Emilia Romagna | Tasting the tradition
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After the interest provoked by the gastronomic passageway through time and memory “in search of the lost flavors” of Emilia Romagna, which led to the publication of the first volume of old family recipes, this new edition completes the collection dedicated to the traditions of wine and food, with recipes for jams, liquors, sauces, and picklings, handed down to us from the peasant tradition.

Particular thanks for the completion of the initiative go to the many people who responded to our request with great enthusiasm by sending in their recipes, which are all really particular and unique, to the editorial staff of Emilia Romagna Tourism.

This response has allowed us to present the public, curious people, lovers of cooking and of antique tradition, with a cultural heritage to be fully tasted and enjoyed and never to be forgotten.
Other recipes from the Emilia Romagna tradition can be found in the section dedicated to wine and gastronomy at [www.emiliaromagnaturismo.it](http://www.emiliaromagnaturismo.it), the official website for tourist information for the Emilia Romagna Region.
Jams, Marmalades and Gelatins
Prunarolo Jam

Typical recipe of Vergato citizens, a town in the Province of Bologna.

**Ingredients**: 1 kg of plums, 500 g of pears, 500 g of dried chestnuts soaked in water, 500 g of sugar, 1 small glass of maraschino.

**Preparation**: put all the ingredients together, previously cut into small pieces, in an iron pot and boil for about 1 and a half hours. When finished cooking, let it cool and then pour it into small jars.

**Recipe sent in by**: Sabrina Lopes - Bologna
Quince Jam

Typical recipe of the Emilia Apennine Mountains.

**Ingredients:** 2 kg of ripe quince apples, 1.6 kg of sugar, 2 lemons.

**Preparation:** wash the quinces, cover them in water and let them boil until the peel breaks. Drain the quinces, remove the cores and cut into small pieces. Add the sugar and the lemons cut into slices, and put everything back onto the stove, cooking it for about 40 minutes, stirring frequently. Put everything through a vegetable mill or food processor, then let it dry out on the stove, until the jam takes on a bright orange color and comes away from the pot. Pour the jam, still hot, into aluminum containers evenly, then brush with grappa and let them dry for 24 hours.

**Recipe sent in by:** Paola Cristofori - Reggio Emilia
Figs “in composta”

Typical Romagna recipe.

**Ingredients:** 1 kg of figs, 300 g of sugar, 1 stick of vanilla.

**Preparation:** Carefully clean the figs with a wet cloth, take off some of the stalk and put them in a pot. Add the sugar and the vanilla and let them sit. After 24 hours, put the pot on the stove and stir frequently until the sugar begins to caramelize (it should run off a spoon in a thread). Take it off the heat and let it cool. Pour the composition into jars and when they are completely cold, cover them with a circle of waxed paper, previously soaked in alcohol, and seal them hermetically.

**Recipe sent in by:** Sara Civinelli - Cesena (FC)
Black Mountain Cherry Marmalade

Typical recipe from the Modena Apennines.

**Ingredients:** 1 kg of black cherries, 1 kg of sugar.

**Preparation:** Peel the black cherries and take out the pits. Put them in a very deep pot and boil them, on low heat, without stirring and without a cover. After 4 hours, add the sugar and continue to boil, stirring continually with a wooden spoon, for another hour. Pour the marmalade into glass jars, close them and turn them upside-down. Leave them like this for 24 hours, covered with a cloth.

*Recipe sent in by:* Lucia Corradini - Modena

"It is made in June, when the children collect the first ripe fruit from the trees, and it is enjoyed all winter, with pies made during the holidays."
Hard-skin Cherry Marmalade

Typical recipe from Vignola, a region rich with cherries and black cherries.

**Ingredients:** 1.2 kg of cherries, 1/2 liters of lambrusco wine, 250 g of sugar.

**Preparation:** remove the pits from the cherries and let them soak overnight in the sugar and the wine. The next day, boil them slowly, until you obtain the desired consistency. Pour the marmalade into glass jars, close them and boil them in water for about 20 minutes.

**Recipe sent in by:** Patrizia Moruzzi - Modena
Blackberry Marmalade

Typical recipe from the Cesena hills where blackberry patches have sprung up naturally.

**Ingredients:** 1 kg of Blackberry paste, 400 kg of sugar.

**Preparation:** Strain the blackberries to eliminate the seeds, then put them into a pot. Put it on low heat without stirring and let it boil very slowly, allowing at least 1/3 to evaporate. Add the sugar and from now on, stir it continuously until the marmalade obtains the correct consistency, that is to say, solid enough. Pour it into jars while it is still hot and hermetically seal them.

*Recipe sent in by:* Ilve Martelli - San Piero in Bagno (FC)

“It was often prepared for the children’s snack.”
**Peach Marmalade**

Rimini recipe. It was prepared to put into pies, but most of all, it was an excellent snack, spread on a piece of bread with butter.

**Ingredients:** 2.5 kg of ripe peaches, 1.25 kg of sugar, one lemon, 10 tender and clean leaves from a peach tree.

**Preparation:** wash the peaches and carefully dry them. Remove the pits and cut them into pieces over a casserole dish, so as not to lose the juice. Add the lemon and the peach leaves and let them boil for 5 minutes, on high heat, stirring and foaming. Sieve the peaches and put them back into the casserole adding the sugar and stirring continuously, to avoid sticking. When finished cooking, pour the hot marmalade into jars previously heated up and hermetically seal them.

**Recipe sent in by:** Cristina Geri - Rimini
Elderberry Marmalade

Elderberry has always been used medicinally, in infusions and liquors, and, from its ripe berries, to prepare a very tasty marmalade.

**Ingredients:** 1 kg of elderberries, 300 g of sugar.

**Preparation:** Shuck the berries, ridding them of peduncles. Put them in a pot and cook them with very little water. Take about half of the berries and put them through a food processor. Add the liquid to the remaining non-pureed part, add the sugar and let it boil, on low heat, for about 3 hours, stirring frequently to avoid sticking. The marmalade is ready when, if you pour a little down a tilted plate, it slides down very slowly. Pour the hot marmalade into jars and hermetically seal them, and turn them upside-down on a flat surface. Turn them over only when they are completely cold.

