

VERSILIA ON THE TABLE



TUSCANY • ITALY





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VOGLIO VIVERE COSÌ

www.turismo.intoscana.it

VERSILIA



A haven of fun and enjoyment, everything you need and more for an unforgettable holiday. Hosting some of the most famous beaches in Europe, Versilia also offers a clean, safe sea, an unspoilt natural environment, fine accommodation, an impressive artistic and cultural heritage, as well as superb food and drink, another strong point of this area.

A territory worth exploring, evoking history and tradition, man's work and skill, as well as friendliness and hospitality. Renowned for its excellent fish cooking, typical of the coastal resorts, Versilia offers many fishermen's original recipes readapted to today's taste, while the hinterland is famous for its tasty peasant dishes. Some of the favourite foods are mushrooms, cooked in countless ways, as well as cold cuts - mostly from Camaiore and Seravezza. In addition, there is a wide choice of cheeses and honey to choose from. Bee-keepers are numerous in the area and with the vegetation and soil varieties, they are able to obtain honey with a wide range of flavours and aromas. So let yourself be tempted by culinary art in the many refreshment stops rang-

ing from typical restaurants and trattorias to wine-cellars and agritourims, as well as fish markets, artisan salami shops and press mills. In addition, an endless number of town festivals are available for your enjoyment, offering an array of colours and flavours, depending on the season, all dedicated to tasting typical local products. As the old Italian saying goes, "at the table you never become old"!

Versilia since ancient times has also been famous for olive-tree cultivation. The wealth of watercourses and streams in the area has given way to the opening of numerous family-run oil presses. Olives are brought to press right after harvest in order to obtain fresh extra-virgin oil with low acidity, highly valued in Versilia. This excellent bright green, dense oil with a fruity flavour and a touch of a bite is used mostly in hearty dishes such as grilled meats, wild green vegetable salads, boiled vegetables, legumes and first course dishes. But it is also used in many other recipes such as traditional vegetable and herb soups that make the Versilian cuisine healthy, light and unique.

CAMAIORE

Roman foundation city
Campus Major

TYPICAL PRODUCTS

Camaioire pork mortadella

Camaioire's mortadella, called "sbriciolona" because it is very fresh, is a typical cured meat in this area. The accurate processing of pork meat has made it rather well-known. It is sold in the area as well as within the country. With a sweet, delicate taste and a fragrant aroma, it has the typical shape of a salami, dark colour and soft texture. It is made of a selection of pork meats such as the pork's loin, shoulder and belly and spiced with salt, pepper, fennel, cinammon and cloves.

The meat is ground with dices of good quality firm fat, hand-packed into casings and tied tightly. The sausage is left to ripen for about a week in an aired room and then it is dried for a certain period



of time, depending upon the weight of the mortadella. Today's production is intended for local and regional consumption.

Area of production: Versilia

Availability: all year

Producers: Bonuccelli Salumi, Camaioire; Artisan sausage and salami factory, Triglia, Gombitelli



What to see:

- The Santa Maria Assunta Collegiate Church and Saint Peter's Benedictine Abbey
- Sacred Arts Museum
www.museoartesaracamaioire.it
- Archeological Museum (under repair)
- Castle of Rotaio in Camaioire, a 13th cent. fortress rising along the Francigena Route (private residence)
- Villa Borbone delle Pianore at Capizzano Pianore

Camaioire Lard

Camaioire's lard is a typical local cured meat, well-appreciated by gourmets. It is white with pinkish veins, made from pork strips taken from the back of the pig. These strips, seasoned by a thick layer of salt, pepper, garlic and rosemary, are placed on slightly tilted marble shelves, where they are preserved for a short period of



time, after which they are marketed. The lard is cut into thin slices accompanied by toasted or fresh bread or used as a seasoning for soups and dishes. It can be found at local delicatessens and butcher shops.

Production: Camaioire

Availability: all year especially from February to May.

Producers: Bonuccelli salami shop and artisanal sausage and salami factory, Gombitelli

WE RECOMMEND... RECIPES

Black pepper pie from Camaiore

The black pepper pie is a rice cake typical of the Camaiore area. It is said that every family has a personal recipe, that's



the reason why its preparation includes a number of different variations. Generally the recipe comprises 300 gr. boiled drained rice, with an addition of a slice of home made soaked bread, a handful of cooked chard leaves, minced parsley, black pepper, pecorino or parmesan cheese and two eggs. Mix all the ingredients to obtain a salty dough. Butter a pan, roll out the dough in a thin layer and turn mixture into the pan, level it, then roll up the edges of the crust, cutting the dough of the border into a shape of a "beak" and put into the oven. The black pepper pie is sold only in the area, either to private citizens, restaurants or shops mostly during Easter.

FIND OUT MORE...

Sawdust Carpets

Every year Camaiore celebrates the traditional procession of the Corpus Christi. On this occasion new sawdust carpets

(tappeti di segatura, "pula" in dialect) are designed by groups of artisans during the night between Saturday and Sunday.

This traditional feast is held each year on the Saturday preceding Corpus Christi Day. The numerous groups of artisans create their works in the open air in only in one night, during which they remain awake, working with carved plywood shapes and sawdust of various colours. The next morning the carpets can be admired only for a few hours, before they are destroyed by the procession of believers passing over them.

The Barsi ironworks at Candalla

At Candalla, small hamlet surrounding Camaiore, is located an old artisan wrought iron foundry where, since many generations, the Barsi brothers shape the iron and love it as if it were their own being. They are delighted to let in anyone for a demonstration about the wrought-iron process. The ancient trip hammer and furnaces still work and the site is full of the harsh smell of smoke.

