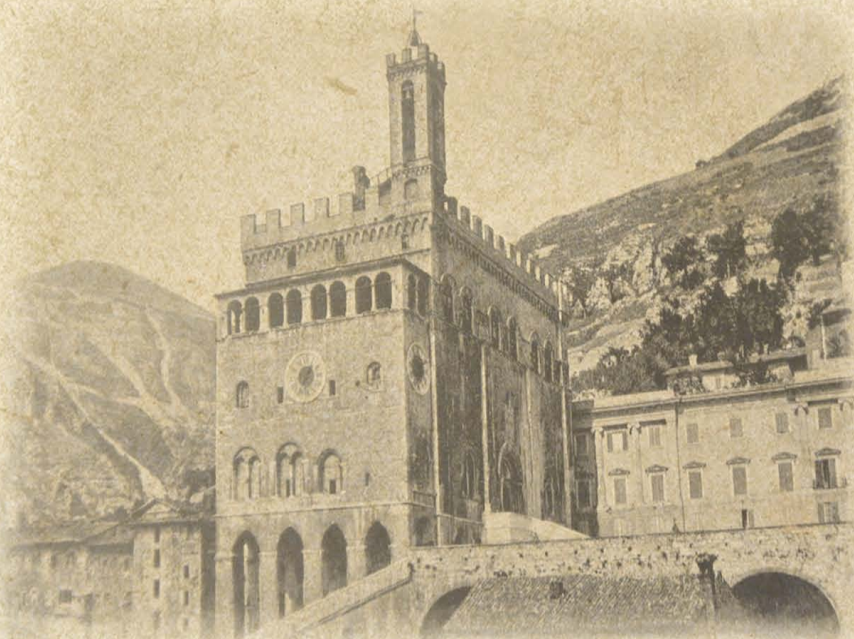


THE CITIZENS OF GUBBIO GUIDE US THROUGH ITS OWN CULTURAL HERITAGE



*It is a child hear,
I need it in order to listen
to the voices that the adults
never listen to:
Thus I hear what they say
the trees, the birds,
the clouds,
the stones, the rivers,
I understand also
the youngsters voices,
I listen to what they say,
what seems to be a mystery
to an adult hear.
This was what that gentleman
with a young hear said
in the train to Viterbo.*

(Gianni Rodari)

We hope that through this original guide, you can walk together with the citizens of Gubbio through the tight streets that they go through every day, the same ones every year during the "Corsa dei Ceri" become a triumph of colours and people. We wish you to feel like looking with your own eyes at the Mount Ingino, that every year host the biggest Christmas tree in the world, without which it won't be Christmas; to smell the "crescia" just baked, to experience the serenity of the families embraced around the kitchen and feeling like at home.

This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Comune di Gubbio



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THE PROJECT AND THE INTERGENERATIONAL LEARNING.

Big Foot-Crossing generation Crossing mountains, first experience as leader for the municipality of Gubbio, funded by European Community with the support of Lifelong Learning Programme (LLP) - Grundtvig, started in January 2011.

The project aim was to prevent the economic and generational marginalization in mountain areas through Intergenerational learning and the dialogue between generations in three mountain areas in Europe: Berkovista in Bulgaria, Kalambaka in Greece and Gubbio in Italy.

Watch what our friends in Greece and Bulgaria have done on

Follow us on:



Intergenerational learning is a mutual transfer of values, attitudes and skills from one generation to another, where the elders knowledge is combined with modern communication media, typical of the younger generations, thus promoting innovative, creative and productive solutions for a sustainable local development.

The choice of the interventions in the territory was based on a participative consultation of the local community, aimed to discover the citizens point of view on the cultural, historical situation and environmental resources, as well as to collect proposals of intervention corresponding to the real need of the community. Therefore, the Municipality of Gubbio has implemented several interventions on the territory as follows.

The Intergenerational cooking courses between the elders of the St. Peter Social Centre, Branca and Madonna del Prato, and the youngsters including some representatives of the CCRR (City Council of the Youngsters) and many others. The elders not only dispensed technical advices on how to become a “master chef” but also they provided information on the Gubbio culinary tradition.