Recipe sent in by: Moreno Balzoni - San Piero in Bagno (FC)

“Popular belief allowed for the elderberry tree (Sambucus nigra) to be thought of as a plant which was not ideal for use in food products. This is because another type of elderberry (Sambucus ebulus) exists, whose fruit is poisonous. Despite this, elderberry was planted around the houses in the countryside because the farmers recognized that it was useful in fertilizing the surrounding orchards and for its anti-parasitic qualities due to the smell of the leaves.”
Grandma Ines’s Flavor

Typical peasant recipe from the Rivara region near Modena, made from sugar beets.

**Ingredients**: 10 liters of sugar beet molasses, 4 kg of apples, 2 kg of pumpkin.

**Preparation**: The first day prepare the molasses by washing the sugar beets, then grating them and putting them through a grape press. The second day, at dawn, pour the molasses into a copper pot, let it boil until half of it evaporates and then add the apples and pumpkin, peeled and cut into chunks. Cook slowly until it has reduced quite a bit. In the evening, around 11 pm, you can put it into jars.

*Recipe sent in by*: Giovanna Pinca - Camposanto (MO)

> It was prepared in the period between the sugarcane harvest and the preparation of the land for the sowing of grain. It was a traditional snack for children.
Canned Fruit, in Syrup and Liquors
**Gluttonous Chestnuts**

Typical recipe from the peasant tradition of the Bologna Apennines.

**Ingredients:** 500 g of chestnuts, 600 g of water, 500 g of sugar, 2 cloves, a pinch of cinnamon, the peel from half a lemon and half an orange, 1/2 liters of “Mandorla Amara” liquor, 100 g of 95° alcohol for desserts.

**Preparation:** roast the chestnuts and peel them. Meanwhile, in an enamel pot, boil the water with the sugar for 2 minutes, along with the cloves, cinnamon and the lemon and orange peels. Turn off the heat and add the liquor and the alcohol and let it cool. Fill the jars with the roasted chestnuts until 3/4 full, then cover them with the liquid mixture previously prepared and hermetically seal them. Let them sit in a cool place for at least 3 months.

**Recipe sent in by:** Carmen Ferrari - Lizzano in Belvedere (BO).

“It was a great digestive drink after a meal, in front of the fireplace; elderly people enjoyed them while telling “crazy things,” or fables about the woods.”
Black Cherry Desert

Typical recipe from the Modena peasant tradition.

**Ingredients**: 1 kg of black cherries, 800 g of sugar, 200 g of pure alcohol.

**Preparation**: wash, dry, and take the pits out of the black cherries. Take off the stems and combine the cherries with the sugar in a casserole, and leave them overnight. The day after, boil them with the sugar for 8 minutes. Let them cool, add the alcohol, and put everything in jars and hermetically seal them. They can be eaten after a few months.

(recipe sent in by) Paola Balducchi - Modena

“They were served at the end of a meal, only to adults, due to their alcohol content, during winter.”
Figs in Grappa

A very old Modena recipe.

**Ingredients:** 500 g of dry figs, 250 g of sugar, water, and grappa.

**Preparation:** In a jar, put one layer of figs and a layer of sugar until you have finished the ingredients. Cover with equal parts water and grappa. Put the jar away, and every once in a while, shake it. It can be eaten after 2 months.

**Recipe sent in by:** Francesco di Fidio - Modena

“As it is particularly caloric, it was eaten to “get warm” during winter, especially when there was snow.”
Caramelized Figs

Typical recipe from the Romagna peasant tradition.

Ingredients: 1 kg of figs (preferably black), 250 g of sugar, lemon.

Preparation: after having delicately washed the figs, place them standing up, even in a few layers, in a large pot. Sprinkle every layer with sugar and add the lemon peel, cut into very fine strips. Let everything sit overnight, or more.
After, boil uncovered on low heat for 8-10 hours. Cooking time depends on the figs, those with a black thick skin take less time than those with a thin green skin, but also the number of layers in the pot can vary the cooking time. The liquid produced while boiling should be dense and caramelized and the figs should become a dark brown.
During cooking, the figs should not be touched because they could break.
When ready, put a drop of cognac into jars, followed by the hot figs with their caramelized syrup. Close them and turn them upside-down until they are cold.
Turn them over and keep them in a cool, dark place.
It is recommended to eat them with squaquerone cheese or with other soft cheeses.

Recipe sent in by: Claudia Tavalazzi - Bologna

"At the end of the summer, the figs were harvested even if still a little unripe; after many hours of cooking they were ready to be put into the pantry, to be eaten on special occasions."
Wild Strawberries in Liquor

Typical recipe of the Cesena countryside, a place traditionally rich with strawberries.

**Ingredients**: 1 kg of wild strawberries, 500 g of sugar, 1 liter of pure alcohol, 4 small vials of strawberry extract, 1/2 liter of water.

**Preparation**: fill a hermetically sealed jar with strawberries and alcohol to the brim. Close it and let it sit for at least 40 days. Then, boil the water with the sugar for 5-10 minutes. When the water is cold, add the strawberries, the alcohol and the strawberry extract. Stir and put everything into jars.

**Recipe sent in by**: Natalia Fagioli - Cesena (FC)

“This dish was served to visiting guests, in the afternoon, after some hard work, for example the birth of a calf or a foal, or maybe after putting shoes on a horse.”
Drunk Blueberries

Typical recipe from the Bologna Apennines.

**Ingredients:** 500 g of blueberries, 500 g of sugar, one table glass of sweet wine like sweet Albana, 100 g of 95° alcohol for desserts, the peel of half a lemon.

**Preparation:** put all the ingredients in a large jar and hermetically seal it. The preparation must sit for at least 1 month. Shake it delicately once in a while to avoid the sugar’s clumping together.

**Recipe sent in by:** Maria Zanardini - Lizzano in Belvedere (BO)
Candied Peaches

Typical recipe from Cesena and all the areas where peaches with a golden pulp, called “Ala”, were cultivated.

**Ingredients:** 2 kg of peaches, 250 g of sugar, 1 liter of water.

**Preparation:** peel the peaches by soaking them for a moment first in boiling water then in cold water. Cut them in half, take out the pit, and put them into hermetically sealed jars. Prepare the syrup by melting the sugar in water; let it cool then pour it over the peaches. Dry the brim of the jars very well, close them, and after wrapping them in a cloth, place them in a large pot. Fill the pot with cold water, covering the jars up to their brims and boil them for 20 minutes. Let the jars cool in the water then keep them in a cool place. Once a jar has been opened, the peaches should be consumed quickly, otherwise they will get acidic.