Grotta all'onda

It is situated at an altitude of 710 mts. on the southern slope of Monte Matanna. The opening, 30 mt. large and only 3 mt high, lies at the foot of an impressive chalky overhanging wall, from which gush out numerous small waterfalls that make the environment fascinating and full of mystery. The cave, a unique chamber, where huge rocks fallen from the archway are spread, is a venue of important prehistoric findings, dating back to the Neolithic. It was discovered for the first time in 1865.



FORTE DEI MARMI

Famous bathing resort

TYPICAL PRODUCTS

Fortini biscuits

They are home made biscuits with fresh natural ingredients . The secret of their wonderful taste is due to the artisan small-scale production. They are prepared every week on demand.

Availability: all year

Producers: I Fortini, Massimini Giuseppe & Co.

WE RECOMMEND... RECIPES

Wedge shells marinara

Clean the wedge shells thoroughly, place them in a large pan and let them open up on high heat, saving the juice (clam liquor).



Heat another large pan with a little oil. Add minced parsley and garlic, gently sauté, then add the wedge shells with a pinch of pepper and salt, and lastly, the juice put aside. Serve immediately.

Marinated salt Cod

Ingredients: soaked salt cod, white flour, good- quality seed oil to fry. For the marinade: 1 peperoni, 1 chili pepper, 1 clove



What to see

- The fortress
- The charming 100 mts long pier (pontile)
- WWF Protected area along the coast
- Satire and Caricature Museum www.museosatira.it
- Home-Laboratory Museum Ugo Guidi www.ugoguidi.it

garlic, 3 sprigs rosemary, 1 glass garlic, extra virgin olive oil.

Cut the cod into chunks 7X5 cm, flour the pieces and fry them in a pan in abundant seed oil. Let it dry on a piece of absorbent paper. Mince the spices, sauté them for a few minutes in a pan with olive oil; stir in the vinegar and let it evaporate. Lay the marinated cod in a large bowl in layers, covering each layer with the marinated spices. If packed in airtight jars, the fish can be preserved for several days.

FIND OUT MORE...

The pier (pontile)

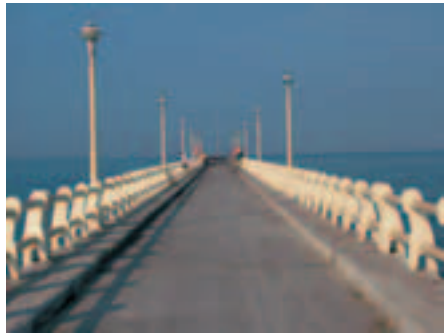
Venue of pleasant scenic walks, it was built in 1877 for the shipping of marble from the Apuan Mountains, which was kept in the town's ancient fort, hence the name "fort of the marbles". As a matter of fact, the pier rose by the loading dock, the place where in ancient times the blocks of marble were taken to be transported to sea.

In addition, this is where the old route built by Michelangelo to transport staple material for his works of art, ended. The town was founded in 1618 with the building of the pier and the marble shelter, erected by Cosimo I de' Medici. Around the two structures grew a fishermen and sailors' village, that became larger with the reclamation of the surrounding area and the building of the fortress in the 18th cent.

The Capannina in Forte dei Marmi

On the sea boulevard in Forte dei Marmi on the southern side of the town, is located the Capannina di Franceschi. Long ago the place was a carpentry but in 1929 it was turned into a club where refreshments and live music were provided. This is how the Capannina started. The night club has preserved the ancient wooden architecture and the traditional green, ivory and orange colours since its opening.

This important historic music hall, discoteque and restaurant preserves its charm still today and is a favourite haunt of celebrities. Moreover, it is the most ancient club among those in activity in the world and has never changed its name!



MASSAROSA

Natural environment amidst sloping hills and fertile plains

TYPICAL PRODUCTS

Oil

It is a single variety oil, obtained from olives with a fruity aroma, a bright, dense, yellowish-green colour, and a spicy peppery touch. After harvest, olives are stored in large aired baskets in layers and rushed to the press to avoid spoilage. Here they are either ground with a traditional stone mill or modern decanters, operating in a continuous cycle. The oil achieved is preserved in stainless steel decanters making it easier for debris to deposit before storage and bottling. This occurs after cold periods are over.

Production: hillside around Massarosa

Availability: all year round

High quality agriculture

Agriculture has been ever since a source of wealth and the main activities of the territory with organic fruit and vegetables, aromatic and



What to see:

- Archeological site "Roman Massaciucoli"
www.massaciucoliromana.it
- Marshland Museum of the Lipu reserve
www.oasilipumassaciucoli.it
- Parish Church of San Pantaleone, Pieve a Elici, built on a pre-existing 12th cent. building
www.parcosanrossore.it

medicinal plants, cultivated mostly by family-run businesses.

Production: hillside around Massarosa

Availability: all year

WE RECOMMEND... RECIPES

The pupporina

To celebrate St. Bartholomew on the night of 24 August at Bozzano, according to the ancient custom, the women of the town prepare an oval cake - that people believe to represent - a woman's breast, i.e. the "pupporina". Once baked, this biscuit



is given to children accompanying the procession to the chapel of St. Bartholomew, where it is blessed by the priest, after which it may be eaten. According to popular tradition, this cookie has the faculty of increasing milk yield to women nursing their children. Hence the name and shape of the biscuit.

