

MANGIA PARCO



Monti Sibillini 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.

MONTI SIBILLINI

★ THE PARK ★

The Park owes its name to Sybil Alcyna, the prophetess who according to legend was able to predict the future and lived in a cave of Monte Sibilla. This myth has inspired many pilgrims who since ancient times visited the cave, a place of mystery and fairies, witches and necromancers.

Vertical walls, harsh gorges, inaccessible canyons, such as Cole dell'Infernaccio, represent just a side - the most suggestive one - of the Sibillini National Park. The gentle side of this territory is characterized by soft bumps, spectacular blooms of saffron crocus, anemones, snowdrops, by the 1.300 hectares wide plateau as Pian Grande, the largest karst area in the Apennines. And water, lots of water. The most famous lake is the Pilato that, according to tradition, hosted the remains of the Roman consul Pontius Pilate: a glacial area nestled in a natural amphitheater surrounded by peaks, which is the habitat of a small rare crustacean, the *Chirocephalus marchesonii*, unfortunately threatened in its unique habitat.

The Park has several different environments and a rich biodiversity. The landscape from 500 mt high to 1000 mt high is characterized by woods of oaks, black hornbeams and flowering ash. Then the beech woods. Above 1.700-1.750 mt of altitude pastures are the main natural environment, rich in *Artemisia petrosa ssp. eriantha* (Genepi), the gentian, the Apennines edelweiss (*Leontopodium alpinum ssp. Snow*), the nigritella (a dark red orchid), the martagon lily and the Alpine poppy.

In the sky it is possible to see golden eagle, which has begun to nest thanks to high level of nature conservation carried on by the Park, the goshawk, the sparrow hawk, the peregrine falcon. In the woods there are wolves, wild cats, porcupines and roe deer. Furthermore, thanks to a recent successful conservation project, the deer and the Apennine chamois have returned to the this area. During the night the owl and the tawny owl can also be heard.

The agriculture is varied as well: plateaus, pastures and mountain slopes have always hosted a rich production of vegetables (some of which have been recovered from the past), fruit and traditional rearing. Unique flavors of this territory, such as lentils, salami, truffles, meat and spirits that represent one of the core values of Italian food traditions.

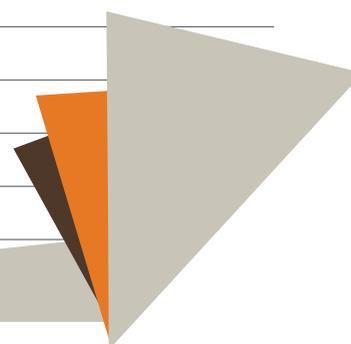
www.sibillini.net





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MONTI SIBILLINI

★ THE PRODUCTS ★

Castelluccio lentil

This ancient and important legume comes from the beautiful plateau of Castelluccio di Norcia. The lentil, whose seeds were found in Neolithic graves dated 3000

BC, has been grown since ages on this karst area, located on the slope of the Vetore massif. This legume is grown by a few skilled farmers with organic methods at an altitude of about 1500 mt and is recognized as a PGI (Protected Geographical Indication) product.

It is an annual plant and it is sowed in the spring, when the snow has completely melted; blooms between May and August and at the end of July, early August the plants are cut and collected.

In the past, the collection (*carpitura*) was handmade mostly by women, called the “*carpirine*”, that arrived from neighboring villages for this long and hard work. Nowadays, despite mechanical mowers are used, the collection period is always a very challenging and important time for local farmers.

These lentils are often striped and vary in color between speckled green to faded yellow to light brown; they have a unique and full flavor. Their soft skin and consistency allow them to be cooked without having soaked first. That makes them the perfect ingredient for many recipes.

Castelluccio lentils are also extremely rich in proteins, vitamins, fiber and minerals, making them an excellent element for those who need a diet rich in iron, potassium and phosphorus, low in fat and very nutritious.