**Recipe sent in by:** Natalia Fagioli - Cesena (FC)

> It is a type of peach which is very delicate and that easily “worms” and it is for this reason that over the years it has been substituted by other kinds of peaches, regardless of how good it is. It was enjoyed in wintertime when fruit and vegetables were rare.
Plums in Alcohol

Typical recipe from the peasant tradition of Forli.

**Ingredients**: 1 kg of Stanley plums, 400 g of sugar, 80 g of alcohol, water as necessary.

**Preparation**: clean the plums and boil them in water for 5 minutes; drain them and put them in a pot with sugar. Let them sit for 24 hours then take out the plums and boil the remaining liquid for 5 minutes. Put the plums back in and let them sit, again for 24 hours. Then repeat. After another whole day, boil the plums with their juice for 5 minutes, let them cool, then put the plums in jars, add the alcohol to the remaining liquid and pour it all over the plums.

**Recipe sent in by**: Maria Venturi - Bertinoro (FC)
“Tired” Plums

This is a typical recipe from the Forlì plains.

**Ingredients:** 1 kg of fresh plums, 1 kg of sugar, 50 g of 95° alcohol.

**Preparation:** it takes 4 days to prepare everything.
The first day, boil the water and put in the plums and boil them for 5 minutes.
Drain them and add the sugar and then let them sit for 24 hours.
The second day, take out the plums and boil the remaining liquid for 5 minutes. Put the plums back in and let them sit for another 24 hours.
The third day, repeat everything done on the second day.
The forth day, boil the plums with their juice for 10 minutes.
Take out the plums and boil the liquid for another 30 minutes, without a cover.
Let it cool and then add the alcohol.
Put the plums in jars, cover them with the liquid, and hermetically seal them.

**Recipe sent in by:** Nadia Tassani - Villafranca (FC).

“It was prepared during the summer and the name comes from the fact that, given it takes several days to prepare them, the plums pleat, taking on a “tired” look.”
Withered Grapes in Brandy

Typical recipe from Piacenza and the surrounding areas.

Ingredients: 2 kg of red and white grapes, 10 cloves, 2 cinnamon sticks, 1 bottle of brandy or cognac.

Preparation: hang up the bunches of grapes, separated one from the other, for about 3 to 4 months. Every once in a while, check the withering process and throw away any rotten grapes. Once they have dried out, remove the grapes from their stems, without the stalks, and with a clean dishtowel, delicately remove the dust. Place them in jars, adding a few pieces of cinnamon and a couple of cloves. Add the brandy or cognac, until the grapes are completely covered. Hermetically seal the jars and wait 2 months before serving them.

Recipe sent in by: Maria Franchi - Fiorenzuola d’Arda (PC).
Sport Espresso

Bologna recipe.

**Ingredients**: 1/2 liter of very strong espresso, 400 g of sugar, 60 g of vanilla, 200 g of alcohol, cinnamon.

**Preparation**: prepare the espresso and add the sugar while it’s still hot. Let it cool off and add the alcohol and the cinnamon. Filter it and bottle it, adding the vanilla.

**Recipe sent in by**: Francesco Vincenti - Bologna
Cream of Chestnuts

Typical recipe from Bagno di Romagna.

**Ingredients:** 1 kg of chestnuts, 1 liter of whole or partially skim milk, 800 ml of alcohol (or grappa), 400 g of sugar, lemon or orange peel, cloves, a pinch of cinnamon, 1 packet of vanilla.

**Preparation:** boil the peeled chestnuts for about 25-30 minutes. Drain them and, while they are still hot, remove the second peel. Let them cool. In a steel or glass pot, put all the ingredients together and mix well. Cover, and let the mixture sit in a cool place, mixing repeatedly every day. After 40 days, put the mixture through a food processor until it becomes a cream. Bottle it and keep it in a cool place.

**Recipe sent in by:** Laura Rossi - Bagno di Romagna (FC)
Elixir of Chamomile and Mallow

Typical recipe from the peasant tradition of Parma.

**Ingredients:** 4 handfuls of chamomile heads and two handfuls of mallow flowers (picked at dawn), 1 liter of 95° alcohol, 800 g of sugar, 1 liter of water.

**Preparation:** let the chamomile and mallow soak in the alcohol, in a sealed jar. After one moon, melt the sugar in the water, let it cool and add it to the other liquid. Let it sit for 1/4 moon, in the dark. Filter the liquor and bottle it.

*Recipe sent in by:* Mario Schianchi - Parma
Hen’s Milk

This recipe is typical of the countryside around Piacenza.

**Ingredients:** 4 egg yolks, 8 spoonfuls of sugar, 1 liter of milk, 1 glass of cognac or rum, 1 stick of vanilla.

**Preparation:** boil the milk with the vanilla, and in the meantime, beat the egg yolks with the sugar, until the mixture is foamy. Little by little add the hot milk, flavored with cognac or rum, being careful to mix it very slowly. Serve it hot in appropriate glasses or coffee cups.

**Recipe sent in by:** M. Grazia Tansini - Piacenza

“It was prepared with fresh milk and eggs from home-bred hens. Adults drank it when they were cold, in the evening, before going to sleep.”
Basil Liquor

Recipe from Piacenza and the surrounding areas. It is a great digestive liquor and is perfect after a large meal.

**Ingredients**: 30 basil leaves, 300 g of alcohol, 300 g of water, 300 g of sugar.

**Preparation**: carefully clean the basil leaves, without washing them, and let them steep in the alcohol for 48 hours. Prepare a syrup with the water and the sugar, stirring continuously over low heat. Let it cool and then add it to the basil mixture. Strain well and bottle. It is recommended to serve it at room temperature.

**Recipe sent in by**: Damiana Silva - Fiorenzuola d’Arda (PC)
Acacia liquor

Delicate and very sweet smelling liquor.

**Ingredients:** 200 g of white acacia flowers, 800 g of sugar, 50 g of honey (if possible of acacia).

**Preparation:** place the flowers in layers in a large glass jar, alternating them with the sugar and honey. Close the jar and keep it in cool, dry place. After two days, add the alcohol. Check it day after day until the sugar crystals are completely dissolved. Strain well and bottle.

