

## TYPICAL PRODUCTS

**Parmigiano Reggiano** is a hard, semi-fatty cooked cheese with a long maturation period (18-24 months), made in round forms weighing between 24 and 34 kg. It is produced in the provinces of Parma, Reggio Emilia and Modena as well as some parts of the provinces of Bologna and Mantua. This cheese is the result of the best milk from farms located in the area, an art handed down by master cheese makers and a long natural maturing process.



Parmigiano Reggiano contains no preservatives, colourings or anti-fermenting agents: these unique characteristics are guaranteed by the Consortium, an official body that ensures the products characteristics are safeguarded, and is



certified with the famous dotted branding. **Parma ham.** Parma's cured ham has a flavour and particular sweetness which is provided by the area's weather conditions, perfect for the natural drying and maturation process.

Indeed the air on Parma's hills carries the fragrance of Versilia's pine forests and chestnut forests.

It loses its brackishness against the karst mountains of the Cisa and in turn acquires the unique characteristics essential for obtaining Parma ham.

It is excellent as an appetiser or snack and also makes for a complete, light and highly nutritious main course.

To see the ham production and processing techniques close up, the Parma ham Consortium offers groups the possibility to visit a ham producer.

**Culatello of Zibello:** the most outstanding of all Parma's

deli meats, Culatello is made from the leanest part of the thigh of selected local pigs.

These are boned and part of the meat is removed whilst still fresh, leaving only the very finest part. The skill of the pork butchers and the climate of Parma's plains make the perfect combination for this deli meat, the unique qualities of which are safeguarded by the Culatello of Zibello Consortium. The slices are thin and round, pale pink, with streaks of white, compact fat; the flavour is sweet and silky.

The Strada del Culatello or Culatello Road is an itinerary that follows the banks of the river Po through the various municipalities of Parma's plains; by following it one is able to explore the areas where this unique product is made.



The **Borgotaro mushroom:** it grows in the Val Taro and



Val Magra area in 4 species: red, dark, magnàn and cold-weather mushroom.

All having an intense, clean smell which is not pungent. In 1993 the Borgotaro mushroom was awarded Protected Geographical Indication status and is protected by the Borgotaro

Mushroom Consortium. For those wishing to acquaint themselves with these mushrooms, the Consortium has set up a circuit of restaurants in Parma and the province which are dedicated to using fresh IGP mushrooms and to indicating their use on their menus, distinguishing dishes prepared with Borgotaro mushrooms from those made with uncertified products.

The Porcini or Cep Mushroom Road unfolds in the upper reaches of the Val Taro valley and allows visitors to mountain traditions of yore as well as castles, churches and medieval hamlets.

*The Ham and Wines Road takes in the areas where Parmigiano Reggiano cheese and other typical products are made. It unfolds along the foothills of the Apennines and Parma's hills amidst areas where Parma ham, Colli di Parma wines, the black truffle of Fragno*

*and Felino salami originate. The Cep Mushroom Road unfolds in the upper reaches of the Taro valley and allows visitors to mountain traditions of yore as well as castles, churches and medieval hamlets. The Culatello of Zibello Itinerary follows the course of the*

*river Po through the municipalities of Parma's plains, an area that sees the production of Culatello, Fortana del Taro wine, Spalla Cotta (cooked shoulder of pork) from S. Secondo, Spalla Cruda (cured shoulder of pork) and Busseto's Spongata cake.*

## THE FOOD MUSEUMS

**PARMIGIANO REGGIANO MUSEUM:** the museum's material has been gathered from across all five of the provinces in which Parmigiano-Reggiano is produced.

The objects on display mostly date from the second half of the nineteenth century to the first half of the twentieth century. The exhibition is housed in the old Meli-Lupi dairy; the oldest part of the building finds objects required for the transformation process, whilst the more modern part sees an exhibition with sections dedicated to the maturation and marketing as well as those dedicated to gastronomic use of the cheese and its history. The end of the tour finds an area for tasting and buying products.

Corte Castellazzi

Via Volta, 5 Soragna tel. 0524596129

From March to October, from Monday to Friday for groups only, by prior appointment; Saturday, Sunday and holidays from 9.30am to 12.30pm and from 3.00pm to 6.00pm; from November to February it is only open to groups by prior appointment.

**HAM MUSEUM:** a tour featuring the reconstruction of the production process, from the pigs to the cured meats, of the fine products made according to Parma's art of curing deli meats. The museum is located in Langhirano, the home of Parma ham, in the vast building which was once the Foro Boario. The tour takes in exhibits on a variety of supports including audiovisual displays, presenting the area, pork butchery, the gastronomic use of deli meats, the evolution of the techniques and areas for processing ham, ham processing in the second half of the twentieth century and present-day transformation phases and concludes in the tasting room.

