

# MANGIA PARCO



# Appennino Lucano, Val d'Agri, Lagonegrese National Park



MANGIA PARCO

# 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.



The Appennino Lucano, Val d'Agri, Lagonegrese National Park is the new entry of the Italian conservancy system. While being the last added to the list, the Park is far from being the least important, considering the crucial role it plays in the environmental preservation of the Southern part of the Appennines

as well as its surrounding valleys. 69.000 hectares of land are protected since 2007 thanks a national law: it is a green oasis which envelops some of the highest peaks of the area and creates connections with the nearby National Parks of Pollino and Cilento.

The length of the Park makes it a biodiverse area both from a floral and a faunal point. Through the mountain valleys fly the kite, the peregrine falcon, the chough and the buzzard. In the woods, one can find wild cats, wolves (3 or 4 packs), the marten and the skunk. Amphibians examples are the yellow-bellied toad and the spectacled salamander, an endemic species. Furthermore, the quality of the rivers and wetlands allows the presence of the otter, very sensitive to pollution and therefore increasingly rare, and the black stork, which nests in this area.

The many cultivated areas are the sign of a long-going human presence in the territory. In fact, an abundance of archeological sites, sanctuaries and artistic monuments show that for centuries this Park has been a place of traditions, art, culture and faith. Men like the legendary Hannibal made history in Val d'Agri in ancient times. Or the martyr Laverio beheaded in 312 A.D. between the Agri river and the Sciaura creek, where he was buried, more precisely in the Roman necropolis which rose not far from an urban settlement. Among the must-see archeological sites is the Grumentum ruins, is the most important Roman city in ancient Lucania and one of the most well preserved Roman sites in Italy. In this city, in 207 b.C., the armies of Hannibal and the consul Claudius Nero clashed.

Equally old are the area's food history and tradition. The well-known *Sarconi* bean is only one of the many vegetables which have been selected throughout the centuries. One can find wines made through Greek and Roman methods; while the *Lucanica* sausage has gone off to conquer the world - at least from a lexical point - becoming the Venetic *Luganega* and the Greek *Luchanica*. This is a great landmark for a truly heroic agriculture, where one's subsistence was insured by hard work alongside the arid peasants' and farmers' mountains.

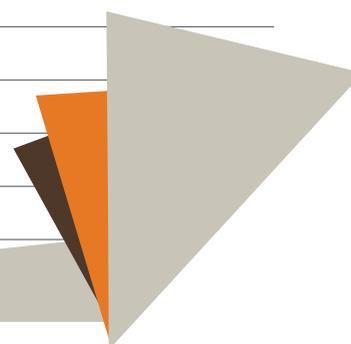
[www.parcoappenninolucono.it](http://www.parcoappenninolucono.it)





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## Mature Canestrato of Moliterno

This is the most renowned cheese in the Lucan Appennine, protected by the IGP (Protected Geographic Indication) and by the Consortium of *Canestrato di*

*Moliterno*. The milk used in this sheep and goat's cheese comes from animals whose food constitutes primarily of pasture, fresh fodder and hay produced in the area allocated by the disciplinaries (in 60 Basilicata municipalities corresponding to the historic areas of transhumance). The approved ageing of the cheese occurs only in the characteristic Moliterinan “*fondaci*” (warehouses),



historic buildings dating back to Middle Age when they were used as underground storage spaces for keeping fresh perishable food supplies.

The *Canestrato* is a compact, hard cheese, in a straw-like yellow. It has a cylindrical shape and can weigh from two to five kilos. The typical basketwork which gives it its name (‘in the basket’) consists of wicker baskets which preserve it and in which it is left to ripen. It has a strong, spicy and fragrant taste and can be eaten on its own or with savoury jams or honey. It can be found in three different maturing stages: primitive, if it was only left to age for six months; seasoned, if for twelve months and extra if it's left to mature for over a year.

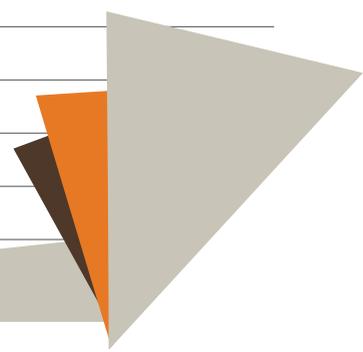
## Lucan Caciocavallo Podolico

This cheese is the cherry on top of an excellent regional production, which has at its basis a special milk: the one given by the *Podolica*, a fine breed which is bred wild in pastures rich of aromatic plants, bushes and undergrowth plants, which give the cheese its unique fragrance and flavour. *Podolica* cows adapt well to a rustic life but produce little milk, which is why the *Caciocavallo Podolico* cheese is a rare and esteemed product. It is a cheese born from the *pasta filata* technique which the South has developed over the centuries in order to guarantee the preservation and healthiness of cow's milk cheeses. The curd,

