



THE TASTE OF PUGLIA



PUGLIA SVEVA®

DI PUGLIA IL CUORE.

R E C I P E      B O O K



Barletta, the castle



Puglia Sveva is a territorial brand created by the Consortium for the protection of the Castel del Monte DOC wines and the Terra di Bari PDO Oil, with the support of the Ministry of agricultural, food and forestry policies, able to tell and promote the excellence of the "heart of Puglia".

Starting with the wine and the extra virgin olive oil, and then involving all the other actors in a territory with ancient traditions, Puglia Sveva is the symbol of a unique environment in Italy: a true oasis of culture, serenity and pleasure.

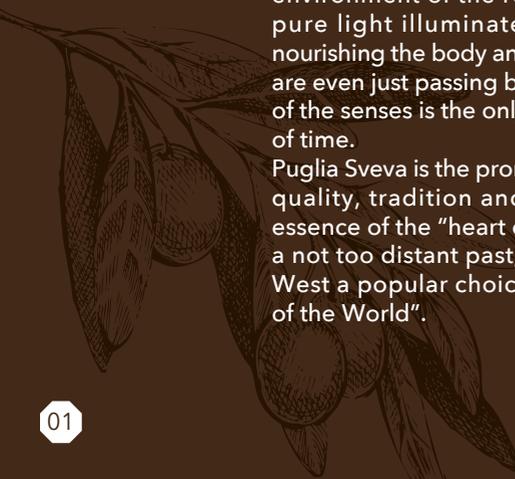
## PUGLIA SVEVA

Farms, wineries, oil mills, dairy factories, pottery workshops, museums and historic towns, on the seaside or at the heart of the Murge area, draw the weft and warp of one of the most authentic and original environment of the region. A clear and pure light illuminates the landscape, nourishing the body and soul of those who are even just passing by, and the pleasure of the senses is the only way to keep track of time.

Puglia Sveva is the promise of uniqueness, quality, tradition and discovery of the essence of the "heart of Puglia" which, in a not too distant past, was for the entire West a popular choice for the "Wonder of the World".



Canne della Battaglia



# DINING

## WITH EMPEROR FREDERICK II OF SWABIA

Between 1230 and 1250, Emperor Frederick II of Swabia (the historic and linguistic region in southwestern Germany) sponsored the drafting of the famous "Liber de coquina", the first ever book on Southern Italian cuisine. The Emperor spent a long period of time there, becoming acquainted with the area and its traditions, its customs and in particular, its cuisine.

Now the recipes described in the ancient book come to life in this cookbook, thanks to the contribution of chefs Pietro Zito and Felice Sgarra, both from Puglia, both holders of Michelin stars. They have created a revised version of some of the book's recipes. The historical research carried out by Anna Martellotti ("The recipe book of Frederick II", published by Leo S. Olschi) and Elisabetta Carli, has also contributed to the renown of the recipes popularised by Frederick II (see e-book "Liber de Coquina" Recipes from medieval culture - Narcissus.me Publishing). **To experience the flavours and traditions of Puglia Sveva®**, download the App, visit [www.pugliasveva.it](http://www.pugliasveva.it) and use the map to find your nearest restaurant. You can also find out where to purchase the wines and oils suggested by the recipes.



Castel del Monte

# THE ESSENCE OF PUGLIA

**DOC** (Controlled  
Designation of Origin)  
**CASTEL DEL MONTE WINES**



Puglia is one of the most prosperous Italian agricultural regions. At its heart is Puglia Sveva (Italian for Swabia), the origin of the land's most renowned food and wine, where ancient agricultural traditions have remained unchanged.

Among these are the **DOC CASTEL DEL MONTE** red, white and rosé wines produced by both local and international vines such as Bombino Bianco, Nero di Troia, Aglianico as well as Chardonnay, Sauvignon and Cabernet sauvignon. In 2011 three denominations were promoted to the DOCG level (Controlled and Guaranteed Designation of Origin). Today these wines are the jewel in the crown of the area's wine production:

- **DOCG CASTEL DEL MONTE BOMBINO NERO** (rosè)
- **DOCG CASTEL DEL MONTE ROSSO RISERVA** (red)
- **DOCG CASTEL DEL MONTE NERO DI TROIA RISERVA** (red)

