



Majella 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.

MAJELLA

★ THE PARK ★

It is called “the highest flourished mountain in Europe”: an island rich of wild nature, located in the center of Italy. Majella National Park, about 74.000 hectares wide, was the place chosen by many hermits for their course of faith, such as Pietro da Morrone, who was elected Pope in 1294 as Celestino V. He was

the Pope who “made the great refusal” of giving up the chair of Peter after only five months, thereby condemned by Dante Alighieri in his Divine Comedy. Many hermitages can be reached by following the 66 km long “Spirit Path”. This trekking path starts from Badia di Sulmona going through the retreat of Sant’Onofrio, climbs up the top of Monte Morrone and passes through the wonderful gorge of Orfento, ending in Badia di San Liberatore a Majella. A wonderful territory rich in history, in valuable historical and archaeological aspects, in unique natural environments: that really worth a visit!

Majella population has very ancient origins. Traces of humans from 800 thousand years ago, from Neanderthal, from farmers and shepherds of about 6 thousands years old, were found in the Park. Furthermore, we can visit the ruins of the huge wall built with white stones to defend pre-roman communities or Santo Spirito al Morrone Abbey, that was built in the thirteenth century by Celestine V, later turned into a prison and now headquarter of the Park. Despite a ancient human presence, the “mother mountain”, as it was called by Gabriele D’Annunzio, continues to preserve a not too urbanized natural environment: almost 40% of the Park area is covered with woods: downy oak and hop hornbeam on the slopes and beech trees on the area between 800-900 and 1,800 meters high.

The Park is also rich in water and caves (more than 100) because of its karst phenomena: the mountain appears to be dry but the valley has many underground waters that fluently flow.

Here grows the food biodiversity of Majella Park: most fruits once considered “poor” such as apples and pears (they can withstand very cold temperatures) or traditional local mountain crops, such as “solina” flour, red garlic and ancient grains. Even though not everything survived, the Parks is working to recover the ancient heritage of local traditions that can also stimulate the growth of local economies.

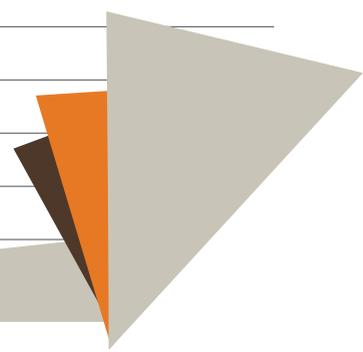
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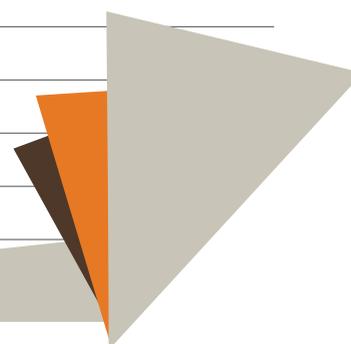
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A circular logo with a scalloped edge. The word "MAJELLA" is written in a curve at the top, and "★ THE PRODUCTS ★" is written in the center.

Mele Piane (Flat apples)

Strong plants with scented fruits, of medium size and a flattened-rounded characteristic. The stalk is generally medium/short long, while the skin has a green color with yellow shades. The pulp is white, slightly

acidic, aromatic and crisp.

This variety - also known as *casolana* - was well known and widespread in the past: the poet Giambattista Marino mentioned the apple between 1500 and 1600, as he was a guest of the Princes of Conca, owners of the important Palena country.

It seems that Boccaccio also clearly mentioned this fruit in the story of friar Puccio in his "Decameron" novel: speaking about a woman he said "she is fresh and beautiful as a *casolana* apple".

This apple is mainly cultivated in the villages of Lama dei Peligni, Torricella and Casoli, in the Province of Chieti.

"Thirty-three ounces" Pears

This pear variety ripens in winter and produces very large fruits, egg-shaped, with a green color almost completely covered by light brown color. The pulp of medium consistency has a pleasant taste. This pear was already known in 1700 and mentioned by the Neapolitan traveler and scientist Michele Torcia on its book "Nel paese dei Peligni" (1792).

Confetti candies from Sulmona

The unique *confetti's* production method of Sulmona was already in some documents dating from the late fifteenth century. Since then, confetti are made in the same traditional way: as a core, the precious Sicilian almonds of Avola are used, and then covered by several layers of sugar through a slow process of soaking.

