

ABRUZZO

tasting

STORIES

An abstract illustration featuring two green hands pouring liquid from black bottles into a large, flowing green shape. The scene is decorated with various black and white circles of different sizes, creating a dynamic and artistic composition.

**Wine tells the story of the land.
Cuisine makes it unforgettable.**

DIGITAL GUIDE



**This is not a *menu*.
It's your *map*.
Every taste is born from a
specific corner of our *land*,
from a traceable supply
chain, and from the
hands of those who craft
it. Scanning this code
means stepping *inside*:
not just to understand
what you are *tasting*,
but to discover where it
comes from—and why it
exists.**





Abruzzo's **AGRI-FOOD CHAINS**

where products become territory

In Abruzzo, food is never just food. It is the living result of an ongoing relationship between:

- **The landscape** (sea, hills, mountains)
- **Agricultural practices passed down through generations**
- **Small-scale local production**
- **True seasonality**

Our supply chains aren't industrial; they are short, transparent, and often family-run. Every product is part of a dedicated network of farmers, breeders, and artisans who keep our economy, culture, and identity alive.

Abruzzo's **AGRICULTURAL BIODIVERSITY**

Abruzzo is one of Italy's regions with the richest agricultural biodiversity.

This isn't by chance—it's by choice.

Complex landscapes, varying altitudes, and historical isolation have preserved rare varieties that have disappeared elsewhere.

Here, tradition survives — and comes back to life:

- **Lenticchia di Santo Stefano di Sessanio** (Ancient mountain lentils)
- **Zafferano dell'Aquila DOP** (The world's most precious saffron)
- **Suino Nero d'Abruzzo** (The native black pig)
- **Grano antico Solina** (Resilient ancient wheat)
- **Peperone dolce di Altino** (The iconic "upside-down" sweet pepper)
- **Cipolla bianca piatta di Fara Filiorum Petri** (The resilient flat white onion)
- **Fagiolo Tondino del Tavo** (The delicate Tondino bean)
- **Carciofo Mazzaferrata di Cupello** (The noble Mazzaferrata artichoke)
- **Tartufo d'Abruzzo** (Abruzzo truffle)

This is not nostalgia.

It is innovation rooted in memory.

GASTRONOMIC CULTURE *is*

everyday gesture, collective identity

Our cuisine is the meeting point of three souls:

- **Pastoral** → meat, transhumance, fine cheeses
- **Rural** → legumes, artisanal bread, and garden vegetables
- **Coastal** → fresh fish, simplicity, immediacy

It is a cuisine of respect: it wastes nothing and turns necessity into culture. These dishes are more than just recipes; they are intelligent responses to the land we call home.

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THE TALES *behind our* TREASURES



Santo Stefano di Sessanio *lentils*

Nourishment from the Mountains

Territory: Gran Sasso plateau (province of L'Aquila - Abruzzo), between Santo Stefano di Sessanio, Calascio, Barisciano, Castel del Monte and Castelvechio Calvisio (1,150–1,600 m)

The product: Small, dark, and intensely savory. No soaking required; it holds its shape beautifully when cooked.

The story: Cultivated for centuries in extreme conditions. Long revered as 'the meat of the poor' for its extraordinary nutritional value.

What makes it unique: Purely natural cultivation, free from chemical treatments.

What it means today: Moving beyond survival to a conscious choice. Cultivating these lentils means breathing life into fragile landscapes.

Perfectly paired with: Montepulciano d'Abruzzo



L'Aquila *saffron* **PDO**

The Spice that Shaped a City

Territory: Navelli plateau and the L'Aquila area

The product: One of the most precious spices in the world. It takes approximately 200,000 blossoms to produce a single kilogram.

The story: A cornerstone of European trade since the 13th century..

What makes it unique: A botanical marvel: this plant reproduces by cloning, remaining unchanged for centuries.

What it means today: A living symbol of cultural and agricultural continuity.

Perfectly paired with: Trebbiano d'Abruzzo



Abruzzo **black pig**

A Living Narrative of the Land

Territory: Inland Apennine areas

The product: Rich, savory, and beautifully marbled meat, a result of semi-wild grazing.

The story: Historically tied to the ancient paths of transhumance, this breed was once on the brink of extinction.

What makes it unique: A slow-food philosophy: slow growth and a life spent in the open air.

What it means today: A triumph of recovered biodiversity and a tribute to rural resilience.

