an amazing wine, such as **Fiano Colli di Salerno**. **San Marzano tomatoes**, the 'red gold' of the south, are grown in the Nocerino-Sarnese district. The story has it that the first seed came from Peru at the end of the 18th century. It was planted in a district in the area and gave rise, probably through cross-breeding with the local tomato, to the famous San Marzano (DOP since 1996).



Castel San Lorenzo DOC Wine Trail

The vast Sarlernitan area comprises many Wine Trails: the Castel San Lorenzo Trail crosses a hilly area where a rich typology of wines is produced. The route twists and turns along the spectacular winding course of the river

Calore Lucano and takes in the towns of Castel San Lorenzo, Bellosguardo, Felitto, Aquara, Castelcivita, Roccadaspide, Magliano Vetere and Ottati, an area that is also famous for the highly-prized chestnut "marrone di Roccadaspide".



San Marzano tomatoes

cilento in 1 day

Paestum
Punta Licosa
Palinuro and Marina
di Camerota

cilento in 3 days

Paestum
Punta Licosa
Archaeological site of Velia

Palinuro and Marina
di Camerota
Cilento and Vallo di Diano
National Park

Castelcivita and
Pertosa/Auletta grottoes
Certosa of Padula
Teggiano

On the Sele plain, amidst buffalo and Doric temples

Just outside the **Cilento** and **Vallo di Diano National Park** lies the Sele plain, where the enchantment of the Doric temples of **Paestum** encounters a magic almost equally sublime: the unmistakable taste of **buffalo mozzarella DOP**.

The plain is also famous for **wines (Aglianico Paestum)**, **oil (Cilento DOP)** and the soft, thornless **Paestum artichoke**. Other typical products of this area include the **white fig**, mainly found in the **Agropoli** area, and the thin-skinned **Controne bean**.

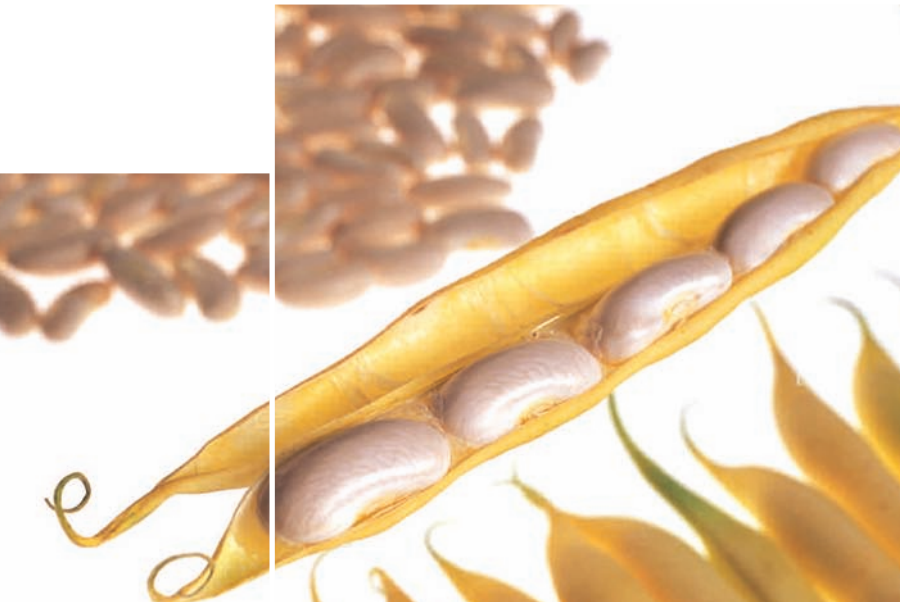


The Controne bean

The Controne bean is known for its excellent nutritional properties and delicate taste. Small, round and white, it has a thin skin that makes it easy to

digest. It is used in various ways: 'fagioli al tozzetto' (i.e. on double-baked granary bread drizzled with extra-virgin oil) is simple and delicious.