## The main vines grown are:

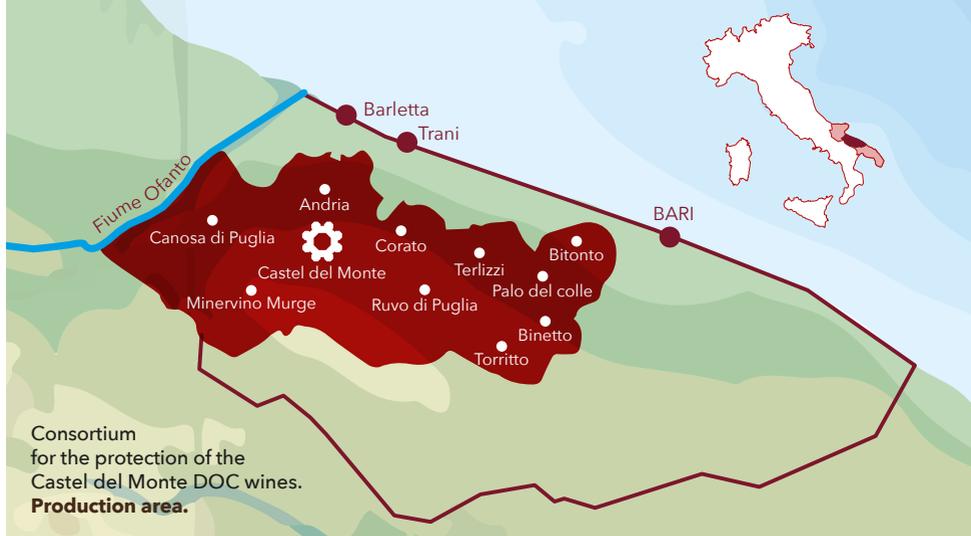
Bombino Bianco, Pampanuto, Chardonnay, Sauvignon, Bombino Nero, Nero di Troia, Montepulciano, Aglianico and Cabernet Sauvignon.

**PDO** (Protected  
Designation Of Origin)  
**TERRA DI BARI EXTRA  
VIRGIN OLIVE OIL**



Located in the largest olive growing region in Italy, Puglia Sveva is also the birthplace of the largest "olive grove certificate", protected by the **PDO TERRA DI BARI**. Recognized in 1996, the designation is reserved for extra virgin olive oils with qualities that are essentially due to the geographical environment in which they are produced, including natural and human factors. Their production, processing and preparation takes place in the geographical area defined by the regulations, which encompasses the following three additional geographical designations:

- **PDO TERRA DI BARI CASTEL DEL MONTE**  
the main cultivar is the Coratina
- **PDO TERRA DI BARI BITONTO**  
the main cultivars are the Cima di Bitonto and the Ogliarola Barese
- **PDO TERRA DI BARI DOP MURGIA DEI TRULLI E DELLE GROTTI**  
the main cultivar is the Cima di Mola



## JUST WHAT MAKES THE PDO TERRA DI BARI EXTRA VIRGIN OLIVE OIL UNIQUE?

The oil produced in the "heart of Puglia" offers a unique sensory richness and flavour intensity, which makes it particularly interesting for cooking as well as raw consumption. With its high level of oleic acid and polyphenols, which are almost three times higher (in the Coratina cultivar, but the two other cultivars Cima di Mola and Cima di Bitonto don't differ much) compared to all other extra virgin olive oils. These give it its typical bitter and spicy flavour and a high level of stability. The PDO TERRA DI BARI extra virgin olive oil has excellent health properties, it is actually proven that its constant consumption helps to reduce the level of "bad" (LDL) cholesterol and increases "good" (HDL) cholesterol in addition to slowing down aging, thanks to the antioxidants it contains.

# THE PUGLIA SVEVA RECIPIES



## SIDE DISHES, SOUPS AND BROTHS

### 1. FAVA BEAN SOUP



Suggested wine: DOC Castel del Monte Rosato (Rosé)



Suggested oil: PDO Terra di Bari Castel del Monte, intense, Coratina cultivar

**Ingredients:** 800 g of fresh fava beans, extra virgin olive oil, salt, sheep's milk (alternatively, almond milk or white wine); alternative 1: 2 eggs, 80 g of chopped pancetta bacon; alternative 2: saffron, ginger and salt; alternative 3: saffron, pepper, onion, honey or sugar.