Ex-Foro Boario

Via Bocchialini, 7 Langhirano tel. 0521351357

From Tuesday to Friday: for groups with minimum 15 visitors only, by prior appointment; Saturday and Sunday open from 10.00am to 6.00pm; booking for groups required.

**SALAMI MUSEUM:** dedicated to Italy's most famous salami and housed inside Felino Castle, the museum features a display of period tools, equipment and images. The tour is divided into two sections, from the art of pork butchery to the processing stages and salting of the meats and the maturation and gastronomic use of this delicacy.

Felino Castle

Strada al Castello, 1 Felino tel. 3332362839

Saturday, Sunday and holidays from 10.00am to 12.30pm and from 3.00pm to 6.00pm; from Wednesday to Friday visits only by prior appointment; closed on Monday and Tuesday.

**TOMATO MUSEUM:** located in what was once an agrifood transformation plant on the right-hand bank of the river Taro about half-way between Fornovo and Pontetaro, the museum houses memories of people, machinery, plants, product packaging and graphic and advertising images.

Corte di Giarola - Parco del Taro (the Park of the River Taro)

Strada Giarola, 11 Collecchio tel. 0521228152

The Museum may not be visited as yet, but is due to open in 2007.

## GREAT SCHOOLS FOR BUDDING CHEFS

**ALMA SCUOLA INTERNAZIONALE DI CUCINA ITALIANA (THE ALMA INTERNATIONAL SCHOOL OF ITALIAN CUISINE)**

The first high-level Italian culinary school is housed in the Reggia di Colorno palace. There are a number of courses organised in the school, the main one of which is the superior Italian cuisine course lasting 11 months, comprising six months of training and practice in Colorno and a five-month training-period in one of Italy's most prestigious restaurants. The lessons are held in Italian and English, and a closed number of 40 participants is set.

Piazza Garibaldi, 26 Colorno (PR) Tel. 0521525211 Fax 0521525252

E-mail: infoalma@scuolacucina.it Website: <http://www.alma.scuolacucina.it>

**ACADEMIA BARILLA (THE BARILLA ACADEMY)**

Academia Barilla aims to promote Italian cuisine and products the world over through events and collaborations with other institutions, and to safeguard Italian foods from counterfeiting and improper usage of official names and original brands. Academia Barilla organises training courses and offers marketing and communication consultancy for the catering industry.

Barilla Center

Viale Barilla, 43100 Parma

Tel. 0521264060 - 800376116 (freephone number) Fax 0521262965

E-mail: info@academiabarilla.it Website: [www.academiabarilla.it](http://www.academiabarilla.it)

## FOOD PRODUCERS CONSORTIUMS

**Parmigiano Reggiano Consortium**

Strada dei Mercati, 9/e Parma

tel. 0521292700 fax 0521293441

[www.parmigiano-reggiano.it](http://www.parmigiano-reggiano.it)

**Parma Ham Consortium**

Via M. Dell'Arpa, 8/b Parma

tel. 0521243987 fax 0521243983

[www.prosciuttodiparma.com](http://www.prosciuttodiparma.com)

**Consortium for the Borgo Val di Taro Mushroom**

Via Nazionale, 54 Borgo Val di Taro

tel 052590155

[www.funogodiborgotaro.com](http://www.funogodiborgotaro.com)

**Culatello of Zibello Consortium**

Piazza Garibaldi, 34 Zibello

tel. 0524939081 fax 939099

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

## PARMESANS EAT...

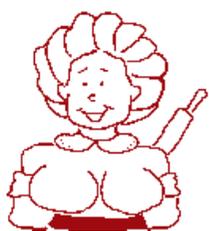
...HORSE MEAT!

The custom of eating horse meat is a recent one, and met with fierce opposition for a long period of time. Italy's first horse butcher was opened in Turin in 1865, whereupon it was surrounded by the protesting local population whilst the guards defended it with difficulty. The Council authorised the slaughter of horses for meat in Parma in 1873, but it was only in 1881 that one Orlandelli opened the first horse butcher's in Via Farnese, in the Oltretorrente area; the shop is still located here and is surrounded by the sculpture of a horse's head. Since then consumption has increased. Horse meat is generally eaten fresh and often raw in the form of pesto, where the meat is chopped and ground. It is often dressed with oil and lemon and is sandwiched between two slices of bread, or else it is seared over a flame.

...AND PIGEONS!

The bomba di riso or rice-bombe typical of Parma's cuisine features baby pigeons amongst its ingredients, the meat of which is mixed with the risotto along with the meat sauce and generous amounts of Parmigiano Reggiano cheese.