Controne beans



Vallo di Diano, home to traditional peasant food

44

An agricultural and pastoral world that sets store by the produce of the land still thrives in **Vallo di Diano**. Local dishes include **handmade pasta** (“cientofanti” cooked in meat broth and fusilli with mutton sauce); **legumes** (don’t miss “cuccia”, a soup made of chickpeas, chickling, lentils, peas, broad beans, kidney beans, maize and wheat); **meat** (lamb and kid) cooked over the embers; **vegetables**, which are transformed into delicious side dishes (artichokes in oil, baked aubergines, stuffed peppers).

In **Sassano**, not far from the magnificent **Certosa of Padula**, you can find **cheeses** made with milk from **hill pastures**, many of them awarded the DOP label.

Moving on to **desserts**, in nearby **Sala Consilina** it is well worth trying “cavati”, fried leavened dumplings sprinkled with sugar, whilst the Christmas speciality of **Montesano sulla Marcellana**, which is famous for its hot springs, is “canstrieddi”, tiny honey-covered cakes. Other typical sweet dishes are “pastorelle” (chestnut custard in fried puff pastry), chestnut cake, “anginetti” (biscuits covered with lemon frosting) and “susamieddi” (hard honey biscuits).

The Cilento coast - all the flavours of the sea

The Cilento coast is a succession of long strips of sand, inlets, caves and promontories lapped by an unpolluted sea.

Seaside villages alternate with pleasant beach resorts: and from **Santa Maria di Castellabate** to **Acciaroli**, from **Ascea** to **Pisciotta** and from **Palinuro** to **Marina di Camerota** and all the way to Sapri, seafood cuisine reigns supreme. **Vegetables** also occupy an important place, as in the case of “**cianfotta**” (peppers, aubergine, tomatoes and potatoes stewed with oil and aromatic herbs) and fried green peppers. These delicacies are accompanied by a fine local **wine** such as **Cilento bianco DOC**. To finish, a highly-scented **wild fennel liqueur**.



Red and White Wine

art and archaeology

Paestum
Sanctuary of Hera Argiva
Velia
Certosa of Padula

nature and parks

Castelcivita and
Pertosa/Auletta grottoes
Cilento National Park
and Vallo di Diano

for young people

Agropoli
Marina di Camerota
Palinuro

spas and fitness

Montesano
sulla Marcellana

shopping

Chestnut wickework baskets

Copper and wrought-iron artefacts

Wine and typical products

outings with children

Living Museum of Hera Argiva

Cilento and Vallo di Diano National Park

Night time visit to the temples of Paestum

Beaches between Palinuro and Marina di Camerata



Menaica anchovies

The "menaica" is a net formerly used by the Greeks, which makes it possible to select only the largest anchovies: only a few families in

Pisciotta still practise this type of fishing.

With their pale, delicate meat, these rare menaica anchovies have outstanding

organoleptic qualities. They are caught at night. At dawn they are cleaned, salted and stored in terracotta jars. These fishing and salting techniques have ancient origins and are tied to the tradition of this small mediaeval village.



Menaica anchovies

famous travellers

Those hills form the last slopes of the Cilento mountains, and are all covered with olives, figs and vines.

Cosimo De Giorgi, 1882



Caserta and Matese, gastronomic trails in the *Campania Felix*

46

NOT TO BE MISSED

Buffalo mozzarella
DOP

Campanian buffalo
meat

Roccamonfina
chestnut

Cheese

Mushrooms

Cured meats

Lamb and kid

The Wine Trail in Terra di Lavoro

It includes areas with a very rich gastronomic tradition: Caserta, Aversa, Santa Maria Capua Vètere and Sessa Aurunca, the extinct volcano of Roccamonfina and the limestone ranges of Mässigico. Since antiquity famous wines have been produced here, as have other protected products: Roccamonfina chestnuts, Campanian Annurca apples, Mozzarella di Bufala Campana DOP and smoked Provolone cheese.



Red Wine



The ancient Romans did in fact call this area *Campania Felix* (i.e. lucky): a vast plain crossed by the river Volturno, with a mild climate and soil made fertile by the action of volcanoes such as Roccamonfina. So it is hardly surprising that alongside tourist attractions such as the **Caserta Royal Palace**, food and wine are also a major draw for visitors. Ingredients from the land and sea, great wines, exquisite buffalo mozzarella and much more besides: it is hard not to succumb.