**Recipe sent in by:** Roberto Gardini - Bologna

"In the area of Bologna called Ca’ Bianca, immediately after the war, when misery stimulated imagination, it was a widely used custom to harvest, at the end of spring, the white flowers of the acacia which grew up near the Reno river and along the Lame, to then make this liquor."
Aromatic Herb Liquor

Typical Bologna recipe.

Ingredients: 3 leaves each of mint, lemon verbena, bay leaves, sage, lemon, and basil, 3 juniper berries, 5 anise seeds, 5 rosemary sprigs, 5 tea leaves, 5 sprigs of time, 2 cloves, 1 cinnamon stick, 400 g of pure alcohol, 300 g of sugar, 300 g of water.

Preparation: put all the ingredients together, except the sugar and the water, and cover them with alcohol in a glass container which can be sealed. Let them soak for 7 days then prepare a syrup by melting the sugar in the water and letting it boil for a few minutes. As soon as it is cold, add it to the mixture and let everything sit for 48 hours. Strain it and bottle it.

Recipe sent in by: Anna Cavazzuti - Modena

"It was served as a digestive liquor, especially after a lunch feast."
Raspberry Liquor

A typical liquor from the Apennines near Modena.

**Ingredients:** 300 g of fresh raspberries, 1 liter of grappa, 100 g of sugar.

**Preparation:** clean the raspberries. Dry them and put them in a jar with the grappa and the sugar. Shake the jar frequently and let it sit. After 15 days, strain the liquor, bottle it, and serve it after 30 days.

**Recipe sent in by:** Giacomo Di Fidio - Modena

“It is served as a digestive liquor or as a “coffee killer,” especially in winter, when it is really cold.”
Lemon Balm Liquor

Modena recipe.

Ingredients: 2 big handfuls of fresh lemon balm leaves, 1 liter of 95° alcohol, 300 g of sugar, 300 g of water, 1 lemon rind, 3 cloves, cinnamon.

Preparation: wash and dry the lemon balm leaves. Take a big sealable jar, and put the lemon balm, the lemon rind (only the yellow part), the cloves, the cinnamon, the sugar, the water and the alcohol in it. Close the jar and put it in the sun. Let it sit, shaking the jar twice a day. After 3 weeks, strain and bottle the mixture. Serve it after at least 6 months.

Recipe sent in by: Francesco di Fidio - Modena
Rose Petal Liquor

Modena recipe.

**Ingredients**: 250 g of untreated rose petals, 1/2 liter of 90° alcohol, 500 g of sugar, 400 g of water.

**Preparation**: in a large jar, put the washed and dried rose petals with the alcohol, close the jar and let the mixture sit, shaking it every once in a while. After 15 days, prepare a syrup with the sugar and water and after letting it cool, add it to the mixture. After 8 days, filter and bottle. The liquor can be consumed immediately.

**Recipe sent in by**: Liliana Mazzi - Modena

“It was served out of beautiful glass bottles, especially to women.”
Grandma Pierina’s Restorative Liquor

Piacenza recipe.

**Ingredients**: 6 whole eggs, 10-12 lemons, 1/2 liter of vin santo or marsala wine, 500 g of sugar.

**Preparation**: wash and dry the whole eggs (with the shell) and put them in a glass container that can be closed well. Add the lemon juice until the eggs are completely submerged and covered. Close the container and let it sit in a cool place. After 5 days, open and remove the light mold which will have formed on the surface and pour the rest (the eggs with their shells, the lemon juice, and the calcium built up on the bottom) into another pot where it will be beat. Pass everything through a colander, being careful that the shells left out are few (it is recommended to first use a colander with large holes, then pass the mixture through one with narrower holes). When the liquid has been strained well, add the vin santo (or the marsala) and the sugar, mix again, and bottle.

**Recipe sent in by**: Damiana Silva - Fiorenzuola d’Arda (PC)

“When the doctor recommended a restorative cure, in place of the customary cod-liver oil, people drank this liquor, which had the same effect but was much more appreciated! Still today, a small glass is recommended before meals to take advantage of its restorative effects, but it can be drunk at any time of day, as it is an excellent cordial.”
Little Apple

Typical Ferrara peasant recipe.

**Ingredients:** 1 cup of tea from apple seeds, 0.25 liters of 90° alcohol, 300 g of water, 1 lemon rind, 4 spoonfuls of sugar.

**Preparation:** in a hermetically sealed jar, put the apple seeds with the alcohol and the lemon rind, remembering to shake it every once in a while.
After 30 days, prepare a syrup with the sugar and water and after letting it cool off, add it to the previous mixture.
Filter, bottle, and let the liquor sit for at least 3 months in a cool, dark place.

**Recipe sent in by:** Clara Ferrari - Ferrara

“It was made at the beginning of the winter, after the harvest of enough apple seeds, preferably pippin seeds.”
Little Blackberry

Recipe from the Bagno di Romagna area.

**Ingredients**: 1 kg of blackberries, 500 g of sugar, 2 orange peels, 1 liter of alcohol, 1 liter of water + 2 glasses of water.

**Preparation**: put the blackberries in the alcohol with the orange peel. After 15 days, boil the water with the sugar for about 10 minutes. After letting the syrup cool, add the blackberries. Mix, pour off the liquid and bottle it. The remaining blackberries can be saved in a glass jar with the sugar and used for desserts.

**Recipe sent in by**: Romana Bellini - San Piero in Bagno (FC)
Nocino or “Little Nut”

Originally from the province of Parma, specifically the town of Noceto, it is a dense, sweet liquor which is usually drunk at the end of a meal to help digestion.

**Ingredients:** 25 walnuts, 1 liter of alcohol, 1 lemon rind, 10 cloves, 20 g of cinnamon, 600 g of sugar.

**Preparation:** put all the ingredients together in a big closed jar, and let them sit for 40-60 days. Strain and bottle. Let it age for as long as possible.

**Recipe sent in by:** Cecilia Barantani - Parma

"It was habit to take out a bottle, preferably an old bottle, when one had “exaggerated” with food, especially during the holidays. When it was time “ad far al nosen” (to do the nocino), the nuts were harvested, still green, the 23rd of June, the night of San Giovanni."
Nocino “alla Mountain man”

Recipe from the Bagno di Romagna area.