In addition, the elderly people have “taught” traditions and the importance of values related to the cultural identity, in 7 classes of the Secondary schools O.Nelli and M. Giorgio which have adhered to “Cibo e Parole” and “Cultura e patrimonio immateriale nella quotidianità”. All the research material has been collected and transformed in an audio-book, read by youngsters with mental illness with the participation of the elderly. Many

youngsters have also video-documented Intergenerational learning practices within their family environment (all-available on the YouTube channel BigFootProject2013), thus overtaking the stereotypes that both generations have against each other.

Youngsters, in return, taught elders how to use social networks and computer, also contributing to update the Wikipedia page of the Municipality of Gubbio.

Big Foot demonstrates, through this original guide, that the secret for 65+ consists in “Stay physically and mentally active and be surrounded by young people “(cifr. Nobel Prize R. Fogel) also contributing to the development of the younger generation, transmitting their knowledge and traditions which are now disappearing.

This guide tells with images, video, audio story-telling, moments of sharing and dialogue between the different generations, occurred during the multiple interventions made in the area through the Big Foot project.

With this adventure, citizens themselves have had an opportunity to contribute to build the story of Gubbio authentic Cultural Identity, to discover and preserve its Intangible Heritage, ensuring that the traditions, knowledge, history and culture are transmitted to and preserved by future generations.

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The culinary tradition valorizes the competences of each generation and encourages their transfer, creating moments of sharing and mutual benefit. Gastronomy is also a messenger of traditions, intangible heritage, values such as the environment safeguard, the use of local biological products and critical consumption, which are the common thread for a balance between the economic development, the environment and culture.

Food Ecological Footprint and critical consumption



Critical consumption and environmental protection had a key role during the Intergenerational interventions. Elders gave tips on how to sustainably cook, saving food waste, reusing leftovers for alternative recipes and respecting the environment, as it is always done in the past.

SOME ECO-FRIENDLY TIPS IN CUISINE:

1. To reduce the food waste and re-use food "leftovers" when cooking
2. To choose to eat food with a low CO₂ emission
3. To choose seasonal and local products
4. To separate waste and recycle
5. To use cotton bags instead of supermarket plastic bags
6. To store food using glass and/or reusable plastic containers, rather than aluminium that cannot be recycled
7. To do not waste water and detergent when wash dishes.

• Panzanella • Meatballs

Re-using meat leftovers.

• Lard

A basic ingredient in the farmer ancient traditions.

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All the interventions in the territory wanted to build and create a moment of encounter and dialogue with the Intangible Heritage of the community, and especially with the owners and the messengers of all the traditions and past competences to the future generations.



WATCH THE VIDEO
The grandparents interview

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AudioBooks



Thanks to the “lessons” that the elders provided to the youngsters on the traditions of the past, 4 dialogues among the two generations have been produced, then they have been transformed in audio-books, introduced and read by youngsters with mental illness with the support of the elders.

- Christmas
- New Year and Epiphany
- Carnival
- Easter
- Marriages

The Association of the Biggest Christmas Tree in the world

A real example of Intergenerational learning. Its members every year work to place all the lights on the Mount Ingino thus transmitting the tradition year by year. Thanks to it, the community every year has the chance to meet around the main square and witness the renew of the tradition.



PHOTO GALLERY

The Crossbow Festival and Corsa dei Ceri

The Crossbow Festival takes place the last Sunday in May every year, among Gubbio and San Sepolcro community since 1410.



La Corsa dei ceri, is one of the most famous traditional festival in Gubbio which takes place on 15th May, since 1160. It consists in transporting heavy wooden ploes surmounted by the statues of St. Ubaldo, S. George and S. Antonio, in a wild ride through the streets of the city and in the arduous and laborious ascent to Mount Ingino, where the Basilica of the Patron is situated.

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“A hilariously uplifting adventure where the sky is no longer the limit. Carl Fredrickson is ready for his last chance at high-flying excitement. Tying thousands of balloons to his house, Carl escapes to the lost world of his childhood dreams. Russell, an overeager 8-year-old Wilderness Explorer who has never ventured beyond his backyard joins him for the ride!

