



# Agrofood Newsletter - Italy edition:

5<sup>th</sup> July 2021



## 1.INTRODUCTION

### 1.1 ITALIAN MEMBERS

Gabriella	Cadeddu	<a href="mailto:gabriella.cadeddu@finlombarda.it">gabriella.cadeddu@finlombarda.it</a>	IT00284 - Finlombarda S.p.A.	SIMPLER
Katia	Costa	<a href="mailto:k.costa@pie.camcom.it">k.costa@pie.camcom.it</a>	IT00566 – Unioncamere Piemonte	ALPS
Vanessa	Foggia	<a href="mailto:v.foggia@si-impresa.na.camcom.it">v.foggia@si-impresa.na.camcom.it</a>	IT00107 - CAMERA DI COMMERCIO INDUSTRIA, Agenzia Speciale di Napoli	BRIDGEconomies
Paola	Frabetti	<a href="mailto:paola.frabetti@rer.camcom.it">paola.frabetti@rer.camcom.it</a>	IT00569 - Unioncamere Emilia Romagna	SIMPLER
Luca	Picariello	<a href="mailto:l.picariello@noi.bz.it">l.picariello@noi.bz.it</a>	IT00930 - NOI	Friend Europe
D. Giada	Platania	<a href="mailto:g.platania@sicindustria.eu">g.platania@sicindustria.eu</a>	IT00207 - Sicindustria	BRIDGEconomies
Matteo	Sabini	<a href="mailto:sabini@apre.it">sabini@apre.it</a>	IT00030 - APRE	ELSE
Silvia	Testoni	<a href="mailto:testoni@confindustriacns.it">testoni@confindustriacns.it</a>	IT00218 Confindustria Sardegna	ELSE



## 1.2 THE ITALIAN FOOD INDUSTRY



Italian agrifood system counts over 522 billion € in all its components - agriculture, agroindustry, wholesale and retail trade, catering - equal to approximately 15% of the Italian GDP

Italy is the world's leading wine producer by volume and the first European producer in value in the production of vegetables.

In terms of trade relations with foreign countries, there was a clear reduction in the deficit of the Italian agri-food balance, which fell well below 1 billion euro in 2019, compared to 5 billion in 2015 and over 9 billion in 2011.

In 2019, the value of agricultural production was 57.3 billion euros, in line with the previous year, of which over 50% was due to crops, about 29% to farms and the remainder to support activities and secondary.

Significant growth in the last decade for the food industry with + 12% of added value (about double that of manufacturing) and + 8% of the production index, against a general decrease.

The certified quality productions (DOP-IGP) are confirmed as one of the most dynamic of Italian agrifood, with a production value that, including food component and wine, reaches 17 billion euros (up by over 4%), equal to an estimated slice equivalent to 19% of the total of Italian agrifood.

### Impact of Covid-19 emergency

The agri-food system proved to be strong and well structured during Covid-19 emergency. The all system - producers, logistics, public administration - had an adequate reaction to the severity of the crisis. In fact, agriculture and food industry are among the most resilient sectors in facing the crisis in comparison to the general trend of the economy. In any case, the response of the entire sector was extraordinary to ensure citizens of all the Italian region, even in the period of lockdown, the normal supply of quality food.

### Recent trends

The Covid-19 emergency makes it difficult to design scenarios, but some trends can be identified:

- the increase in requests for **food delivery is now structural**: the businesses restaurants that have equipped themselves to offer the service have tripled in just a few months
- **Food e-commerce has reached exponential growth levels** on an estimated annual basis for large-scale distribution equal to about + 40%, which bring the incidence of this sales method to 1% of total food

Source: [Report on Italian Agro-food Sector 2019-2020](#) - Presented in January 2021 by CREA - CREA - National Council for Research in Agriculture and Analysis of the Agricultural Economy

## EU quality schemes for agricultural products

EU quality policy aims at protecting the names of specific products to promote their unique characteristics, linked to their geographical origin as well as traditional know-how.

Product names can be granted with a 'geographical indication' (GI) if they have a specific link to the place where they are made. The GI recognition enables consumers to trust and distinguish quality products while also helping producers to market their products better.

Products that are under consideration or have been granted GI recognition are listed in quality product registers (e.g. <https://www.tmdn.org/giview/> for all geographical indications protected at European Union level). Geographical indications establish intellectual property rights for specific products, whose qualities are specifically linked to the area of production.

Geographical indications comprise of:



### Protected designation of origin (PDO)

Products: Food, agricultural products and wines

Specifications

Every part of the production, processing and preparation process must take place in the specific region. For wines, this means that the grapes have to come exclusively from the geographical area where the wine is made.

### Protected geographical indication (PGI)

Products: Food, agricultural products and wines

Specifications

For most products, at least one of the stages of production, processing or preparation takes place in the region. In the case of wine, this means that at least 85% of the grapes used have to come exclusively from the geographical area where the wine is actually made.

### Geographical indication of spirit drinks and aromatised wines (GI)

Products: Spirit drinks and aromatised wines

Specifications

For most products, at least one of the stages of distillation or preparation takes place in the region. However, raw products do not need to come from the region.

### Traditional speciality Guaranteed (TSG)

Products: Food and agricultural products

Traditional speciality guaranteed (TSG) highlights the traditional aspects such as the way the product is made or its composition, without being linked to a specific geographical area. The name of a product being registered as a TSG protects it against falsification and misuse.

**Italy is the European country with the largest number of agri-food products with Protected Designation of Origin and Protected Geographical Indication recognized by the European Union: 880 products, including:**

- 528 Wine
- 316 Food
- 35 Spirit drink
- 1 Aromatised wine

## 1.3 LOMBARDY



In Lombardy, whose economy focuses mainly on industrial and services production, agricultural activity has been able to keep its vitality, maintaining those characteristics and quality records that have made it famous over the centuries.

Lombardy is the first agricultural region of Italy: it produces 37% of Italian milk, 42% of Italian rice, 40% of Italian pig products. It is also first for the area dedicated to agriculture, whose activities cover 69% of the regional territory.

Lombardy also boasts record numbers in the sector of innovative crops. Think of fresh washed, packaged and ready-to-eat vegetables and fruit and vegetables, that is to say the products of the IV range.

In Lombardy there is 30% of the national surface of this crop, hectares and hectares of greenhouse vegetables that bring to our tables a modern product that is as rich in added value as it is appreciated by families.

All these records are made possible by the solidity of the 50,000 Lombard farms, companies that produce certified, high quality food. And again, Lombard agriculture is truly "out of town" and close to Lombard citizens. For lovers of the countryside and good food, Lombardy offers a huge choice of over 1,560 Lombard farmhouses, of which 50% are authorized for accommodation and 70% for catering.

The agricultural sector plays an irreplaceable role throughout the region also in terms of protection, requalification, and improvement of the territory. From an environmental point of view, Lombard agriculture has some peculiarities that deserve to be safeguarded: 900 mountain pastures where 30,000 cattle and 80,000 sheep herd graze freely, 20 regional forests, 40,000 km of canals for irrigation or reclamation.

From the Alpine valleys to the Bassa Padana, Lombardy has an outstanding variety of unique products – meats, charcuterie, cheese, cereals, and even olive oil – as well as a strong traditional cuisine.

From the Pastures to the rice fields: the agricultural landscape ranges from terraced vineyards and orchard in the Valtellina to the olive orchards on the banks of the lakes. In the lower areas, surface water appear along a line that marks the beginning of the Bassa, wich is rich with natural waters and vegetation.