## THE REZDORA'S RECIPES



*The rezdora is the highly capable Emilian housewife, a skilful cook capable of making fresh pasta and meat sauce, and the custodian of all the secrets of traditional cuisine. In the mind of the popular imagination, she is large-bosomed with teased hair and wears her sleeves rolled up as she goes about making pasta by hand.*

### BOMBA DI RISO

An oven-baked first course typical of Parma's cuisine; unfortunately it has fallen from favour in restaurants although some will still make it to order

#### INGREDIENTS

120 g butter, 1 tbsp oil  
1 glass dry white wine  
400 gr rice  
1 litre good meat stock  
2 baby pigeons, 100gr livers or other chicken giblets  
1 spoon of triple-concentrate tomato sauce  
2 small onions, 1 carrot, sage  
salt, a little pepper, breadcrumbs

**PREPARATION:** chop a small onion and brown in half the butter, add the rice and broth gradually until nearly cooked. Place the rest of the butter, oil and chopped vegetables in a frying pan along with the chopped giblets and the cleaned and washed pigeons. After 15 minutes add the wine, a ladle of broth, salt and pepper; leave to cook until the meat comes away from the bones easily. Remove the pigeons and bone. Grease a tin with butter and sprinkle the breadcrumbs on the bottom, spread half of the risotto so that it leaves a well in the middle into which the meat sauce should be placed then cover with the rest of the rice and dot with flakes of butter. Bake at medium-heat for thirty minutes and serve with grated Parmigiano Reggiano cheese.



Cooking time:  
2h

### ANOLINI

The prince of Parma's cuisine is the dish that sees in Christmas and New Year dinners, and is to be found in many restaurants and delis in and around Parma. Woe betide anyone failing to serve it up to the Parmigiani on festive occasions!

Whether served in broth or accompanied with a sauce, anolini have become a fixture in Italian cuisine. Anolini is a world used exclusively in Parma to refer to the stuffed pasta which in the rest of Emilia Romagna is known as the cappelletto, tortellino or raviolo. Parma's anolini are round discs without a fringe measuring 2.8 cm in diameter, made up of two overlapping layers of pasta.

The delicious filling is a mixture of extra mature grated Parmigiano Reggiano, breadcrumbs, egg yolk and a stewed beef sauce flavoured with nutmeg. It's the filling that makes the anolino, not the pasta, and is what distinguishes it from other products.

The secret of a good anolino lies in the right dosage of the ingredients, which only the real rezdore know.

#### INGREDIENTS

For the pasta:  
1 kg of flour  
a pinch of salt  
8/10 eggs

For the filling:  
3 parts grated Parmigiano Reggiano of 3 different types (one of which should be extra mature)  
one part breadcrumbs  
2 whole eggs  
nutmeg  
stewed beef sauce  
salt

**PREPARATION:** to make the filling, scald the breadcrumbs with boiling milk, stewed beef sauce or broth, add the eggs, salt, grated Parmigiano Reggiano and a sprinkling of nutmeg.

Make up the anolini and cook in the special broth known as the "terza" or third, owing to the presence of three types of meat: capon, beef and salami or calf's head.



Cooking time:  
3h meat preparation  
excluded

### TORTELLI D'ERBETTA

A typical first course dish, these tortelli d'erbetta or Swiss chard tortelli can be eaten all year round and are to be found in every restaurant. In the villages around Parma, it is traditional to celebrate the evening of San Giovanni on 23 June with the obligatory tortellata or tortelli fete.

Popular tradition has it that good tortelli must be "longh col so covvi, tgniss senza vansaj, foghè in t al buter e sughè col formaj" (literally meaning "long with a tail, firm without being hard, drenched in butter and dried with cheese" in local dialect). Indeed in town tortelli must bear no resemblance to the stubby square ravioli with filling right up to the edges that are sold pre-packaged; they must be rectangular with a "tail" and made with firm pasta so that they do not open while cooking. Care should be taken when adding nutmeg as the pungent aroma often masks the flavour of the filling.

#### INGREDIENTS

6 hg of soft, fresh ricotta  
(for S. Giovanni, some dairies prepare it with a little cream)  
3 hg of spinach or just the green parts of Swiss chard (uncooked weight)  
1 egg (although can be made without)  
3 hg of Parmigiano Reggiano cheese  
nutmeg  
salt  
For the pasta:  
1 kg flour  
4 eggs, water for mixing

**PREPARATION:** boil the spinach, drain, fry in a little butter and chop with a mincing knife, then mix with the other ingredients. When the filling has been made, set out on the strips of pasta that are then folded so that the filling remains on the inside. The tortelli should be cut down the three sides using a serrated pastry cutter, then cooked in boiling water. Once cooked, drain and place in layers in a warm dish; cover with melted butter and sprinkle with grated Parmigiano Reggiano cheese.