Perfectly paired with: Cerasuolo d'Abruzzo



Solina **ancient wheat**

The Grain that Sustained Generations

Territory: Mountain areas of inland Abruzzo

The product: A resilient and rustic ancient wheat, forged by the mountains.

The story: The cornerstone of our mountain diet for centuries.

What makes it unique: Naturally hardy and perfectly suited for sustainable, low-impact farming.

What it means today: A return to an authentic and harmonious agricultural model.

Perfectly paired with: Trebbiano d'Abruzzo



Altino **sweet pepper**

The Vibrant Soul of Tradition

Territory: Sangro Valley (province of Chieti)

The product: Sun-dried and finely ground sweet pepper, known for its deep red hue and delicate aroma.

The story: A historical treasure, documented in the Sangro Valley since the 1700s.

What makes it unique: A unique sight: the peppers grow pointing towards the sky, locally called 'a cocce capammonte' (head-upwards).

What it means today: The 'red gold' of our kitchen—a signature ingredient that defines the flavor of Abruzzo.

Perfectly paired with: Cerasuolo d'Abruzzo



Fara Filiorum Petri **flat white onion**

A Legacy of Resilience

Territory: Fara Filiorum Petri (province of Chieti)

The product: A remarkably sweet, disc-shaped onion, celebrated for its lightness and delicate flavor.

The story: With roots dating back to the Middle Ages, this ancient treasure was recently rescued from the brink of disappearing.

What makes it unique: A Slow Food Presidium, recognized for its rarity and deep connection to its native soil.

What it means today: A symbol of cultural rebirth-reclaiming an identity that was almost lost.

Perfectly paired with: Trebbiano d'Abruzzo



Tondino del Tavo beans

The Elegance of Simplicity

Territory: Tavo Valley (province of Pescara)

The product: Tiny, ivory-white, and exceptionally delicate, with a thin skin that melts on the palate

The story: once grown in small family plots for simple subsistence, this treasure has been rediscovered and elevated as a premier symbol of local excellence.

What makes it unique: A true child of its soil: this variety is impossible to replicate outside the unique microclimate of the Tavo Valley.

What it means today: The purest expression of the unbreakable bond between the land and its fruits. Perfectly paired with: Montepulciano d'Abruzzo



Mazzaferrata artichoke from Cupello

A Heritage Rooted in Community

Territory: Vasto area (province of Chieti)

The product: A tender, spineless artichoke with a refined texture and a delicate, sweet finish.

The story: Organised production since the 1960s

What makes it unique: A model of unity: a dedicated local supply chain that ensures quality from the field to the table.

What it means today: The pulse of the local economy—a vibrant example of how tradition can drive sustainable growth.

Perfectly paired with: Trebbiano d'Abruzzo / Pecorino



Abruzzo truffle

The Earth's Hidden Treasure

Territory: Hilly and mountainous areas of Abruzzo

The product: A rare and intoxicatingly aromatic truffle, a delicacy that grows in secret beneath our soil.

The story: An ancestral harvest passed down through generations—a practice rooted more in a profound intimacy with the land than in mere cultivation.

What makes it unique: Wild by nature: it cannot be tamed or cultivated. Every truffle is a gift to be discovered.

What it means today: The ultimate symbol of harmony: a fragile, perfect balance between human patience and the wild forest.

Perfectly paired with: Montepulciano d'Abruzzo / Trebbiano d'Abruzzo

THE RECIPES : *the territory* ON YOUR PLATE



day 1 Friday, April 10 Rural Abruzzo

Biodiversity and territory

A journey into the heart of Abruzzo's agricultural biodiversity. A day to discover heritage products, resilient ancient varieties, and the short, transparent supply chains that define our land.

Traditional cheese & egg croquettes with pecorino cream

A masterpiece of Abruzzo's rural heritage, born from the ingenuity of farmers as a nourishing alternative to meat. Stale bread, fresh eggs, and aged pecorino: humble ingredients transformed into a symbol of regional identity.

Identity ingredients: Traditional crusty bread (day-old), eggs, Aged Abruzzese Pecorino, parsley, extra virgin olive oil, pecorino cream.

Preparation: The bread is softened and hand-kneaded with eggs, pecorino, and fresh herbs to create a rich, savory dough. These small 'pallotte' are gently browned until golden, then served on a velvety bed of pecorino cream.

Crostino with Altino sweet pepper cream

A legacy of the Sangro Valley: sun-dried sweet peppers transformed into a vibrant spice—a taste of memory and a gesture passed down through generations.

