

MANGIA PARCO



Abruzzo, Lazio and Molise National Park



EXPO and REGIONS

FROM THE PROTECTION
OF BIODIVERSITY
TO THE QUALITY PRODUCTIONS

Paddaccio, cacioni, tritico and lampascioni. And more, lucanica, pappaluni, giuraje, farrate, solina, gruttazzo. Strange names, often ancient and mostly unknown, but hiding extraordinary cheeses, delicious desserts, rare vegetables, exquisite sausages, old cereals. In other words one of the most precious treasures of Italy: our excellent food.

What few people know is that many of these delicacies are produced and guarded in the Italian's Parks, where protected nature and human labor have been inextricably linked since thousands of years. Some of these products were already part of the typical regional cuisines, others have been saved from extinction and are back on the tables thanks to the tenacity of expert farmers whose work has been promoted and supported by their own parks and local administrations.

What comes out is a scenario characterized by tastefulness, healthy food and local agricultural traditions which are perfectly bound together with natural landscapes and flora and fauna conservation.

From the protection of biodiversity to quality productions: **Expo and Regions** is an initiative designed to discovery Italian gastronomic delights and to connect Milan Expo with small villages, fields and kitchens of Italian families. A journey across the places where food is produced, across our

cultural and natural heritage, across Italian traditions and warm hospitality. But it is also the story of the connection between each local product with its territory: history, art, lifestyle. This initiative will allow us to discover over 80 high quality products, many different flavors and many different regions, all rich in beauty and valuable natural diversity.

The initiative is coordinated by the President of the Council of Ministers - Department for Cohesion Policies and performed with the operational support of Invitalia, the National Agency for inward investment and economic development. The project involves all the Italian regions which have conceived a local package, and five ministries: Foreign Affairs; Agriculture, Food and Forestry Policies; Heritage, Cultural Heritage Activities and Tourism; Education, Universities and Research; Environment and Protection of Land and Sea.

ABRUZZO, LAZIO AND MOLISE
★ THE PARK ★

Nature conservation in Italy was born on these mountains, to save the last brown Marsican bears and the Apennine chamois who were on the brink of extinction.

On October 2nd 1921, the *Pro et Montibus Sylvis* Federation leased 500 hectares of the Costa Camosciara, located in the higher part of the Fondillo valley, from the municipality of Opi. The “autonomous body of the Abruzzo National Park” was established the following month.

On September 9th 1922, a territory of 12.000 hectares (owned by Opi, Bisegna, Civitella Alfedena, Gioia dei Marsi, Lecce dei Marsi, Pescasseroli and Villavallelonga municipalities) became the Abruzzo National Park. That was the initial core of the current Abruzzo, Lazio and Molise National Park, which today covers an area of 50.000 hectares, a buffer zone of about 80.000 hectares, 24 municipalities and three Regions.

A century long successfully history of fighting in defense of animals as the brown Marsican bear (a subspecies, which is genetically different from alpine bears), the Apennine chamois (now saved from extinction risk), the Apennine wolf (fundamental species for maintaining the ecological balance between predators and prey), the golden eagle, red deer, roe deer. In the Park there are 66 species of mammals, 230 birds, 52 reptiles, amphibians and fish, and several species of insects (including important endemic species).

Flora is extremely rich: more than 2.000 different species of higher plants have been listed, besides mosses, lichens, algae and mushrooms. Iris (*Iris marsica*), endemism of the Park, blooming between May and June and the Lady's Slipper (*Cypripedium calceolus*), an orchid blooming in the most hidden corners between May and June, are considered among the most beautiful ones. Another rare species is the European black pine (*Pinus nigra*) of Villetta Barrea, that dates back to the Tertiary period.

Park typical food is very simple, and refer to ancient agro-pastoral culture based on meat, sheep offal and spontaneous common herbs, such as “*orapi*” (wild spinach that grows above an altitude of 2.000 meters). Handmade popular food products are the cheeses: the pecorino (produced from sheep) and the *Marzolina*, made by goat milk.