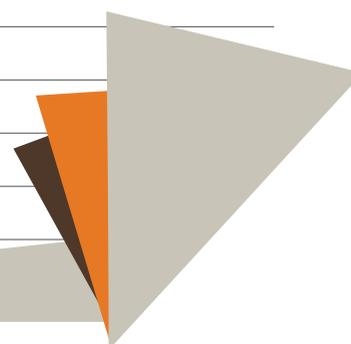
Sulmona *confetti* come in different artistic sizes, colors and shapes such as rosaries, sheaf of wheat or bunches of grapes.

The Pelino company, that in 1983 celebrated 200 years in this business, has set up a confetti museum within its own factory, offering a fascinating journey through the techniques of production and rare historical objects.



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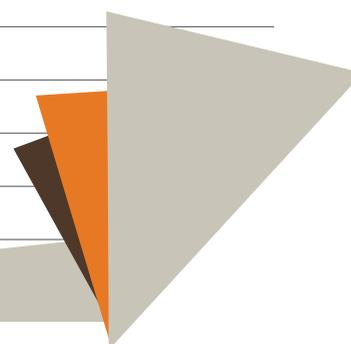
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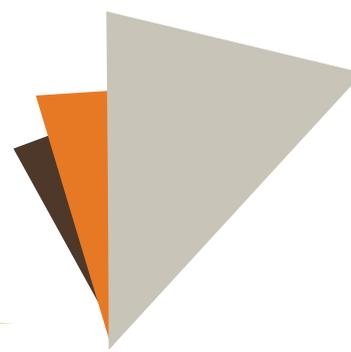


Gratinéed S. Giovanni pears with cheese

How to prepare:

Peel the pear, clean and cut it lengthwise. Parboil for a few minutes and place it on a baking pan. Prepare a mixture with the cheeses; add béchamel, a pinch of white pepper and mascarpone. Fill each pear with this mixture, sprinkle with pistachios and Parmesan cheese. Bake at 170 ° for 10 minutes and serve on a bed of julienned carrots.

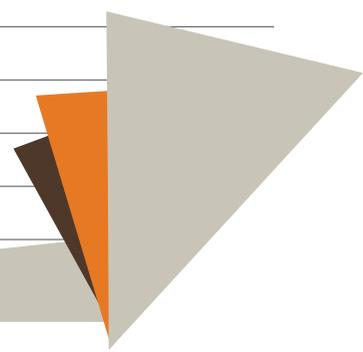
6 people
n. 3 "San Giovanni" pears
béchamel ¼ liter
parmesan cheese q.s.
mixed cheese 300 gr. (100 gr. scamorza cheese, 100 gr. emmenthal, 100 gr. fontina)
white pepper q.s.
pistachio crumbs
1 spoon of mascarpone cheese
julienned carrots





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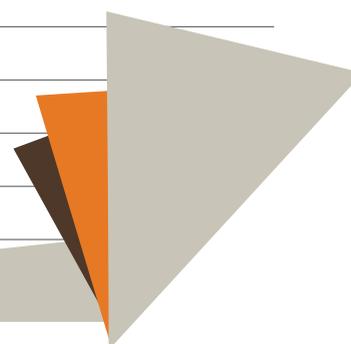
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Soft wheat flour Sagne with white beans

Sagne are a typical kind of pasta from the Majella National Park, prepared with “solina” soft wheat flour, an ancient cultivar of stone ground flour and “fagioli pisello”, a small, oval-shaped variety of beans with white skin and a delicate flavor. A unique and tasty rural recipe.

soft wheat flour 300 gr.
fresh white beans 300 gr.
(200 g. if dried)
ripe pear tomatoes
4 spoons of oil
1 onion
2 carrots
1 rib of celery

How to prepare:

For the sagne: combine the flour with water, mix well, then allow the dough to rest for at least 30 minutes. Roll the dough into a not too thin sheet. Cut it into 2 mm wide and 5 cm long pieces.

For the sauce: boil the beans with onion, celery, carrots and salt. If you are using dried beans, let them soak for one night before using them.