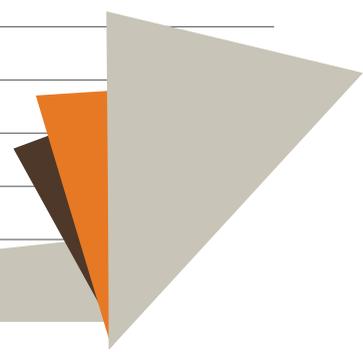


obtained through the heating and coagulation of the milk is cooked for a second time in order to make it elastic and easily handled.

The typically flask-shaped molds are left to age tied together in pairs with a rope resting “on horseback” (in Italian, *a cavallo*) on a ceiling beam. The cheese is left to mature for months, sometimes years: the more mature it is the more pronounced the flavours. It is made of a yellow paste which is rather elastic when the cheese is not particularly mature. In the more aged products it is common to find cracks inside. These cracks are not a sign of a bad maturing process, but evidence of its long duration. The production of the *Caciocavallo Podolico* cheese occurs primarily during Spring and Summer, when there is more pasture for the animals and around the time they give birth. The cheese is a Slow Food Presidium.









## Lucanica sausage

The *Lucanica*, typical sausage made in a Basilicata area around the Picerno municipality, is more than a gastronomic product. It is the symbol and result of a Lucan peasant society strictly connected to the cult of the pig. A civilization which has managed to preserve their values and traditions recognised since Roman times to the point where this Lucan sausage's name has been brought to other Italian regions, such as Lombardy and Veneto. Both the sweet and savoury *Lucanica* are horseshoe-shaped sausages, resembling a "U", which can be classified as lean, for their fat levels never go over 30%. In fact, from the clean and fat-free cuts, one obtains a not too fine-grained mixture, which, after salting, is seasoned with fennel seeds and - in the spicy version - with small flakes of chili powder. It is the typical sausage produced by the Lucans, following the respect brought by the tradition of treating pigs almost as family members and which was recognised by illustrious Roman authors such as Cicero, Varrone, Marziale and Apicio.

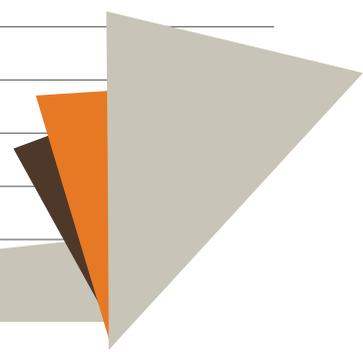




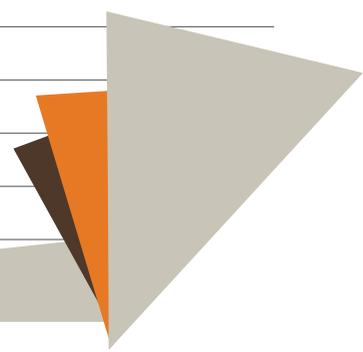


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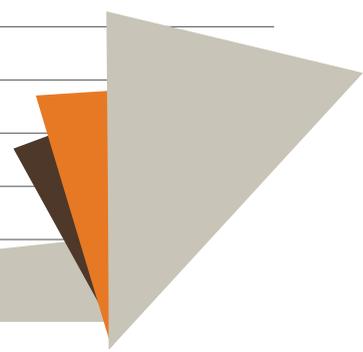






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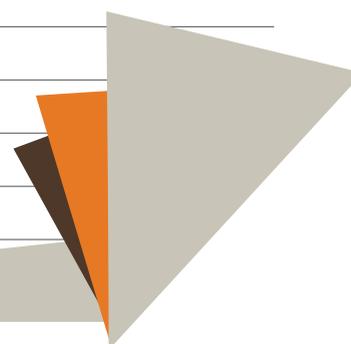






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## Sausages with IGP\* Sarconi beans and onions

### How to prepare:

After having soaked the *Sarconi* beans overnight in warm water, boil them in a liter of water, along with two glasses of red wine, a clove of minced garlic, parsley, a bay leaf and thyme (aromatic bunch). Once boiling point is reached, add the onions cut into wedges, a pinch of salt and freshly ground pepper.

Cook over low heat for about an hour with the lid on. Add the sausage cut into pieces and cook for another 40 minutes. Before serving, remove the aromatic bunch, check the density of the sauce (in case it is too liquid, thicken over high heat for a few minutes) and serve hot.