#### Method:

Start by washing and carefully selecting the beans, then boil. When they are almost cooked, drain them and finish cooking them in either sheep's milk, almond milk or white wine. Gently whisk the mixture, adding a little extra virgin olive oil to give creaminess. At this point the recipes differ (for approximately 800 g of fresh fava beans):

First variation: add two whole beaten eggs and leave over the heat to thicken. Serve with 80 g of sautéed chopped pancetta bacon. Second variation: add saffron, ginger, pepper and salt. Third variation: add saffron, salt and pepper; serve with thinly sliced onion sautéed in oil, honey or sugar.

### 2. FOGLIAMMISCHIATE (MIXED LEAVES)



Suggested wine: DOC Castel del Monte Bianco (White)



Suggested oil: PDO Terra di Bari Bitonto, intensely fruity flavour, Cima di Bitonto or Ogliarola Barese cultivar

**Ingredients:** common brighteyes leaves, borage, rocket, fennel, chicory, cardoncelli mushrooms, pork rind and extra virgin olive oil.

#### Method:

Thoroughly clean the pork rind and cut it into small pieces, put everything in a saucepan with salted water and cook. Meanwhile, clean and wash vegetables well under running water and add to the pot. When they are cooked sufficiently, remove the vegetables and the pork rind from the saucepan and place on plates with plenty of extra virgin olive oil. There is a contemporary version of this dish: put the mixed vegetables on slices of stale homemade bread.

### 3. EMPEROR'S FISH BROTH



Suggested wine: DOC Castel del Monte Bombino Bianco (White)



Suggested oil: PDO Terra di Bari Castel del Monte, medium fruity flavour, Coratina cultivar

**Ingredients:** 600 g of cleaned cuttlefish or squid, 1 white onion, 100 g of ground almonds marjoram, rosemary, parsley, squid ink, olive oil, 100 g of bread crumbs.

**Method:**

Prepare a sauté of oil and chopped onion; add the cuttlefish or squid and cook for a few minutes. Bake for thirty minutes, covering with water. Often check how the squid are cooking: the smaller they are, the less time they need to cook. Shortly before turning off the heat, add the squid ink and the chopped herbs. Boil for a few minutes. Add the breadcrumbs and ground almonds to the broth. Serve warm.

Instead of almonds hazelnuts or walnuts or a mix of nuts can be used.

### 4. LENTIL SOUP



Suggested wine: DOCG Castel del Monte Bombino Nero (Red)



Suggested oil: PDO Terra di Bari Bitonto, medium fruity flavour, Cima di Bitonto or Ogliarola Barese cultivar

**Ingredients:** ½ kg of boiled lentils, extra virgin olive oil, salt, a bunch of selected herbs (sage, rosemary, bay leaves), 1 egg yolk, as much parmesan as necessary.

**Method:**

After boiling the lentils, drain and then resume cooking in a low, wide saucepan (preferably made of earthenware), then cover with cold water at least an inch deep. After adding the herbs, bring to the boil with a pinch of salt, letting it boil for a few minutes. Remove from the heat, remove the herbs and gently blend to give the soup creaminess. Add a beaten egg yolk with two tablespoons of parmesan cheese. Mix well and quickly. Serve with a drizzle of olive oil.

### 5. EMPEROR'S SOUP



Suggested wine: DOC Castel del Monte Bianco (White)



Suggested oil: PDO Terra di Bari Castel del Monte, medium, Coratina cultivar

**Ingredients:** 500 g of broccoli, as much beef broth as necessary, 1 whole fennel, salt, extra virgin olive oil.

**Method:**

Boil the broccoli and fennel for thirty minutes in the broth. Separate the fennel and gently blend to get the right consistency. Drain the broccoli before blending it and gradually add the stock and cream of fennel. Add salt to taste and serve with a drizzle of extra virgin olive oil.

## 6. MUSHROOM SOUP



Suggested wine: DOC Castel del Monte Chardonnay

Suggested oil: PDO Terra di Bari Castel del Monte, medium fruity flavour, Coratina cultivar

**Ingredients:** *Cardoncelli mushrooms, garlic, parsley, anchovies, lemon, salt to taste, extra virgin olive oil.*

**Method:**

Cook the mushrooms in a frying pan with extra virgin olive oil and season with a clove of garlic, chopped parsley, anchovies and lemon juice.