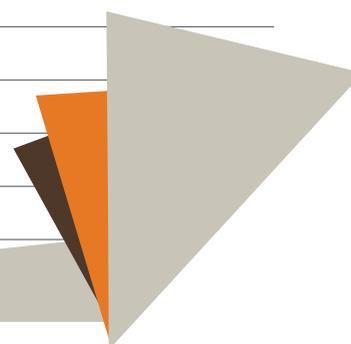
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Je Frascatieglie

This traditional soup was usually cooked without legumes and vegetables, because it was served to nurses and mothers during breastfeeding. The basic recipe contains few ingredients easily found in farmhouses. The name Frascatieglie derives from the lumps formed by flour when mixed with water. This recipe is the new interpretation of the traditional preparation

How to prepare:

Prepare mixed meats stock adding the tomato sauce. While the broth is cooking, prepare a dough with flour and eggs, mixing until it gets soft. Crumble the dough to obtain small grains.

Gradually pour the grains of pasta into the boiling stock, stirring constantly. Cook until stock and grains are smooth and creamy.

4/6 people
Mixed meat stock
1 onion
white flour 400 gr
one egg
salt q.s.
oil q.s.
water q.s.
tomato (sauce) 200 gr.





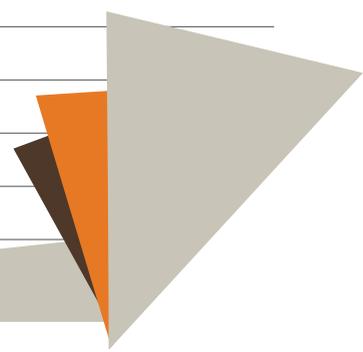
Pecorino di Picinisco

Pecorino is the most popular cheese in the Abruzzo, Lazio and Molise National Park. It is produced by pure sheep milk, just milked or heated. The main ingredient of this cheese comes from Comisana and Massesi kind of sheep and from the Grigia Ciociara and Bianca Monticellana goats. After the curd is “broken” and the dough is pressed, the cheese is seared in the buttermilk, then dried, salted and put it to age.

Pecorino di Picinisco is a traditional shepherds cheese, derived from free and natural fed animals which have grazed on fresh herbs. This is the reason why the flavor of the cheese is so intense. The dry salting process is handmade and the aging is made on pine or beech wooden boards. Depending on the aging period, the cheese can be divided in two types: the Scamosciato that reach maturity from thirty to sixty days and the Stagionato, aging beyond three months. They both have different and unique flavor: the Scamosciato tastes mild and the Stagionato tastes spicy.

Pecorino di Picinisco’s consistency is solid with small irregular white or yellow holes (“occhiature”). Can be eaten alone or with a slice of wood - fired oven bread and a glass of red wine.





Caciocavallo di mucca

Caciocavallo (literally “horse cheese”) is made of cow’s milk and is one of the most popular cheese in Italy. Unpasteurized milk is heated and coagulated with cow’s rennet: in the Abruzzo, Lazio and Molise

National Park is used the milk produced by “Pezzata Rossa”, a fine breed of cows. The cheese has a mild, slightly salty flavor and a firm, smooth texture. As it ages, the flavor becomes sharper and the texture more granular.

Trittico

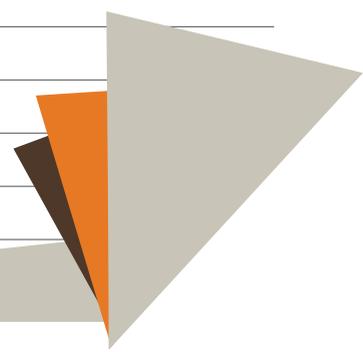
The most famous caciocavallo cheese, weighing from 8 to 25 kilos, has a cylindrical shape and a unique and intense flavor. Trittico cheese delightfully mixes three types of organic milk from cows, sheep and goat raised in the Abruzzo, Lazio and Molise National Park. Their milk is proportionally measured in order to obtain a sharp, savory and slightly spicy taste.

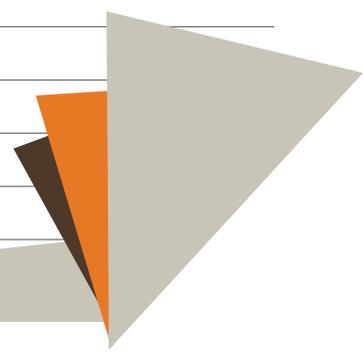
The one year and a half long-lasting aging requires a chamber with controlled humidity and temperature.

Caciocavallo barrique

The *caciocavallo* aged in barrique is the finest recipe of this “*pasta filata*” cheese, organically produced mainly with *Pezzata Rossa* raw milk, without any fermentation process.