Ente Provinciale
per il Turismo
di Caserta
Palazzo Reale
Caserta
tel. 0823 321137
www.eptcaserta.it

In search of real buffalo mozzarella

48

The mediaeval village of **Casertavecchia** is packed with restaurants offering delicious dishes based on local ingredients. Hearty first courses and barbecued meats are accompanied by excellent **corn bread**.

Not far off lies the **Maddaloni** valley, where **artichokes** and, above all, **Annurca apples** are grown.

The area between **Sessa Aurunca**, **Cellole**, **Carinola**, **Falciano** and **Mondragone** is home

caserta in 1 day

Caserta Royal Palace
and Park
Casertavecchia

caserta in 3 days

Caserta Royal Palace
and Park
San Leucio
Casertavecchia
Santa Maria Capua Vetere
Capua

to a highly-prized wine: **Falerno del Massico** (DOC since 1989), celebrated by Pliny and Martial, by Horace and Cicero. According to legend it was actually here that Bacchus, under false pretences, was shown great hospitality and generosity by the old farmer Falernus: to show his gratitude, Bacchus caused luxuriant vines to grow on the slopes of Mount Massico. The area between *Ager Falernum* and **Castel Volturno** is the kingdom of **buffalo mozzarella DOP**. On

famous travellers

Between Capua and Caserta each step exudes a blessing. Plant a tree, and at once it grows tall and luxuriant. Hang a vine on it, and it becomes as strong as a trunk; the olive covers the mountain slopes with its humble beauty.

Johann Gottfried Seume, 1801-1802



Buffalo mozzarella

matese in 1 day

Piedimonte Matese

Matese Lake

Alife

matese in 3 days

Piedimonte Matese

Castello Matese

Matese Lake

Alife

the **Mazzoni plain**, which was once a marsh, you can sample **eels** and **frog soup**. From the Domitian coast head for the **Agro Aversano**, where the local buffalo supply not only mozzarella but highly-flavoured meat and salami as well. This very fertile area, rich in vines, is home to **Asprinio di Aversa** wine, DOC since 1993. Other renowned local products include “fragolino” wine, grapes, taralli savoury biscuits, artisan pasta and “casatiello” cake.

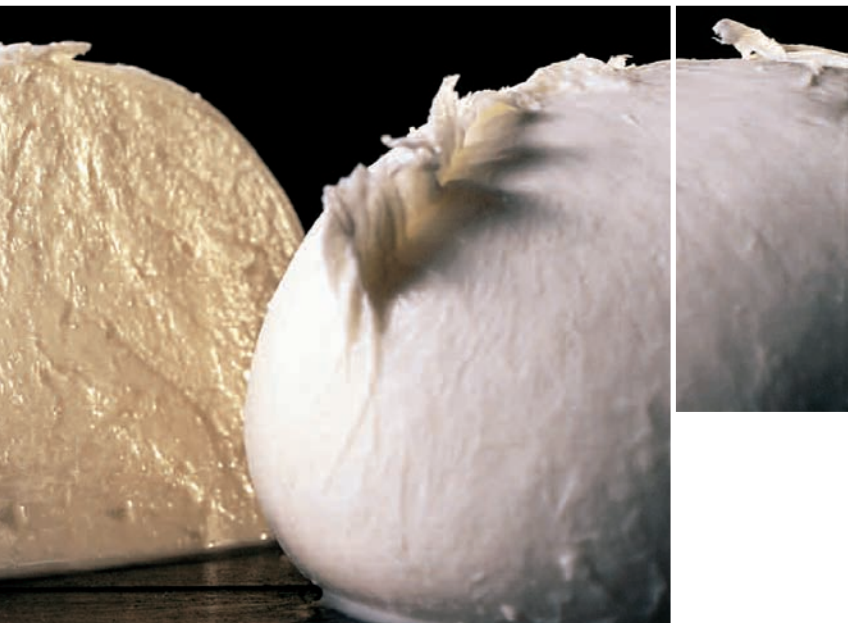


Buffalo mozzarella DOP

There is only one ‘real’ buffalo mozzarella, the one protected by the DOP label.

To earn this mark it must be made with milk from free-range buffalo fed on natural fodder.

