



oronzo EDITIONS
TRANSLATIONS OF REGIONAL ITALIAN COOKBOOKS

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PUGLIA, the long “heel” of Italy’s boot, is an ancient land with culinary roots as old as Magna Grecia—a land of olive trees and wheat fields, the world-famous bread of Altamura, the miracle of *cucina povera*, the mystery of Alberobello’s *trulli*.

Located between the Adriatic and Ionian Seas, Puglia hosts tourists year-round who are discovering the joys of the “slow” life.

Along 500 miles of coastline Puglia offers fresh tuna, sardines, anchovies, mussels, and *baccalà*; its high hills and famed Salentine plain are bountiful with fruits, vegetables and legendary wild edibles. Local festivals celebrate seasonal produce in centuries-old traditions.

Puglian author Maria Pignatelli Ferrante skillfully weaves regional history and personal anecdotes together with hundreds of classic Puglian recipes from *primi piatti* to *dolci*.

Authentic recipes will surprise and delight cooks of all persuasions. Savor *orecchiette*, *cavatelli*, *lampascioni*, *pecorino* and *peperoncino*; local lamb and pork specialties; *pettole* and *taralli*; holiday treats; and a wonderful array of marmalades and liqueurs.



PUGLIA
A Culinary Memoir
Maria Pignatelli Ferrante

7 x 9
265 recipes
ISBN 978-0-9797369-1-9
Translator: Natalie Danford
Consultant: Maria Galetta

*Originally published in Padova, Italy
by Franco Muzzio Editore*

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Praise for
Puglia: A Culinary Memoir

“Known as Italy’s California, Apulia (Puglia in Italian) is the region forming the heel of the Italian boot. Its cuisine is rooted in its farming communities and its historic struggle against poverty. What that means for us is the discovery of a rich world of evocative food as told through the personal cooking of the author Maria Pignatelli Ferrante. She has provided us delicious recipes that are not only a window into the soul of the local people but is miraculously food we can cook in our American homes. The food of Puglia is simple food, heavy on vegetables, with stunning flavor. Make her *tielle di riso e cozze* (Mussels and Rice Casserole) and you will return again and again to this luscious cookbook.”

—**Clifford A. Wright**, James Beard/Kitchen Aid Cookbook of the Year award winning author of *A MEDITERRANEAN FEAST* and author of 10 other cookbooks.



GROWING up in post-war Puglia, **Maria Pignatelli Ferrante** experienced firsthand the

sweeping economic and social transformations that took place in southern Italy—both the dislocation and decline of its centuries-old landowner/tenant farming system and its subsequent rebirth as a prosperous and independent region. Ten years ago, before Puglia became “trendy,” Italy’s famed regional gastronome and editor of this series, Marco Guarnaschelli Gotti, sought her out to document her comprehensive knowledge of Puglian regional farming culture.



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Recipe from
PUGLIA: A Culinary Memoir

MUSSELS AND RICE CASSEROLE[®]

Tiella di riso e cozze

Serves 4

This may be served as a first or second course and may be served warm, at room temperature, or even cold.

Ingredients

- 1 pound cherry tomatoes, halved
- 2 large onions, sliced
- 2 cloves garlic, minced
- Fresh flat-leaf parsley, chopped
- Sea salt
- Extra-virgin olive oil
- 1 pound potatoes, peeled and thinly sliced
- 2 pounds mussels, shelled, juices strained and reserved
- 3 tablespoons grated pecorino
- 1 cup rice
- Pepper

In a baking dish, arrange about half the tomatoes in 1 layer and top with the onion slices. Sprinkle about 1/3 of the garlic and parsley over them. Salt lightly and drizzle on some olive oil. On top of the onions place a layer of about half the potatoes and then a layer of the remaining tomatoes. Arrange the mussels neatly in a layer on top of the tomatoes. Sprinkle the pecorino and another third of the garlic and parsley over the mussels. Then sprinkle on the rice and top with a neat layer of the remaining potato slices. Add the remaining garlic and parsley, a pinch of salt, a generous amount of pepper, and pour any liquid from the mussels over the top. Drizzle on some olive oil and bake in a preheated moderate oven at 350° for 35 minutes.

For best results, the [rinsed and cleaned] mussels should be shelled by hand; reserve any liquid that comes out of them as you're doing so and strain it.

If you're not comfortable shelling raw mussels, cook them briefly over high heat until they open and remove them from their shells. Strain and reserve any liquid.

In doing this, however, you will deprive yourself of the wonderful whiff of the sea that raw shellfish give off when opened by hand.



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Excerpt from
PUGLIA: A Culinary Memoir


Trulli / I trulli

THE OLIVE TREE has been considered sacred since ancient times. No wonder, then, that men built their first homes in olive groves, in order to protect themselves from bad weather and to store their tools and the items they'd harvested.

Naturally, when it was time to build these structures, they relied on the most abundant material around them. The calcareous rock common in Puglia is often stratified and therefore can easily be divided into slabs. That's the source of creation of the *trullo* (*trulli* is the plural), a quadrangular structure with a cupola roof. The slabs of rock (called *chianche*) were arranged without any plaster or plaster-type substance to hold them together. They were placed in concentric circles that formed the conical walls of the buildings.

The perimeter of a *trullo* was painted inside and out with a paste of lime, calcareous rock powder, and a small

amount of thin straw. Finally, its walls were painted white with lime, both for sanitary reasons and to keep out parasites and other insects, especially ants, and to prevent them from building nests inside the walls. Only the slabs on the outside remained the natural color of the stone. On top of every roof was a rod, usually topped with a ball. Painted on the outside of each *trullo* in lime was a large symbol—a cross, a circle, vertical lines, and so forth. These very ancient structures—descendants of the mysterious cone-shaped monuments that date back to the stone age—were sparsely distributed at first, but soon they could be found in the whole southern part of the Murgia area.

The greatest concentration of *trulli* outside the city of Alberobello is found in Valle d'Itria, which stands as an example of orderly, thoughtful, and rational use of every inch of land. 



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