Identity ingredients: Artisanal toasted bread, Sun-dried Altino Sweet Pepper (the 'Red Gold'), extra virgin olive oil, garlic, and a silky ricotta base.

Preparation: The dried peppers are gently toasted to release their smoky aroma, then blended into a rich cream with Extra Virgin Olive Oil. Spread over a golden crostino, the pepper remains the undisputed protagonist of this tasting experience.



Mini Abruzzo black pig **burger on Solina bread**

A dialogue between mountain legends: a recovered heritage breed meets a resilient ancient grain. This bite represents the perfect harmony between high-altitude farming and sustainable agriculture.

Identity ingredients: Succulent Abruzzo black pig meat, Artisanal Solina ancient wheat bun, extra virgin olive oil, wild mountain herbs, salt, pepper.

Preparation: The meat is hand-shaped into mini burgers and authentically seasoned to let its rich, deep flavor take center stage. Seared to perfection to lock in its natural juiciness, it is nestled in a fragrant mini bun crafted from stone-ground Solina flour a true taste of the Abruzzo highlands.



Abruzzo lamb meatball **with mountain herbs**

A tribute to our pastoral roots: lamb is the soulful foundation of Abruzzese cuisine. This tasting evokes the ancient paths of the transhumance and the warmth of a mountain home.

Identity ingredients: Local Abruzzo lamb, rustic breadcrumbs, farm eggs, aged Pecorino from Atri, fresh rosemary, and Extra Virgin Olive Oil.

Preparation: The lamb is finely minced and hand-blended with savory Pecorino and garden-fresh herbs. These delicate meatballs are slowly roasted until tender, releasing an aromatic profile that speaks of wild upland pastures and cherished family traditions.



Tondino del Tavo **bean** **cream with Abruzzo extra** **virgin olive oil**

A miracle of the mountains: these beans thrive on rugged, demanding terrain—essential, authentic, and pure. Here, simplicity is elevated to true culinary excellence.

Identity ingredients: Ivory Tondino del Tavo beans, Premium Abruzzo extra virgin olive oil, garlic, Fresh rosemary or bay leaf, salt.

Preparation: The beans are slowly simmered until they reach a buttery tenderness. Once blended into a silky, delicate cream, a drizzle of vibrant Abruzzese EVO oil is added to illuminate and enhance their natural, nutty sweetness.



Mini Abruzzo Bocconotto

The sweet heart of Abruzzese hospitality: a pastry rooted in family memories. While every village claims its own secret recipe, its soul remains the same—a warm welcome and a cherished tradition to be remembered.

Identity ingredients: Golden shortcrust pastry, Toasted almonds, chocolate, Scrucchiata (traditional Montepulciano grape jam) with cocoa, sugar, eggs.

Preparation: A delicate, buttery shortcrust shell embraces a rich, aromatic filling of almonds, dark cocoa, and grape jam. Once baked to a golden perfection, these small festive treats offer a compact, soulful bite of Abruzzo's heritage.

day 2 Saturday, April 11

Abruzzo tradition

The flavors of our roots

A day dedicated to the soul of our culinary heritage. Discover dishes born from the wisdom of necessity, now elevated into symbols of a vibrant and resilient culture.

Traditional Cheese & Egg Croquettes

A true icon of Abruzzese hospitality. Proof that the most extraordinary flavors are born from ingenuity and simple needs, rather than abundance.

Identity ingredients: Traditional day-old bread, eggs, Aged Abruzzo Pecorino, parsley, Velvety tomato passata, extra virgin olive oil.

Preparation: A savory blend of bread, eggs, and pecorino is hand-shaped into delicate bites. After being lightly fried to a golden crisp, they are simmered in a rich tomato sauce—the most authentic and beloved version of our regional tradition.

Crostino with sheep's milk ricotta and Abruzzo honey

A dialogue between sweetness and salt: a tribute to our ancient pastoral soul. Milk and honey—two pure, golden expressions of the same untamed landscape.

Identity ingredients: Artisanal crusty bread, Fresh mountain sheep's ricotta, Wildflower Abruzzo honey, pepper or aromatic herbs.

Preparation: The bread is lightly toasted to a perfect golden crisp. A cloud of fresh ricotta is elegantly layered on top and finished with a delicate drizzle of local honey, creating a direct, harmonious, and unmistakable flavor.

Crispy polenta with ventricina from the Vastese area

Ventricina is a true icon of Southern Abruzzo's coastal hills. A masterpiece of patience and tradition, crafted from prime cuts, vibrant spices, and the slow passage of time.