Roveja

The *Roveja* is a small legume similar to peas, with seed color ranging from dark green to brown-gray. In the past it was grown throughout the Umbria-Marche Apennines, on high altitudes farmlands. In fact the seed, which is cultivated in spring-summer, resists even low temperatures and does not need much water. It also grows spontaneously along the slopes and meadows, and it was traditionally part of local shepherds and farmers diet, together with other legumes such as lentils, grass peas, beans.

Many think this variety is ancestor of the common pea, because of its attitude of growing in the wild. Others believe this is a real species (*Pisum arvense*), different from the pea (*Pisum sativum*), in each case the botanical classification is still undefined.

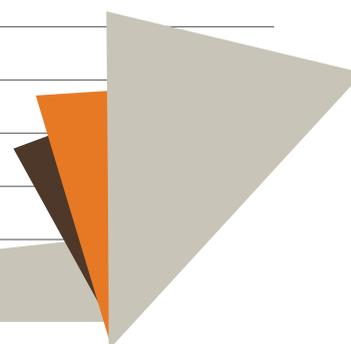
However, there is total agreement on its nutritive value: it is rich in protein, especially if consumed dry, has a high carbohydrate, phosphorus, potassium level and very little fat. The Roveja - also called *roveglia*, *rubiglio*, *pisello dei campi*, *corbello* - can be eaten fresh or dried and can be a perfect ingredient for soups.

Stone-ground, it turns into a flour (with a slightly bitter aftertaste) used to make the *farecchiata* or *pesata*: a traditional polenta topped with chopped anchovies, garlic and olive oil, good the next day also, sliced and toasted in a pan. The Roveja is a Slow Food Presidium.



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MONTI SIBILLINI

★ THE RECIPES ★

Crescia al formaggio (Cheesy pizza)

Pizza, crescia or crescia brusca has spread throughout the Marche region, even though originated in Jesi, nearby Ancona. It is typically eaten during Easter breakfast. It has a strong flavor and a soft consistency. The main ingredient is the Pecorino cheese from Monti Sibillini, a Slow Food Presidium.

Starter, "refreshed" at
least 2 times 250 gr.

flour 375 gr.

grated Parmesan cheese
145 gr.

grated Pecorino cheese
from Monti Sibillini 145 gr.

fresh Pecorino cheese
from Monti Sibillini 170 gr.

oil 50 gr.

lard 30 gr.

1 teaspoon salt

1 teaspoon pepper

5 eggs

milk 100 ml

How to prepare:

Mix eggs and grated cheese, stirring these ingredients with oil, lard, salt and pepper. Let stand for a few minutes to develop flavor.

Dissolve the starter in warm milk, always mixing. Gradually add the sifted flour and the egg-cheese mixture previously prepared, stirring constantly. Work the mixture until the dough becomes compact, smooth and slightly sticky.

Turn the dough out onto a clean work surface and add the cubes of fresh Pecorino. Allow to stand in a bowl for about 15 minutes. In the meantime grease a baking pan with high sides (at least 15 cm) using oil and lard. Roll the dough over on itself until it forms a ball then gently lift it into the pan. Cover the dough with a plastic wrap and let grows until reaches two times its initial volume (approximately 3-4 hours depending by the temperature of the yeast).

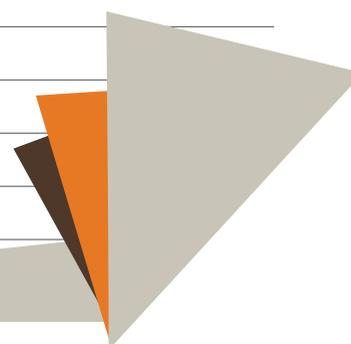
Preheat the oven to 190 ° C with the door open, after five minutes put on the bottom of the oven a small pot with hot water and bake the pizza covered with aluminum foil.

After 40 remove the pot and aluminum foil, cooking for 20-25 minutes more.



