



# Vesuvio 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.

VESUVIO

## ★ THE PARK ★

Mount *Vesuvio* is one of the most well-known natural landmarks in the world. Many people think the Park was created to protect it. The truth is that by protecting this volcano's ecosystem, one protects the people who for decades - in the 20<sup>th</sup> Century - moved the line of houses forward, towards the crater, in defiance of every city planning standard and common sense. With the establishment of the Park this abusive behaviour ended and a new page - based on the valorization of this amazing scenic and natural patrimony - was turned. The whole area was shaped by the volcanic activity of Mount Vesuvio and Mount Somma's caldera (what remains of an ancient volcano 2000 meters high dismantled by the violent explosion of 79 a.C. which destroyed Pompeii and Ercolano). These volcanoes are responsible for a long series of eruptions, the last in 1944. Thus what remains is a lava ground rich in minerals which, thanks to the excellent drainage and the Mediterranean climate, has led to a unique agricultural production.

The Park has a hundred different species of apricots (from the *Pellecchiella*, which is considered the best for its particularly sweet taste, to the smooth *Boccuccia*, sweet and sour, and the *Cafona*), cherries (the *Malizia*, with red and firm flesh, juicy and aromatic flavour, and the *del Monte* cherry), tomatoes nicknamed 'da serbo' (to be maintained) because picked still unripe during Summer and then kept tied to a string twisted in a circle, so that they mature slowly preserving the succulent pulp, protected by the wilting peel. There are also amazing vineyards: the *Falanghina del Vesuvio*, the *Coda di Volpe* (locally referred to as *Caprettone*), and the *Piedirosso del Vesuvio* from which the famous *Lacryma Christi* wine is obtained. The *Catalanesca* grape - named so because introduced by Alfonso I of Aragon - deserves a special mention. It is an eating grape with a fleshy and sweet pulp, that is grown on

the slopes of Mount Somma. For a few decades now, thanks to the presence of the Park, it has also been used in the production of wine and sold with great results.

This is an enogastronomic paradise which proves to be very interesting not only because of its scenic features but from a biological standpoint. Here, for example, there are many endemic species such as the *Stereocaulon vesuvianum*; a lichen that colonises the lava fields as soon as the temperature drops to an acceptable level.

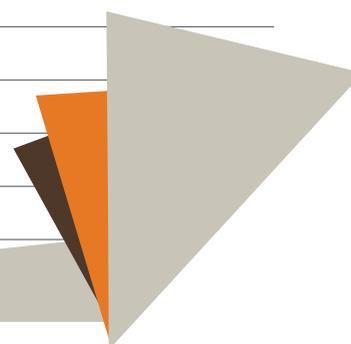


[www.parconazionaledelvesuvio.it](http://www.parconazionaledelvesuvio.it)



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VESUVIO

## ★THE PRODUCTS★

### Vesuvian apricot

The apricot is a typical fruit in the Vesuvian area. The first to document the presence of this plant was Plinio the Elder in the 1st Century A.D., while the first testimonies regarding its intensive cultivation dates back to the end of the 16<sup>th</sup> Century, when the Neapolitan scientist Gian Battista della Porta divided the plant into two big groups: the round-shaped *Bericocche*, characterised by their white pulp, and the *Chrisomele* (from the Greek: chrisomelos, golden apples). As a matter of fact, apricots are still referred to by their 16th Century name, *crisomolle*, in the Vesuvian area.

Even though the Campania region is the most renowned one in Italy for the cultivation of apricots, the Vesuvius area - with its 2 thousand hectares of apricot trees which make up for a production of 400 thousand quintals - is its chief zone. The plants' growth is due to the volcanic soil's high fertility levels. It is rich in minerals, particularly potassium, which gives the apricots organoleptic features of unmistakable tastiness and sweetness.

The high production of the fruit in the area is not what makes it so peculiar, however. There are over forty kinds of apricot planted around the volcano: a surprising number in such a small area. Among the most famous, one can find: *Ceconna*, *Palummella*, *S. Castrese*, *Vitillo*, *Fracasso*, *Pellecchiella*, *Bocuccia Liscia*, *Bocuccia Spinosa* and *Portici*. The marking features of each kind are their sizes, the varying scents, the smoothness of the skin and the taste, which goes from the very sweet, such as the *Pellecchiella* to the more bitter ones, like the *Vitillo*. Made for direct and fresh consumption, the Vesuvian apricot is highly requested during Summer, even by the processing industry, for the production of jams, juices, nectars, syrups and candied fruit.