**Ingredients:** 16 walnuts (harvested between June 20 and 24), 1/2 liter of 95° alcohol, 1/2 liter of grappa, 1 kg of sugar.

**Preparation:** cut the walnuts into four pieces, add the grappa, the alcohol and the sugar. Let everything sit in the sun for 40 days, shaking the container daily. In the first days stir it until the sugar dissolves. At the end, strain it with absorbent paper and bottle it.

**Recipe sent in by:** Dina Toni - Forli

“Pulpy and robust, it always went with the end of meals made with game and mushrooms, in the late autumn season.”
Orange Punch

**Ingredients:** Juice from 7 oranges, 1.5 liters of rum, 1 liter of alcohol, 1 liter of water, 1 kg of sugar, 1 lemon rind.

**Preparation:** put the grated lemon rind in 1 dl of alcohol for 3 days. Boil the water with the sugar for about 10 minutes. Let the syrup cool and then add the rum, the orange juice, and all the alcohol, including the alcohol with the lemon. Strain it and bottle.

**Recipe sent in by:** Marisa Bellini - San Piero in Bagno (FC)

"At one time in the porterhouses, besides wine, it was custom to drink, especially during the cold winter nights, the punch which was served hot and with a twist of lemon."
Little Plum or “Bargnolen”

This sweet liquor, typical of the hills and mountains surrounding Parma, was usually served after lunch.

**Ingredients:** 480 ripe wild plums, 2 liters of alcohol, 6 cloves, 1 cinnamon stick, 1 lemon rind (only the yellow part), 10 coffee beans, 600 g of sugar, 1 liter of red wine (such as Bonaria or Gutturnio).

**Preparation:** put everything together to soak, except the sugar and the wine, in a tightly-sealed jar, and keep it in a dark place. After 30 days, dissolve the sugar in the wine and add it to all the other ingredients. Let everything sit for 20 more days and then strain and bottle it. It is recommended to let it “age” for at least 30 more days before serving it.

**Recipe sent in by:** Milena Magnavacchi Ghirardi - Sala Baganza (PR)
Nineteenth Century Rose Oil

Typical peasant recipe from the countryside around Bologna, near San Giovanni in Persiceto.

**Ingredients**: 50 g of scented roses, 1 liter of 95° alcohol, 500 g of cane sugar, 80 cl of water, cinnamon, 3 cloves, 1 stick of vanilla.

**Preparation**: pick, if possible during the hottest hours of the day, the rose petals (it would be best if they are from an antique rose). Clean the petals very well, without washing them. Submerge them in the alcohol, in a jar, together with the ground up vanilla, a pinch of cinnamon, and the cloves. After 15-20 days, carefully strain the mixture. In another pan, melt the sugar in hot water and when the liquid is cold, add it to the liquor. Before serving it, let it sit for at least 30 days.

**Recipe sent in by**: Francesco Vincenti - Bologna

"It was prepared to be served for important occasions, for example, the arrival of an important guest."
Sburlon

Liquor made from quince apples, typical of the plains and hills around Parma.

**Ingredients:** 100 g of quince apple peels, 250 g of sugar, 60 cl of 95° alcohol, 150 g of water.

**Preparation:** put the peels in the alcohol to soak, in a glass pot. After 40 days, melt the sugar in hot water, let it cool and add it to the previous mixture. Let it “rest” for another 15 days, in the dark, shaking it every once in a while. Strain the liquor using gauze, and bottle it. It is recommended to let it “age” for at least 6 months before serving it.

**Recipe sent in by:** Massimo Ghirardi - Sala Baganza (PR)

“Nicknamed “Big Push” in the Parma dialect, it was believed that, drunk at the end of a meal, it “pushed”, helping with digestion; mixed with water it was believed to be an invigorating and energizing drink.”
Syrup with Black Cherry Leaves

A Romagna recipe, widespread wherever black cherries are cultivated, especially in the foothills. The blackberry tree is a type of cherry tree whose fruit is the black cherry also called “morena” or “maraschino”, (from the Italian “amaro” or “bitter”), due to its slightly bitter taste.

**Ingredients:** 100 black cherry leaves, 7 peach tree leaves, 1 kg of sugar, 10 g of citric acid, 1 liter of Sangiovese wine.

**Preparation:** let the leaves soak for 36 hours in the wine. Take out the leaves, pour the liquid into a pot with the sugar and the citric acid. Boil everything for 10 minutes and when it cools, pour it into bottles. It can be served with ice or cold water, as a thirst quenching drink, or on ice cream.

**Recipe sent in by:** Sara Civinelli - Cesena (FC)

"Watered down, it was the “drink” of the thresh, especially for women and children."
Vov (Egg Nog)

Delicious recipe typical of Ravenna and the surrounding areas.

**Ingredients:** 1.5 liters of milk, 400-450 g of sugar, 2 sticks of vanilla, 8 egg yolks, 220 g of pure alcohol, 270 g of marsala egg wine (not dry).

**Preparation:** boil the milk with the sugar and the vanilla for about 45 minutes (the amount of time determines the density). Separately, mix the alcohol and the marsala, then add them, slowly, to the egg yolks and mix vigorously. Pour everything into the boiled milk when it cools off. Mix it normally and strain it with a very fine filter. It is recommended to shake it vigorously before serving it. It can be enjoyed cold or at room temperature.

**Recipe sent in by:** Ilda Fergnani - Ravenna

"It was served in tiny glasses, especially for important occasions such as Christmas and New Year’s. As it is very rich, it was a cure-all during the cold winter days."
Lilly’s Sauce

Ingredients: 1 kg of ripe San Marzano tomatoes, 1 whole celery, 6 carrots, 4 large onions, 15-20 basil leaves, 3-4 spoonfuls of extra virgin olive oil, 1 pinch of large grain Cervia salt, pepper as needed.

Preparation: wash all of the ingredients and cut them into pieces. Put them into a pot with the oil, cold. Bring them to a boil and then boil for about 2 hours covered. Then let it cook uncovered until all the water has evaporated. At the end, when the mixture is warm, put it through a manual vegetable mill. Add salt and pepper to taste, and let it cool completely. Pour the sauce into jars, cover it with an even, light layer of extra virgin olive oil, seal the jars and freeze.