Its preparation requires the skill of master cheese makers who are able to ‘mozzare’ (‘cut off’ hence the name) the stringy paste while it is still warm. Some cheese factories are open to the public.



The Matese district, home to high-quality wines and pecorino cheese

50

The bars and restaurants in the **Valle del Volturno**, on the way up to the Matese massif, offer rustic ham and pecorino cheese on their menus. The countryside round about is mainly given over to olives and vines; the jewels in the crown of the local economy are **Caiazzo** extra-virgin oil and prized **Pallagrello wine**. Vines of the equally prized **Casavecchia red** grow between the towns of **Pontelatone**, **Castel di Sasso** and **Liberi**. In the protected area of **Matese Regional Park**, you can wander around the delightful mountain villages and buy extra-virgin oil, honey, chestnuts, cured meats, cow and goat's milk cheese, and in particular the famous **laticauda pecorino** cheese. Not forgetting highly-scented **strawberries** from **Vairano Patenora**. The nearby **Roccamonfina- Foce del Garigliano Regional Park** is home not only to excellent chestnuts but also to another famous Caserta wine: **Galluccio** (DOC since 1997), white and red. Other wines favoured by the volcanic nature of the soil include **Falanghina Roccamonfina**, **Cecubo** and **Terra di Lavoro**. **Riardo** is famous for its **mineral water**.



Vairano
Patenora strawberries

art and archaeology

Caserta Royal Palace
and Park

Casertavecchia

Santa Maria Capua Vetere

Sant'Angelo in Formis
Prata Sannita village
and castle

nature and parks

Regional Nature Reserve
Foce Volturno and Costa
di Licola

Roccamonfina-Foce
del Garigliano Regional
Nature Park
Matese Regional Park

for young people

Casertavecchia

Baia Domizia

Matese Regional Nature
Park



Montella Chestnuts



shopping

Wine and typical products

Wooden, copper, wrought-
iron, wicker, embroidered
and lace articles

outings with children

Caserta Royal Palace Park

Amphitheatre and Museum
of the Gladiators in Santa
Maria Capua Vetere

Variconi Oasis

Matese Lake



Sannio, ancient traditions and strong flavours

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NOT TO BE MISSED

Laticauda Sannita
pecorino cheese

Pietraroja ham

Torrone nougat from
Benevento and San
Marco dei Cavoti

Walnut liqueur
("Nocino")

Strega liqueur

Colline Beneventane
extra-virgin olive oil

Terre dei Sanniti

Typical Products and Wine Trail

The province of Benevento is an obligatory destination for the most exacting wine tourist. The dynamic viticulture practised in this district produces no less than six DOC wines, considered among the best in Italy: Aglianico del Taburno, Taburno, Guardiolo, Sannio, Sant'Agata dei Goti and Solopaca. The trail winds its way between green hills planted with vineyards and olive groves, dotted with mediaeval castles, churches and villages.





Sannio offers robust peasant fare characterised by strong flavours: homemade pasta, cured meats, wild vegetables, porcini mushrooms and truffles. All its dishes should be accompanied by one of the superb local wines.

Benevento is rich both in testimonies of the past (Trajan's Arch for example), and in legends: here, in the dead of night, witches would meet under a giant walnut tree.

Numerous dishes are attributed to sorceresses. "Zuppa delle streghe" for example, made with vegetables, herbs, eggs, provola cheese, toast and walnuts. Another variation is "cianfotta della strega", a soup made with courgettes, aubergines, peppers, potatoes, pumpkin, fennel and various herbs. A huge variety of **fresh pasta** types are used for **first courses**:

"lagane" and chickpeas, "cicatielli" with ragù, fusilli with tomato and ricotta, tagliatelle in walnut sauce... **Benevento's** famous **torrone nougat** is made with top-quality **hazelnuts, almonds and honey** and is perfectly accompanied by the famous liqueur **Strega** or by **nocino**, an excellent digestive walnut liqueur.



Ente Provinciale per il
Turismo di Benevento
via Sala 31
tel. 0824 319911
www.eptbenevento.it

A backdrop of mediaeval villages and genuine foods

54 **Mount Taburno** signals the start of the production area of the DOC **wine** of the same name. Wine also plays a leading role in Sant'Agata dei Goti, where **Sant'Agata dei Goti Falanghina**, a fruity white, and **Sant'Agata dei Goti Merlot**, with hints of plum and black cherry, are made.