Identity ingredients: Yellow stone-ground cornmeal, Vastese Ventricina (Slow-aged spicy salami), Premium Extra Virgin Olive Oil.

Preparation: The polenta is slowly simmered, chilled, and hand-cut into golden bites, then seared to a perfect crisp. Each morsel is crowned with a slice of Ventricina, creating a bold, harmonious balance of smoky spice, creamy texture, and satisfying crunch.

Savory tartlet with pecorino and Abruzzo truffle

A sensory journey into the wild: the truffle is the ultimate symbol of Abruzzo's untamed biodiversity. With this bite, the essence of the ancient forest truly enters the plate.

Identity ingredients: Handcrafted savory pastry shell, Aged Abruzzo Pecorino, Freshly harvested Abruzzo Truffle, butter or light cream, pepper.

Preparation: The golden tartlet shell is filled with a silky, delicate Pecorino fondue. To preserve its fleeting and precious fragrance, the truffle is shaved in thin slices or freshly grated over the top at the very last moment.

day 2 **Saturday, April 11**
Abruzzo tradition

Santo Stefano di Sessanio **lentil soup**

A legendary mountain legume-small, dark, and resilient. For centuries, these lentils have been the vital soul and sustenance of Abruzzo's high-altitude communities.

Identity ingredients: Authentic Santo Stefano di Sessanio lentils, Traditional aromatic mirepoix (celery, carrot, onion), extra virgin olive oil, Wild mountain herbs.

Preparation: The lentils are slowly simmered with a delicate base of garden vegetables and herbs. The preparation remains minimalist to honor the legume's exceptional quality and its unique, firm texture.

Mini Abruzzo Parrozzo

A poetic tribute to Abruzzo's culinary evolution. Originally inspired by the rustic bread of shepherds, this refined dessert has grown from a Pescara treasure into a beloved regional icon.

Identity ingredients: Finely ground cornmeal, Toasted Mediterranean almonds, sugar, eggs, Velvety dark chocolate.

Preparation: A golden batter, rich with eggs and fragrant almonds, is baked into elegant mini-domes. Once cooled, each cake is draped in a crisp layer of dark chocolate, creating a striking contrast of textures and a truly unmistakable flavor.

day 3 **Sunday, April 12** **Contemporary Abruzzo**

An evolving heritage

A day where deep-rooted tradition meets visionary reinterpretation. Witness how our culinary past is masterfully translated into a bold, contemporary language.

Savory tartlet with **pecorino cream and L'Aquila saffron, PDO**

More than a spice, L'Aquila Saffron is the 'Red Gold' of our mountains. It represents a centuries-old mercantile legacy and a cultural treasure that has shaped the history of our regional capital.

Identity ingredients: Handcrafted savory tart shell, pecorino, Delicate Pecorino fondue, Authentic L'Aquila Saffron PDO threads.

Preparation: A velvety Pecorino cream is masterfully infused with the vibrant essence of L'Aquila Saffron. This delicate tartlet serves as a sophisticated vessel of intensity, elegance, and unmistakable territorial pride.

Solina ancient grain *gnocchetto* with mountain **lentil cream**

A powerful encounter in the heart of the highlands: two icons of mountain agriculture united in a single bite. Resilient, ancient, and profoundly authentic.

Identity ingredients: Stone-ground Solina ancient wheat, Santo Stefano di Sessanio, extra virgin olive oil, vegetable broth.

Preparation: The rustic, nutty character of Solina wheat is shaped into delicate, soft gnocchetti. They are served over a velvety cream of Santo Stefano lentils, creating a tasting that is minimalist in form but intensely expressive of its mountain origin.

day 3 Sunday, April 12
Contemporary Abruzzo



Mini pallotta with roasted tomato reduction

A visionary evolution of a timeless classic. Modern culinary techniques meet ancient roots, breathing new life into Abruzzo's most beloved flavors.

Identity ingredients: Traditional day-old bread, eggs, Aged Abruzzo pecorino, Slow-roasted tomato reduction, extra virgin olive oil.

Preparation: Crafted from the traditional blend of bread, eggs, and pecorino, these mini pallotte are reimagined with an intense, slow-roasted tomato reduction. The result is a more concentrated, structured, and sophisticated bite—essential and unmistakably contemporary.