The world’s most unlikely duo reach new heights and meet fantastic friends. Stuck together in the wilds of the jungle, Carl realizes that sometimes life’s biggest adventures aren’t the ones you set out looking for.”

This is the plot of the adventurous Walt Disney movie UP and at the same time a perfect synopsis what motivated Big Foot staff: an adventurous path among the elderly and younger generations, towards the joy of learning, ‘playing’ and experiencing together.

THANK YOU:

- C.C.R.R.(The Council of the Youngsters)
- O. Nelli Secondary School:
- M. Giorgio Secondary School
- Centro Sociale S. Peter
- University of Elders
- Pro loco Branca
- ANSPI Madonna del Prato
- Crossbow Association
- Association of the Christmas Tree
- Informagiovani
- Sperelliana Library
- A.S.A.D. Società Cooperativa Sociale
- Alto Chiascio Mountain Community
- Webradio
- “Please could we make it last even after April?”
- “I couldn’t believe that my child loved cooking: we will now spend more time together”
- “In so many years of work, this is one of the most successful project. We will continue it even after teh project end”
- “This is surely an experience to repeat, thanks to Big Foot the elders have been recognised as an active part of the community and the engine of our families.”
- “It has been a good surprise: the two generation has equally played the game and tested themselves”
- “I couldn’t believe it could have been so much fun to spend time with the youngsters”
- I have a lot to learn from you, not only the ICT tools and facebook, but the desire to live giving the right importance to the things happening in life”



WATCH THE VIDEO
the final event celebrated with the Big Foot Community

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Gnocchetti Tricolore



INGREDIENTS FOR 4 PEOPLE

- 1 kg of boiled then squashed potatoes
- 500 g of flour
- 3 eggs
- 100 g of boiled spinach, drained well and smoothed
- 100 g of tomato conserve
- Salt as needed

After having cooked and squashed the potatoes, once they get cold, divide them in three parts.

In each one part add 1 egg, a little of salt and a little of flour.

Leave a portion blank, in the other one add respectively: spinach, and tomato conserve.

Squeeze the dough well, working on a work surface and adding more flour if necessary. Make sticks of about the size of a finger then cut them into cubes.

Throw the gnocchi into the water when it boils, when they rise to the surface, drain them and season them as you want.

Some says, that the secret for making good gnocchi consists in boiling the potatoes with the peel. We recommend using dried and old potatoes and to not add too much flour.

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Santina's Granma Tagliatelle



INGREDIENTS FOR 8 PEOPLE

- 10 eggs
- 1 kg of flour ∞∞

Make a fountain of flour and put all your eggs inside. With a twisting motion, mix the eggs with the inner edge of the fountain of flour until the flour have absorbed the eggs. Once it's blended well, begin to work the dough until it gets smooth. Once ready, this dough has to rest for 20/30 minutes. Put some flour on the work surface. Using a rolling pin, roll the dough gently dusting of flour from the center to the outside: it has to get bigger in the center and thinner outwards. Once stretched, cover with a cloth and let rest from 30 minutes to 1 hour. Cut the dough in two. Fold each section in four, and then again in half, sprinkle with more flour. With a knife, cut the tagliatelle of about 5 mm. Prepare a tray with flour. Give air to the noodles shaking them a bit and place them on the tray, making sure that they do not stick to each other.

It seems that the tagliatelle were made in honor of Lucrezia Borgia's in the middle of 1400 when John II, Lord of Bologna asked his cooks to organize a dinner for the noblewoman who was passing by. That evening, in the name of her long hair, were made the noodles. When you roll out the dough, this must never exceed the width of the rolling pin. Fettuccine, tagliatelle and pappardelle all belong to the same family. What changes is the thickness: fettuccine are 1 mm thick, tagliatelle 5 mm and pappardelle almost 1 cm. In the rural tradition, it was difficult to have eggs, so that making tagliatelle was considered a Sundays or major holidays dish.

It is a recipe typical from Umbrian rural culture, that today has been rediscovered for its property and its authenticity. The tagliatelle were served with a simple sauce made with chopped bacon, fresh tomato, onion and celery.