### Ciliegia del Monte (Mountain Cherry)

The Naples province is the land of the cherries. You can even find them pictured in some of Pompeii's murals, even though its modern agricultural tradition started in the 16th Century, when plantations in the Pianura area (today a neighbourhood in Naples) were first registered.

But it is on the slopes of the Vesuvio - on Mount Somma - that one can find one of the region's most renowned fruits: the *ciliegia del Monte* (mountain cherry). Much like the apricot, this cherry doesn't follow a genetic specificity: the fruit is the result of spontaneous crossings of several local varieties not yet fully surveyed. It is a 'late bloomer', harvested between the end of May and the beginning of June. It has a light, juice and firm flesh which is almost crunchy. Its fragrance and pleasantly acid aftertaste are also worth noting. Because of these features the cherry is used both for direct consumption and in the making of jams of great organoleptic quality.

The region determined for its plantation is the one between the municipalities of *Massa di Somma*, *Ottaviano*, *Pollena*, *Trocchia*, *S. Anastasia* and *Somma Vesuviana*. The plant's characteristics make its harvest rather complex and expensive: the trees can grow over 8 meters high, which makes the implementation of incredibly long stairs as well as specialised professionals necessary. But it is definitely worth it. This cherry has been cultivated on the Vesuvio since the 14<sup>th</sup> Century and is deemed the best in the Campania region.



VESUVIO

★ THE RECIPES ★

## Paccheri with cod and Piennolo cherry tomatoes (DOP)\*

The classic Neapolitan pasta with a tasty and nourishing sauce, prepared with *Piennolo* tomatoes. This dish is traditional of the Christmas period.

bronze drawn *Paccheri* 500 g.  
 cod (softened) 300 g.  
*Piennolo* tomatoes 400 g.  
 pitted black olives 20 g.  
 capers 10 g.  
 1 clove of garlic  
 shallots 20 g.  
 fresh pepper to taste  
 oregano  
 salt to taste  
 olive oil 20 g.  
 1 anchovy

### How to prepare:

Chop olives, garlic, shallots, capers, anchovies and chili pepper and cook it all with oil. Wash the *Piennolo* tomatoes under running water and cut them into quarters, add them to the pan and let them cook for a few minutes.

Cut the cod fish (previously softened and desalted in running water) in coarse cubes and add them to the sauce, season with salt and cook for 10 minutes in a covered pot.

Cook the paccheri in salted water, drain al dente and stir it in with the sauce. Season with oregano and serve with a little olive oil on the plate.

\* Protected Designation Origin.

## Baked stockfish with potatoes and cherry tomatoes

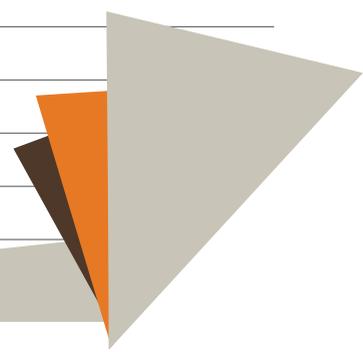
### How to prepare:

Soak the stockfish for 12 hours, if not previously treated. After this time, clean, bone and cut it into pieces of 6-7 cm. After that, prepare a mixture with celery, carrots and onion and another one with garlic and parsley. Mix the two in a bowl with the chopped fennel, pepper, raisins and pine nuts. In another bowl, squash the tomatoes with your hands, so as to leave a few pieces whole. Clean, wash and slice the potatoes.

Grease a baking dish and arrange a layer of potatoes, two tablespoons of the mixture of vegetables and herbs, a pinch of salt, a handful of pepper, a dash of squashed tomatoes, a bit of oil and a layer of stockfish seasoned with other vegetables and herbs, squashed tomatoes, olive oil, salt and black pepper. Create a new layer of potatoes and season as the first. Continue to overlay alternate layers of stockfish and potatoes, until you run out of ingredients, taking care that the last layer is potato (the stockfish would dry too much in contact with the heat).