Recipe sent in by: Dea Guidi - Rimini

“This recipe was born from the poverty that hit older people during and after the war, in Romagna. The period for preparation was summer, when the jars were filled with tomatoes to be preserve for the winter. Probably, the leftover San Marzano tomatoes were used for the sauce.”
Saba

This sauce, typical of the peasant tradition near Ravenna, has a strong and penetrating odor, which remains in the air for days, outlasting every other smell. In autumn, with what the countryside offers in that period, with saba you can also prepare savor, a very nutritious jam.

**Ingredients:** grape must.

**Preparation:** the preparation is extremely simple: it just takes time and patience.

Once strained, the must is placed in a pot with a rather thick bottom and boiled on very low heat until it has been reduced to about a third or taken on a caramel color and a syrupy consistency. It takes about 25-30 hours.

You can turn off the heat at night and turn it on again in the morning. It is not necessary to stir it well.

Once it is ready, it can be treated as a normal jam, putting it in jars while it is still hot and letting the jars cool upside down, in order to form the “vacuum seal”.

Besides the traditional uses with cookies and cakes, it is also a nice compliment to puddings and Bavarian chestnut cream or with flavorful cheeses.

*Recipe sent in by:* Stefania Baldassarri - Riolo Terme (RA)

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“Dark and sweet, it was boiled slowly for hours, until it reached the right consistency. Children watched the pot carefully, waiting for it to be ready. They ate it immediately on a piece of bread as a snack. And they could imagine it on all the other sweets on which the saba would be used, like cookies and cakes filled with chestnuts or jam, candied chestnuts, sorbet made in the winter, with snow in a glass covered in saba, sweet and syrupy.”
Antique Sauce

This sauce, typical of the peasant tradition of Modena, is an autumn recipe.

**Ingredients:** 1 kg of carrots, 1 kg of beets, 1 kg of white onions, 1 liter of white vinegar, 1 liter of olive oil, 75 g of large grain salt.

**Preparation:** peel the carrots, clean the beets, peel the onions and cut everything into tiny pieces.
In a pot, bring the vinegar with the salt to a boil, put in the carrots and boil for 5 minutes, then add the beets and boil for 5 minutes, then the onions and let it boil for 10 more minutes.
Drain the vegetables and spread them out on a towel.
After 12 hours, pour the sauce into glass jars and cover it with a lot of oil.
Leave the jars open and let the oil absorb, eventually adding more if necessary.
Seal the jars and put them in the pantry.
The sauce can be eaten after about 30 days.

**Recipe sent in by:** Paola Di Fidio - Modena

“It was used to go with poached meat, especially in the winter when guests came for lunch.”
Beet Sauce

Typical peasant recipe from Modena, served with any type of meat.

**Ingredients**: 1 kg of sugar beets, 1 kg of red onions, 1 kg of carrots, 1 liter of vinegar, 85 g of fine salt, 1.5 liters of seed oil.

**Preparation**: clean the beets well and cut them into very small pieces along with the carrots.
Boil the vinegar with the salt for 20 minutes, and in the last 10 minutes, add the finely cut onions.
Drain everything and after 3-4 hours put the sauce in jars covering the sauce completely with seed oil.

**Recipe sent in by**: Giuliana Zarri - Modena

“Usually it was made with the beets leftover from the harvest, which the farmers let the children collect.”
Pepper Sauce

This sauce, which uses fresh vegetables according to the season, was made especially during the summer, in the countryside around Piacenza.

**Ingredients:** 4 peppers (red or yellow), 2 green onions, 4 ripe tomatoes, 1 spoonful of diced parsley, 1 cup of water, some basil leaves, salt and oil as necessary.

**Preparation:** Wash the peppers, open them, take out all of the white part to make them easier to digest and, after having carefully dried them, cut them into pieces which are not too small.
In the meantime, cook the green onions, previously cut into thin slices, with plenty of oil, until they are golden.
Add the cut up peppers, the pulp of the peeled tomatoes, the basil, the parsley, a glass of water and salt to taste.
Let it cook very slowly until all the water has evaporated.
At the end, the peppers should be creamy.
The sauce is served cold, spread on bread, best if the bread is toasted.

**Recipe sent in by:** Maria Bolledi - Piacenza
Tomato Sauce

It is an old peasant recipe from the plains of Romagna, which allowed tomato sauce to always be available, even in winter.

**Ingredients:** 8 kg of tomatoes, 1 kg of white sweet onions, 1.2 kg of carrots, 1.5 g of basil leaves.

**Preparation:** clean all the ingredients well, cut the tomatoes, carrots and onions into large pieces, and put everything in a large pot and add the whole basil leaves. Let it boil slowly, stirring often with a wooden spoon, for 2 and a half hours, or until all the water from the tomatoes has evaporated.

Let the mixture cool completely, in the pot used to cook it (it is important, however, that this pot is not aluminum, otherwise let it cool in another container) then put it through a vegetable mill using the medium disk.

The puree will then be put into hermetically sealed jars (crown lids are recommended).

Next, place all the jars vertically in one or more pots filled with enough water to cover the jars completely.

Let them boil for 40 minutes to vacuum seal them, being careful to separate them with a towel so they do not break during the boiling process.

It is important to continue adding hot water, because the water will evaporate: the jars must be completely covered.

At the end of the process, let the water get cold before taking out the bottles: if the lids are not sealed properly, water will seep into the bottle, and this is a sign that the operation did not work.

**Recipe sent in by:** Corinna Bernabei - Rimini

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"The sauce was prepared in august, when the tomatoes were ripe and it took a whole afternoon of all the women and men in the family working together."
Green Tomato Sauce

Antique traditional sauce from the Apennine mountains near Modena, served with poached meat.

**Ingredients**: 1/2 kg of green tomatoes, 200 g of ripe enough tomatoes, 1 clove of garlic, 1 spoonful of parsley cut into large pieces, 2 spoonfuls of oil, salt as necessary.

**Preparation**: wash all the tomatoes and dice them. In a casserole, put the oil, the tomatoes, the diced garlic, the parsley and the salt. Cook it over medium heat for about 30 minutes, until the tomatoes burst. It can be served hot or cold.