A trip around Sannio provides an opportunity to visit unspoilt villages and try their typical dishes. Try "**törtano**" in **Amorosi**, filled with cured meat and local cheese; **crostini bread** from **Faicchio**, topped with peeled tomatoes, oil, oregano, fresh caciocavallo cheese and anchovies; **taralli savoury biscuits with wild fennel and pepper** in **San Lorenzello**;



Nocino walnut liqueur

sannio in 1 day

Benevento
Sant'Agata dei Goti

sannio in 3 days

Benevento
Sant'Agata dei Goti
Cerreto Sannita
Montesarchio

Solopaca
Guardia Sanframondi
San Lorenzello

art and archaeology

Trajan's Arch (Benevento)

Church of Santa Sofia
(Benevento)

Sannio Museum
(Benevento)

Roman theatre (Benevento)

Sant'Agata dei Goti

Telesia

mushrooms and sausages in **Cusano Mutri**, cooked over the embers or crumbled and mixed with ricotta and used as a delicious sauce for pasta; highly-prized Pietraraja **ham**; **pastiera rice** cake from **Morcone**, an original variation of the traditional Neapolitan recipe; "**pizza chiena**" from **Campolattaro**, stuffed with caciotta cheese, raw ham, spicy sausage



The indigenous vine, symbol of the Campanian art of wine-making

Falanghina has a place of honour among the historic vines of the region. Highly

esteemed on international markets, its name reveals its ancient origin: falanx was the wooden pole (or row of plants) used by the Greek colonists to grown vines on.



Onions

nature and parks

Taburno-Camposauro

Regional Nature Park

Partenio Regional Nature

Park

Pietraraja Geo-

Palaeontological Park

for young people

Benevento

shopping

Torrone nougat from
Benevento and San Marco
dei Cavoti
Liqueurs
Wines

outings with children

Trajan's Arch (Benevento)
Butterfly Collection
in the Mediaeval Castle
(Guardia Sanframondi)

Tower Clocks Museum
(San Marco dei Cavoti)
Pietraroja Geo-
Palaeontological Park

"Dinosaur Park"
in San Lorenzello

56

and egg; rustic **lasagne** from **San Lorenzo Maggiore**, with mozzarella, hard-boiled eggs, crumbled fried sausages, parmesan and basil. These hearty dishes are best accompanied by a fine wine such as **Solopaca**, red or white, which bears the DOC label.

North of Benevento there are two other essential places to visit: **Pietrelcina**, where devotees of Saint Padre Pio flock, but which is also famous for its **courgette flower fritters** with anchovies or scamorza cheese and for its **tagliatelle in artichoke sauce**; and **San Marco dei Cavoti**, renowned for its chocolate-covered **nougat**.

Courgette flowers





Pietraraja ham

There are two things in Pietraraja with a long history behind them: the fossil of the baby dinosaur “Ciro” and ham (documented in writing as early as 1776). The back haunch of the pig is detached by hand and salted for about twenty days. The ham is pressed in a wooden press; it is then hung up for smoking and repressed for a month before being seasoned, if desired, with black pepper and chilli.



Pietraraja Ham

famous travellers

... Campania, exceptional for the cultivation of the vine.

Pliny the Elder, I.A.D.



Highly-prized meats, truffles and wines: **Irpinia** à la carte

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NOT TO BE MISSED

Mushrooms and truffles

Chestnuts, apples, hazelnuts

Pecorino and caciocavallo cheeses

Irpinia Food

and Wine Trail

Surrounded by vineyards, the province of Avellino makes wines of international repute such as Taurasi, king of reds, Greco di Tufo and Fiano, two whites with an unmistakable bouquet. These three products are of the highest quality and are the only DOCG wines in Southern Italy. The trail starts in Avellino and winds through the Sábato and Calore valleys, on the Via Appia, frequently branching off.



Mushrooms



Simple and rustic, like the surrounding environment, Irpinia's cuisine includes wonderful homemade pasta, lamb and rabbit, salami and mountain ham, mature cheese, chestnuts and hazelnuts.