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Santina's Granma Tagliatelle without Eggs



INGREDIENTS FOR 8 PEOPLE

- 300 g of flour of type 00
- warm water
- Salt

On a well-floured wooden pastry board put the flour forming a fountain, add the salt and slowly add the warm water. With a fork, starting from the outside to the inside, begin to mix the ingredients, then knead with your hands until you get a dough smooth and not sticky. Every now and then add more flour on the pastry board if the dough begins to stick. Arriving at the right consistency, knead for few minutes forming a ball, then put it in a bowl to rest for 30 min covered by a cloth. Meanwhile roll out two cloth and sprinkle with flour. Divide the kneaded dough into 3 parts and reform 3 balls. Take one ball at a time and knead it with the palm of your hand, rolling it out with the help of a rolling pin. Make the same process with the other 2 balls, forming a roll. Cut the noodles of the desired size. Unroll these tagliatelle and let them rest sprinkling them with flour.

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Eugubin Cappelletti



INGREDIENTS FOR 4 PEOPLE

For filling:

- 500 g of beef
- 500 g of fresh pork ham • 300 g of turkey
- 200 g of mortadella • 150 g of butter
- 200 g of grated Parmesan cheese
- A carrot, an onion, a celery
- A glass of white wine
- Salt, Pepper, Nutmeg

For the dough:

- 500 g of flour
- 4 eggs

Melt the butter in a pan and then add a carrot and a celery. Add the beef, ham and turkey and let them cook well, basting frequently with wine. Chop the meat and add the chopped mortadella, parmesan cheese, two eggs, salt, pepper and nutmeg. Knead until the ingredients are well blended and put everything in a blender. At this point, let the filling to rest in the fridge for at least a day so flavors mingle well.

Then prepare the dough with flour and 4 eggs. stretch the dough and prepare squares of about 3 cm x 3 cm. Put in the center some compound and close the handles creating an half-moon, sealing well the edges with the tips of the fingers and turn over the ends forming the "cappelotto".

The Cappelletti are so called because they were invented in Romagna to reproduce the forms of medieval hats. They became, however, a Christmas tradition since 1811 in Gubbio.

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Crescia of Gubbio



INGREDIENTS FOR 6 PEOPLE

For filling:

- 500 g of flour type 0
- 250 g of water
- 10 g of salt
- 25 g of yeast

Tools:

- Panaro (red-hot refractory stone that you can put on the grill or on the stoves)

Place the flour in a bowl, put yeast and salt and then knead together with water. After the manipulation, let stand for 10 minutes wrapped in a floured cloth. Meanwhile preheat the panaro. Roll out the dough to the same size of the Panaro. Let slip the crescia on the Panaro and puncture it with the tines of a fork several times. As soon as you form a crust on the side that rests on the Panaro, turn the crescia and repeat the operation on the other side. It can be eaten hot with ready-sliced salami and / or cheeses.

- Crescia is a typical Umbrian product, it's believed that its origins came from the area of Gubbio, where since 1900 BC were eaten loaves kneaded with various flours, which were then cooked on red-hot plates.
- In the past, instead of the yeast the baking soda was used.
- In Perugia the crescia is called "torta al testo".
- If you use a panaro for stove, to check if the temperature is right, sprinkle a little bit of flour on its surface: if it darkens immediately it means that it is too hot and must be cooled down.

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Sara and Peppe's Pizza Margherita



INGREDIENTS FOR PIZZA 6 (tray of 30 cm)

For the dough:

- 1 kg of flour type 0
- 25 g of yeast
- 3 tablespoons of extra virgin olive oil
- 30 g of salt water q.b.

For the filling:

- 800 g of tomato into small pieces
- 2 bucket of oil
- 250 g of mozzarella
- Sale q.b.

On a work surface form a fountain with flour. Dissolve the yeast in warm water and put it in the center with salt and oil. Pour even water at the center of the flour and knead with your fingers from the center until you get a homogeneous ball. The dough is worked enough when pressing it with a finger, the imprint will pop up in part. Place the dough on a floured large pan and let it rise for ¼ hours. Form small balls of 130/150 grams and begin to roll out with a rolling pin after putting some flour on work surface. Put the dough on the baking sheet and work with your fingers. Meanwhile prepare the tomato and add oil and salt. Put three tablespoons of tomato on the pizza and add the mozzarella (which must be chopped as much as possible). Cook on heated ventilated oven at 250 degrees for 15/20 minutes.