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Ciavuscolo IGP*

This spreadable salami (also called ciauscolo or ciabuscolo) is the most typical cured meat in the Marche region. It is made using cuts of pork meat from the shoulder, the belly, the ribs and a high percentage of fat (about 50% of the total, but there are lighter variations). The meat is seasoned with salt, pepper, garlic, fennel and grated orange peel, then minced several times to obtain a smooth and creamy paste. The ciavuscolo is cold smoked over juniper branches for two days, then hung to cure in a dry place. It is typically eaten after 15 to 20 days: the result is a very soft and moist sausage which can be spread on bread.

There are several types: ciavuscolo dell'Ascolano, a little bit lighter and with a compact consistency, and ciauscolo from Macerata, a little softer and fat.

The processing, storage and aging techniques of Ciauscolo are directly ascribable to the old rural and agricultural traditions of the Piceno area. The pig slaughter and processing, in fact, have always been a way to socialize with neighbors, as well as an opportunity for the tenant to offer gifts to the landowner.

The name derives from "ciabusculum" which means "small food" or "small meal" or "snack", traditionally consumed between breakfast and lunch or between lunch and dinner. One of the most famous Italian dictionary (Zingarelli) traces back the etymology to 1939 and considers this product part of the traditional foods of the Marche region.

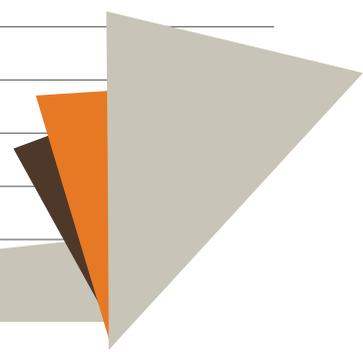
* PGI (Protected Geographical Indication)





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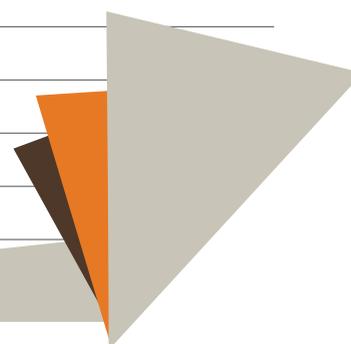
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White Sibillini truffle

The most famous truffle which has also a great commercial value. The white truffle has a globular and irregular shape and can reach the size of an orange, weighing more than 200-300 grams.

The outer surface is smooth and slightly velvety with a color ranging from pale to dark cream to greenish.

The flesh is pale cream, yellow-grayish, pinky or brown with white marbling. The unique truffle smell is a combination of a pleasant and aromatic fragrance and a garlic and gas taste. Can be found close to oaks, willows and poplars that determine its color and aroma.

The White Sibillini truffle matures from late summer to winter on soft and humid soils, rich in calcium.

Sibillini pink apple

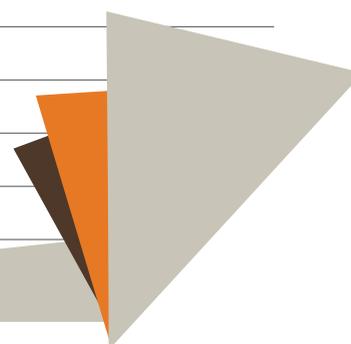
Pink apples have been cultivated in Sibillini Mountains since ages. They are small, irregular, slightly crushed and with a very short stalk, the color is greenish with shades ranging from pink to purplish red. The pulp is sour and sweet, the smell is intense and aromatic. Their cultivation has been almost completely abandoned and only few old trees survived in the area. Since a few years these varieties has been grown again, even though a minimum quantity is produced. In the past these apples were valued for their long-lasting quality: harvested in the first ten days of October, in fact, they could perfectly last until April, becoming even more good as the flesh - firm and compact - becomes softer over time.

The pink apple is perfect for cakes and pies. This fruit is a Slow Food Presidium and eight ecotypes - with different colors and consistency - have been identified.