### MEAT-BASED RECIPES

## 7. CHICKEN WITH RAISINS



Suggested wine: DOC Castel del Monte Rosso (Red)

Suggested oil: PDO Terra di Bari Murgia dei Trulli e delle grotte, medium fruity flavour, Cima di Mola Barese cultivar

**Ingredients:** : *500 g of chicken or turkey breast, 1 small onion, extra virgin olive oil, pepper, cloves, nutmeg, 100 g of raisins and chopped dates, 50 g of chopped almonds, saffron.*

**Method:**

Saute the chicken breast chopped into small pieces, with the onion; add spices and saffron (dissolved in hot broth), prunes, raisins, chopped almonds, chopped dates and a little sugar. Cook for about 10/15 min. depending on the cut of the meat and its cooking time. Mix well and serve with a drizzle of extra virgin olive oil.

## 8. WHITE PORK STEW



Suggested wine: DOC Castel del Monte Aglianico (Red)

Suggested oil: PDO Terra di Bari Bitonto, light fruity flavour, Cima di Bitonto or Ogliarola Barese cultivar

**Ingredients:** : *500 g of lean pork, 3 cloves of garlic, 2 onions, shallots or leeks, extra virgin olive oil, pepper, cloves, nutmeg.*

**Method:**

Fry in a frying pan with oil, finely chopped garlic and onion. When the garlic and onion have browned, add the chopped pork. Brown well and add salt. Add pepper, nutmeg, cloves and a glass of water to finish cooking.

Variation: Add a little white wine to the recipe.

## 9. EMPEROR'S MEAT RAVIOLI

-  Suggested wine: DOC Castel del Monte Nero di Troia (Red)
-  Suggested oil: PDO Terra di Bari Bitonto, light fruity flavour, Cima di Bitonto or Ogliarola Barese cultivar

### **Ingredients:**

*For the pasta: 200 g of flour, 2 tablespoons of extra virgin olive oil, as much water and salt as necessary.*

*For the filling: 200 g of minced lean pork, 100 g of sausage mixture, 50 g of grated parmesan cheese, 1 egg, salt, marjoram, parsley, spices, half a chopped onion, 100 g butter (for cooking), Optional: chestnut or fir honey.*

### **Method:**

To make the pasta: Mix the ingredients and knead the dough vigorously, then let stand for about an hour.

To make the filling: after sautéing the onion, add the sausage and minced pork and brown. Cook for a few minutes and leave to cool. Put the filling into the blender to obtain a smoother mixture, then add the other ingredients.

Now make the ravioli. Roll out the pasta into two very thin sheets (otherwise the ravioli won't cook properly) and with a dough cutter make 10 cm circles; close the ravioli with another layer of pasta. Boil the ravioli in boiling salted water for about ten minutes.

Meanwhile melt the butter in a frying pan large enough to hold the ravioli without piling them up and turn them over continuously for a few minutes. Serve immediately. Variation: further season with chestnut or fir honey.

## 10. CHAR-GRILLED MEAT SKEWERS IN GREEN HERB SAUCE

-  Suggested wine: DOCG Castel del Monte Rosso Riserva (Red)
-  Suggested oil: PDO Terra di Bari Castel del Monte, intensely fruity flavour, Coratina cultivar

**Ingredients:** *The following meats mixed as preferred: pork, beef, chicken, wild boar, salt and flavourings as desired.*

### **Method:**

Cut the meat into small pieces (3x3cm) and make the skewers. Cook over a low heat on the grill. While the skewers cook, prepare the green herb sauce.

## SALSA VERDE

**Ingredients:** *plenty of parsley, mint, cardamom, nutmeg, pepper, cloves, ginger, salt, extra virgin olive oil, 1-2 cloves of garlic (optional), 50 g of white bread crumbs soaked in vinegar.*

### **Method:**

Blend all the spices and other ingredients and serve with the char-grilled meat skewers.

No particular quantities of the individual ingredients are needed for the sauce, except the parsley of which plenty is needed.

## 11. AROMATIC MEATBALLS

-  Suggested wine: DOCG Castel del Monte Nero di Troia Riserva (Red)
-  Suggested oil: PDO Terra di Bari Murgia dei Trulli e delle Grotte, medium fruity flavour, Cima di Mola cultivar.