One of the secrets for a good pizza is to dissolve the yeast in warm water. According to tradition in the June of 1889, to honor the Queen of Italy Margherita di Savoia, the chef Raffaele Esposito created the pizza Margherita, where the condiments where tomato, mozzarella and basil, representing the Italian flag.

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Sara and Peppe's Easter Cake



INGREDIENTS FOR A CAKE

- 350 g flour • 1 egg type 0
- 20 g yeast for pizza (1 tablespoon + 2 teaspoons)
- 50 g parmesan cheese • 50 g of pecorino cheese
- 1 cup milk • 1 tablespoon of olive oil
- 1 teaspoon salt

Mix all ingredients after preparing a flour fountain and having put the egg in the middle. After doing a nice ball of dough, roll out with a rolling pin. Heat the testo (the pan) and cook it there. Then pass it into the oven.

The traditional preparation of the Easter cake used to be done during Holy Week. It occupied the whole family both for the amount of dough rather massive and for the making process which involved the yeast. It began in the late afternoon and continued taking turns during the night to arrive in the late morning with the ready pans to be baked in a wood oven. The tradition consisted in making so many cakes at least 10 or 15, and save the eggs during Lent, taking into account that traditionally it was used an egg every pound of flour. They used to use also eggs other than those of hens such as duck ones and goose ones, that being bigger, facilitated the achievement of the required number. The pans, as mentioned in another post, were high, narrow and flared, to emphasize the rise, made of earthenware, such as those for flowerpots.

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Eugubin Bagiana with Fava Bean



INGREDIENTS

- 400 grams of fresh fava beans
- 2 onions • 1 spring of marjoram
- 1 spring of wild fennel
- 1 beet leaf
- 1/2 glass of tomato sauce
- 4 spoons of olive oil
- salt and pepper

Chop the onions and the aromatic herbs and stir fry them. After 10 minutes add the tomato sauce, heat it more so that the water in excess dries. Add the fava beans, and let it cook for 30 minutes. Serve it hot.

The bagiana in the old tradition in Umbria used to be prepared with fresh fava beans, which is more authentic and simpler recipe than the soups made with beans, artichokes and other spring vegetables. The bagiana is also called scafata which in the dialect means pod. In fact, baggiana is a also a typology of fava beans with big beans.

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Impastoiata of Branca



INGREDIENTS FOR 6 PEOPLE

- 300 g of cornmeal
- 300 g of boiled beans
- 2 onions
- Olive oil

Fry a finely chopped onion in olive oil, add salt and pour the beans and cook them together. In half a liter of boiling water, pour the cornmeal, stirring constantly to prevent to create lumps. Cook the polenta for about 35 minutes then pour in it the beans, stir and simmer over medium heat for few minutes. Serve it hot.

This is a dish typical of Umbrian rural cuisine while lard was used instead of olive oil. The impastoiata was often eaten with stale bread as in the past bread was made only once a week and it lasted for a week.

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Sara's Castagnole



INGREDIENTS

- 120 g of flour of type 00
- 2 tablespoons of sugar • 1 egg
- 1 tablespoon of melted butter
- 1 tablespoon of olive oil (not extra virgin)
- 2 tablespoons of Lemon Rum
- Half dose of vanilla flavored Yeast • Honey

In a bowl put the flour and sifted yeast and then add the rest of the ingredients in the center, except for the honey. Knead until dough is smooth and soft. Let the dough of castagnole rest in the fridge for half an hour.

Make sausages with the dough and then cut it into pieces and then make them into small balls.

Fry the castagnole in plenty of hot oil, adding few at a time to ensure that they don't do too much foam. Wipe excess oil and pass castagnole in honey before serving.

The castagnole are so called because they resemble chestnuts in size and shape and they are popular and well known throughout Italy. In the Italian tradition, the castagnole are considered one of the symbols of the carnival, as evidenced by a common proverb in Umbria and the Marches:

«Fenito Carnevâ, fenito amorefenito a fâ la pachia da signorefenito de stacià farina in fiorefenito de magnà le castagnole».