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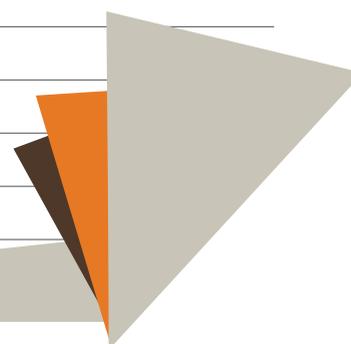
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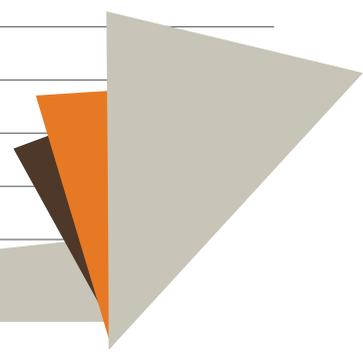




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Cacioni

“Cacioni”, “calcioni”, “caciù” or “piegati” are a typical recipe linked to Easter traditions. They can be sweet or savory, filled with cream, jam or pecorino cheese.

How to prepare:

Savory Cacioni

Savory Cacioni:
 flour 250 gr
 2 eggs
 1 tablespoon olive oil
 half glass of white wine
 salt

Prepare the filling by beating the eggs with the cheese until the mixture is soft but workable with your hands. Separately, roll the dough into strips about 8 cm. wide and spoon the cheese and eggs dough into the center of one strip. Cut around the filling to make squares and close them over themselves. Place the Cacioni in a greased baking sheet, brush with egg and make a cross cut on each Cacione, so to allow the filling to come out.

For the filling:

3 eggs
 grated Parmesan cheese
 200 gr.
 grated Pecorino cheese
 100 gr.
 pepper q.s.

Bake at 190 ° C for about 15-20 minutes. Serve hot, warm or cold.

How to prepare:

Sweet Cacioni

Prepare the shortcrust pastry and let it rest for at least 30 minutes in the fridge. Meanwhile, prepare the filling: pour ricotta in a bowl and add egg yolks, sugar, ground almonds, chocolate, cinnamon, lemon zest and rum. Mix the ingredients with a wooden spoon or a whisk. Roll out the pastry into a 3 mm thick disc. Cut into discs 8-10 cm in diameter then place a teaspoon of filling in the centre of each disc, then fold the pastry over, gently press it with your fingers.

When ready Cacioni can be either baked or fried.

In the oven: place Cacioni on a tray, brush them with egg white or milk, and cook in preheated oven for about 30 minutes at 200 ° C,

In the pan: fry the Cacioni with hot oil for a few minutes on each side, removing them with a slotted spoon and drain them on a paper towel. Sprinkle with icing sugar.

Sweet Cacioni :

white flour 300 gr.
 cold butter or margarine
 120 gr.
 sugar 150 gr.
 1 grated lemon zest
 1 egg
 salt q.s.

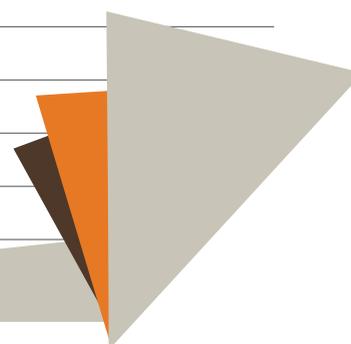
For the filling:

Ricotta cheese 200 gr.
 ground almonds 50 gr.
 grated dark chocolate 50 gr.
 3 egg yolks
 3 tablespoons sugar
 1 pinch of ground cinnamon
 1 lemon zest
 1 glass of rum



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MONTE SIBILLINI

★ THE PRODUCTS ★

Sopravvissana sheep

Born in the thirteenth century by crossbreeding *Merino* Spanish rams and *Vissane* sheep, the *Sopravvissana* has spread from Lazio to Umbria, Marche, Tuscany and Abruzzo. Medium-size (males are about 60-70 kilos and females 40-50 kilos), has a white coat. Females' head is straight, males have shape of a ram's head. Furthermore, rams have strong spiral horns, while the sheep have no horns at all. In the past this breed was very well known for its fine wool. Now *Sopravvissana* sheep is facing extinction as there are only 3.000 individuals left, mainly (about 1.000) located in the Sibillini National Park.