**Ingredients:** 500 g of ground pork, rosemary, marjoram, cloves, salt and pepper, as much flour as necessary, parsley, fennel, dill, onion and extra virgin olive oil.

**Method:**

Chop the parsley, fennel, dill and onion and sauté in extra virgin olive oil. Add a little water, if necessary. Make small balls with the minced meat, adding rosemary, marjoram, cloves, salt, pepper, and a little flour if the mixture is moist, then add to the pan immediately.

## FISH-BASED RECIPES

## 12. FRIED FISH BALLS

-  Suggested wine: DOC Castel del Monte Bianco (White)
-  Suggested oil: PDO Terra di Bari Bitonto, medium fruity flavour, Cima di Bitonto or Ogliarola Barese cultivar

**Ingredients:** 400 g of fish fillets (already cooked), 2 eggs, rosemary, parsley, marjoram, pepper, ginger, salt, as much flour as necessary, extra virgin olive oil for frying.

**Method:**

Chop the already boiled white fish fillets, add the chopped herbs and spices and make small balls, adding two eggs to prevent them opening during cooking. Flour the meatballs before frying: the smaller they are, the crispier and tastier they'll be.

## 13. FRIED SQUID

-  Suggested wine: DOC Castel del Monte Bombino Bianco (Red)
-  Suggested oil: PDO Terra di Bari Castel del Monte, light fruity flavour, Coratina cultivar

**Ingredients:** 800 g of cleaned cuttlefish, as much flour as necessary, white pepper, extra virgin olive oil for frying.

**Method:**

Flour the squid after adding pepper to two cups of flour. Fry in deep, very hot oil. Serve the fried squid while still warm, accompanied by green herb sauce (see recipe).

The original recipe is for large squid, but the cuttlefish are tastier and more tender: you can also substitute them with squid rings.

## 14. ASCHIPESCIA (FRIED EEL)

-  Suggested wine: DOCG Castel del Monte Bombino Nero, rosato (Rosé)
-  Suggested oil: PDO Terra di Bari Bitonto, intense fruity flavour, Cima di Bitonto or Ogliarola Barese cultivar

**Ingredients:** 1 kg of eels, extra virgin olive oil for frying, strong white wine vinegar, bran, to be used for the preparation.

**Method:**

Clean the eels, removing the head and entrails; rub the eels several times with a damp cloth or bran to remove the gelatinous layer of the skin. Cut into pieces and fry the eels without flour, in hot oil. Serve while still hot, poached in strong white wine vinegartyly.

## 15. SCAPECE (MARINATED FISH AND VEGETABLES)

-  Suggested wine: DOC Castel del Monte Sauvignon
-  Suggested oil: PDO Terra di Bari Castel del Monte, light fruity flavour, cultivar Coratina

*A dish derived from the Arab tradition, the term 'scapece' today usually indicates a preserve typical in Puglia which also includes fried vegetables (eggplant, carrots, etc.) and oily fish in the recipe. It is made in different ways according to the area.*

**Ingredients:** anchovies (or ray or other small fish), eggplant, extra virgin olive oil, mint, water, vinegar, garlic, pepper.

**Method:**

Clean the anchovies and slice the eggplant lengthways. Fry everything a little at a time, in plenty of olive oil. Drain and put the anchovies and eggplants in a baking dish alternating with mint leaves and pepper. Boil some water and vinegar with two cloves of chopped garlic, after a few minutes pour this liquid into the dish with a few tablespoons the oil from the frying pan. Leave the scapece for at least a day before serving.

## 16. BOILED SEA BREAM AND SHRIMP WITH GREEN HERB SAUCE

-  Suggested wine: DOC Castel del Monte Chardonnay
-  Suggested oil: PDO Terra di Bari Castel del Monte, light fruity flavour, Coratina cultivar

**Ingredients:** sea bream, fresh shrimp, 2 litres of water, 2 dl of dry white wine, 2 tablespoons of honey (dark honey like chestnut or fir honey is better), 1 cinnamon stick, salt to taste, extra virgin olive oil.