The preparation of this traditional cake is very simple. It is made with flour, eggs, sugar, butter, yeast, anise seeds, a bit of marsala and sassolino liquor, lemon peel.

FIND OUT MORE...

Lotus flowers

The ponds are located in Bozzano, a few kilometres away from Massarosa, about a hundred metres away from lake Massaciuccoli. The flowers are exported to Germany, Switzerland and even to Australia. It is a family-run business, opened at the end of the Sixties whose owner had inherited a big farm pond, once a paddy field, consisting of eight hectares of abandoned marshland where wild lotus flowers thrived.



PIETRASANTA

Main artistic town in Versilia

TYPICAL PRODUCTS "Schiaccioni" beans

The schiaccione bean from Pietrasanta has a whitish-green pod, light speckled, flat and elongated in shape. On the inside of the pod, the beans have an oval flat shape and once cooked, yield a delicate taste and don't tend to crumble. Due to its tenderness, this bean is boiled and seasoned with a good



extra-virgin olive oil.

Production: all over Versilia, above all in the Pietrasanta and Camaiore municipalities.

Availability: from end of April to June in greenhouses, then it is field-grown until November with protected cultivations.

Productions: Farm Factory Bazzichi Emilio; Bonuccelli Alfredo, Ceragioli Alessandro; Coppola Rodolfo; Da Prato Valeriano; Farnocchia Andrea.

WE RECOMMEND... RECIPES

Pietrasanta Marzipan

Ingredients: 400 gr. peeled almonds, 400 gr. Sugar, 4 egg whites



What to see:

- The Cathedral square, the Collegiate Church of San Martino, backed by Rocca di Sala, palazzo Moroni, the Arrighina fortress, the church and former convent of Sant'Agostino, the Cultural Centre L.Russo and the Museum of Models.
www.museodeibozzetti.it
- Museum-home of Carducci at Valdicastello
www.comune.pietrasanta.it
- At Pietrasanta live and work many artists from all over the world such as Igor Mitoraj and Ferdinando Botero

Mince the almonds rather finely and put them in a bowl. Add the sugar and mix well. Beat the egg whites until stiff and slowly combine them with the almonds. Grease a non-adherent ring-shaped pan and sprinkle flour into it. Pour the mixture into the pan and bake for 15-20 minutes.

FIND OUT MORE...

Marina di Pietrasanta Versiliana Park The pine nut factory

In 1984 the Pine nut Factory located on the inside of the Versiliana Park was restored. It's a building not far away from the Villa Versiliana, where the fruits of the domestic pine tree were manufactured, and the pine nuts

were extracted and sent to Italian cities such as Genoa for the pesto sauce and to Siena for the panforte cake, as well as to Milan and abroad to Argentina. The production continued until the Seventies, when its artisan organization was crushed by the competition of other countries. The factory has been recently restored and includes a machine similar to a treadmill as well as peculiar trays used for the harvesting process. Today it is the venue of important art exhibitions.