Cover it with dry white wine. Bake at 250 ° C with the lid on and cook for about 2 hours. Allow to cool a bit before serving. This dish is also good cold the next day.

stockfish (wet and boned) 1 kg.  
 potatoes 2 kg.  
 fresh cherry tomatoes 1.5 kg.  
 4 stalks of celery  
 4 carrots  
 2 small onions  
 3 cloves of garlic  
 parsley  
 1 bunch of fennel  
 1 chili pepper, chopped  
 2 tablespoons of raisins  
 2 tablespoons of pine nuts  
 oil 4 dl.  
 dry white wine ½ lt.  
 salt to taste  
 black pepper to taste





## Uva Catalanesca (Catalan grape)

The vineyard is named after its motherland. It was, in fact, imported from Catalonia by Alfonso V of Aragon in the 15<sup>th</sup> Century and planted on the slopes of Mount Somma, between *Somma Vesuviana* and *Terzigno*, where it thrived in the volcanic soil which gives it its characteristic flavour. It was, therefore, quickly used in the production of wine. In the massive farm's cellars, it is still possible to find presses that date back to the 1600's. Only the excess product was used as table grape.

The *Uva Catalanesca* grows in a medium-sized cluster, the berry is mildly elongated and has a green peel which turns golden yellow once it ripens. The pulp is white and fleshy and highly valued for its sweet taste. Its elevated sugar levels make it ideal for the vinification, which happens locally and only on a family level. In 2006 it was officially added to the directory of wine grapes.

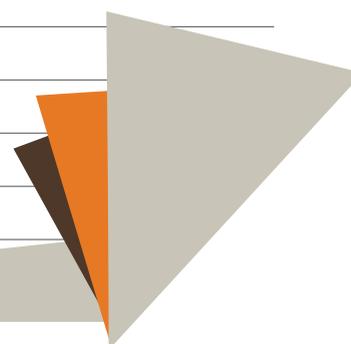
It is collected between October and November but can be kept on the plant until the end of the year. In olden times, people used to keep the finest clusters on the trees - eliminating the bad berries one by one - so as to facilitate their preservation up to the Christmas period, when they were eaten fresh during the feast or added into more elaborate dishes. Nowadays, it is mostly harvested in *Somma Vesuviana*, *Sant'Anastasia* and *Ottaviano*.





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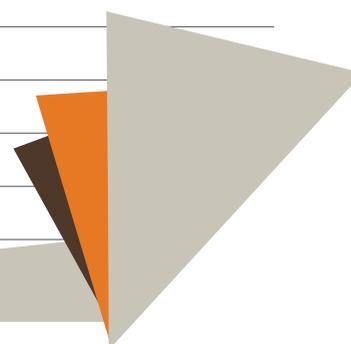






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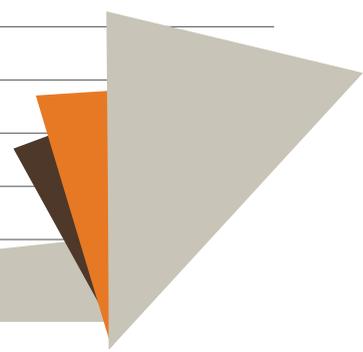






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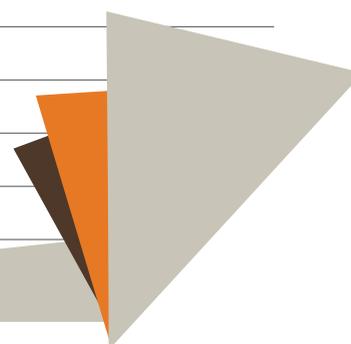






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VESUVIO

## ★ THE RECIPES ★

### Codfish Genovese

A first course which enhances the taste of the codfish as well as the culinary traditions of the Vesuvian bronze-cut pasta.

#### How to prepare:

Pasta "candela" type 400 g.  
codfish 300 g.  
5 Piennolo tomatoes  
1 medium onion  
2 tablespoons of Parmesan  
cheese  
1 cup of white wine  
basil to taste  
olive oil to taste  
black pepper to taste

Desalinate the cod in water for 12 hours before carrying out the recipe if you have not purchased it already treated. In a pot bring to a boil the water for the pasta. Separately, prepare the sauce by frying an onion cut into thin strips with oil along with the tomatoes cut into 4 pieces and the cod cut into cubes. Deglaze with a glass of white wine and a ladle of 'pasta cooking' water. Stir the sauce and saute the pasta, adding the grated Parmesan cheese, a dash of pepper and the chopped basil.