**Method:**

Cover the cleaned fish in the cold liquid (seasoned with wine, honey, cinnamon and salt) and bring to the boil. Simmer for 20-30 minutes depending on the size of the fish. After draining the fish, boil the peeled shrimp for a few minutes. Serve with green herb sauce (see recipe) and a little extra virgin olive oil.

## 17. EMPEROR'S STUFFED SARDINES



Suggested wine: DOC Castel del Monte Rosato (Rosé)



Suggested oil: PDO Terra di Bari Bitonto, medium fruity flavour, Cima di Bitonto or Ogliarola Barese cultivar

**Ingredients:** 1 kg of cleaned sardines (or mackerel), 10 salted anchovy fillets, sage, rosemary, marjoram, pepper, salt, cloves, ginger, extra virgin olive oil for frying.

**Method:**

Remove the heads from the sardines, split them in half and remove the bone without removing the skin, to get two attached fillets. Finely chop the anchovies and herbs, adding spices and salt, then stuff the sardines with this filling. Close the sardines with wooden cocktail sticks. Fry in plenty of hot extra virgin olive oil. Eat hot with lemon juice. In the original recipe they were served with bitter orange juice.

## CAKES AND BISCUITS

## 18. CAPUT MONACHI (DRIED FRUIT AND NUT PASTRY BAKE)



Suggested wine: DOC Moscato di Trani (White)



Suggested oil: PDO Terra di Bari Murgia dei Trulli e delle Grotte, medium fruity flavour, Cima di Mola cultivar

**Ingredients:** 500 g of shortcrust or puff pastry, 100 g of chopped dried figs, 100 g of chopped dried dates, 80 g of raisins, 150 g of pine nuts, hazelnuts, finely chopped nuts, sweet spices (cinnamon, cloves, ginger) 200 g of honey, extra virgin olive oil for frying.

**Method:**

Divide the pastry into 4 thin sheets. Put the first sheet on a 22/24 cm diameter baking tray (made of silicone or covered with baking paper), add the dried figs, a handful of chopped nuts, some of the honey and spices; then cover with the second sheet of pastry and place the dates and the honey and spice mix on top; cover with another pastry sheet, covering with raisins and the honey and spice mix. Then close with the last pastry sheet to finish. Bake in a 180° oven for 30 minutes before frying in hot oil.

## 19. APPLES COOKED IN BEER



Suggested wine: DOC Moscato di Trani (White)

**Ingredients:** 3 apples, 100 g of sugar, 80 g of butter, 1 glass of light beer.

**Method:**

Peel the apples and cut into thin slices. Melt the butter in a frying pan, add the apples and sauté for a few minutes. Add sugar and caramelize. Simmer in the beer and serve hot.

## 20. PASTILLO ALLE MELE (APPLE PIE)

 Suggested wine: DOC Moscato di Trani (White)

**Ingredients:** 200 g of puff pastry, 200 g of dried figs, 100 g of raisins, 100 g peeled walnuts, 2 rennet apples, 2 dl of almond milk, sweet spices (cinnamon, ginger, cloves), 2 tablespoons of sugar, 1 knob of butter, 1 tablespoon of starch.

**Method:**

Dilute the starch with the almond milk, gradually adding it to the heat to thicken. Grease a 22/24 cm diameter baking tray, layer with apples, dried fruit and almond milk. In the original version of the recipe, at least three layers are made. Roll out the pastry and close the pie, squashing it slightly. Bake at 180° for about 20/25 min.

## 21. SPICED BISCUITS

 Suggested wine: DOC Moscato di Trani (White)

*These are squares made with wheat flour, almonds, milk, honey and butter, baked in wood-burning ovens. Very light and crispy, Frederick II liked them very much and ate them with a little honey. A detoxifying meal after roast feasts.*

**Ingredients:** 150 g of finely chopped almonds, 130 g of sugar, 150 g of flour, 100 g of melted butter (alternatively extra virgin olive oil), 1 egg, a pinch of salt, spices (cinnamon, cloves, ginger).

**Method:**

Mix all the ingredients to obtain a firm dough then leave in the refrigerator, wrapped in foil, for about an hour. Roll out the dough and cut out the biscuits. Bake at 160° for 10 min.