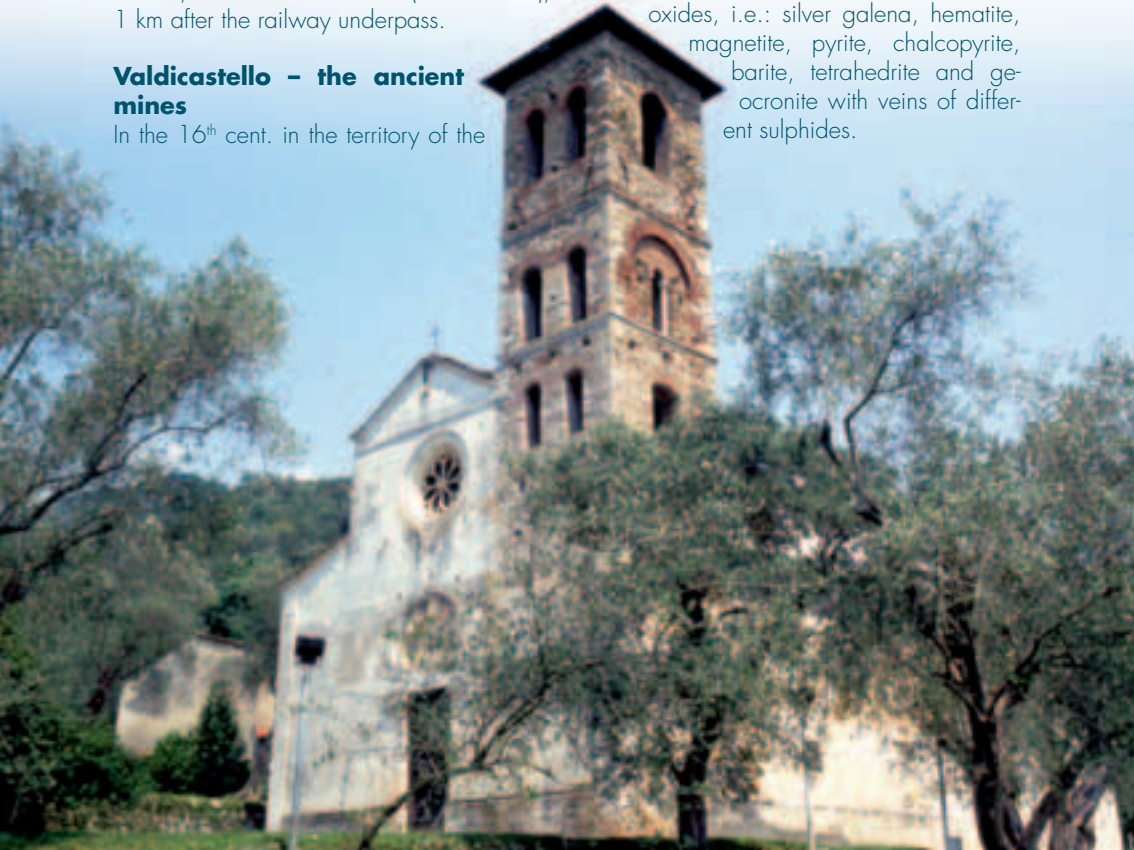
Medicean Tower Salto della Cervia

The tower at Salto della Cervia near Pietrasanta, not far away from the main road and the railway, was a fortress used by the Florentine government to defend the coastal strip in the 16th cent. The fortress is located next to a marble deposit reachable from Pietrasanta. Take the state SS1 Aurelia Road, towards Massa, in the Strettoia area (Montiscendi), 1 km after the railway underpass.

Valdicastello - the ancient mines

In the 16th cent. in the territory of the

Pietrasanta Captaincy gold and iron mines were active according to the wishes of the Medici family in Florence, but nowadays are closed. Valdicastello is mostly important for its subsoil rich in minerals which caused battles and economic warfare among the many rulers throughout the years. In addition to iron, there are a wide number of minerals to be found in this area such as, sulphur, sulphate, sulphate salts, oxides and hydroxides, i.e.: silver galena, hematite, magnetite, pyrite, chalcopyrite, barite, tetrahedrite and geocronite with veins of different sulphides.



SERAVEZZA

Ancient Medici residence

TYPICAL PRODUCTS

The bread from Azzano

The traditional round-shaped, dark-crust bread of Azzano, a hamlet in the Seravezza municipality, has been produced by only one bakery since the postwar period. This bread is obtained by a mixture of soft-wheat flour type 0, potato flakes, water, salt and yeast. It must be left to rise for 12 hours and then put in the oven for 25-30 min. During baking the bread must be placed upside down in the tin at least once.

Production area: Azzano

Availability: all year at supermarkets, delicatessens, and specialized food shops

Producers: Folini Bakery

The tizzone from Giustagnana

This type of cured meat originates from an ancient tradition dating back to 1800. There are two kinds of tizzone, one has an elongated shape while the other is round. This type of salami consists of a selection of lean and fat parts, that are hand crafted with a mixture of spices. Once it is stuffed, the salami is left to dry in a



Da vedere:

- The Medici Palace, the Granduchy's horse stables, the Constanti theatre, the Museum of Work & Popular traditions
www.palazzomediceo.com
- The entrance of the Apuan Alps Regional Park
www.parcapuane.it

cellar for a certain period from 2 weeks to 3 months. Later it is kept under ashes for a period from 1 to 4 months according to the size of the sausage. The ashes include a combination of burned parts of different woods such as olive and chestnut trees, broom and pine-needles. Cooking the meat under ashes helps to preserve the salami for a longer period of time, while enhancing taste. The result is a characteristic dark-coloured meat. Once the period of ripening is over, the tizzone is dried for not longer than 5 days and then it is immediately marketed to restaurants and wine bars.

Producers: Azienda Agricola Felice Lorenzini

Availability: all year

Seravezza flatbread (focaccia or schiacciata)

It is a salted round-shaped flatbread of a dark yellow colour. The mixture –a secret among bakers– is made of corn and wheat flour, lard, garlic, rosemary, natural yeast or acid dough, mountain water, salt and olive

oil. The dough is divided into two loaves and let rest for a few hours. Then, it is kneaded once again and



placed on an oil-greased cookie sheet. Before baking, indentations are made on the dough and it is brushed with oil. It is excellent cut into triangles and eaten within 24 hours from preparation. This typical flatbread is sold by local bakeries and delicatessens of the town.

Production: the Seravezza flatbread was once produced by an only bakery of the town centre, while today it can be found in many other bakeries in the area.

Seravezza Medici biscuits

Seravezza Medici biscuits

They are prepared with simple, natural, genuine ingredients such as, flour, milk, eggs, butter, grated lemon, orange peel and natural flavours. The recipe has been used with care and respect by the Parigino bakery for a century, being people who appreciate fine, traditional wine and foods, and has been labeled "Medici biscuits" to promote a local typical product steeped in history, to the time of the Medicean Court in Seravezza.

Production: Seravezza

Producers: "La Parigina" Bakery, Seravezza

Querceta olive tree

This olive tree variety is probably a result of adaptation of wild olive-trees to the Versilia micro climate. It is an ancient tree, planted in the hilly areas prior to the Roman era.

Olives are generally small sized, and are harvested from October to December with the method of beating olive-tree branches (bacchiatura) using ladders and nets. Part of the Querceta olives are brine-cured by the locals, while the largest part is taken to the mill.

Production: Versilia hillside and seaside, concentrated mostly in Pietrasanta and Seravezza, in particular around Querceta, where from the name arose.

WE RECOMMEND... RECIPES

Tordelli (local ravioli)

This recipe is typical of the culinary tradition of Seravezza, a former Versilia mountain village that has now become a large town.