### Marinated codfish

#### How to prepare:

Before the preparation of the recipe: desalinate the codfish in water for 12 hours and rinse the capers repeatedly under warm running water.

Roughly chop the capers leaving some whole, together with the olives and dried tomatoes.

Bring the codfish to a boil in a saucepan, covering it with water. Drain and divide it into small pieces (hurl) by hand once it has cooled.

Clean and chop the basil à la julienne. In a bowl, pour the juice from a lemon, add 4 tablespoons of olive oil and beat it with a fork to emulsify the mixture.

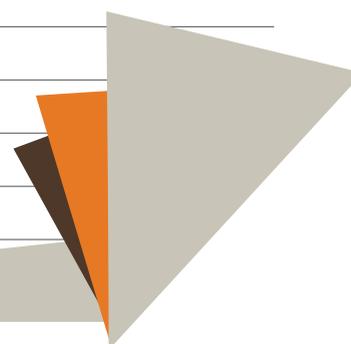
Place the cod on a plate, sprinkle with basil and pour the emulsion of oil and lemon on it. Leave it to marinate in the fridge for about 30-40 minutes. Retrieve the marinated emulsion and pour it over the chopped capers, olives and dried tomatoes. Stir this mixture and distribute it on the bottom of the serving bowls. Place flakes of the marinated codfish on each serving and serve.

Cod fillet 300 g.  
pitted black olives 40 g.  
2 tablespoons of salted  
capers  
6 dried tomatoes (pickled)  
2 tablespoons of lemon  
juice  
basil to taste  
olive oil to taste



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VESUVIO

## ★ THE PRODUCTS ★

### Nocillo

The origins of the *Nocillo* are lost in time, and its preparation is linked to a precise and ritual method which goes from the harvest of its main ingredient: nuts (not yet ripe) to its fermentation and maturation periods.

Following this method, the green nuts are harvested on the 23<sup>rd</sup> of June, on the eve of Saint John's day. This is the time when all the aromas are at their highest, in which the kernel (the inside of the nut which is normally consumed as dry fruit), protected by the green hull and the soft shell, presents no droplets of water inside it and is rich in essential oils. There is, of course, also a traditional and magical component to the ritual: Saint John's day - the old 'Summer Christmas' - was linked to pre-Christian cults and considered by peasant belief to be the night of the witches, in which the acolytes of ancient rites gathered in celebration by dancing around a nut.

The preparation of the *Nocillo* is less rich in symbolic content but equally peculiar. The nuts, including the hull, are left to macerate in alcohol for 30 to 40 days in glass bottles tightly closed and exposed to the sun. They should be shaken from time to time. At the end of maceration the mixture is filtered and diluted with a cold syrup made with sterilized water and sugar, and spiced with cloves and cinnamon. After bottling, it is left to rest for at least two months before consumption. The result is a dark-coloured liqueur with very elevated alcohol percentage (around 40 degrees), strong digestive properties and a bitter flavour.

Each family in the Vesuvius area has their own specific and unique recipe. The finest productive area in the National Park is in the Sant'Anastasia municipality.

### Lacryma Christi DOC\*

The Vesuvio's wine is a product that enters fully into the national and international history of wine-making. This area gives the grape unmistakable taste and aroma. *Lacryma Christi*, a sub-denomination of Vesuvio DOC whose wines may bear if the yield in wine is limited to 65% of the weight in grapes and the wine present an alcohol content of at least 12%. The *Lacryma Christi* is made with a blend of white, red and pink grapes from different vineyards: *Coda di Volpe*, *Falanghina*, *Greco* and *Piedirosso*. Despite the legend telling that "God recognised in the Bay of Naples a strip of sky removed by Lucifer, cried and where His divine tears fell arose the *Lacryma Christi* grapevine", it appears that the wine's name was given by monks who made it on the slopes of the Vesuvius and who hid the secrets to its preparation.