Lombard quality productions represent significant numbers compared to the national and EU reality: 34 PDO and PGI food products out of the 316 Italians. In the wine sector there are 42 quality brand wines (5 DOCG, 22 DOC and 15 IGT) and, if these last numbers are projected on the territory, more than 80% of the area cultivated with vines in Lombardy is dedicated to production of quality.

Moreover, in Lombardy about 1340 organic farmers produce food and at the same time preserve their surrounding landscapes by using systems as close as possible to those that occur in nature.

Some examples of agri-food products from Lombardy with **Protected Designation of Origin** and **Protected Geographical Indication**:



### Bresaola della Valtellina (PGI)

**Product category:** Class 1.2. Meat products (cooked, salted, smoked, etc.)



### Pizzoccheri della Valtellina (PGI)

**Product category:** Class 2.5. Pasta



### Miele Varesino (PDO)

#### Product category

Class 1.4. Other products of animal origin (eggs, honey, various dairy products except butter, etc.)



### Melone Mantovano (PGI)

#### Product category

Class 1.6. Fruit, vegetables and cereals fresh or processed

## 1.4 PIEDMONT



Piemonte (Piedmont) is featured by a unique offer made of many typical and wholesome products, rich in quality and variety, based on artisan or semi-artisan techniques, including a wide spectrum of specialties: wines and spirits, sweets and chocolates, cheeses, cured meats, rice, pasta, fruits and the prestigious white truffle, characterized by a bouquet of particularly intense perfumes.

A distinguished aspect of regional agro-food production is represented by certified quality products, both those related to the territory of origin and those with sustainable processes such as organic agriculture.

Concerning quality certified agro-food products, in Piedmont we have 18 DOCG wines (Controlled and Guaranteed Designation of Origin) and 41 DOC wines (Controlled Designation of Origin) among which Asti Spumante, Barolo, Barbaresco; 14 PDO products (Protected Designation of Origin) among which Gorgonzola cheese; 9 IGP products (Protected Geographical Indication) among which the Piemonte hazelnut; 342 PAT products (Traditional Agricultural Food Products)

### Facts and figures about agrofood sector in Piemonte

- 58,000 companies of which:
  - 53,000 operate in agriculture and forestry
  - 5,000 operate in agro-food industry (4,500 food & beverage products; 500 machinery & equipment for food & beverage industry)
- 100,000 employees
- 5 billion € export of food & beverage products: of which 1.6 billion € export of quality wine 75% of the export to EU area 3 main countries: France; Germany; UK

### Main products

**Wine** - Piemonte has a long and important vocation for winemaking: 19,000 winegrowing estates; 3,500 hectares of vineyards 2.5 million hectolitres of wine produced every year; 1.5

billion € [een.ec.europa.eu](http://een.ec.europa.eu) of export. Wide range of wine with guaranteed origin and quality: Asti Spumante; Barolo; Barbaresco; Barbera.

**Rice** - Piemonte represents 60% of the national rice production and 30% of the European production, with 120.000 hectares of cultivated areas and a production of 0,8 million tons per year of quality and certified rice.

**Chocolate** - The production of chocolate in Piemonte has been successful also thanks to the long lasting marriage between cocoa and local variety of hazelnut: the praised "Tonda e Gentile" Hazelnut, basic ingredient for Gianduja Cream and Giandujotto: an individually wrapped hand-made chocolate.

**Cheese** - Wide variety of cheese, largely determined by small and medium livestock breeding farms of dairy cows, sheep and goats. Wide range of cheese with guaranteed origin and quality: Gorgonzola, Castelmagno, Raschera, Bra.



Ravioli alla carne - Bonet - Bagna cauda - Vitello tonnato

## 1.5 TRENTINO ALTO ADIGE



In the early 20th century, agriculture represented the most important branch of Trentino-South Tyrol's economy and today still provides work for a large number of people. For example, in South Tyrol in 2018, there were 58,454 businesses registered, 13,545 of which were operating in the manufacturing sector and 16,707 were farming businesses. In the same year, food and beverages were South Tyrol's most exported products (18%) after machinery and equipment (19%). The turnover for agri-food products amounted to around 850 million euros.

Although most of the territory of Trentino-South Tyrol is characterised by mountains, the mountainous relief is cut by wide valleys with very fertile soil and therefore suitable for cultivation. In general, cereals (wheat in Trentino, barley and rye in South Tyrol), potatoes, vegetables, vines are grown in the region. However, the greater part of income in the agricultural sector is earned by fruit growers: cherries, plums and - more than any other - apples and pears. The region ranks first in the national production of apples (60% of Italian apple production). The main varieties on a quantitative basis are Golden Delicious, Gala and Red Delicious.

The vineyards produce excellent wines, some of which are internationally renowned. Among the most popular wine of the region there are: Pinot Blanc, Gewürztraminer, Teroldego Rotaliano, Lagrein, Muller-Thurgau and the Valle Isarco Sylvaner. Wine production is for the most of top quality (for example, 94% of the vineyard area in South Tyrol is registered for the production of DOC wines). Also, a small but high-quality production of DOC extra virgin olive oil is located on the banks of Lake Garda.

Livestock breeding, which was once one of the most important means of subsistence in the Alpine valleys, is also still significant. The most important sector is related to dairy cattle, from which a great variety of typical dairy products (among which the Trentingrana and Asiago Cheese) are obtained. Currently, around 78,000 milk cows are bred in the region.

Trentino's and South Tyrol's dishes, such as canederli, strudel and sauerkraut, show how close the cuisine of Trentino-South Tyrol is to that of Austria. A typical food product of the region is speck (IGP). Other dishes include for example the schlutzkrופן (crescent-shaped ravioli made from rye flour and filled with spinach), spätzle, and mulled wine in winter. According to the Michelin guide of the best restaurants, Trentino-South Tyrol counts 26 awarded restaurants (7 in Trentino and 19 in South Tyrol).



## 1.6 EMILIA ROMAGNA



### Food Valley - The flavours of Emilia-Romagna: A Paradise for foodies

Emilia Romagna is truly the land of flavours, making it a destination for the gourmand in search of tradition, authenticity and thoughtful processes often dating back to ancient times. The region's *pantry* is constantly enriched with new quality products that are recognized by the European Union, confirming Emilia Romagna as having some of the richest and most savoured culinary offerings in the world.

#### Some key numbers

- 1<sup>st</sup> region in Europe for PDO and PGI production (44 in total: 19 PDO and 25 PGI, including the renowned Parmigiano Reggiano cheese, Parma Ham, Mortadella Bologna and Traditional Balsamic Vinegar from Modena and Reggio Emilia dated to more than 1.000 years ago)
- 4<sup>th</sup> Italian region for traditional foodstuff specialties (378), 2<sup>nd</sup> region in Europe for agri-food companies (> 7.700),
- 2<sup>nd</sup> region in Italy for food export value (16% of the national value)
- 5<sup>th</sup> region in Italy and 1<sup>st</sup> in North Italy for numbers of companies producing organic products (> 3.850)
- 1<sup>st</sup> region for number of companies transforming organic products (> 870) and 778 cooperative societies which produce 60% of the whole turnover and represent a third of the agri-food cooperative companies in Italy.

The Region also boasts a fine wine heritage, including 22 PDO and 9 PGI wines, as well as the oldest white DOCG wine in Italy (2<sup>nd</sup> region in Italy for production after Veneto).

But let's not forget about **15 Slow Food Presidia**, famous dishes (ragù, tortellini in brodo, lasagne, home-made tagliatelle, zuppa inglese, torta di riso), Michelin-rated restaurants and chefs (Massimo Bottura 1<sup>st</sup> chef in the world), street food like *piadina* (flatbread) which you can taste at 2,000 kiosks along the Riviera coast and 19 museums dedicated to the pleasures of food where visitors are guided by tales and tasting.