Prepare a traditional meat sauce, and for the



filling, heat a little olive oil, add the different kinds of meats, cook until lightly browned all over and salt them immediately so that they keep moist. Let them cool. Boil the chard leaves in little water, squeeze and mince them. Soak breadcrums in milk, squeeze them, add eggs and other kinds of cheeses. Mix the ingredients with care.

Preparation of the ravioli

Make a mound with the flour on the work surface and scoop out a well in the middle.

Put the eggs, a little milk and oil into the hole,





working them all together until you have a smooth dough. Roll the dough into a fine sheet and cut it into circles with a form or a glass turned upside down. Place a little mound of filling in the centre of each circle and fold the pasta in half, making sure that no air is left inside, as the tordelli might open when cooking. Firmly press the edges with a fork. While the tordelli are done, spread them onto a floured tablecloth, placing them at a distance one from the other. Bring a pan of salted water to the boil, put the tordelli a few at a time into the boiling water. When they return to the surface, remove them one at a time with a skimmer, letting them drip thoroughly. Place in a bowl and season with the ragu and parmesan cheese.

FIND OUT MORE...
**St. Martino's Parish Church
at La Cappella**

Located in an area of outstanding scenic interest, the parish church dedicated to St. Martin is completely built in marble. It probably dates back to 1000 and was widened in the 13th cent. Between 1518 and 1536 it was embellished with

an Ionic portico probably designed by Michelangelo - unfortunately destroyed during World War II - as well as a wooden frame on the roof and a rose window called "Michelangelo's eye", also attributed to the Florentine master.

Nowadays La Cappella - as the parish church is usually called - represents, not only a place of worship, but also a laboratory of sculpture, run by a German school.



REGIONAL PARK OF THE APUAN ALPS

The Apuan Alps, with their rich environment and their widely varied landscape, represent one of the most original mountain areas of the peninsula.

TYPICAL PRODUCTS

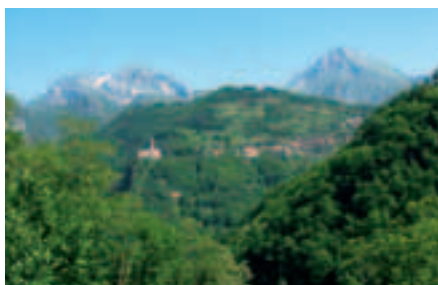
Honey from Alta Versilia

With the great variety of lush vegetation and climatic areas. The Alta Versilia mountain region and the Park of the Apuan Alps are an ideal territory for the production of honey. Here is a short description of the most characteristic and typical varieties in the area: Chestnut honey is characterized by a liquid texture with a dark amber colour. Its intense aroma makes its lightly bitter flavour pleasant. The Acacia honey has a very light, clear colour and a very sweet and delicate taste recalling the sweetness of ripe fruit.

Millefiori honey or thousand flowers honey has a rather thick granular texture and the taste depends on the types of flowers. Fir tree honeydew honey, melata, has a rather dark colour tending to black, its balsamic flavour is less sweet than the honeys made from nectar and has a light resin flavour.

Honey is marketed directly by factories, wholesalers, as well as a network of shops

Availability: all year



- Within a few kilometres from the Versilia coast, rise the Apuan Mountains to reach 2000 mt of altitude with Monte Pisanino. The Apuan Alps are famous all over for the beauty of their marbles as well as other decorative and building stones. About 300 quarries located on the border of the Park are a source of great economic and cultural wealth for the area.

www.parcapuane.it

PRODUCERS:

Consorzio Il Camuciolo

Lido di Camaiore (LU) - Piazza Romboni

Tel. 0584 904533

Capezzano Pianore (LU) - Via Acquarella

Tel. 335 5336215

Sapori Mediterranei

Donata Baldi

Soc. Coop La Ficaia

Massarosa (LU) - Via Ficaia

Tel. 333 7546040



Trail of the Apuan Alps artisan breads

They are big oval or round-shaped, a bit flat-tened, with a fragrant dark crust and can be accompanied with

olives, seasoned with rosemary and extra-virgin olive oil to make a full, tasty meal, so many are the types of bread found in the Apuan Alps. But why choose a route in this region linking traditional stone wheel mills, as well as farms producing corn, wheat, chestnut flour, spelt, potatoes, and even bakeries that still use wood stoves to cook all kinds of fragrant, tasty rustic bread? The reason is that in the Apuan Alps, famous all over the world for their precious marble quarries and an incredible natural heritage of plants and animals protected by the Apuan Alps Regional Park, a complete wheat flavour-bread chain. In the woods of Lunigiana, Garfagnana and Alta Versilia are scattered active drying kilns, where chestnuts are dried for months, later to be transformed into excellent flour producing dark, tasty, fragrant bread.

In small hamlets perched high on the Apuan Mountains artisan bakers traditionally heat their wood-fired ovens every night with a bundle of wood in order to obtain loaves of fresh, rustic bread early in the morning.