Local products are used to make starters such as cold sliced meats and salted ricotta, macaroni in meat or game sauce, meat roasted on the embers, to which the local wines provide a perfect accompaniment. These are no ordinary wines, given that **Irpinia**, with its three **DOCGs** (Fiano di Avellino, Greco di Tufo and Taurasi), represents Campanian enology's peak of excellence. A round of samplings and tastings will allow you to discover all the delights of this region, which, set amidst mountains and hills offers the pleasure of a holiday in touch with nature, staying in one of the many agritourism centres perhaps. In **Avellino**, "eating well" and "drinking well" are inextricably linked: first courses of **fresh pasta** (durum wheat fusilli, "cavatelli", tagliatelle, ravioli, orecchiette), **meat**-based mains (chicken, lamb and rabbit cooked on the embers and flavoured with various sauces), **rustic pizza** with ricotta, escarole or corn flour. **Monteforte Irpino** is reputed for its wheat **pie with ovoli** mushrooms. A visit to the celebrated sanctuary of **Montevergine** is an opportunity to try the **liqueurs** made by the Benedictines, which perfectly complement the famous nougat from **Ospedaletto d'Alpinolo**.



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via Due Principati 32a
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www.eptavellino.it

Authentic flavours of an unassuming land

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On the border with Lucania, in a landscape that becomes increasingly verdant, you can stop off in places whose gastronomic tradition is of immense importance. The **Serino** area, on the edge of the Picentini Mountains, is well-known for ham, **sausage** and a special variety of **chestnut**, the “serinese” DOP. However, the whole of the surrounding area is considered to be the kingdom of chestnuts, which are produced in abundance in the communes of **Montella**, **Volturara Irpina**, **Montemarano**, **Nusco**, **Cassano Irpino** and **Bagnoli Irpino** with the denomination “**castagna di**

Montella” (IGP since 1996).

Lioni, at the heart of the **Monti Picentini Regional Park**, boasts fine **cheeses**, whilst **pecorino cheese** and **black truffles** are the pride of the pleasant holiday resort of **Bagnoli Irpino**. The town of Bagnoli dedicates a festival to the refined tuber in the month of October, during which it is combined with dishes from the local cuisine: grated over handmade pasta or on ravioli filled with ricotta, or thinly sliced in salads with olives and “pepaine” (pickled peppers). **King boletus mushrooms** can be found more or less everywhere, but especially

Chestnuts



irpinia in 1 day

Avellino

Sanctuary of Montevergine

irpinia in 3 days

Avellino

Sanctuary of Montevergine

Sant'Angelo dei Lombardi

Mirabella Eclano

Conza Archaeological Park



in the **Partenio** and **Terminio** area. Go to **Sant'Andrea di Conza** to taste “**calzoncelli**” with chickpea flour; to **Calitri** for *Easter ring-shaped cakes* with hard-boiled eggs (*picciliatiegghi*) or with salt, pepper and fennel seeds (*scallatiegghi*). Almost on the border with the province of Salerno, in **Calabritto**, you will find delicious **chestnut cake fritters**.

Bisaccia is famous for **spring lamb with asparagus** and **Lacedonia** for its **desserts**: baked ravioli stuffed with chestnut paste and chocolate, and sfogliatelle with sweet ricotta or black cherry jam. **Ariano Irpino** is known for its excellent **lamb** and seasoned cured **meats**. The little village of **Dentecane** makes exquisite **nougat**. This is also the area of **Taurasi** wine, one of Italy's most highly-prized reds. In early December, in the town of the same name, Taurasi is presented to enthusiasts in “The preview of Taurasi DOCG”. The equally famous **Greco di Tufo** and **Fiano di Avellino** are cultivated in the same area as Taurasi.

art and archaeology

Mirabella Eclano
Irpino Provincial Museum
in Avellino
Sanctuary of Montevergine

nature and parks

Partenio and Alta Irpinia
Regional Park
Monti Picentini Regional
Nature Park



spas and fitness

San Teodoro spa Centre,
Villamaina

shopping

Lace
Marble artefacts
Straw items

Inlaid wood

Wine and typical products

Asparagus



Fiano Grapes

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