That's why Emilia-Romagna is called the *Food Valley*.

Sandwiched between the Alps and the Apennines, and due to the unique nature of its territory, it is widely regarded as home one of Italy's most important and best-known food cultures. Quality, territory, time, tradition, distinctiveness, typically, passion: these are the key words. Though officially recognised as a single region, Emilia and Romagna – divided by the long ancient Roman trading route *Via Aemilia* - have actually some significant gastronomic and cultural differences. Emilia lies to the north and west: its food is heavily based on pork, there's a subtle Germanic influence from nearby Lombardy and it is revered for being naturally effortless in its sophistication, something that the Renaissance court tradition has left as an indelible mark. In the words of Pellegrino Artusi, the first person to have decoded Italian provincial cuisine and nineteenth-century author of *The Science of Cooking and the Art of Fine Dining*: "When you come across the *Cucina Emiliana* (Emilia's cuisine), take a bow, because it deserves it." Romagna cuisine by comparison has stronger ties to Byzantine heritage, it is a little lighter and cleaner, less reliant on animal fats, more in tune with the nearby Adriatic sea and simpler and closer to the land, but just as varied and deep as its counterpart in Emilia. When you combine both subregion incredibly rich culinary tapestries you undoubtedly find yourself exploring a unique experience.

**International food exhibitions** are held in Emilia-Romagna, such as "SANA" (organic and natural products), "CIBUS" (Italian agri-food products), "CIBUSTEC" (food technology), "MACFRUT" (fruit and vegetables), "SIGEP" (artisan ice-cream, pastry and bakery).

#### Discover Emilia Romagna: a successful story

The food and wine **tourism experience** in Emilia-Romagna has been more and more growing during the last five years - especially after Expo Milan 2015 – thus becoming the first main reason for international travels and the main motivation to visit our region (1<sup>st</sup> destination in Europe in 2018 Lonely Planet annual report).

Artisanal food tours, as well as culinary holiday and gastronomic experiences, storytellers and training have involved last year more than 1,000 companies (producers, hospitality and restaurants).

## 1.7 LAZIO



Lazio is more than "the region of Rome". Indeed, in addition to the Eternal City, this region presents different morphological and geographical features: it has mountain, hilly and coastal areas, as well as volcanic plains.

The agrifood sector represents around the 3% of the regional economy, involving more than 3.400 companies and 17.000 employees. In this sector, the tradition walks together with the innovation: thanks to the presence of important research centres and advanced companies, the agrifood in Lazio takes advantage of the key enabling technologies from other sectors (e.g. aerospace, ICT, biotechnologies, advanced materials, etc.) mainly applied to precision farming.

In addition to this inclination to the innovation, the strengthen of the Lazio agrifood sector consists in the large variety of high-quality products and their connection with the territory and its traditions.

Talking about products, Lazio is the 5th region in Italy for number of products covered by geographical indications, with 29 foods (of which 16 PODs, 11 GPIs and 2 TSGs) and 36 wines (of which 30 PODs and 6 GIs, mainly white wines). The region can offer to your clients several fruits and vegetables (e.g. the Roman artichoke of Lazio, Gaeta's olive, Latina's kiwi, Alto



Viterbese potatoes, Roman nuts, etc.); four kinds of cheese, of which 3 are different qualities of *pecorino*; cured meats, of which the most famous one is the Porchetta di Ariccia; 4 olive oils; meats, like the Roman lamb (Abbacchio); and one bakery product, the Genzano's home-baked bread.



In 2018, Lazio region exported agrifood products for 1.085 million euro (+0,5% respect to the previous year). Fresh vegetables, olive oils and nuts – that, as explained, are covered by geographical indications – are some of the most exported products; moreover it must be highlighted a strong increase in the wine and alcoholic drinks in the last few years (+35,1%). In particular, the region has its most reliable partners in Germany (19,2%), United States (14,9%) and France (8,5%).

## 1.8 CAMPANIA



### Point of strength in the food and beverage sector in Campania

The strength of this sector is due to a large extent to the ample variety and the high quality of its typical productions. Campania surely has a unique patrimony of alimentary products

for variety and merit, recognized since the most ancient times: Greek and Romans recognized the superiority of the wines and the purity of the oil of olive coming from Campania Felix.

The frescoes of some patrician villas of Pompei and Ercolano, discovered under the volcano' ashes, show the same fruits and the same vegetables that the housekeepers buy at the market and use in the kitchen as essential elements of the famous "Mediterranean diet."

The agricultural and food industry is one of the components of great relief of the regional economy, boasting an ample range of products, of which many are objects of preservation with national and international marks. Mainly the most significant cultivations of Naples province are vegetables (potatoes, tomatoes, cauliflowers, peas, beans,) fruit trees (hazel, apricot, peach, apple trees, citruses (lemons and oranges first of all), olive trees, grapes. Campania in fact distinguishes itself in comparison to the other regions of the South for the presence of about 28 products among DOC, DOCG and DOP (Protected Designation of Origin), to which must be added 386 traditional products of the different territorial realities.



**Some Campania DOP products - Mozzarella di bufala** (or buffalo mozzarella) is made according to strict production rules that comply with procedures fine-tuned by the Consorzio di Tutela (Consortium for the Protection of buffalo mozzarella). Founded in 1981, it is the only institution recognized by the Italian Ministry of Agriculture and Forestry to protect, monitor,

valorize and promote mozzarella di bufala DOP from Campania. **San Marzano tomatoes:** Long in shape and bittersweet in taste, these tomatoes are harvested by hand. They're later crushed, canned... and used to make dishes like pizza and pasta taste out of this world!

**The wines** - The history of wine in Campania dates back to ancient times: that's why today on the territory we have more than 100 vine varieties, representing a unique example in the national and international panorama. We should mention the most famous major native wines, such as the Aglianico and Fiano, as well as the minor ones, coming from different areas of Campania. The relation between vines and habitats is the real strong point. So, some wines, coming from faraway lands, have actually stuck to the coast and never got away from it: they thrive just if they absorb the scent of the sea and the saltiness, from the wonderful, terraced hills of the Amalfi and Sorrento coast. Those are the so-called "vines of sea", yielding some of the most valued Italian wines: for instance, the Biancolella and Forastera provide the "Ischia" wine, one of the first wines in Italy to have ever obtained the DOC label.

**A few data** - In 2020 the export of Campania agrifood products registered a growth of 13,1%. According to the data indicated by the Italian Trade Agency, in 2020 and in the first 3 months of the 2021 the most exported products to the European countries were: fruit and vegetables (processed and stored), pasta and bakery products.

## 1.9 SARDINIA



Sardinia is the second largest island of Italy, renowned for its stunning and unspoiled natural beauty, and revered for its rich cultural heritage and unrivaled quality of life.

Food tells the story of a territory: very few places in the world can boast food is as authentic as that in Sardinia. Sardinian cuisine is still very similar to the way it was many centuries ago, while differing between the various territories and preparation techniques. We can find, whether on the coast or inland, Sardinia's delicious specialities, based on simple and genuine ingredients, with strong yet delicate flavours. Sardinia is the home of numerous traditional high quality products: from Pecorino and Fiore Sardo cheeses, the Carciofo Spinoso (artichoke), Zafferano (saffron) and Bottarga (salted, cured

fish roe) to its wines. Typical recipes and specialities start with the bakeries, there are recipes based on bread, like *pane frattau* and *zuppa gallurese*, as well then there are the pastas, including the dried pasta *fregola* and *malloreddus* and fresh pasta like *culurgiones*, *filindeu* and *lorighittas*.