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Sweet Crêpes



INGREDIENTS FOR 6 PEOPLE

- 3 eggs • 250 g of flour type 0
- 1 pinch of salt • 40 g butter
- 250 ml of milk • 250 ml cream
- Nutella

The simplest version of the crepes and fried in the popular cooking Eugubina is the Brustengo.

Add in a bowl the eggs, flour, milk, cream and a pinch of salt. Mix all ingredients with a mixer for few minutes. Let the dough rest covered for at least two hours. Heat the pan and then rub a little of butter on it. Put a ladle of cream on the center of the pan and then tilt and turn, trying to distribute over the entire surface. Shake the pan from time to time and when it is browned in one side, turn taking it with the tip of your fingers. Then place the crepe on a plate. Meanwhile, heat the jar of Nutella in water to make it more fluid. Spread the Nutella to the center of the crepe and fold it in half on itself.

The legend says that the first crepe was born when Pope Gelasius, in order to feed a large number of French pilgrims who came to Rome, ordered to the Vatican chefs to put together a significant amount of eggs and flour. Everything was cooked in hot plates thus creating the first crepe.

The crepe is a French dish anyway: especially in the past the crepe was really a symbol of friendship and alliance, and in addition it was the dish of the feast of Candlemas (February 2). The tradition says also that when the crepe was turned into the pan, you could make a wish.

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- Santina's Granma Tagliatelle
- Eugubin Cappelletti
- Crescia of Gubbio
- Sara and Peppe's Pizza Margherita
- Sara and Peppe's Easter Cake
- Eugubin Bagiana with Fave Bean
- Impastoiata of Branca
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Bisquits without Eggs



INGREDIENTS FOR 4 PEOPLE

- 200 g of flour
- 1 cup of Olive oil
- 1 cup of cream
- 1 small glass of Vin Santo
- 1 teaspoon Baking powder
- 80 g of sugar
- Sugar cane

After preparing the flour in the shape of fountain, put all the ingredients in the middle. Mix them well until you have a uniform mix. Roll out the dough with a rolling pin and make cookies with the molds. Place the biscuits on a baking tray with parchment paper and sprinkle over cane sugar. Cook on a pre-heated oven for fifteen minutes at 180 degrees.

The cookies without eggs are very easy to make and, in addition, there may be many variants. You can put chocolate chips or raisins. The result is always great!

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Double Chocolate Muffins



INGREDIENTS FOR MUFFINS 12

- 210 g of flour • 210 g of sugar
- 10 g of yeast cake
- 50 g dark chocolate into small pieces
- 70 g cocoa powder • 1 teaspoon vanilla
- 150 ml milk • 3 eggs • 130 g melted butter

Grease the pan of muffins and preheat the oven to 190 degrees Celsius.
 In a bowl, sift with care the dry ingredients: flour, yeast, sugar, cocoa and a pinch of salt.
 In another smaller bowl beat 3 eggs with melted butter, milk and vanilla.
 Add the liquid mixture to the dry one without mix too much (as long as there is no more dry flour) and then add the chopped chocolate.
 Fill the molds of the pan and then cook them

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Food Ecological Footprint and critical consumption

Panzanella



INGREDIENTS

- Dry bread
- Pepper and salt
- Onions
- Olive oil
- Other vegetables as you prefer (cucumber, lettuce, celery, etc)
- Tomatoes
- Vinegar
- Basil leaves

- Panzanella
- Meatballs
Re-using meat leftovers.
- Lard
A basic ingredient in the farmer ancient traditions.

Moisten the dry bread with cold water. Once it gets softer, wring it out and break it roughly with your hands and place in large salad bowl.

To the bread add the cut onions, tomatoes, cucumber and other vegetables- if you wish- as well as the basil leaves cut by hand. Gently mix all the ingredients with the help of a spoon, season it with extra virgin olive oil, salt and pepper; and if you wish add wine vinegar.

It is better if you marinate it and let it rest in the refrigerator for at least an hour. Thus the Panzanella is ready! It is better if you remove it from the refrigerator at least 15 minutes before eating it.