## 22. CASIOPHAS (TYPE OF CREAM CAKE)

 Suggested wine: DOC Moscato di Trani (White)

**Ingredients:** 300 g of shortcrust or puff pastry, 6 egg yolks, 250g of mascarpone cheese (or ricotta), 1dl of almond milk, saffron, 200 g of sugar, a pinch of salt.

**Method:**

Roll out the dough, not too thin, in a round cake tin 22/24 cm in diameter and pre-cook in a hot oven at 180° for 10 min. Beat the egg yolks with the sugar, add the salt and mascarpone and mix well to obtain a smooth cream. Dissolve the saffron in the almond milk and mix with the cream. Pour the cream on the pre-baked crust and bake for 30-40 min.

# RECIPES FROM RENOWNED PUGLIA SVEVA CHEF

RECIPE BY CHEF **PIETRO ZITO**

## ALTAMURA LENTIL SOUP WITH MONTE SANT'ANGELO BREAD AND FRUITY CULTIVAR CORATINA EXTRA VIRGIN OLIVE OIL



Suggested wine: DOCG Castel del Monte Bombino Nero, rosato (Rosé)



Suggested oil: PDO Terra di Bari Castel del Monte, fruity, Coratina cultivar  
(from Bosco di Santo Spirito, near Castel del Monte)

### **Ingredients for 4 people:**

*300 g of Altamura lentils, 100 ml of Coratina extra virgin olive oil, 2 cloves of garlic, 6 Galatino winter tomatoes, collected from around the edge of the Murgia Bari plateau, 1 celery stalk, 4 mature laurel leaves, 1 yellow carrot, 1 red pepper, 2 young 'sponsali' onions (similar to leeks, but sweeter) 2 small pieces of pork rind, 1 tablespoon of rosé wine, 200 g of yellow vernili cherry tomatoes, 100 g of dried Vulture sausage, 4 slices of Monte Sant'Angelo bread.*

### **Method:**

Cook the Altamura lentils for about two hours in an earthenware dish with plenty of rain water, a little Coratina extra virgin olive oil, mature laurel leaves, black unpeeled garlic, celery, carrot and winter cherry tomatoes, collected from around the edge of the Murgia Bari plateau.

Cook with almond wood if possible, and first over an open flame and then over red-hot coal/almond wood. When almost cooked, add the Margherita sea salt and then let stand. Separately in a copper saucepan, fry the 'sponsali' onions in extra virgin olive oil with a few pieces of pork rind from the black Vulture pig. Finally simmer with Bombino Nero rosé wine, then add to this plenty of yellow vernili tomatoes (those produced in the Lucera countryside) which previously been of peeled (by immersing them first in boiling water and then in cold water). Leave them to cook, from time to time adding warm salted water.

When the tomatoes are well cooked, add the lentils, a chilli pepper and finely cut dried sausage (from Melfi) then cook over a low heat for 20 more minutes. Toast the slices of Monte Sant'Angelo bread over the almond wood and place them on the edge of the dish, spoon out the cooked tasty lentils and serve, always remembering to add a drizzle of extra virgin Coratina olive oil.

**Recipe by Pietro Zito**

### **Pietro Zito**

- "Tre Gamberi" awarded from Gambero Rosso, from 2000 until now
- Awarded from Slow-Food from 1994 until now
- Ambasciatore Del Gusto (Taste Ambassador) since 2016
- Michelin Bib Gourmand 2016



### **Felice Sgarra**

*Chef Patron of Umami in Andria, Apulia, from 2011: one Michelin star won in 2014 and re-confirmed for the years 2015, 2016 and 2017.*



RECIPE BY CHEF **FELICE SGARRA**

## EMPERORS FISH BROTH



Suggested wine: DOC Castel del Monte Chardonnay



Suggested oil: PDO Terra di Bari Castel del Monte, medium fruity flavour, Coratina cultivar

### **Ingredients for 4 people:**

*400 g of fresh cuttlefish, 1 piece of shallot, 1 clove of white onion, 120 g of fresh almonds, 400 grams of vegetable broth, Coratina cultivar medium fruity extra virgin olive oil, 160 g of wholemeal sourdough bread crumbs, 2 radishes, a little fresh ginger, Margherita di Savoia Fior di Sale salt, fresh herbs, mint, oregano, wild thyme.*

### **Method:**

Place the cleaned cuttlefish on a chopping board, cover with a sheet of baking parchment (as protection) and beat with a meat mallet to break the cuttlefish fibres. Remove the parchment and cut the cuttlefish into thin strips and place them in a steel bowl with a crumble made of salt, ginger, fresh herbs and a drizzle of olive oil. Mix well and put the vacuum-sealed cuttlefish into a steam oven, at 62°C for about 25 minutes.