Separately, prepare a sauce with tomatoes cut into cubes and oil. Cook for about 10 minutes, until the tomato sauce is thick and creamy. Add white beans and let them season over low heat for 5 minutes; add salt and water if needed. Cook sagne al dente, drain and sauté pasta with the beans and tomato sauce. Serve with chili and olive oil.

Broccoli ricci and randinje pizza (Black curly leaved broccoli and corn pizza)

How to prepare:

Wash and clean the broccoli, boil them in slightly salted water until al dente and drain.

Separately, prepare the pizza by mixing flour, hot water and salt. Knead the dough until it gets quite hard, then roll it out to create a large disk about 2 cm. thick. Place the pizza in a greased baking sheet and cook at 200 ° C for 15 minutes. When it is half done, turn it over and continue to cook until the crust is golden-brown.

Fry broccoli over low heat with garlic and dried pepper (sferzellone). Simmer, occasionally stirring. Once ready coarsely break the pizza and mix it with broccoli.

“Otto file*” corn flour
500 gr.

Curly leaved broccoli
1,5 kg.

water ½ lt.

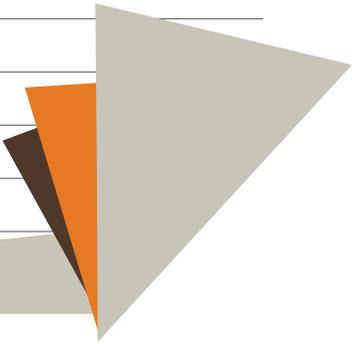
oil q.s.

1 half-spicy dried pepper
(sferzellone)

1 garlic clove

salt q.s.

* Otto file, literally meaning “eight rows”, is a corn variety that distinguishes for its eight rows in which the kernels are arranged around the corncob. The otto file’s plant is rustic and tough.



Sulmona small chickpeas creamy soup with saffron gnocchi and river red shrimps

For the soup:

4 river red shrimps
small chickpeas (soaked overnight in water) 250 gr.
mountain lard 25 gr.
1 rib of celery
1 carrot
1 shallot
1 bay leaf
1 sprig of thyme
1 sprig of rosemary
extra virgin olive oil 10 ml.
vegetable broth

For the gnocchi:

red potatoes from Secca 80 gr.
1 packet of saffron
00 flour 30 gr.
"Rustica e Gentile dell'Aquila" extra virgin olive oil
Parmesan 20 gr.
1 egg yolk
salt, black pepper
nutmeg

How to prepare:

Fry the lard in a pan with olive oil, celery, carrot and chopped shallots. Once browned, add the chickpeas (previously boiled and drained), thyme, bay leaf and rosemary. Cook for few minutes, add the broth and continue cooking. Purée the soup in a blender until smooth.

For the gnocchi: boil the potatoes, in their skins, drain and let them cool. Rub the skin off the potatoes and finely mash them into a large bowl. Mix mashed potatoes with other ingredients and cut the dough into quarters. Roll each piece into a long rope and cut it with a knife into little cubic pieces. Cook them in a slightly salted boiling water. They will float to the top of the pan as they cook. Once ready, pour the soup at the bottom of a serving dish, add gnocchi and saffron shrimps (previously cooked and peeled). Season to taste.

Piancozze* pasta, chickpeas and salted codfish

How to prepare:

Cook the chickpeas. Leave salted codfish to soak for one day, frequently changing the water.

In a saucepan put the celery, onion, tomatoes and olive oil. Add a glass of water and the salted codfish. Do not mix too much to undo the fish. Cook for about 15 minutes then add chickpeas.

Boil the pasta al dente and drain. Combine pasta with the sauce.

salted codfish 300 gr
small chickpeas (soaked overnight in water) 50 gr.
fresh Piancozze pasta 500 gr.
3-4 ribs of celery
1 onion
2-3 fresh tomatoes
extra virgin olive oil q.s.

* Piancozze are similar to maltagliati, a pasta which is made from scraps or roughly shaped pieces left over after other pastas have been made.



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Programma realizzato nell'ambito dell'Accordo di Programma Quadro (APQ) Stato-Regioni EXPO E TERRITORI in attuazione della Delibera CIPE del 10 novembre 2014, e della Convenzione Attuativa delle azioni per Expo 2015 di cui agli accordi quadro del 3 febbraio 2015 e dell'11 febbraio 2015.



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