The cultivation of vineyards in Sardinia takes place over many different territories, from the fertile plains near the sea to the rocky hills of Jerzu and Tertenia not forgetting the sandy soils of Oliena and Dorgali. Among the best-known wines we should mention Cannonau, a red with high alcohol content bottled in wood, Nuragus, dry and with a slightly acid note, Carignano, a red with a dry lingering flavour and Malvasia, a sweet wine ideal to accompany desserts. Other wines produced locally, well known, are Monica, Vermentino, Vernaccia, Nasco and Moscato.

**A few data** - Bread, pasta, desserts, wines, beers, meats, cheeses and fish are just some of the products of the Sardinian artisan agrofood industry that has had a real boom in exports; The island has more than 180 products (several PDO and PGI) representative of every

territorial realities. Agriculture and farming have a stronger role compared to the Italian average – sheep farming, and sheep products are particularly relevant to the regional economy. The agrofood sector counts the 32% in all entrepreneurial fabric. Sardinia is among the top five regions for the impact on the production system of activities related to agrofood. The Sardinian agricultural industry is more and more increasing (at the end of September 2020 there were 154 new companies comparing to 2015); the export of Sardinian food and beverage is in expansion with a growth of 11,1% and more than 80% of food sale abroad is represented by products of manufacturing sector, mainly of the dairy industries (106 million euros equal to 60% of the sector's exports), followed by "drinks" (25 million euros, the 14% of the total).

## 1.10 SICILY



### High quality food farming, the cornerstone of the Sicilian economy

Olive oil, wine, fish, citrus fruits, patisserie, chocolate, cheese and dozens of other products. If you imagine Sicily, you'll immediately think of tuna fish and seafood, the scent of oranges, the ruby-red wine and the unique taste of cannoli and cassata, the most famous Sicilian desserts.

And your imagination is right, for quality food farming has always been one of the strong points of the Sicilian economy.

The main agricultural products are wheat and pasta, citrons, oranges (Arancia Rossa di Sicilia PGI), lemons, tomatoes (Pomodoro di Pachino PGI), olives, olive oil, artichokes, prickly pear, almonds, grapes, pistachios (Pistacchio di Bronte PDO), wine and liqueurs. Cattle and sheep are raised. The cheese production is well established thanks to the Ragusano PDO and the Sicilian Pecorino Siciliano PDO. Ragusa is well known for its honey and chocolate (Modica PGI) productions.

### Sicily is the third largest wine producer in Italy after Veneto and Emilia Romagna.

The best known local variety is Nero d'Avola, named from a small town not far from Syracuse. Other important native varieties are Nerello Mascalese used to make the Etna Rosso DOC wine, Frappato that is a component of the Cerasuolo di Vittoria DOCG wine, Moscato di Pantelleria (also known as Zibibbo) used to make different Pantelleria wines, Malvasia di Lipari used for the Malvasia di Lipari DOC wine and Catarratto mostly used to make the white wine Alcamo DOC. A special place takes Marsala sweet wine. Furthermore, in Sicily high quality wines are also produced using non-native varieties like Syrah, Chardonnay and Merlot. Sicily is also known for its liqueurs, such as amaro and limoncello.

Fishing is another key resource for Sicily. There are important tuna, sardine, swordfish and European anchovy fisheries. Mazara del Vallo is the largest fishing centre in Sicily and one of the most important in Italy.



Export figures on Sicilian agriculture, forestry, fishing, food products, beverages and tobacco were doing well until the pandemic hit and slowed down for a full year the positive trend.

"Made in Sicily" products have regained their appeal to EU and non-EU markets in the first quarter of 2021 and exports have resumed their growth, led by food products, which rose by 11.4% (yoy). The growth mainly concerned bread, pasta, desserts, wines, beers, meats and cured meats, cheeses, fish and preserves. The main markets are Europe (mainly France and

Germany) and USA. Growing results also in Asian countries, like China and Japan. Besides the most widely available products on the international market, Sicily has plenty more to offer: technologically advanced agriculture systems for irrigation, greenhouse design, innovative landscaping, precision farming, etc. Many well established companies and start-ups lead the digital transition in the region, offering digital solutions to the agricultural and agri-food sector, and driving the business environment towards innovation. Sicily is Italy's most organic-friendly region. The National Information System on Organic Farming reports that it contains the highest number of operators committed to organic agriculture methods, and is second for the number of organically-cultivated hectares, covering 22.4% of Italy's total.

## 2.EVENTS & COMPANY MISSIONS

### 2.1 EXPOCOOK ONLINE EXPERIENCE



From the 28th to the 30th of September 2021, **Expocook Online Experience**, brings together companies and organisations from a large number of countries, all related to the world of F&B in its broader sense, including a wide range of business areas: Food and Beverage production: traditional, organic, "free from", functional, etc.; Food&Wine

Tourism; Products and components for the Ho.Re.Ca sector; Professional equipment for bars and restaurants, pizzerias, pubs and breweries, pastry shops, bakeries and gastronomy shops, hotels, large communities, etc.; Hotellerie: services for hotels and accommodation facilities, engineering and architecture, design and art direction; Packaging solutions; Vending machines; Indoor and Outdoor furniture and design; ICT, cash management software and hotel management software; Marketing, Communication and Consulting; Tableware: cutlery, tablecloths, silverware, porcelain, plates, glasses, accessories...all for a perfect "mise en place"; Workwear: fashion for chefs, restaurant and hotel staff, etc.; Water and waste management for the Ho.Re.Ca. sector.

#### 1 Event, 3 Opportunities:

1. Join Expocook 3D Virtual Fair, get your virtual booth to showcase in an interactive way your products and services, and participate in all the digital events. Watch the [DEMO!](#)
2. Join Expocook in presence, in Palermo, show your products/services, meet potential partners online or on site, participate in or organise live workshops
3. Participate in the B2B matchmaking event, online or on site!

Inspiring plenary sessions, informative workshops and targeted 1:1 meetings promise knowledge gain and new business contacts.

Check the website to know all the details: <https://expocook2021.b2match.io/>

Contact Giada Platania: [g.platania@sicindustria.eu](mailto:g.platania@sicindustria.eu)

### 2.2 HORIZON EUROPE

Horizon Europe, the Framework Programme financing research and innovation from this year until the 2027, has been just launched, presenting interesting opportunities of growth for the European companies, including them working in the agri-food sector.

Indeed, a “piece” of Horizon Europe, the **Cluster 6**, is completely dedicated to the achievement of the **Farm to Fork** strategy objectives, the protection and restoration of ecosystems, the development of the bioeconomy and much more! The call for funding – that will close on the 6<sup>th</sup> of October, will be presented on the **7<sup>th</sup> of July**, during an [Information Day](#) organised by the European Commission. Close to it, on the 9<sup>th</sup> of July, companies, universities, NGOs and all the other actors interested in them have the opportunity to meet and discuss online potential collaborations in a brokerage event, co-organised by the Agrifood Sector Group.



Companies can register until the 6<sup>th</sup> of July: by completing the profile with the requested information – in particular the requests or offers of collaboration – they will be validated and they will have the possibility to request meetings. Here the link: <https://he-cluster6.b2match.io/> Tell to your company to not miss this opportunity!!

## 2.3 BEE NET FINAL EVENT AND MATCHMAKING



Get ready for the final **BEE NET event!**

On the **13<sup>th</sup> of July 2021**, BEE NET (Building European Export Networks) project launches a double event:

- **Plenary session** in the morning, to present the results of the 10 European Business Networks awarded by the BEE NET project
- **B2B Matchmaking and Networking event** in the afternoon (from 14:00 to 18:00 CET), open to all SMEs interested in joining forces to create new European Export Networks and engage together in the

international arena.