The origin of the name panzanella is uncertain, but with a lot of probability it has a Tuscan origin. It is believed to derive from the custom of farmers to wet the dry and stale bread (not to throw it) and to add it to the vegetables grown in the own garden, mixing everything in a bowl. This the reason of the name: "pan"-the bread- and "zanella" (the bowl). It is a poor summer dish and it is very simple as it does not require cooking. It was originally eaten in the fields by the farmers remaining outside the house all day. Panzanella since then is witnessing many modern enrichments as lettuce, boiled eggs, anchovies, tuna, celery and whatever else your imagination could suggest ...Try it as it does not cost anything!

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Food Ecological Footprint and critical consumption

Meatballs re-using meat leftovers



INGREDIENTI

- 100 g of raw meat or leftovers
- 1 potato • 1 egg
- 1/2 cup of breadcrumbs
- 1/2 cup of grated cheese
- 1 clove of garlic
- 1 cup of tomato sauce
- herbs (oregano, basil or sage)
- extra virgin olive oil
- salt and pepper

• Panzanella

• Meatballs

Re-using meat leftovers.

• Lard

A basic ingredient in the farmer ancient traditions.

How to reuse the meat leftovers.

Chop the meat scraps or leftovers, mix the potato previously boiled and crushed, the egg, the bread crumbs and the grated cheese. Mix the ingredients, then roll the mix with your hands making balls. In a pan add 2 tablespoons of olive oil, heat it and add the meatballs turning them until they have formed a homogeneous brown crust. Drain and transfer them on paper towel. In a saucepan, brown a clove of garlic with a tablespoon of oil. Add the tomato puree with seasons as oregano, basil or sage, salt, pepper and cook them for 10 minutes. If the sauce is too dry, add hot water and broth. Add the meatballs and cook for another 10 minutes.

Did you know that to produce one kilogram of meat nearly 25000 to 100000 liters of water are required? However, for the same amount of potatoes only 500 liters are needed and for a kilogram of grain 900 liters of water are needed. Therefore, to produce the same amount of food, breeding consumes 70 times more water than the agriculture. This does not mean that we should all stop consuming meat but reducing the amount consumed would be an important step.

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Lard a basic ingredient in the farmer ancient traditions



An old adage of the farmer tradition: “from the pig you don’t throw anything away “. In fact lard is the fat produced by fusing different parts of the pork fat. To make it you need to separate the fat from the rind, then cut it into cubes and put to a saucepan, to make the water evaporating and everything to melt. When these small pieces of fat will become pink (after few hours) you could pour and squeeze it with a press. The liquid obtained is lard and pieces of fat are called greaves. The Lard has the consistency of a compact cream and has been widely used in the past tradition as the olive oil was expensive.

- Panzanella
- Meatballs
Re-using meat leftovers.
- Lard
A basic ingredient in the farmer ancient traditions.

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It was used mainly in the Center-South of Italy cooking traditions, for frying (the famous fried dumpling, or carnival fritters as chiacchiere, donuts, frappole) and it was used as ingredient for bread, bagels, buns and cakes preparation. Among the traditional Italian recipes made with lard, we could mention the piadina, the tigelle from Modena, the sebadas and pardulas from Sardinia, the croissants and the cannoli from Sicily. Lard is now available generally in supermarkets in three formats: smooth, grainy and flaky.

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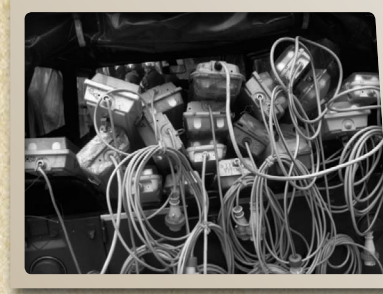
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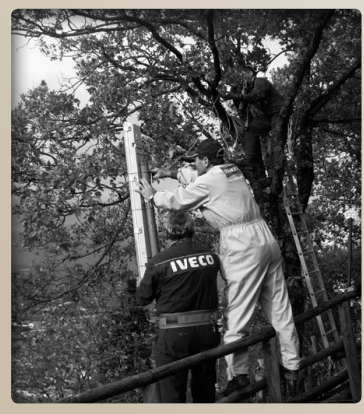
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