IGP Sarconi beans 500 g.  
sausage 500 g.  
4 red Tropea onions  
bay leaves  
thyme  
2 glasses of red wine  
parsley q.s.  
1 clove of garlic  
salt (add to taste)  
black pepper (add to taste)

\* Protected Geographic Indication.





## Lucan Truffle

Basilicata is a land in which one can find high quality truffles, even though it may not be as well known for them as other Italian regions. This feature is not only supported by the excellent culinary traditions based on this tuber, but backed by rather recent scientific research, such as those conducted by ALSIA (Lucan Agency of Development and Innovation in Agriculture), in collaboration with the Biology Department, Defense and Agro-Forestry Biotechnologies of the University of Basilicata, as well as the Vegetal Genetics Institute of Perugia's CNR in 2004.



These entities have located areas particularly rich in truffles and with great organoleptic properties. There are various species of truffle in the Park's territory, among which the fine white truffle, the Summer black truffle or *Scorzone*, the *marzuolo* truffle, the fine black truffle, just to mention some of the most noble and appreciated ones.

## Horseradish

Once known as the truffle of the poor, the horseradish is a root vegetable harvested on the hills in the Lucan inlands. It should be eaten in February for one to appreciate its full richness, penetrating and strong fragrance and elaborated flavour with sweet and strongly balsamic hints, which alleviate its characteristic spiciness. The palate is not the unique asset of this vegetable, it also has a high



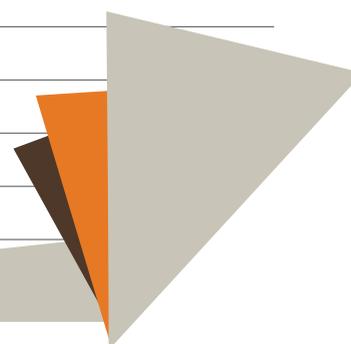
level of healthy substances. Although some use its leaves to prepare salads, the root is the most appreciated part overall, and needs over two years to ripen and acquire its characteristic aromatic power. In reality, the horseradish continues to grow even after being harvested: in

fact one of the best techniques used to preserve consists of burying the root after having cut out the parts necessary for cooking. The root ought to be peeled and grated in order to give off its scent. Of course, it is hard work: whoever may feel like going through this enterprise should be prepared for swollen eyes and some tears. This feature is the reason why some elderly people are playfully used to ask crying girls if they have been grating roots. Even though it can be pickled and dried in the oven, the horseradish is at its best fresh: the Lucan tradition uses it to flavour *ferretti* served with pork and wild boar *ragù*, and to prepare the *rafanata*, with an egg base, *pecorino* cheese and, of course, horseradish.



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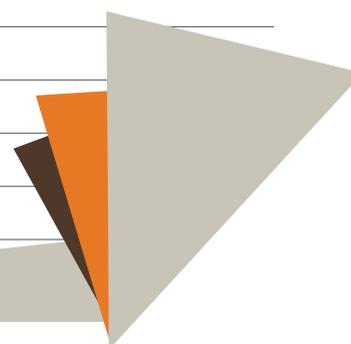






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## Lagane and beans

Lagane is a typical Lucan pasta, very similar to tagliatelle but a bit wider. It is made with semolina flour and water, without the addition of eggs.

Semolina flour 150 g.  
00 type flour 150 g.  
peeled tomatoes 200 g.  
dried beans 250 g.  
1 clove of garlic  
salt q.s.  
olive oil q.s.

### How to prepare:

Soak the beans for 12 hours. Rinse them under running water, drain and place them in a pot covered with cold water. Leave them to cook without salt until they are ready.

**For the lagane:** slightly heat a bit of water, sift the flour, season it with salt. In the middle of the flour slowly add warm water and start to knead. Leave the dough to rest for a few minutes covered with a clean cloth. Flour the work surface, divide the dough into three parts and lay them out with a rolling pin by pulling a sheet, not very thin. Let it dry for a few minutes. Flour the pastry and roll it out with the rolling pin. Remove the rolling pin and, with a sharp knife, cut the lagane the size you prefer. Unroll them and flour them lightly. Let them dry for about 1 hour.

**For the sauce:** in a saucepan, heat a little oil and brown the garlic divided into three parts. Mash the tomatoes with a fork and add them to the oil. Turn and mix well. After about 10 minutes of cooking the sauce add the drained beans. Mix and pour a ladle of cooking water from the beans. Season with salt. Cook for about 20 minutes. In a separate pot, leave water with plenty of salt to boil and cook the lagnane in it for a few minutes. Sauté it all together at high heat and serve warm.









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MINISTERO DELL'AMBIENTE  
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