Click here <https://bee-net.b2match.io/> to read the details and register.

Many agrifood companies already participated in the project, and created European Business Networks for internationalisation!

Contact: Giada Platania [g.platania@sicindustria.eu](mailto:g.platania@sicindustria.eu)

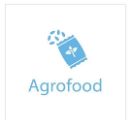
## 2.4 MAIN FOOD&BEVERAGE EXHIBITIONS IN 2021

**These three exhibitions take place in Emilia Romagna region:**

**CIBUS** - 31<sup>st</sup> August > 3<sup>rd</sup> September, 2021 at Parma Exhibition Center (20<sup>^</sup> edition). It will be a trade show in presence

**MACFRUT** - 7<sup>th</sup> > 9<sup>th</sup> September, 2021 at Rimini Expo Center (37<sup>^</sup> edition). It will be a trade show in presence

**SANA** - 9<sup>th</sup> > 12<sup>th</sup> September, 2021 at Bologna Exhibition Center (33<sup>^</sup> edition). It will be a trade show in presence



## 2.5 BEYOND EUROPE, AND LOOKING AT THE FUTURE: JANUARY 2022, EEN BROKERAGE EVENT AT DUBAI EXPO

This event is organised by the Luxembourg Chamber of Commerce, partner of Enterprise Europe Network, and might be of interest for many SMEs related to the Agrifood Sector, especially from the more innovative areas.

The purpose of the event is to leverage the international dimension at the **World Expo in Dubai** to bring opportunities for European companies while exploring the Middle Eastern market and the international markets. Furthermore, this event will also serve as a perfect platform to showcase the mission and vision of the Enterprise Europe Network, as a truly open and international business support network that works in the interest of SMEs in their development and internationalisation process.

While the envisaged brokerage event will be multi-sectoral and aims at supporting the presence of varied spectrum of SMEs, it will lay special emphasis on all the priority sectors for the European economy, namely **sustainable development, circular Economy, ICT, transport & logistics, innovation, Industry 4.0, Healthtech (in connection with Arab Health)** to stay in line with the theme of the Expo 'Connecting Minds, Creating the Future'. Moreover, the following sectors will also be targeted: **automotive & e-mobility, life science & biotechnology, eco-technologies, environment & renewable energy, eco-construction, MICE & Tourism** as well as services to companies.

You can watch the presentation of the event [HERE](#). Passcode: Tectj3x?

Contact: Luca Mancuso [Luca.MANCUSO@cc.lu](mailto:Luca.MANCUSO@cc.lu) (EEN Luxembourg)

## 3. BUSINESS/TECHNOLOGY REQUESTS

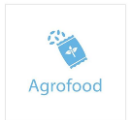
### 3.1 A SARDINIAN ICE CREAM MAKER LOCATED IN THE NORTH, IS LOOKING FOR A PLACE/ WAREHOUSE IN USA, NEW YORK, IN ORDER TO ESTABLISH THERE A NEW HEADQUARTERS.

The company is widespread in the island and already exports in Europe. Analysing other countries, oversea, it would like to set up new ice cream activity in the USA in line with habits and trends there. The entrepreneur guarantees the artisan technique despite the industrial amount of production. The company is looking for an available space to acquire or rent, a potential partner under a joint venture agreement.  
Contact Silvia Testoni: [een@confindustria.sardegna.it](mailto:een@confindustria.sardegna.it)

## 4. BUSINESS/TECHNOLOGY OFFERS

### 4.1 COMPANY LOCATED IN SICILY, PRODUCING BRONTE PISTACHIO-BASED SWEET AND SAVOURY FOOD, SEEKS DISTRIBUTORS AND IS OPEN ALSO TO PRIVATE LABEL AGREEMENTS

This Sicilian company produces exclusive best quality pistachio-based products. Bronte, a small town at the foothills of the Etna Vulcan, is well known worldwide for its high quality pistachio.



The company has a wide portfolio of products, starting from the raw pistachio, and including pestos, creams, pasta, bakery, pastry, ice creams and others.

More details: [BOIT20210406005](#)

#### **4.2 COMPANY LOCATED IN NAPLES KNOWN FOR HAVING CREATED PARTICULAR CHOCOLATES, WHICH REPRODUCE “CAPRI’S FARAGLIONI” (STACKS OF SEA ROCK), IS SEEKING DISTRIBUTION SERVICES AGREEMENTS**

This Neapolitan company gives a prestigious touch to all its products, by selecting fresh and wholesome ingredients, which give maximum taste and quality to chocolates.

- The innovation is in the fusion of the unique shape of Faraglioni (stacks of sea rock), and the quality to chocolates

- The handmade work guarantees a very high flexibility, meeting every customer requests

To create unique products absolutely “made in Italy” and “made in Capri”, the company has registered the model for the shape and the brand.

More details: [BOIT20200711001](#)

#### **4.3 A PRODUCER OF FINE AND ARTISANAL VERMOUTH, LOCATED IN PIEMONTE REGION, IS LOOKING FOR AGENTS AND DISTRIBUTORS**

An Italian company located in the vineyard region of Langhe-Monferrato, specialized in production of vermouth, aromatized wines, fortified wines, spirits and bitters is looking for agents and distributing agreements in Europe, especially France, Germany, UK, Belgium and Denmark. High quality and exclusive spirits, ideal for cocktails and aperitifs, are created following family secret recipes, traditional production process and wise selection of herbs.

More details: [BOIT20210201002](#)

#### **4.4 A SARDINIAN WINE AND LIQUEUR PRODUCER LOCATED IN ORISTANO, WELL-KNOWN IN ALL ISLAND FOR ITS HISTORY AND AWARDS, IS LOOKING FOR DISTRIBUTORS SERVICES AGREEMENTS.**

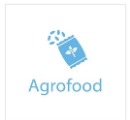
The company based in the western coast, has important products as Vernaccia Doc Riserva 1968, a wine awarded with several labels. The company is the first one to have made a liqueur (mirto) by a biological agriculture and it continues searching new idea of wine/liqueur/spirits in balance with traditional production, guaranteeing the typical characteristics.

Contact Silvia Testoni: [een@confindustria.sardegna.it](mailto:een@confindustria.sardegna.it)

#### **4.5 ITALIAN MANUFACTURER OF HIGH QUALITY GOOSE COLD CUTS, NATURAL SOURCE OF OMEGA 3-6-9, IS LOOKING FOR AGENTS AND DISTRIBUTORS**

An Italian company located in Lombardy is specialised in manufacturing high quality food products made of goose meat, like pure goose salami, goose smoked breast, goose ham, and so on. With the aim to expand its commercial network, the company is looking for new foreign commercial partners interested in importing and distributing the goose products in their countries. Commercial agency agreement and distribution services agreement are the proposed partnership types.

More information: ref. BOIT20210617001



## 4.6 NEW COMMERCIAL PARTNERS ARE SOUGHT BY AN ITALIAN MANUFACTURER OF GLUTEN-FREE, EGG FREE AND DAIRY FREE FOOD PRODUCTS

An Italian company located in Lombardy, specialised in traditional cereal grinding, has developed a wide range of gluten free, egg free and dairy free products, devoted to people affected by celiac disease. The production includes flours mix, dry pasta, sweet and salty ready-to-taste products, frozen products. The company is looking for agents, importers, distributors for commercial agency and distribution services agreement; it's also interested in providing production services within manufacturing agreement.