After 6 months of natural aging the cheese finish its ripening in oak barriques (wooden barrel) for about one year, covered with bran in order to control the level of humidity. That makes the cheese more savory thanks to the absorption of wine flavors contained in the barrel and to the slightly bitter taste that comes from the bran. Serve this cheese after dinner with a teaspoon of honey, which enhances its fragrance and taste. It is also good as aperitif or starter.







Marinated potatoes

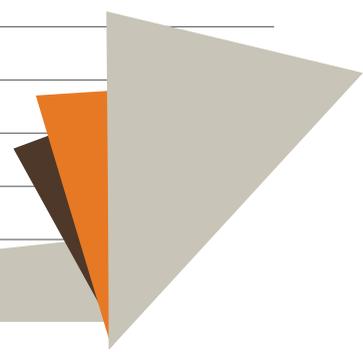
Typical recipe from Pescasseroli area, in the province of L'Aquila, the ingredients are the ones that were used during the pastoral life. It was considered a basic but very nutritious dish.

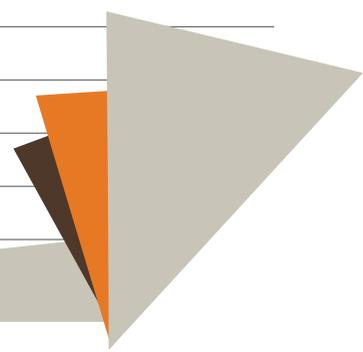
How to prepare:

Cut potatoes into slices and put them at the bottom of an oiled baking pan. Make a layer of potatoes, then add parmesan, finely chopped scamorza, salt and herbs. Repeat this process until you have three layers. Sprinkle the top with Parmesan, scamorza cheese and breadcrumbs to create a crunchy crust. Bake in a preheated oven at about 180° C for 15 minutes with a lid on and continue to cook without a lid for another 10 minutes.

6 people
potatoes 1 kg.
parmesan q.s.
scamorza cheese 300 gr.
(scamorza is a semi-soft white cheese made from cow's milk)
bread crumble 250 gr.
oil q.s.
salt q.s.
laurel and rosemary q.s.







Orapi and beans soup

Orapi (*Chenopodium bonus-henricu*) are wild spinach that grows during autumn and winter above an altitude of 2.000 meters.

5/6 people
orapi 600 gr.
beans 400 gr.
red garlic q.s.
bacon cubes 100 gr.
chili q.s.
oil q.s.
bruschetta bread q.s.

How to prepare:

Boil *orapi* and beans in two separate pan, keeping the cooking water. In a pan or a large crock pot, fry over low heat the bacon and 4 crushed red garlic cloves. Cook bacon and garlic for a few minutes then add boiled *orapi*. Season with chili and bring to a boil using orapi cooking water. As last ingredient, add the beans together with a glass of their cooking water. Cook until liquids heat to evaporation and serve with toasted bruschetta bread.