Crostino with ricotta and Altino sweet pepper jam

Redefining boundaries: the Altino pepper transcends the savory to embrace the sweet. A testament to the extraordinary versatility and creative spirit of Abruzzese identity.

Identity ingredients: Golden toasted bread, Creamy sheep's milk ricotta, Artisanal Altino Sweet Pepper compote.

Preparation: The peppers are slowly simmered into a luscious, aromatic compote with a delicate sweetness. Layered over fresh ricotta on a crisp artisanal base, this bite creates a captivating harmony of tradition and delightful surprise.



Crispy Polenta with Aged Sheep's Cheese

The art of simplicity: where humble ingredients achieve rustic excellence. Here, the true value lies in the purity of the raw materials and our ancient traditions.

Identity ingredients: Yellow stone-ground cornmeal, Aged Abruzzo pecorino, Premium Extra Virgin Olive Oil

Preparation: The polenta is slowly simmered and allowed to set, then hand-cut into delicate portions and seared to a perfect golden crisp. Each piece is crowned with a velvety Pecorino cream or fine shavings, highlighting the bold character of the cheese.



Celletto filled with grape jam

A poetic tribute to the harvest: this traditional pastry captures the essence of Abruzzo's rural soul. Born from the ritual of grape-pressing, its simple dough cradles an intense, dark heart of 'Scrucchiata'—the ultimate expression of our home-cooking heritage.

Identity ingredients: Flaky traditional pastry (shortcrust or similar), Scrucchiata (Montepulciano grape jam with cocoa and nuts), Farm-fresh eggs, sugar.

Preparation: The delicate dough is hand-rolled, generously filled with rich grape preserves, and folded into traditional shapes. Once baked to a golden crumbly finish, it reveals a soft, velvety center with the bold, unmistakable flavor of the Abruzzo vineyards.

OUR *methodology*



A Responsible Approach *to Regional Storytelling*

Abruzzo Tasting Stories transcends the traditional tasting experience. We present a holistic narrative of our region—a seamless integration of cultural identity, transparent supply chains, and environmental responsibility.

Environmental Stewardship

The project is engineered to minimize the environmental footprint of the culinary experience, ensuring a rigorous alignment between our storytelling and our operational reality.

- Local Sourcing: A steadfast focus on short supply chains and verified territorial origins.
- Waste Prevention: Precision planning of quantities to mitigate food waste at the source.
- Resource Optimization: Full valorization of every ingredient, eliminating unnecessary discards.
- Sustainable Materials: Use of biodegradable and compostable service-ware (paper, wood, or plant-based alternatives).
- Plastic Reduction: Elimination of all non-essential plastics during the service phases.

Every operational decision is a testament to our coherence. For us, sustainability is not a secondary feature—it is the foundational architecture of the entire project. **Sustainability is not an afterthought or an added feature. It is the foundational principle upon which this entire project is built.**

Social impact

Abruzzo Tasting Stories is dedicated to amplifying the role of local communities and safeguarding the traditional knowledge that defines our land.

- Community Empowerment: Direct involvement of local producers and authentic regional supply chains.
- Artisanal Valorization: Formal recognition and celebration of the dignity of agricultural and artisanal craftsmanship.
- Knowledge Transmission: Ensuring the survival of historical practices and gastronomic wisdom through active storytelling.
- Regional Synergy: Strengthening the vital connection between the product, the landscape, and the community.

In this project, food transcends the plate—it becomes a vital instrument for human connection, a reflection of our identity, and a bridge for cultural continuity.

Governance

The project is built upon a rigorous, transparent, and fully traceable strategic framework. Every operational layer is designed for clarity and accountability.

- Strategic Transparency: Full disclosure of selection criteria and project design choices.
- Identity Mapping: A precise, documented connection between traditional recipes, protected products, and their specific territories.
- Digital Integration: A seamless digital ecosystem accessible via QR codes, providing instant access to our regional heritage.
- Systemic Coherence: Ensuring total alignment between our narrative, the culinary experience, and the integrity of the supply chain.

Every element is engineered to illuminate the intrinsic value of Abruzzo and its world-class productions.

In this project, food transcends mere service-it is content, it is connection, and it is a profound act of responsibility.



Project concept: **SCHUNCK The Coat Cousine**
Project partner: **DeGusto Eventi**
Graphic design: **Mediaplus**

DIGITAL GUIDE

ABRUZZO *tasting* STORIES



made in nature, made in Italy

REGIONE
ABRUZZO



ASSESSORATO
ALL'AGRICOLTURA