

The Gallura Cuisine: Taste and Tradition



Known throughout the world for the splendor of its **450 km of coastline** and the unique "jet set" that usually attended during the summer months, the **Gallura** reveals its quiet essence and charming atmosphere between the soft hills and plains dominated by granite. Very few people have had the opportunity to appreciate the wild beauty of the countryside, the hinterland of the **Costa Smeralda** and its landscapes, the tranquility of the seasons less crowded and the warm hospitality of its inhabitants.



Gallura is also the region of "**stazzi**", the traditional peasant farms, which represent a unique cultural heritage, and from whose activity is derived the truer **Gallura** traditional food. The **Gallura** cuisine is a world of flavors to be discovered, tasty and wholesome foods that you can not only enjoy in the numerous local restaurants but also in many **enogastronomical events** held throughout the year.



The "**Suppa cuata**" (a kind of soup) is a must and it called "**cuata**" because it is hidden by a layer of tasty cheese. This specialty, made with clotted bread and soft cheese, has earned a place on the menus of all relief not only the farmhouses but also the most exclusive restaurants. Are

also delicious the homemade ravioli and gnocchi. Other typical dishes of the hinterland are the "**mazzafriusa**" (fried semolina) and of course, as in the other parts of Sardinia, the "**porchetto**" roast (pork).

Try also the soft and fresh cheeses like the "**lu casgiu mùstiu**" or the "**furriatu**", excellent as an appetizer or dessert.

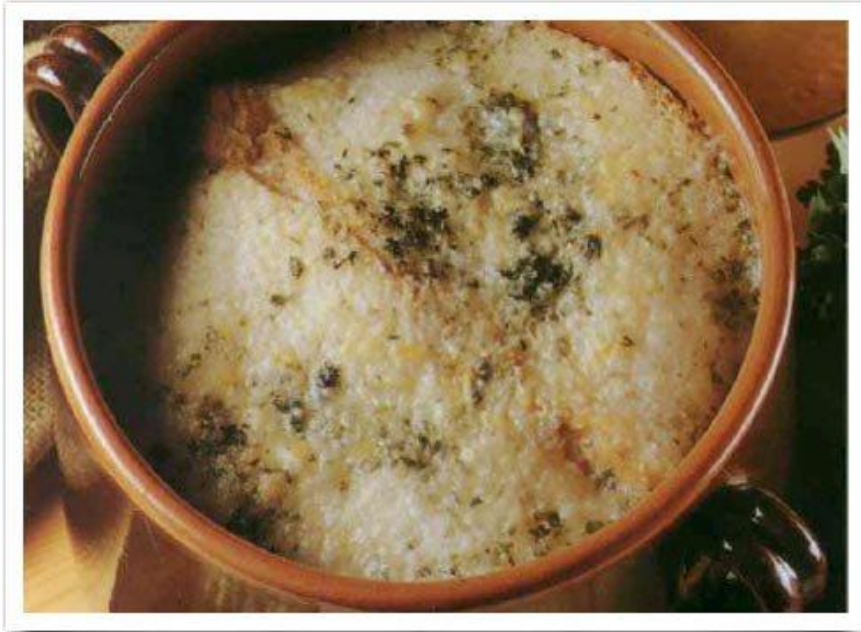
The seafood specialties are newly development. Among the most famous we can find the "**zimino**" (fish soup), **mussels** and **sea urchins**. The protagonist of the fish menu, however, is the **lobster**, cooked in various ways and usually very popular with **Vernaccia** wine, a wine typical of Gallura.

Regards the desserts, the **Gallura** cuisine includes different varieties all united by the presence of honey among its ingredients. We can remind: the "**li cucciuleddhi e meli**" pastry baskets filled with almond paste and honey, "**li frisgioli longhi**", long fritters sprinkled with honey and finally the famous "**seadas**" crepes stuffed with fresh cheese, covered with honey, which are spread from the Gallura into all Sardinia.

The **Gallura** delicacies are to be tasted together with the prince of local wines: the **Vermentino**. There are, however, great red wines such as the **Rosso di Tempio** and the **Monica of Berchidda**.

Finally here you can find the recipes of two of the most famous dishes in the Gallura cuisine. Buon Appetito!

Suppa Cuata



Ingredients: 400 g of stale bread, 300 g of sliced fresh cheese, 100 g of pecorino cheese, 2 liters of broth, parsley, mint, fennel chopped and lard just enough to grease the pan.

Preparation: Grease the pan with lard, place the bread into slices not too thick on the bottom of the pan, put it over the bread

slices the fresh cheese and sprinkle with the pecorino cheese, season with chopped herbs, alternating every two layers, until filling the pan. Sprinkle with plenty of broth to soak up all the bread well. You put on top of cheese still in abundance in order to create a thick layer, which then will form a crispy crust. Then you put in the oven for about forty minutes.

Seadas

Ingredients: one pound of flour, a pound of butter, three ounces of fresh cheese or mozzarella cheese minced, lemon peel, a little of honey or sugar and two eggs for the dough.



Preparation: mix the flour with the eggs, a bit of water and salt. Knead the butter. Prepare the dough with the machine and cut into discs with a diameter of about 15 cm. Put on a handful of cheese with a little of finely chopped lemon peel, overlap another equal disk of dough, press around the edge and cut the border. Fry in hot oil and remove when golden brown. On the plate is sprinkled sugar or honey.