BAKERIES:

Azzano typical bread
Folini Bakery, Folini Riccardo
Via Pianello, 31 - Loc. Azzano
Seravezza (LU)
tel. 0584 773377

Alta Versilia potato bread
Lazzeri Bakery
Via Provinciale
Pontestazzemese Stazzema (LU)
tel. 0584 777194

Angelo Edifizi Bakery
Via Colle, 11 - Ruosina
Seravezza (LU)
tel. 0584 777966

Seravezza flatbread
Andrea D'Angiolo Bakery
Via Lombardi, 12
Seravezza (LU)
tel. 0584 757614

Antica Panetteria Bakery
Via Mordure, 83 - Querceta
Seravezza (LU)
tel. 0584 743574

Antichi Sapori Bakery
Via Garibaldi, 60
Pietrasanta (LU)
tel. 0584 790205

Drago Bakery
Via Mazzini, 43
Forte dei Marmi (LU)
tel. 0584 83533



STAZZEMA

Typical mountain village

TYPICAL PRODUCTS

Cardoso mordadella

This type of salami dates back to an ancient tradition in Versilia. The mortadella is spiced with herbs found in Alta Versilia in order to enhance the taste. It is made with pork meat and packed into natural cas-



ings from oxen and pig's guts. The fat and lean parts of the minced meat are mixed with salt, spices, minced garlic, rosemary, thyme, wild fennel and other mountain herbs. After a week of maturation and drying it can be eaten, but it may also be hung to dry longer for up to 10 months. Most of this product is sold locally, and only a small part of the production is marketed in the rest of Tuscany.

Production: Alta Versilia

Availability: All year

Producers: Salami factory Barsanti Albertina

WE RECOMMEND... RECIPES

Neccio or castagnaccio cake

500 gr. chestnut flour, 200 gr. ricotta cheese, 7 walnuts, 1 orange, rosemary, oil, water, salt.



What to see:

- The 9th cent. Church of Santa Maria Assunta
- The Museum of the Resistance Movement
www.santannadistazzema.org
- Corchia Cavern – Via 4 November, 70 – Levigliani di Stazzema
Tel. 0584 778405
www.antrocorchia.it
- The Museum of the Pietra Piegata (marble museum) – Via 4 November, 70 – Levigliani di Stazzema,
Tel. 0584 778405
www.parcapuane.it
- Excursions available in the Apuan Alps and Monte Procinto

Mince the rosemary together with the orange peel and the walnuts. Sift the flour in a bowl. Add salt and warm water little at a



time until you obtain a liquid mixture. Keep mixing to avoid lumps. Add the rosemary, the orange peel and the walnut kernels set aside. Mix well, then pour into greased pan and bake 30 min. at 190° C. Serve hot with the ricotta cheese.



FIND OUT MORE...

Pruno di Stazzema Summer Solstice

When the sun moves across the sky and penetrates through the natural arch of Monte Forato early in the morning at 7 o'clock, then it is time for the summer solstice.

The longest day of the year is the celebration of light. It is an opportunity to celebrate a religious or pagan holiday and to benefit from omens and prophecies. Don't miss the wide number of events scheduled at the end of June in Pruno.

Cardoso di Stazzema Pietra del Cardoso (Pietra Cardoso) quarries

Pietra Cardoso is a dark slate like stone, similar to flagstone, unique in its class. The Cardoso stone, found in the mines located near the town, is a unique material that ensures economic growth of the local stone industry. The Cardoso mines are small, but they have become larger throughout the years.. Pietra del Cardoso can be used in architecture and construction to make stairs, thresholds, window sills, floors and tiling, but it can also be used for urban furnishings, as well as in the manufacture of small decorative objects.



VIAREGGIO

Bathing resort with famous liberty buildings

TYPICAL PRODUCTS

Green fish

In Viareggio the salty air of the sea blends with inviting aromas coming from the city's kitchens. It is the very familiar smell of fish.



Different types of fish come from the Tyrrhenian Sea such as squids, soles, brills, clams, red mullets and above all, green fish. For a long time, unjustly, it has been considered a peasant's food, as it was eaten mostly by fishermen. After their fishing expeditions they

would cook it on a grill over a fire and eat it directly on the dock. With bountiful varieties of green fish such as sardines, anchovies and mackerels, the area boasts a vast heritage of tasty home made recipes. Many traditional recipes are skillfully readapted by our excellent restaurants to a more pleasant type of cooking.

WE RECOMMEND... RECIPES

The Viareggio "cacciucco" (fishsoup)

The cacciucco was invented in 16th cent when fishermen created this soup made of less-valued fish, that could not have been sold on land.

The cacciucco - written with five C's instead of four (be sure to spell it right!) - originates



What to see:

- Villa Paolina Civic Museums
www.comune.viareggio.lu.it
- Modern and Contemporary Art Gallery
www.gamc.it
- Maritime Museum
www.museomarineria.info
- Carnival Museum
www.viareggio.ilcarnevale.com
- Giacomo Puccini Villa Museum
www.giacomopuccini.it
- Port and Tourist Wharf

from the turkish kuciuck, which means tiny or small. In Tuscan cooking the noun has then become a synonym for a dish where several ingredients were incorporated, all minced in tiny pieces. A light seafish stew, not exceedingly spicy, that's what the cacciucco from Viareggio is all about.

3 Kg mixture of small and large fish (moorhens, squids, cuttlefish, baby octopuses, smooth hounds, dogfish, weevers, scorpion fish, mantis shrimps, horse mackerels, red mullets)



800 gr. Tomatoes, ½ l. oil
 6 cloves garlic
 2 chili peppers
 tomato sauce
 4 leaves sage
 ½ l. red wine
 1 onion, parsley, salt, pepper
 toasted bread

Wash and clean the fish, leaving the small fish intact. Chop the bigger fish to the size of the smaller fish. Heat a spoon of oil for each person in a skillet and fry with the garlic, onion and sage. Add the cuttlefish and octopuses, cook for a few minutes with the pan covered. Drizzle with wine and let evaporate. Add water, tomatoes and tomato sauce and cook for another 30 minutes. Meanwhile, in another pan, heat little oil with minced onion and garlic, add the remaining wine, tomato and water. Let it simmer and add the fish with the bones and cook slowly at low heat for 10 minutes. Add salt and the chili pepper to taste. Toast slices of homemade bread. Serve in a large bowl at the centre of the table and sprinkle with parsley. Pour the soup on layers of toasted garlic bread.