More information: ref. BOIT20210623002

## 5. SUCCESS STORIES

### 5.1 Xnext: a young knowledge-intensive company from Lombardy included in the RisingFoodStars Association

Following 3 years of intensive research activity, in February 2014 Xnext was founded as a so-called "knowledge-intensive start-up". Its aim was to develop a new generation of X-ray inspection systems, with a wide range of application fields: food safety, material recycling, pharma safety, security controls. In 2021 Xnext product Xspectra® is launched on the market: it's a X-ray inspection system capable of analyzing the composition of a product directly on the production line to determine compliance with quality requirements. Hardware and software are completely designed and developed internally and patented.

Xnext has been supported by Finlombarda within the EEN - EIMC – SCALE-UP projects, receiving support services for access to finance, enhancing innovation management capacity and improving human resources management. The company received support for the preparation of a SME Instrument phase 2 proposal which has been successfully submitted in January 2019, and the company has been awarded a grant of € 2.3 million by the European Commission.

In the last years Xnext has been kept informed on EEN initiatives thanks to the newsletter of the SIMPLER consortium sent by Finlombarda. In march 2021, the SIMPLER newsletter presented "EIT Food Business Creation" programmes offered by EIT Food, Europe's leading food innovation initiative working to make the food system more sustainable, healthy and trusted. Among these programmes, the Project Analyst from Xnext noticed the RisingFoodStars opportunity, devoted to young companies interested in international growth, and applied for the call.

In June 2021 EIT Food's RisingFoodStars Association opened to 16 European agtech and foodtech impactful scaleups, and among them Xnext. Being part of the network, these young companies will receive guidance and support from already established industry leaders. They will also expand their view and access to scaling up, internationalisation and investments.

As part of the RisingFoodStars group the newly accepted scaleups will have the opportunity to network with large agrifood companies, educational and research organisations within EIT Food. After going through a scan of their strengths and gaps, they will be supported by mentors on the most difficult steps of their scaleup journey. End goal would be achieving a better, sustainable and healthier food value chain.



## 7. AN ITALIAN MENU

### 7.1 APERITIF: Spritz (North East of Italy)



Who doesn't know of or hasn't had a Spritz? The Spritz, also known since 2011 as the Venetian Spritz by the IBA, the International Bartenders Association, is without a doubt one of the most popular aperitifs in Italy together with the Negroni and Americano. This cocktail has a deep-rooted history: it was created in the Veneto region, and from there it spread the ritual of the Italian-style aperitif first throughout the country, and then around the world. Its origins date back to 1800, when in the

Kingdom of Lombardy-Venetia, troops of the Austrian Empire used to add a splash of sparkling water in local wines, as they were too alcoholic for them. It is precisely from spritzen, the German term describing this custom, that the name Spritz is derived! Did you know this story? Maybe what you don't know is how to prepare the original version at home. Here is the step-by-step recipe, perfect to share with friends for an aperitif, an informal meal or, why not, for brunch... make a Spritz with us!

**Ingredients:** Aperol  $\frac{1}{4}$  cup (60 ml); Prosecco  $\frac{1}{3}$  cup (90 ml); Soda water to taste - (a splash); Oranges  $\frac{1}{2}$  slice; Ice to taste

**Preparation:** Start by pouring the ice into a wine glass and filling it to the brim. Then pour the prosecco wine followed by Aperol. Finally a splash of soda water or very sparkling water Add a little more ice and stir gently. Garnish with half a slice of orange and... Cheers!

### 7.2 APPETIZER: Fassona Tartare with truffles (Piedmont)



A great classic of the Piedmont area, to be beaten (and not cut) strictly with a knife and served with white truffle from Alba!

**Ingredients:** Piedmontese fassona beef; White truffle; Salt; Oil

**Preparation:** First of all, choose the excellent Piedmontese Fassona leg meat and make a first cut into strips with a sharp knife.

Cut it again to get smaller pieces. At this point, take a heavier knife and "beat" the meat until you get the desired consistency: beat, do not cut, please! With your hands, season the meat with salt and oil and serve with the help of a pastry ring, and finish the dish with some flakes of white truffle from Alba.

**Wine pairing:** Dolcetto d'Alba DOC - Variety: 100% Dolcetto from Alba area; Color: ruby red; Smell: fruity and characteristic; Flavor: dry, almondy, harmonious; Minimum alcoholic strength: 11.50% vol;

## 7.3 FIRST COURSE: Cappelletti (Emilia Romagna)



[Pellegrino Artusi](#) recipe.

In his book "[Science in the kitchen and the art of eating well](#)", Pellegrino Artusi used to say that practise is the best of all instructions and is the matrix of all the teachings.

Ten pieces of advice can be taken from his manual: respect natural ingredients, use quality ingredients, use seasonal ingredients, be simple, be passionate attentive and precise, be patient, vary respecting territory and

season, if you must vary do it with taste, value the simplest of cooking, be mistrustful of cookery books.

This dish is called cappelletti (or "little hats"), because of the hat-like shape pasta.

**Ingredients (basic recipe):** ricotta (about 6-1 / 3ounces), capon breast cooked in butter seasoned with salt and pepper and finely chopped with a "mezzaluna" (½), grated PDO Parmigiano reggiano cheese (about 1 ounce), whole egg (1), egg yolk (1), a dash of nutmeg, a few spices, some lemon zest (if desired) and a pinch of salt.

**Preparation:** mix all the ingredients and then taste, checking for seasonings and flavor. If you do not have a breast of capon, use 100 grams (about 3 1/2 ounces) of lean pork loin instead, cooked and seasoned as above. If the ricotta or raviggiolo is too soft, leave out an egg white, or if the mixture comes out too firm, add another yolk. Enclose this stuffing in a soft dough made with flour and eggs only, using some of the leftover whites. Roll out the dough in a thin sheet and then cut it into disks. Place the stuffing in the center of the disk and fold, so as to form half-moon shapes. Then take the two ends, press them together and you will have a "cappelletto." If the dough dries out as you are working with it, then dip a finger in water and wet the disks along the edges.

For best results, this pasta calls for a broth made with capon. Cook the cappelletti in the capon broth, as they do in Romagna. For a moderate eater, a couple of dozen cappelletti will be quite enough.

**Wine pairing:** Albana di Romagna DOCG. Albana is the white wine par excellence in Romagna and was the first white wine in Italy to receive the DOCG recognition in 1987. It is a singular wine, with characteristics that are rarely found in whites. The nose offers marked hints of yellow fruit such as peach, apricots, plums, citrus peel, figs, which are accompanied by sumptuous aromas of broom, honey and peach blossom. Acacia, hazelnuts and mineral background in the most fortunate cases. The bouquet is moderately intense, never explosive, but the situation changes when we move on to the palate. The Albana has a powerful structure, salty body, good sapidity, and lively tannins, all wrapped in a fruit that keeps the wine vibrant. Freshness is there, even not its main feature.

## 7.4 SECOND COURSE: Lesso alla Picchiapò (Lazio)



Lesso alla Picchiapò - meat boiled twice with tomatoes, onions and pepper – is a traditional dish of the roman working-class cuisine. Born in the taverns of the Testaccio neighbourhood – the area that used to host a big slaughterhouse - this recipe was created in order not waste the meat used for preparing broth and to make it tastier, thanks to another cooking with additional ingredients. The origin of the name is uncertain: for some it is due to the fact that the boiled meat was cut roughly and almost "hit" ("picchiapò" is close to the Italian word "picchiare" that means "hit");

for others, it is inspired to “Picchiabbò”, the name of a character of a Roman fairy tale written by Trilussa (a poet famous for his poems in vernacular).

