

## Food and wine in Puglia

Apulia's cuisine is mainly characterised by the emphasis on raw ingredients, both land and sea, and the fact that all ingredients are precisely aimed to enhance and not alter the basic flavors of the used products.

So you'll find all the vegetables in season, from the top of the turnip green cabbage, cardoon, peppers, eggplant, artichokes to all legumes, beans, lentils to the cicerchie and beans, and all marine products, in particular the Adriatic, where the latter have a particular characteristic that distinguishes them, as a consequence of that particular bait can be found along its coasts. Moreover, even if there are common dishes, the recipes vary from province to province, and sometimes from city to city, so for example, the typical recipes of the sea provinces of Bari, Brindisi and Taranto, are different from the recipes practised in the more hilly province of Foggia and Lecce.

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Cime di rape

Orecchiette

Municeddhi Many are the recipes that this cuisine offers, which has a special feature that distinguishes it from others, as offering different dishes in relation to the different seasons, so that during the milder seasons, namely spring and summer, preference is given to vegetables and fish, while in other predominate legumes, seasoned homemade pasta with various sauces, alone or combined with vegetables or fish.

The most typical dish is the "Orecchiette with sauce meat", which has become widespread in all the recipe books, but not the lesser-known "Orecchiette with cime di rapa", "chicory with puree of fava beans", And those that linked the territory to the Mediterranean, such as "Cavatelli with mussels", the "risotto with seafood", the "Octopus grilled or baked rice to Bari also called yams, rice and mussels.

Among the PDO Puglia products are:

- À À À À \* Gargano's Oranges
- À À À À \* La Bella of Daunia
- À À À À \* The Gargano's Femminiello Lemon
- À À À À \* The Canestrato Pugliese
- À À À À \* The clementines in the Gulf of Taranto
- À À À À \* The oil Collina Brindisi
- À À À À \* The oil Dauno
- À À À À \* The oil Earth Bari
- À À À À \* Oil Land of Otranto
- À À À À \* The oil Terre Tarentine
- À À À À \* Bread of Altamura

There are many wines of Puglia DOC, DOCG and IGT, which accompany the regional dishes, like the olive oil extra PDO.