*Recipe sent in by:* Paola Di Fidio - Modena

“It was custom to make it at the end of the summer, when the tomatoes were green and would not have been able to get ripe.”
Mixed Vegetable Sauce

Recipe from Piacenza.

**Ingredients:** 2 kg of San Marzano tomatoes, 200 g of whole green beans, 300 g celery, 300 g of carrots, 300 g of white onions, 300 g of yellow peppers, 2 glasses of extra virgin olive oil, 2 glasses of white wine vinegar, 1 spoonful of large grain salt, 1 spoonful of sugar.

**Preparation:** cook the tomatoes without water for 1 hour. Cut all the vegetables into small pieces. Remove the tomatoes from the heat, puree them and add the other vegetables, the oil, vinegar, salt and sugar. Boil for 30 minutes on medium heat. Let the sauce cool in the pot and then put it into hermetically sealed glass jars. Boil them completely covered with water for about 10 minutes.

**Recipe sent in by:** Maria Franchi - Fiorenzuola d’Arda (PC)

"For important lunches, especially at Christmas, no table was without it. Passing it from person to person was a true ritual."
Green Sauce Made from Eggplants

Typical recipe from Lugo di Ravenna, served with poached meat, mixed meats, and boiled vegetables.

Ingredients: 1 kg of eggplant, 150 g of anchovies, 150 g of large grain salt, 100 g of cappers, oil and vinegar as necessary.

Preparation: peel the eggplant and dice it. Put it in a terracotta pot and cover it with salt. After 24 hours wring the pieces out with a dishtowel to eliminate the water produced. Put them into a pot and cover them with vinegar. After 24 hours, dice the cappers and the de-boned anchovies, wring out the eggplant and add it to the other ingredients. Put the sauce into glass jars and cover it with oil.

Recipe sent in by: Maria Venturi - Bertinoro (FC)
Green Sauce for Boiled Meats

Recipe from the northern plains of Emilia Romagna.

Ingredients: 1 carrot of about 15-18 cm, 1 tuft of celery of about 15-18 cm, 2 hard boiled eggs, 1 small onion, 1 clove of garlic, plenty of parsley leaves, 1 spoonful of vinegar, one spoon tip full of sugar and one of salt, extra virgin olive oil.

Preparation: on a cutting board, cut the ingredients into small pieces with a half moon knife, one by one, and put them into a bowl. Add the chopped up eggs and the oil, mix with a wooden spoon, until the sauce is soft and easily spread.

Recipe sent in by: Fioranna Magnanini - Reggio Emilia

“Among the farming families, it was used to add flavor to chicken and to poached meat, not always lean and with a nice look, it was cooked especially on Sundays.”
Sauce with Peapods

Recipe of the Jewish community of Ferrara, present in the city since the middle ages.

Ingredients: 800 g of freshly picked peapods, 1 large clove of garlic, 3 spoonfuls of olive oil, 1 spoonful of vinegar, salt and pepper to taste.

Preparation: remove the whole peapods and remove the stringy parts. Break them into two or three pieces and wash them well. Put them on the stove in a pan with a drop of cold water, the oil, salt and a pinch of pepper and the whole garlic clove, which will be taken out just before the end of cooking, when you cover everything with a sprinkling of vinegar.

Recipe sent in by: Laura Schlumper - Ferrara

“It was prepared in the wealthy households during summertime.”
Grandma’s Sauce Recipe for Poached Meat

Recipe from Parma.

Ingredients: 1 kg of green tomatoes, 1 kg of yellow and red peppers, 1 kg of onions, 100 g of salt (every 1.5 kg of sauce), cappers, vinegar as necessary.

Preparation: on a cutting board with a half moon knife, finely dice the ingredients and put them into a large pot with the salt. Let them sit for 24 hours and then put the mixture into a hanging dishcloth and let it sit for another 24 hours. Put the sauce into jars along with the vinegar (which you will drain before eating it) and the diced cappers. Before serving it, heat it up with a little oil.

Recipe sent in by: Isabella Illari - Pistoia

“...It was used to add flavor to poached meats, which were prepared mostly on holidays.”
Sauce with Green Beans

Typical sauce from the peasant tradition of Rimini.

**Ingredients:** 500 g of tomatoes, 100 g of pancetta, 1 bone of prosciutto (or one pork rind), 1 carrot, 1 onion, 1 celery, fresh kidney beans, 1 pecorino cheese rind, oil, Trebbiano wine as necessary.

**Preparation:** begin the sauce by cooking the diced carrot, celery and onion together in the oil. Add the pancetta; let it brown along with the wine. Add the cold tomatoes and the kidney beans and cook on low heat. At the half way point, put in the prosciutto bone (or the pork rind) and the pecorino rind, and then finish cooking.

**Recipe sent in by:** Luciano Monti - Rimini

“It was served as a condiment for the “Tajadlot” a sort of thick, narrow pasta.”
Pickled, in Oil and Salted
Onions in Oil

Typical recipe from Bologna.

**Ingredients:** white (or yellow or red) little onions, as many as one would like, sunflower oil as necessary, white wine vinegar as necessary, salt (large grain) as necessary.

**Preparation:** peel the onions and put them in a large bowl absolutely not made from metal, and cover them with salt. After 12 hours, pour the white wine vinegar on the onions until they are completely covered. After 12 hours, carefully drain them, put them in glass jars and cover them with oil. Keep them in the dark. They can be eaten immediately or kept for years.

**Recipe sent in by:** Debora Mazzoli - Medicina (BO)
Mushrooms in Oil

Traditional recipe from Bagno di Romagna. Served with poached meats.

**Ingredients:** small mushrooms, vinegar, white wine, olive oil, garlic, cloves, ground black pepper.

**Preparation:** clean and wash the mushrooms. Boil them for about 10 minutes in vinegar and white wine. Drain them and spread them on a cloth for 10-12 hours or until they are perfectly dry. Put them in a glass jar and cover them with oil, add the garlic, the cloves and the pepper.

**Recipe sent in by:** Ederina Bellini - Bagno di Romagna (FC)
**Stuffed Red Chili Peppers**

Typical peasant recipe from the Romagna region.

**Ingredients:** 500 g of round red chili peppers, anchovies, tuna in water, cappers, olives, olive oil, vinegar, garlic, 1 bay leaf, black pepper, 1 clove, oregano.

