

LIGURIA

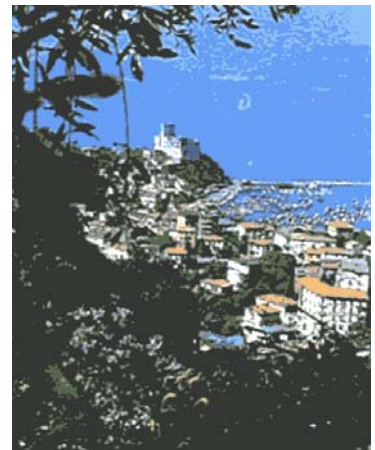
...1000 Years of history...

Everything began with the Liguri always pre-occupied with the domination of their barren land, which stretched between a steep coastline and the sea; they invented terraces, built up of dry stone walls, the length of which, over the course of centuries, have surpassed even that of the great wall of China.

Very early in ligurian history “Black Gold” slate, made its appearance and became very important for its economical benefits in the pre-touristic era. Craft and trade flourished and religious presence was very strong, being the reason for the architectural masterpieces which can still be admired. In the course of the XVIII century, the ruling European bourgeoisie discovered these inlets and valleys, with their beauty and their mild climate, and the myth of the Mediterranean oasis was born, which inspired so many poets.



...Nature...



...Arcades and mosaics...

Stars and wind roses of sparkling stones adorn the churchyards; mosaics commemorating the seamen's memory of the sea. Shades of ochre reflecting in the water, rocking like an interplay of pictures; bell towers reaching up to the sky, citadels with their battlements a proof of strength and might, the arcades are the receptacles of antique treasures. The slate, the factotum, and the ligurian soul born from the sea and the mountains stretching between the Riviera and the Apennines.



...Tradition...



...Culinary bliss...

1. The classic “FOCACCIA” of Genoa

In Genoa , “a Fugassa” is a rite. Poor food, for morning refreshment, became in time a popular breakfast, a savoury snack showing an incredible versatility from the ancient roots: it seems that in the end of XVI century it was usual to consume the “fugassa” into the church, at the moment of the benediction, during the marriages and the funerals. The ingredients of the classic “focaccia” of Genoa are extravergine oil of olive, flour, water, salt (sometimes a spray of white wine); it has to be crunchy and golden on the surface but soft inside.



2. The “PANSOTTI WITH WALNUT SAUCE ”

It is a kind of stuffed pasta that in the ligurian language is called “Pansotti”(because they have a sort of stomach).

Characteristic of the “Pansotti” is the stuffing of lean: The chards, the borage or the “Preboggion”, a mixture of herbs of season that’s used also for omelettes and soups.

In the originary recipe “prescinseua”(milk curd), or ricotta (a fresh kind of cheese) were used.

The sauce that flavours the pansotti is the “walnut sauce” the walnuts are squashed into a mortar.

3. The “TORTA PASQUALINA”

It is one of the most ancient recipes of Liguria: it is usually prepared for the Easter menu.

This speciality consists in a puff pastry with a stuffing of vegetables or meat.



4. The “PANDOLCE GENOVESE”

It is the most famous cake in Genoa. It is made with water, yeast, flour and pine-kernels, raisins, candied fruits, a liquor called “marsala”, sugar, butter, fennel pips and pistachios.

The result is a cake full of fragrances; there are two versions of this cake: one version is soft, the other one is thin but friable.

It seems that this cake was prepared two days before Christmas: after the rising, the oldest women took it to the baker's to cook. During the Christmas dinner the youngest component of the family cut it after removing the auspicious twig of laurel put on top of it and the oldest member of the family gave everybody a piece of panettone, but not the first slice: this was put into a napkin and was offered to the first poor man that knocked at the door.

5. The “FOCACCIA OF RECCO”

Is it an ancient or a recent dish? A document of the 1150 tells about the preparation of this dish which was then offered to the crusaders leaving for the Holy-Land.

The “focaccia of Recco” is simple, very thin, a little golden, with a creamy dairy product between two thin layers of pasta. The cheese that is used today is called “stracchino”.