**Ingredients** (4 people): boiled beef (500 g), *pelati* canned tomatoes (500 g), 1 big onion, olive oil, pepper, salt.

**Preparation:** Slice the onion and put in a pan large enough with the olive oil and make it cook at low heat (onions must become soften, not completely cooked or burnt!). In the meantime, hit roughly the boiled meat into pieces: when the onions are ready, add the meat, put salt and pepper, and let it cook for 5 minutes. Break your *pelati* with your hands and add them, half covering the pan. Let it cook low heat for 15 minutes.

**Wine pairing:** the red wine is the perfect pairing with this dish. When in Rome, you will probably taste *Lesso alla Picchiapò* with a red bottle of Castelli Romani DOC, farmed in the area around the *Eternal City*. Otherwise, you can choose also a less known local wine typology: the *Nero Buono*, farmed in the Southern Lazio, in Cori.

## 7.5 SIDE DISH: Caponata (Sicily)



The **Sicilian Caponata** recipe is one of the most popular Italian side dishes (or appetizer), and so rich in history. Tasting this recipe means discovering the real soul of the island and all the Greek, Arab, Spanish, and French influences into the Sicilian cuisine, due to the several occupations over the centuries. In Sicily, the official Caponata variations are 37. Every province, actually every family, has its own perfect recipe: with or without raisins, with or without tomato paste... moving just a few miles in another direction will reveal yet a different recipe for

this distinctive dish, though all share the basic characteristics: a sweet-and-sour condiment, which gives the vegetables a unique flavour.

Our advice? Try as many versions as you can, until you find your favourite that you can pass on to your family too!

**Ingredients (basic recipe):** Aubergines 1 kg (2 ¼ lbs), Celery 400 g (0.9 lb), White onions 250 g (½ lb), Cluster tomatoes 200 g (0.4 lb), Green olives in brine, pitted, 200 g (0.4 lb), Salted capers, rinsed 50 g (1 ¾ oz), Pine nuts 50 g (1 ¾ oz), Sugar 60 g (⅓ cup), White wine vinegar 60 g (¼ cup), Basil to taste, Tomato paste 40 g (2 ½ tbsp), Extra virgin olive oil to taste, Fine salt to taste. To fry the aubergines, use extra virgin olive oil, to taste.

**Preparation:** First, clean the onion and slice it thin. Trim the celery and cut it into thin slices. Cut the green olives in half and remove the pits. Wash and dry the aubergines, trim and cut them into approx. 2.5 cm (1-inch) thick pieces. Do the same with the tomatoes. Heat a frying pan and toast the pine nuts for a few minutes until they are golden in color. Now take your aubergines: put the olive oil in a high-sided pan and heat it, pour a few aubergine pieces in at a time and fry them for a few minutes. Once they are golden, drain them with the skimmer and place them on a tray lined with absorbent paper to remove excess oil, then set aside.

In a large pan pour a generous round of olive oil, heat it and then pour in the onion. Fry well until the onion has a light golden color, then add the celery; let it brown well, then add the capers, olives, roasted pine nuts and tomatoes.

Brown for a few moments, then cover with the lid and cook over low heat for 15-20 minutes. In the meantime, prepare the sweet-and-sour sauce: pour the vinegar, tomato paste and sugar into a small pot. Mix well with a teaspoon and, after 15-20 minutes of cooking, add salt and pour the sauce into the pan. Turn up the heat and stir until the smell of vinegar has evaporated. Turn off the flame, add the fried aubergines and sprinkle with basil. Mix everything well,

transfer the caponata in an ovenproof dish and put it in the fridge. This dish should be served cold or at room temperature and will taste even better the next day.

**Wine pairing:** The great chemistry is with intense rosé wines or red wines in the younger, soft and fruity versions. To stay Sicilian, definitely try the Etna rosé or the red Cerasuolo di Vittoria. The South offers so much choice, you can opt for the Calabrian Gaglioppo wine or the Apulian Negroamaro, both “in pink”. For those who love international wines, the rosé vinification of Cabernet and Syrah are also interesting, still from Sicilian production!

## 7.6 DESSERT: Neapolitan Pastiera (Campania)



Originally from Naples, the **pastiera Napoletana** has become a firm favourite throughout Italy during the Easter period. Like all good recipes, the origins are legendary. Some attribute it to one of the convents in Naples, while others claim that, like the city of Naples itself, it has pagan Greek origins.

Whatever the truth, the ingredients – ricotta cheese, candied peel, orange flower water – perfectly evoke the flavours and scents of spring in the bay of Naples.

The original recipe calls for pre-cooked wheat grains, grano cotto, which are available all over Italy at this

time of year. If you can't find them in your local deli, you can substitute it for Arborio rice, or another kind of risotto rice.

**Ingredients:** Shortcrust pastry: 300g of plain flour, 1 tbsp of sugar, 150g of unsalted butter, 1 egg, 150ml of water, icing sugar, for dusting; Filling: 350g of grano cotto, or Arborio rice, 50ml of milk, 30g of unsalted butter, 1 lemon, zest only, 2 eggs, 2 egg yolks, 300g of sugar, 350g of ricotta, 40g of candied citron, 40g of candied peel, orange, 20g of orange blossom water 1/4 tsp vanilla paste.

**Preparation:** Begin by making the pastry. Place the flour, sugar and butter in a bowl and rub together with your fingers until it has the consistency of breadcrumbs.

Add the egg and mix with your hands until combined.

Add the water a little at a time, stirring well, until the mixture comes together to form a dough (you may not need to use all the water)

Shape the dough into a ball, wrap in cling film, and place in the fridge for at least 1 hour to chill.

Meanwhile, make the filling. Place the grano cotto in a saucepan and add the milk, butter and lemon zest. Bring to the boil, then reduce to a simmer, stirring all the time until cooked – this will take about 20–25 minutes. Remove from the heat and allow to cool completely.

Place the eggs in a bowl with the sugar and whisk until the eggs turn pale.

Place the ricotta cheese in a blender and blitz until it has the consistency of whipped cream. Add it to the egg and sugar mixture, folding it in with a spatula.

Add the cooled wheat mixture, candied peel, orange flower water and the vanilla bean paste into the ricotta mixture. Stir together until combined and put to one side.

Preheat the oven to 160°C/gas mark 3 and butter a 24cm x 4cm cake tin.

Dust a clean surface with icing sugar and evenly roll out the pastry, carefully lining the cake tin. Prick the bottom with a fork and pour in the filling, trimming the pastry from the edges of the tin to leave a neat edge. Reserve any spare pastry to decorate and form into a ball.

Roll out the ball into an even layer. Using a pasta wheel, cut 8 strips long enough to be placed across the cake tin. Place 4 of them across the top of the pastiera in one direction and then place the other 4 diagonally to create lozenge shapes.

Trim the edges of the strips against the edge of the tin and place the pasteria in the oven to bake for 1 hour. After this time, cover the top with a piece of tin foil and cook for another 30 minutes. Allow it to cool completely in the tin before carefully turning it out.

Serve the pastiera cold with a good quality Italian espresso coffee. It makes a lovely Easter breakfast, accompaniment to afternoon tea or dessert.

**Wine pairing:** A perfect wine from Campania to taste with the Pastiera is “*Vesuvio DOC Lacryma Christi bianco liquoroso*”. This wine has a straw yellow color and shows to be pleasant, delicate and dry on the palate.

## 7.7 CHEESE PLATTER (Lombardy)

“La buca l’è minga straca se la sa nò de vaca” (the mouth is not tired if it does not taste like cheese) is a famous “Milanese” proverb, recited throughout the Lombardy region in the various shades of the different local dialects: cheeses, whose production has very ancient origins, are still very popular and appreciated.