**Preparation:** Wash and core the chili peppers, removing the core and the seeds. Boil them for a few minutes in the vinegar, previously brought to a boil together with the oregano, garlic, sage and pepper. Take them out of the vinegar, and let them dry heads down on a cotton cloth for a whole night. Prepare the filling with the anchovies, tuna, cappers and olives all cut into small pieces. Stuff the chili peppers and put them in glass jars, standing up. Lastly, cover them with oil. It is recommended to wait at least one month before eating them.

**Recipe sent in by:** Liliana Pedulli - Imola (BO)

“They were served during Sunday lunches, as an appetizer or to go with the poached meat.”
Dried Tomatoes in Oil

Typical peasant recipe from the Romagna region.

**Ingredients**: 3 kg of tomatoes, 4 cloves of garlic, some bay leaves, extra virgin olive oil, fine grain salt.

**Preparation**: wash the tomatoes, dry them and cut them in half lengthwise.
Put them on a wooden board (or cutting board), with the pulp up and cover them well with salt.
Let them sit in the sun for at least 2-3 days, making sure to take them in at night to avoid their being exposed to humidity.
When they are very dry, put them into jars, alternating with the garlic and the bay leaves.
Cover them with oil and hermetically seal them in jars.
They can be eaten after 3 months.

**Recipe sent in by**: Cristina Geri - Rimini

“They were prepared especially during winter, to be added to the tomato puree and to add flavor to sauces.”
Sauce “Trio”

Typical peasant recipe from Modena.

Ingredients: 1 kg of white onions, 1 kg of carrots, 1 kg of beets, 500 cl of white wine, 500 cl of white wine vinegar, 250 cl of olive oil (or seed oil), 1 spoonful of fine salt.

Preparation: put the wine, vinegar and salt into a large pot on the stove. Wash the beets, peel them, cut them into large pieces and put them into the pot. Let them boil for 10 minutes. Add the onions and the carrots, previously cleaned, washed and diced, and let everything boil for 15-20 minutes. Add the oil and put the mixture into jars while it is still hot. Turn the jars upside down and cover them with a cloth or newspapers. Keep them in a cool, dark place. Eat the sauce within one year.

Recipe sent in by: Cosetta Grana - Modena
Gardener’s Sauce

Typical peasant recipe from the Modena plains.

**Ingredients:** 1.3 kg of green beans, 8 medium sized onions, 1.3 kg of carrots, 1 tuft of celery, 4 fennels, 4 mixed peppers of medium size, 1 large cauliflower, 2 liters of wine vinegar, 4 liters of water.

**Preparation:** wash all the vegetables and cut them into small pieces. Cook them separately in the water and vinegar, saving the liquid every time for the next cooking. Drain them and let them cool. When they are cool, mix them all together. Put them in jars, and cover them with oil. After a day, check the level of the oil and add more until they are always completely covered. Close the jars. It is recommended not to eat them until after 1 month, but within one year.

**Recipe sent in by:** Rosina Verrini - Carpi (MO)

“It was prepared in August, when the vegetables were plentiful, to be enjoyed in the winter months, as a side dish with meat, both poached and roasted. The preparation required a whole day and involved the whole family. Every family had their own personal recipe.”
Garden Sauce

Typical recipe from Bagno di Romagna.

Ingredients: peppers, carrots, celery and other garden vegetables as you like (an equal amount of each vegetable), 60 g of salt for every kg of vegetables, white vinegar, oil from seeds.

Preparation: cut the vegetables in thin, match-like slices, cover them with salt and let them sit. After 24 hours, drain them and cover them again with vinegar for another 24 hours. Let them dry, in a cloth, overnight. Put them in jars and cover them with seed oil.

Recipe sent in by: Francesca Bellini - Bagno di Romagna (FC)

“It was served with poached meat, at Sunday lunch.”
Green Onions in Extra Virgin Olive Oil

Typical recipe from Romagna.

**Ingredients:** 1 kg of green onions, extra virgin olive oil, vinegar and 200 g of salt.

**Preparation:** clean the green onions, washing the outside peel. Cover them with salt and after 24 hours, remove the salt and submerge them completely in the vinegar. Let them sit for another 24 hours and then drain them. Dry them carefully with a cotton cloth, put them into jars and cover them with oil. It is recommended to leave the onions in the jars for at least 1 month before eating them.

**Recipe sent in by:** Liliana Pedulli - Imola (BO)

"In the Romagna countryside, the habit of preparing green onions in oil was common until the 1950s; the cleaning of the green onion happened in the farmyard and was a moment of gathering and partying, where wine, cakes, and an accordion were never absent. The green onions in oil were used mostly to go with poached meat."
Appetizing Zucchini

Ancient Romagna recipe.

**Ingredients**: 2 kg of small zucchini, 200 g of salted cappers, 30 g of parsley, 1 spoonful of salt, 4 liters of water, 1 liter of dry white wine, 1/2 liter of white vinegar, 1 liter of olive oil.

**Preparation**: cut off the tops of the zucchini and cut them into cubes about 0.5 cm wide. Soak the cappers and parsley separately. Bring the water, wine, vinegar, and salt to a boil, add the zucchini and let them boil for 3 minutes. Drain and let them dry on a white towel. Dice the cappers and parsley finely. In a bowl, arrange the zucchini and cover them with the cappers and parsley. Let them sit overnight, then put them into jars and cover them with oil. Seal the jars and store them in a cool place.

**Recipe sent in by**: Flavia Sabatini - Forli (FC)

“...It was prepared to go with poached meats, in the winter months.”
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Tourist Information Service

Co-ordinated by the Tourist Service and Tourist Quality Areas of the Region in collaboration with local organisations, the Tourist Information Service offers an overview of possibilities, places to visit and events in Emilia Romagna.

This is the only system of its kind in terms of the volume of information available, the size of the area covered and for the organisational model used.

There are nineteen local editorial offices which are co-ordinated at a regional level and which work independently to promote the areas for which they are responsible via the local web sites. In particular, the fact that the local editorial offices share common regulations and information models, ensures a certain level of quality regarding the updating of information, completeness and reliability.
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Strada dei vini e dei sapori dei Colli di Rimini
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