Razor clams with spaghetti

Ingredients for 6 persons:

1Kg. razor clams
 2 cloves garlic
 1 chili pepper
 ½ glass white wine
 1 cup tomato sauce
 500 gr. spaghetti
 oil

Open the razor clams when they are still alive. Wash them over and over in water until white and chop them. Heat enough extra-virgin olive oil to cover the bottom of a skillet and sizzle the garlic with the chili pepper. Then, add the razor clams and let evaporate over high heat. Add the wine and when it is evaporated add the tomato sauce and cover pan.

Let simmer slowly after having seasoned with salt to taste. Let the spaghetti boil until cooked "al dente" (firm but not hard) and sauté them in the fish sauce. Add chopped parsley to taste.

The "scarpaccia" from Viareggio

This simple, typical cake from Viareggio is served mainly at the end of the meal and has a sweet-sour taste. For a perfect outcome, in a bowl mix flour, sugar, one egg, melted butter, vanilla, warm milk and a pinch of salt. Add the zucchini cut in thin slices. Grease a baking tin, sprinkle it with flour and add the mixture drizzling it with oil. Bake in the oven at medium temperature for an hour.

FIND OUT MORE...

Fishing

The coastal strip from Viareggio to Forte dei Marmi is an excellent area for fishing. The nature of the coast is ideal for the many sport fishing techniques, so that all fishing enthusiasts



may obtain satisfying results. Strolling along the Viareggio pier next to the Viale Margherita, called promenade or out on the rocks in the dockyard area, the darsena, you can run into many fishermen who meet here and sit for hours waiting patiently for their catch thanks to their enthusiasm and love for this sport.

Cetus Centre - Marine protected area

Boat excursions from Viareggio to the Sanctuary of Cetaceans, a marine protected area for dolphin and whale spotting

CE.TU.S. is the first Centre in Tuscany for the observation and research of dolphins and whales with its headquarters in Viareggio.

Marine biology cruises and cetacean watching aboard a luxury catamaran, the Krill with minimum of 6 persons. Guided visits aboard with explanation of marine biology and cetacean zoology, using information leaflets and pictures to recognize the characteristics of these mammals.

The programme includes:

- from January on - daily excursions

- from May on - weekends and weekly trips to the Sanctuary of Cetaceans

www.cetusresearch.org

Villa Borbone in Viareggio

The lovely Villa Borbone was designed at the beginning of the 19th cent. by architect Lorenzo Nottolini as a hunting residence for Maria Luisa di Borbone, duchess of Lucca from 1817 to 1824. The villa, rising among the luxuriant greenery of the eastern pine-wood, allowed the noblewoman to reach the centre of Viareggio through the charming Viale dei Tigli, also commissioned by her.

The villa was later bought in 1985 by the Barsanti family, who donated it to the city of Viareggio. This notable building, currently a venue for many important cultural and musical summer events organized by the Viareggio Municipality and the Puccini Festival Foundation, is also the entrance to the Regional Park of Migliarino-San Rossore-Massaciuccoli

For visit to contact the Viareggio Townhall
tel. 0584/9661 ufficio cultura
Viale dei Tigli - Viareggio



TORRE DEL LAGO PUCCINI

MUNICIPALITY OF VIAREGGIO

Giacomo Puccini's homeland

WE RECOMMEND... RECIPES **Puccini's taglierini (thin tagliatelle)**

Ingredients:

200 gr. soaked dicecimini beans

300 gr. potatoes

400 gr. fresh taglierini pasta

garlic, wild fennel, rosemary, sage,

salt, pepper

extra virgin olive oil

Bring the beans to the boil, when they are half-way cooked add the potatoes cut into chunks. Strain them. Fry 2 cloves of garlic with the sage and the rosemary and add them to the bean soup. Season with fennel, salt and pepper. Stir in the tagliarini and season with fresh olive oil.

Love for hunting gave Puccini a chance to appreciate wild game cooking. When his hunting expeditions were over he met with his friends to roast pheasants and ducks. Below is the bald coot recipe, the Maestro's favourite dish.

Puccini's bald coot

Ingredients

2 bald coots (or a number of other types of birds)

less than a whole onion, one carrot, a stalk of celery, thyme, 2-3 leaves of laurel,



"Sun-drenched beaches, shady pinewoods, a relaxing lakeside!" This is what Giacomo Puccini cried out during one of his hunting expeditions with his friends admiring this slice of Tuscany where the Maestro was soon to buy his home. Torre del Lago Puccini - surrounded by Lake Massaciucoli, the Tyrrhenian Sea, the Apuan Alps and the Migliarino-SanRossore-Massaciucoli Regional Park – is a wide range of natural elements that still today make it an unforgettable holiday destination.

one glass red wine,
little beef broth (or a stock cube and warm water)
home made bread,
some juniper berries (not mentioned in the original recipe)
extra-virgin oil, salt and pepper.

Preparation of the birds

Skin the birds (it is faster than plucking them), trim out the fat and separate the breast from the thighs. Discard the backbone, the wings and the pelvis bones as they have a strong and often not very pleasant taste (in the past hot iron bars used to be run through the internal organs). Soak the chunks of meat in a solution of water and vinegar for about an hour. Brown for a few minutes in a little oil, adding a pinch of salt. Drain the breasts and the thighs and throw away the liquid.