Nowadays, the production territory includes the viticultural areas of 15 municipalities in the province of Naples, located on the slopes of Mount Vesuvius, where the vineyards hold native varieties which have always grown in this area. The *Lacryma Christi* is vinified white, red and pink. The result is a white wine with good structure and fruity aromas of white peaches; a bodied red wine with intense fruity aromas, sometimes spicy; and rosés that maintain the organoleptic profile of the red wine. They can be combined with most traditional dishes of Campania, such as the peppered mussels, the bronze-cut pasta topped with *Piennolo* cherry tomatoes, the spicy cheeses and the dishes made with fish or game.

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\* Protected Designation Origin.

## Mulberry mousse

mulberry puree 500 g.  
 5 egg whites  
 caster sugar 150g.  
 water as needed  
 gelatin sheets 10 g.  
 whipping cream 300 g.

### How to prepare:

**For the meringue** (you will need 100g. for the recipe): prepare the sugar syrup by dissolving caster sugar in water until it thickens, without letting it boil. Beat the egg whites until stiff and add the sugar syrup heated to 120 ° C, continuing to whisk the egg whites. Continue to whip the mixture while it cools. Spread the mixture on a baking sheet, making “scoops” with the spoon. Bake the meringues in the oven preheated to a maximum temperature of 100 ° C for about 15 minutes.

**For the mousse:** soak the gelatine in cold water, heat a small part of the mulberry puree and dissolve the gelatine in it after it's been well squeezed. Let it cool and add the rest of the pulp (cold) and crumbled meringue. Mix well and finally add the cream semi-whipped.

Let it sit for about an hour and serve in cups with some mulberries as a garnish.

## Codfish carpaccio

### How to prepare:

Before the preparation of the recipe, bone the cod and desalinate it in water for 12 hours. Cut the cod into slices as thin as possible, starting from the tail and keeping the knife edge parallel to the working plane, along the length of the fillet. Arrange these slices into a bowl.

In a separate area squeeze the juice of one lemon and emulsify it with a glass of olive oil, three small cloves of garlic (sliced), a pinch of salt, and peppercorns (slightly crushed). Pour this emulsion on the cod slices. Cover them with plastic wrap and let them marinate in the refrigerator overnight. Just before serving, drain well the slices of cod, place them in a serving dish and sprinkle them with chopped borage on a bed of lettuce salad (or any small-leaf salad to taste), season with the emulsion of marinade (filtered).

cod fillet 700 g.  
 lamb's lettuce 200 g.  
 3 small cloves of garlic  
 borage to taste  
 olive oil to taste  
 salt to taste  
 pepper to taste







VESUVIO

★ THE RECIPES ★

## Tart with Vesuvio apricot jam

*Ingredients for the jam:*

Vesuvio apricot 1.5 kg,  
juice of one lemon  
caster sugar 300g.

*Ingredients for the pastry:*

00 type flour 300 g,  
butter 150 g,  
caster sugar or icing 140 g,  
1 egg  
1 egg yolk  
zest of one lemon

**How to prepare:**

**For the jam:** select ripe apricots with smooth peels. Cut them into wedges removing the core, place them in a bowl and add the sugar. Squeeze the lemon and strain the juice, add the apricots. Cover the container and allow the fruit to macerate for about 12 hours. Transfer the mixture into a saucepan and bring it to a boil, stirring occasionally. Cook for about 30 minutes removing any foam that might form. When the jam has reached the right level of density, turn off the heat and pour it into sterilised airtight glass jars. Flip the jars to create a vacuum effect. Once the jars have cooled, the jam will be ready for use.

**For the pastry:** work the flour and butter chunks, add sugar (icing for a more compact pastry, caster for a granular consistency). Add the lemon zest and eggs, knead quickly to mix all the ingredients. Wrap the dough in plastic wrap and leave it in the fridge for at least 30 minutes.

Roll out the pastry with a rolling pin to a thickness of about 3-4 mm, place it inside a tart mold about 25 cm wide, already buttered and floured. Level the dough and remove the excess storing it for decoration. Prick the bottom of the tart with a fork, add the jam and level it with the back of a spoon or spatula. Cut a few thin strips using the remaining dough, then place them on the surface of the tart crossing them to obtain the classic grid pattern. Bake at 180 ° C for about 45 minutes, let it cool and serve.