Cooking time:  
2h 30'

## FOOD EVENTS

**CIBUS:** the biennial fair held in the pavilions of Parma's fair grounds; a vast window on European and international food, and the only one to specialise in European foods. A formidable display with products of the highest quality, famous brands, sophisticated stands and architectural designs.

**NOVEMBER PORC:** pork in all its guises at this fair held in Parma's plains. This wine and gastronomy event has a market of typical and organic products, tastings of the best Italian cured meat products and animation with music and acrobats.

**THE TORTELLATA OF SAN GIOVANNI:** it is a tradition around the Province of Parma to celebrate San Giovanni with open-air dinners featuring tortelli. No coverings are set up over the tables, ensuring that shoulders of the diners are covered with dew (rsèda) in a sign of good luck for the future. We recommend venturing into Parma's plains or into the hills by car; on the way you will see villages with the lights of their fetes, especially around the parish church. Stop, pull up a seat, and allow the dew to settle on your shoulders; but not before you've filled up on tortelli filled with ricotta and Swiss chard dressed with butter and lashings of grated Parmigiano Reggiano cheese.

**PARMA HAM FETE:** takes place in September when the ham producers open their doors to free guided visits and tasting sessions to illustrate the phases involved in processing pork thighs. The main centres involved in the Festival see the participation of many ham manufacturers that are turned into

open-air restaurants where it is possible to sample the specialities of Emilia's cuisine, obviously washed down with DOC Colli di Parma wines.

**SUA MAESTÀ IL MAIALE (HIS MAJESTY THE PIG):** each year during the winter, the restaurants and trattorias of Parma's Apennines offer up specialities such as cured meats, lard, blood pudding, cotichino sausage, polenta with salamino sausages, pig's cheeks, ribs, pig's trotters, fried salami, pork shin...

**CULATELLO FETE:** food, music and culture, each year in the first week of June.

**TRADITIONAL BREAD FETE** in Pellegrino Parmense, a Slow Food city. Events dedicated to food, music and entertainment at the end of May.

**FORTANINA AND SPALLA COTTA FAIR:** San Secondo holds an event dedicated to two of its traditional products featuring a programme of tastings, art, music and firework displays in August.

**RICORDANZE DI SAPORI (REMEMBERING FLAVOURS):** dinners in the castles of the duchy of Parma and Piacenza amidst the blare of trumpets, epic duels and noble lords and ladies. The programme includes singing, dancing, poetry recitals, ancient medieval and renaissance instruments, siege simulations and minstrels, interspersed with dishes fit for a king and noble wines. Held each year from June to 31 December.

**SALAME MON AMOUR:** gastronomic event held from October to April, providing an interesting journey into the history and art of the production of the most fragrant of local cured meats.

## RESTAURANTS

Angiol d'or  
V.lo Scutellari, 1  
Osteria della Ghiaia  
Borgo Paggeria, 12  
Corale Verdi  
Vicolo Asdente, 9  
Corrieri  
Strada Conservatorio, 1  
Gallo d'oro  
Borgo Salina, 3  
Il cortile  
Borgo Paglia, 3  
Il rigoletto  
Borgo Ronchini, 4/b  
Il trovatore  
Via Affò, 2/a  
La barricata  
Borgo Marodolo, 8/a  
La forchetta  
Borgo San Biagio, 6/d

La gatta matta  
Borgo degli Studi, 9/a  
La greppia  
Strada Garibaldi, 39/a  
Ombre rosse  
Borgo Tommasini, 18  
Osteria del gesso  
Via Maestri, 11  
Osteria del 36  
Via Saffi, 26/a  
Osteria dei mascalzoni  
Vicolo 5 piaghe, 1  
Parizzi  
Strada Repubblica, 71  
Santa Chiara  
Piazzale Cervi, 5  
Scarpetta  
Via Nazario Sauro, 13/b  
Trattoria Del tribunale  
Vicolo Politi, 5

## DELICATESSEN

Pasini Pagani  
Strada Repubblica, 8  
tel. 0521289276  
Antica salumeria Farini  
Via Farini, 57/a  
tel. 0521234417  
Gastronomia Garibaldi  
Strada Garibaldi, 42  
tel. 0521235606  
Salumeria Verdi  
Strada Garibaldi, 69/a  
tel. 0521208100  
Salumi e formaggi  
Via Verdi, 6/c  
tel. 05211851188  
Le specialità di Parma  
Via Farini, 9/c  
tel. 0521233591

THE NAMES OF RESTAURANTS AND TRATTORIE ABOVE MENTIONED HAVE BEEN KINDLY PROVIDED BY ASCOM CONFCOMMERCIO PARMA AND CONFESERCENTI PARMA.