Cooking process: Heat the olive oil in a saucepan adding the minced spices. Once



welted, add the bird chunks. Brown for a quarter of an hour, sprinkle with wine and cook. Add salt and pepper and a few leaves of thyme, the laurel and the juniper berries. Continue cooking for another 40 min., drizzling with broth. Toast some slices of bread set aside and sprinkle with the sauce. On the bread lay the breasts and the thighs and serve hot.

FIND OUT MORE...

Specimen of avifauna

At the Civic Centre in Torre del Lago Puccini, a permanent display of avifauna specimen can be visited., where several embalmed birds are displayed, a technique used to preserve bodies of animals. Worth mentioning are two flamingo birds, a white stork, a crane, a cormorant, as well as three species of herons, i.e., grey, white and red. Centro Civico, Torre del Lago

Puccini- Tel. 0584 350409 - Monday to Saturday 9 am - 12.30 pm, free admission.

Chalet del Lago

Situated on the lakeside of the Massaciuccoli and built on a pile-dwelling, the Chalet del Lago hosts a panoramic terrace, offering a spectacular view of the typical swampy landscape and the impressive Apuan Alps. Built at the end of 1800 and magnificently renovated, it has preserved the original structure. The place became one of Puccini's favourite haunts, where he found inspiration for his works, becoming an important part of his memories. It is located in front of Villa Puccini, not far from the New Theatre, where the Puccini Festival is held every year. Nowadays it is the meeting place of artists and musicians. Well worth a visit is the interior of the restaurant painted with notable frescoes by the Macchiaioli.



MIGLIARINO-SANROSSORE -MASSACIUCCOLI REGIONAL PARK

Coastal strip of the provinces of Lucca and Pisa

TYPICAL PRODUCTS

Organic beach honey

It is a thousand flowers honey, produced uniquely along the coastal strip. It has a original taste and aroma that recalls the smell of the sea air.

The bee families grown in hives, are placed along the beach, protected by a natural beach dune, in an unspoilt environment, with typical wild Mediterranean vegetation.

It is commonly eaten with bread, or paired with sheep's ricotta cheese as well as other types of fresh and mature cheeses. It may be used also to prepare very special appetizers, such as spelt salad with thin slices of turkey, balsamic vinegar and beach honey.

It is considered a very exclusive product and because of limited production, it is sold directly by the honey factory or by specialized shops in the area.

Production: only in the coastal strip of the Migliarino-San Rossore Massaciuccoli Regional Park



Da vedere:

- Torre del Lago Puccini, Lake Massaciuccoli
 - Villa Borbone in Viareggio, entrance to the Park
 - The charming wetlands and lush vegetation of the park
- www.parcosanrossores.it

Availability: limited production, not guaranteed the whole year

Producers: Sapori Mediterranei Donata Baldi Soc. Coop La Ficaia - Via della Ficaia - Massarosa LU Tel 3337546040
Guided visits to the beehives-honey sale

Organic pine nuts of the Migliarino-San Rossore-Massaciuccoli Regional Park



The pine nut, whitish and oblong-shaped, has a hard shell, covered with black violet dust. It comes from the Stone pine, a typical tree of Mediterranean countries. The pine nut of the Migliarino-San Ros-



sore-Massaciuccoli Park has been certified organic and it is produced within the premises of the Park. Pine cones are harvested when they are still closed, then they are left to dry in the sun so they may open naturally. Subsequently, pine nuts are shelled, selected and dried. They are available all year and are used in cooking and in baking. The certification of organic guarantees marketing also outside Tuscany.

Producers: Grassini Amilcare snc
San Giuliano Terme PI - Campo di Tonda -
Via Toniolo 182 tel 050/870291
www.pinolibiologici.it

Pecorino cheese of the Migliarino-San Rossore-Massaciuccoli Regional Park

It is white, produced with sheep's milk

and has a scent of grass. The maturation process lasts generally not longer than 20 days, whereas the ripening period for grated pecorino is extended up to a year and yields a stronger taste. Therefore it may be eaten fresh or fully matured and paired with broad beans or pears. It is sold to single customers, local shops and farmhouses.

Production: produced in Versilia in the Migliarino-San Rossore-Massaciuccoli and Apuan Alps Regional Parks.

Availability: all year

Producers: Farms: Argentini Riccardo, La Penna, Bertilorenzi Aldo, Bertolini, Cecchi Ulisse, Cheli Andrea Ornelio, Palini Domenico.







Versilia Tourist Board:

P.zza Mazzini - Palazzo delle Muse
55049 Viareggio
T. +39 0584 48881 - F. +39 0584 47406
info@aptversilia.it - www.aptversilia.it

Tourist Information Office:

Viale Carducci, 10 - Viareggio
T. +39 0584 962233 - F. +39 0584 47336
viareggio@aptversilia.it

Tourist Information Office:

Viareggio Railway Station
P.za Dante
T. +39 0584 46382 - F. +39 0584 430281
stazione.vg@aptversilia.it



Province of Lucca

P.zza Napoleone - 55100 Lucca
T. +39 0583 4171
www.provincia.lucca.it



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CHAMBER
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Lucca Chamber of Commerce

Corte Campana, 10 - 55100 Lucca
T. +39 0583 9765
www.lu.camcom.it

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