Vacca Marchigiana (Cow from the Marches)

The history of this cow begins in the mid nineteenth century: from a crossbreed between the *Podolian* bovine and *Chianini* bulls. The breed obtained had a better attitude to work, a good meat, and was ideal for grazing in marginal and difficult areas. Compared to *Podolica* native breed, the *Vacca Marchigiana* is very muscular, has a brighter coat, shorter horns and lighter head. Due to a further crossbreeding with *Romagnola*, its average height is lower. These are the main characteristics of the *Marchigiana* breed. The coat is short-haired, smooth and white, with gray shade on the shoulders and front legs; the neck is short and gibbous in males. It is a great producer of high quality meat.

Pecorino cheese from Sibillini mountains

The habitat of the Park is perfect for the production of sheep cheeses. In particular the Apennine sheep is raised in this area, a robust and rustic mixed breed, derived from the *Sopravvissana* family, which provides an excellent milk. The cheesemaking technique is the classic mountain one: lamb or kid rennet is added to fresh milk. Furthermore, a bunch of herbs - especially creeping thyme and wild thyme - is added to the milk before curdling, in order to flavor it.

After the curd is broken into very small grains, the cheese is cooked and the dough is pressed by hand into molds. At the beginning of the seasoning period, the shape is frequently washed with warm whey. Then, the cheese is placed in a cool cellar where can rest up two years. The Pecorino has an extraordinary fragrant and aromatic taste.

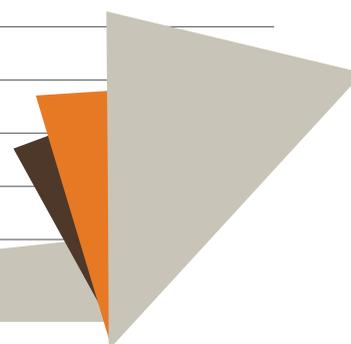
Corn Bread

Until 1930, this the only bread prepared by the villages of the Sibillini National Park. Now it is very hard to find it and only a few bakeries produce these yellow, compact and fragrant loaves, with a polenta (cornmeal mush) smell. In the past the dough was baked on cabbage leaves to prevent from sticking.



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MONTI SIBILLINI

★ THE PRODUCTS ★

Cheesy pizza

This pizza is the classic recipe that was traditionally made during Easter in the Marche region. It has a round shape, similar to a Panettone. The dough is made with wheat flour, eggs, local pecorino cheese (some parmesan can be added), salt, pepper, olive oil, milk.

Cacioni, Piegoni o Piegati

This recipe can be sweet or savory. Cacioni are similar to big *tortellini*, with a half-moon shape. The crust is crispy and yellow and the filling can vary from ricotta cheese, eggs, sugar, pecorino or cocoa.

Sibillini honey

Honey, also called “the food of the gods”, is probably the most natural food since is entirely made by bees using the nectar of flowering plants.

Depending on the flower, the honey can have different color, characteristics, taste and names. In the Sibillini National Park the acacia, chestnut and millefiori honeys are produced. To get a high quality honey is important to have a uncontaminated environment, with many wild flowers. Honey is the mirror of this territory, representing the rich in nature plateau and the mild climate in spring and summer, which allows long lasting blooms.

Mistrà liqueur

In the countryside of Marche region Mistrà is a traditional alcoholic liqueur that is obtained by distillation and flavored with green anise, typical product of the Sibillini mountains, with wild fennel, apples and oranges. Its alcohol content varies between 40 and 45 degrees and its taste is very dry, making it ideal for spike the coffee. Can be also drunk straight or mixed with water, as Greek ouzo or French pastis.

This liqueur it was named after the Greek city of the same name, conquered by the Republic of Venice, between the end of '600 and the beginning of '700. At the end of the nineteenth century the liquor was rediscovered by Girolamo Varnelli, herbalist and owner of a distillery located in the Marche region, who adjusted and refined the recipe with the aim of creating a decoction against malaria for shepherds. By doing this he created the anise liqueur (that bears his name) which is now a typical product of Marche!



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