In a copper saucepan sauté the chopped shallot and onion with extra virgin olive oil, simmer with the vegetable stock, bring to a boil and blend with a hand blender, adding the ink sacs and salt to taste; filter the mixture to remove impurities. This will give us the broth.

Take small pieces of bread and moisten it with the cuttlefish broth, soaking it well. Put the pieces of bread in the oven at 18°C up to toast it, the bread should be crisp on the outside and soft inside. Set aside the broth with squid ink.

Serve the bread on a soup plate with chopped fresh almonds and a large amount of cuttlefish on top, some previously cut radish slices, fresh herbs and a drizzle of extra virgin olive oil. Finish the dish with a ladle full of hot broth.

**Recipe by Felice Sgarra**



## MEAT-BASED MENU

- FAVA BEAN SOUP
- MIXED LEAVES
- CHAR-GRILLED MIXED MEAT  
SKEWERS IN GREEN HERB SAUCE
- MEAT RAVIOLI
- MEATBALLS
- PASTILLO DI MELE (APPLE PIE)
- CAPUT MONACHI (DRIED FRUIT  
AND NUT PASTRY BAKE)
- SPICED BISCUITS

CANDIED FRUIT PEEL  
SUGARED ALMONDS

 Suggested wine: DOC Castel del Monte Rosato e Bianco (Rosé and White), DOCG Castel del Monte Rosso Riserva (Red), DOC Castel del Monte Nero di Troia and DOCG Nero di Troia Riserva (Red), DOC Moscato di Trani (White)

 Suggested oil: PDO Terra di Bari Bitonto, Cima di Bitonto or Ogliarola Barese cultivar, PDO Terra di Bari Murgia dei Trulli e delle Grotte, Cima di Mola cultivar, PDO Terra di Bari Castel del Monte, Coratina cultivar



## SEAFOOD MENU

- FISH BROTH
- SEA BREAM AND BOILED SHRIMP WITH GREEN HERB SAUCE
- SEMPEROR'S STUFFED SARDINES
- FRIED SQUID
- FRIED FISH BALLS
- CASIOPHAS (TYPE OF CREAM CAKE)
- APPLES COOKED IN BEER
- SPICED BISCUITS

CANDIED FRUIT PEEL  
SUGARED ALMONDS



Suggested wine: DOC Castel del Monte Bombino Bianco (White), DOC Castel del Monte Chardonnay, DOC Castel del Monte Rosato (Rosé), DOC Castel del Monte Bianco (White), DOC Moscato di Trani (White)



Suggested oil: PDO Terra di Bari Bitonto, Cima di Bitonto or Ogliarola Barese cultivar, PDO Terra di Bari Murgia dei Trulli e delle Grotte, Cima di Mola cultivar, PDO Terra di Bari Castel del Monte, Coratina cultivar

## DINING WITH FREDERICK II

# ANCIENT TRADITIONS AND CUSTOMS OF PUGLIA

**In the Middle Ages the evening meal was the most important meal of the day.** The tables were arranged in a "U" shape. The head of the house, close friends and guests sat in the most important central places, while at the sides sat the other less important diners. The tables were lain with large white linen tablecloths, although the style was very basic.

**Here there were no "individual" place settings.** The glasses, for example, were offered directly by the "bottler" and then immediately withdrawn, each guest shared with his neighbour. They were usually made of red, grey or black ceramic but also sometimes of glass.

**Knives were an exception allowed only for guests.** In fact, the food was brought to the table on cutting boards or plates already cut into small pieces and each diner served himself using his hands.

**Each diner had a wooden or metal spoon,** but they generally used their hands which always had to be clean. For this they were served by the "mappari" who proffered basins of perfumed water and linen towels.

**Forks appeared for the first time in the Liber de Coquina:**

*"Then eat using a sharp-tipped wooden utensil"*

"POSTEA, COMEDA CUM UNO  
PUNCTORIO LIGNEO ACCIPIENDO"

Castel del Monte





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