To better enjoy the cheese platter, it is advisable to start with soft cheeses, generally fresher, to move on to semi-mature, semi-hard ones, and ending with hard cheeses: our cheese platter includes some examples of the 14 certified dairy products produced in Lombardy:



### QUARTIROLO LOMBARDO PDO

Fat or semi-fat cheese, fresh or short-aged, with a soft texture.

It is produced in most of the Lombardy region with cow's milk. Consumed in two types: Tender, with maturation between 5 and 30 days; Mature over 30 days. Table cheese with important differences in texture of the dough, from crumbly to creamy, but above all aromatic, from medium-

low to high intensity

### FORMAI DE MUT PDO

Fat cheese, with short, medium or long maturation, with a semi-hard texture.

"Mountain" cow's milk cheese from Alta Val Brembana. It is part of the Alpine productions in a small perimeter delimited by the Bergamasque Western Orobie Park. Produced in the mountain pastures at high altitudes, it is a cheese with a high aromatic intensity, particularly appreciated by experts.



### PROVOLONE VALPADANA PDO



Fat cheese, with short, medium and long maturation, semi-hard, spun paste.

Produced in some regions that include the Po Valley: Lombardy, Veneto, Emilia Romagna and part of the province of Trento. Made with cow's milk, it comes in two types, Sweet and Spicy. It requires a minimum maturation of 30 days and a long maturation which, for the Spicy version, can reach 16 months. The latter has a high aromatic intensity.

### BITTO PDO

Fat cheese, of medium or long maturation, with semi-hard or hard texture, depending on the maturation.

It is the main cheese of the mountain pastures for the places where it is processed and for the ancient technology. In the mountains of Valtellina, in the province of Sondrio, the cows, accompanied by a few goats, move to the high pastures. The resulting mixed milk is expertly processed, so that the cheese can be consumed for up to 10 years.



## GRANA PADANO PDO



Semi-fat, long-aged, hard cheese.

The Grana Padano PDO is a "grain" paste cheese with a very important production, as well as its trade abroad. It is of Po Valley origin and is produced in the regions of Lombardy, Piedmont, Trentino Alto Adige, Veneto and Emilia Romana. The semi-fat cheese made from cow's milk requires a long seasoning. Grana Padano Riserva at least 20 months. The paste is crumbly, with medium-high, persistent aromatic intensity.



Cheeses are never served alone.

The first thing we must provide next to the platter is bread, even better if homemade. Accompany the cheese with jams and honeys in small bowls, each with an indication of the name. Cheese is a virtually sugar-free food. The sugars brought by honey or jams thus find their natural complementary food, creating a balance of taste. In general, honey and jams go well with highly aromatic cheeses. You can also try it with delicious sauces, such as mustard with black pepper in grain for soft cheeses, or a vinaigrette of olive oil and herbs for aromatic ones.

An interesting alternative is fresh seasonal fruit (grapes, pears, peaches, kiwis) for soft cheeses; dried fruit (almonds, walnuts, pistachios, chestnuts) for hard ones. The extra virgin olive oil cruet, the pepper mill and the butter must never be missing.

**Wine pairing:** White wine: F.lli Berlucci Franciacorta Brut 25. Farm located in Corte Franca in the morainic hills of Franciacorta, Lombardy. The blend is made up of Chardonnay grapes (80%) and Pinot Bianco grapes (20%) harvested slightly earlier and continuously pressed in a single fraction of time. The grapes harvested strictly by hand, before being carefully selected are placed in small boxes. After the harvest, which takes place in the second half of August, the grapes are fermented at controlled temperatures and induced in stainless steel vats. After the fermentation phase there will be that of maturation and refinement on specially selected yeasts. This phase lasts just over 25 months, after which the sparkling wine is put on the market.

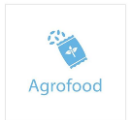
Red wine: Guarini Oltrepò Pavese C'era Una Volta Pinot Noir. The Pinot Noir vine owes its name to the characteristic "pine cone" shape of the bunch of grapes. Already in 1500 it was present in the hills of Pavia (Lombardy), but the vine we know probably derives from the French one. Cultivated in marly-calcareous soils, it expresses its characteristics as a demanding grape to work, in fact, even in the cellar techniques a wise knowledge of its characteristics is necessary to be able to enhance its aromas.

## 7.8 WINE AND LIQUEURS: Mirto (myrtle) liqueur/digestif (Sardinia)



**Mirto** is a light liqueur made from berries of the myrtle plant that, like citrus fruits, mature well in the winter sun. It is used as a digestif or liqueur and to cheer someone up after bad news, but also to celebrate after good news.

Really, it's so good that it can be drunk almost any time. The roots of Mirto reach deep into Sardinian history. This Italian liquor is achieved utilizing clusters of myrtle berries when mature and red, and sometimes the leaves. Mirto liqueur is known throughout the world as mirto sardo.



The most probable beginnings for Mirto liqueur are in the ancient practice of producing a wine with Mirto, a hypothesis that would explain its spread across Sardinia. It is even possible to make it at home, but the simple recipe requires a minimum of experience to choose the right aging time, ranging from a month to a year.

**Ingredients:** 1.5 pounds fresh myrtle berries (*Myrtus communis* or True Myrtle is easy to find in the Mediterranean, picked between November and January; 1 liter (~1/4 of gallon) pure alcohol; 1.5 pounds honey or sugar; 1 liter water (~1/4 of gallons).

**Preparation:** Do not wash the berries (to avoid water absorption). Place in a vacuum-sealed container covered completely with alcohol. Three months later: sieve the mixture of alcohol and berries and squeeze the content with a rag to extract more flavors and tannins. Mix sugar (or honey) with water on medium heat and then set aside to cool. Combine the two mixtures (alcohol-berries with honey water) Store, sealed, in a cool place. 40 days later the mirto is ready.

**Food Pairing:** After a lunch or a dinner you can taste mirto liqueur pairing seadas, the sweet little pastries filled with pecorino and lemon zest before being deep-fried and drizzled with honey, or with panna cotta that is a "cooked cream" of sweetened cream thickened with gelatin and molded and then Sardinian dry sweets like papassini, amaretti, tirciche etc.

Salute, A chent'annos!

## 8. DEADLINES OF THE NEXT NEWSLETTERS

- Beginning of September: Germany
- Beginning of October: Croatia
- Beginning of November: Bulgaria
- Beginning of December: Slovenia
- Christmas Edition: Romania

Follow us on our social media channels:

<https://twitter.com/agrofoodeen>

<https://www.instagram.com/p/BpgyzcggE1u/>

<https://www.facebook.com/agrofood.een/>

Get inspired and enjoy your holidays.... in Italy!

Carezza Lake and Riva del Garda, Trentino-South Tyrol



Bellagio, Como Lake, Lombardy





Typical vineyard landscape, [Monferrato](#) hills with Alps in the background, and [Lake Maggiore, Borromee islands, Piemonte](#)



[Emilia Romagna](#)



Lazio, not only Rome: (1) [Civita di Bagnoregio](#), “The Dying city”, (2) a view from the [Pontine Islands](#), (3) [Lake Bolsena](#), the largest volcanic basin in Europe and (4) [Bomarzo Monster Park](#)



**[Procida, Capri, Ischia](#): the astonishing islands in front of Naples, [Campania](#)**



**[Baunei](#) (east coast); [Su Nuraxi, nuragic village in Barumini](#) (inland); [Bollo bay in Alghero](#) (west coast), [Sardinia](#)**



**[Ustica island](#) landscape, [Taormina Greek theatre](#), [Pantalica nature reserve](#), [Sicily](#)**