VESUVIO

## ★ THE PRODUCTS ★

### Bread with Mother Yeast (Criscito)

A traditional, typical and widespread product. Each bakery in the Vesuvius area keeps and hands down recipes with specific quantities of yeast to put in the mixture, or of resting periods for the dough. The bakers are considered masters in the production of a bread which has maintained, through time, the basic rules for its making unchanged so that the result is an authentic and high quality product.

The main trait of traditional bread-making is the leavening, which happens with the *criscito*: water, flour and some dough from previous batches (the so called 'mother yeast') left to ferment for over ten hours.

The typical '*palatone*' bread found in the area's bakeries has an elongated shape and height greater than the base. It is prepared with wheat flour, mother yeast, strictly local water, and the right amount of salt. Some versions allow for the use of Brewer's yeast. The flour is added to the yeast melted in lukewarm water and the mixture is left to leaven for several hours. The dough is then molded into shapes which vary in weight (from half a kilo to 2kg) and are baked in a hot wooden oven, another must for this area's bread. The characteristics of the bread made in the Vesuvius National Park are its thin and golden crust and its delicious white crumb, which remains fragrant for several days.

### Bronze-cut pasta

The pasta-making tradition of Naples and its provinces dates back to the last decades of the 19<sup>th</sup> Century, during which period a real industrial district located in the heart of the Vesuvius area was asserted. By the end of the Century there were about 213 pasta factories in the province of Naples, most of which located around

*Torre Annunziata*. Surely for reasons related to the marketing by sea, *Torre Annunziata* became one of the most important commercial centers of the time, absorbing all the local workforce and part of the surroundings in the production of pasta.

The advent of mechanization in the production processes in the industry, particularly in drying, resulted at first in the loss of competitiveness of craftsmanship. However, with the establishment of the Mediterranean food culture, and the typicality and quality characteristics which had been lost during the years of mass production, the failure to transform the industry into major industry has instead favoured the creation of the current pasta business. It is the heir of the great past development and closely related to it in relation to the maintenance of authenticity and tradition, characteristics of the finished product.

In the last few years, several high quality pasta factories have been set up in the Vesuvius National Park area. The pasta makers come from *Torre Annunziata* and *Boscoreale* and have brought the processing and drying techniques from the 19<sup>th</sup> Century back to life. To this day, the first part of the process consists of kneading the durum wheat semolina (obtained from the first grain milling) with hot water. The mixture, brought to the right level of homogeneity, is then taken up to be drawn. Through this process, one then shapes the pasta by compressing it and making it pass through metal plates with holes, the shape of which corresponds to the shape to be obtained. Finally, the cut pasta is left to dry so that it is brought to the humidity level permitted by law (max. 12,5%). The drying process, which once happened outdoors, is carried out by leaving the pasta in large, ventilated rooms, in which a hot and dry air is artificially created and made circulate.



VESUVIO

## ★ THE PRODUCTS ★

### Stockfish and Codfish

The cultural history of the cod caught in the Northern Seas and sold thousands of kilometers away fascinates Food History scholars. Scholars agree that the historic origins of the processing of the stockfish and the codfish in Southern Italy took place between the end of the 16th Century and the beginning of the 17th. The Vesuvio's area - along with other Southern areas - became a processing and circulation center for these two products, probably because of the presence of springs in the area, necessary for the treatment of desalination and soaking of the raw material.

One could question, of course, the need to import and then preserve a product coming from so far away, considering how rich in fish the Naples Gulf is. This phenomena is most likely due to the combination of the increasing demand for fish in the South and the high quantities offered by the Northern fishing fleets. Furthermore, some scholars, attribute it to the rigidity of the Counterreformation regarding meat abstinence in the days and periods commanded. What is certain is that the stockfish and the codfish have a fundamental culinary role in the Somma Vesuviana festivities between the first Saturday after Easter and May.

These products' processing and commercialisation are, in fact, concentrated at Somma Vesuviana, where one can find the biggest Italian industries of cod import and processing. The products arrive naturally dry from Norway: the fish is sent this way directly to the factories where it is cut and selected. The most crucial point of the process is the soaking in local waters, which possess peculiar characteristics, according to ancient legends. It is precisely the manual processing combined with the area's water - rich in calcium - that allow for an excellent final product, rich in protein, vitamins and minerals. A highly digestible dish, which is perfect for any kind of diet.



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Vesuvio National Park

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