Maccheroni alla chitarra with lamb meat sauce

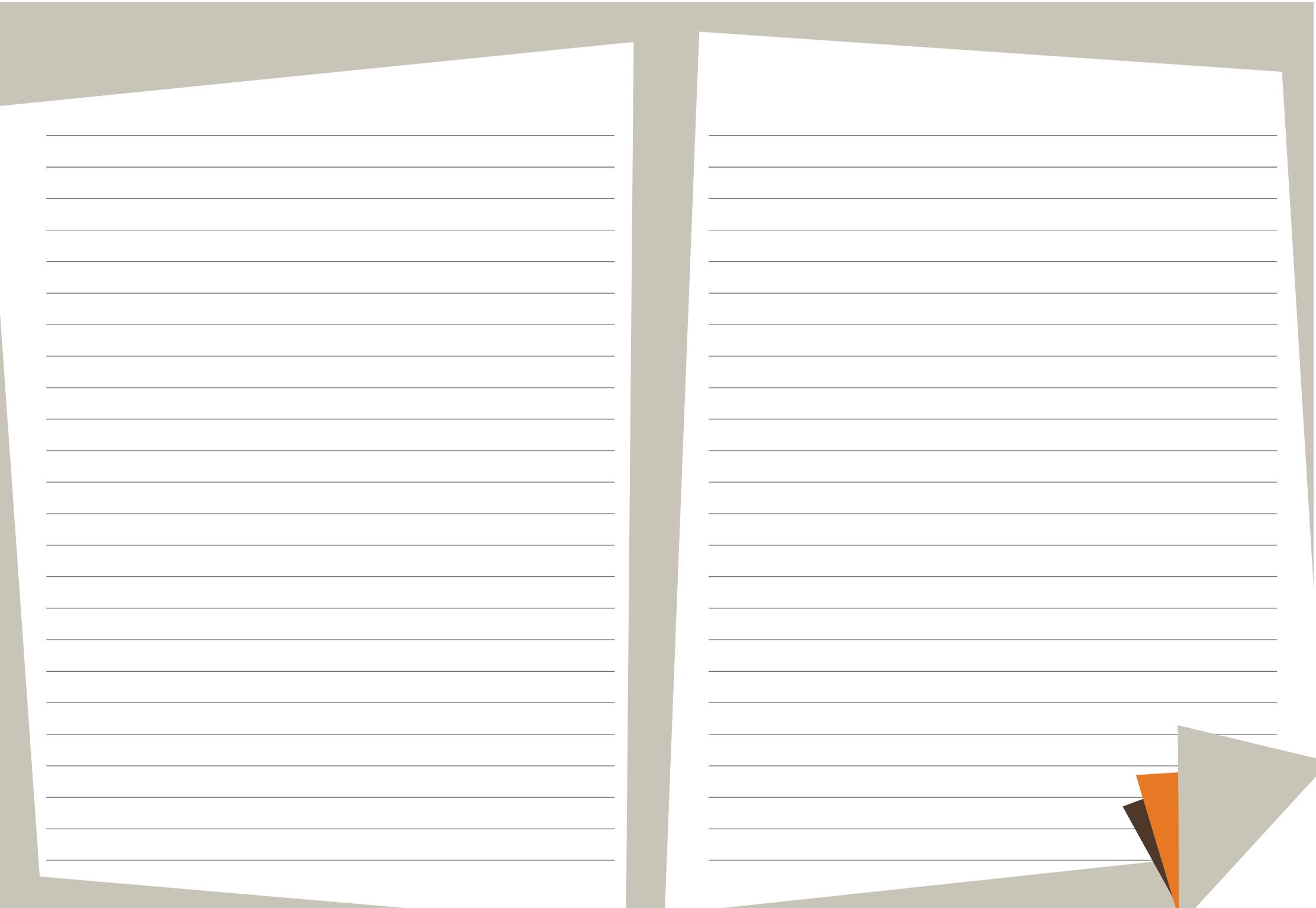
(*Maccheroni alla chitarra* is a typical Abruzzese pasta made with an egg dough and an implement called “chitarra”, guitar, a multi-stringed rectangular wooden implement with metal wires across the top).

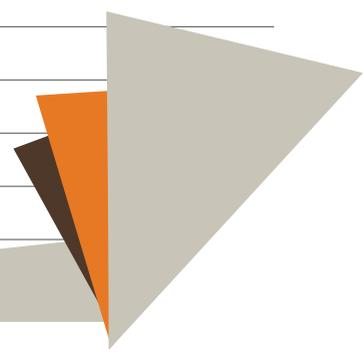
Maccheroni alla chitarra are part of the traditional kind of pasta in the Abruzzo, Lazio and Molise National Park, although - depending on regional dialects - can be differently named.

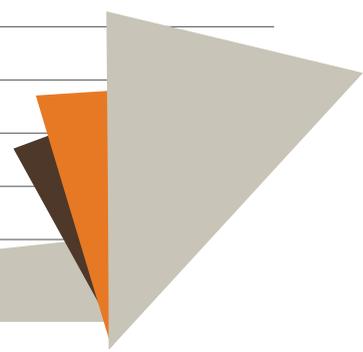
How to prepare:

Mix flour and eggs for about 35-40 minutes until smooth. Flat the dough with a rolling pin, making a not too thin pasta sheet. Cut into rectangles about 60 cm long and 20 cm wide. Place each rectangle on the “chitarra” (lengthwise) and press it with the rolling pin. The wires will cut through the pasta sheet, forming strands. Separately, prepare the sauce frying onion and carrot, tomatoes, meat, butter and oil. Leave to simmer the sauce for an hour on low heat. Cook maccheroni in boiling water and drain when they are still “al dente”. Mix pasta with the lamb sauce and sprinkle with grated parmesan or pecorino cheese.

6 people
flour 350 gr.
4 eggs
lamb 200 gr.
pork lean meat 200 gr
tomato sauce 2 lt
butter 50 gr.
oil q.s.
1 small onion
1 carrot
salt q.s
parmesan or pecorino q.s.









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