

B&B Italy presents you Sardinia gastronomic

B&B Italy presents you Sardinia gastronomic Sardinia takes faith to its insularity also and especially in its productions and bars, decidedly original and traditionally linked to a world now partly disappeared, the agro-pastoral archaic, of which remain alive, over time, only this aspect. Shortage of food prepared, is sincere in tastes and smells, genuineness in all products used, from meat to cheese, from homemade pasta to wines, are its main features. Subject matter of general appearance is that of bread. The type of bread most famous and popular, and also abundantly exported outside the Sardinia, Originates at the pastoral community of Barbagia, is the bread carasau or paper music, made from thin sfoglie biscuits in the oven, round, with a little salt, because long-term used by shepherds who were about to day in sheepfolds more distant from the country. While we can not go into details, we would like to specify that each region of Sardinia has a particular type of bread, and this enriches the already vast culinary context of Sardinia.

The B & B Charm Sardinia wants to make people know the delicatessens of the various provinces of Sardinia. In Sassarese dishes characteristics are snails, the zemino, favata, cordula lamb with peas and legs of lamb, cavolata said cauladda, squid and moscardini roast, cooked al polpetti tiny tomato sauce, steaks horse and donkey steaks, fainè derivation of the Genovese. Nearby, Alghero is the capital of tourism and gastronomy of fish, in north-western coast of Sardinia. It should be rightly famous dishes like lobster to Catalan, soup to Catalan, the risotto fisherman, squid stuffed, all'agliata fish, fish with onion, soup of shrimp, among the many resulting from local tradition. The Logudoro and Anglona offer panadas, the cozzale, but also the dishes of fish Castelsardo, risotto with black cuttlefish, lobster to castellanese, soup to castellanese and many others. In Gallura, as flat most typical and well known, and simple at the same time, reports cuata soup, and also the noodles with beans, and a choice of fish dishes very wide, soup to maddalenina, squid stuffed, mussels and clams harvested in the Gulf of Olbia. The bread typical of the province of Nuoro is the bread frattau, tasted outside the boundaries barbaricini always miss something, even if it is done with the same, Simple ingredients, bread casarau, tomato sauce and pecorino. Famous are the ravioli barbaricini, for the special flavor of ricotta cheese or used, as well as culurgiones dell'Oliastra, with stuffed with potatoes, cheese and garlic, and yet sos maccarrones de busa, i maccarrones furriaos, with fresh cheese, the sheep boiled, and especially the roast porchetto, the latter two dishes are famous, like other roast meat, veal, lamb and goat, that must be cooked with firewood Sardinia, to get that one aroma and flavour, possibly outdoors, and finished with melted lard. Of the meats are excellent especially those mountain, the countries of Gennargentu. Other typical dishes are those made from animal intestines, as the trattalia, or blood boiled in the stomach, mainly seasoned with mint and pieces of bread carasau. Typical dishes in the province of Oristano are spaghetti with bottarga, that is, with eggs and grated dried mullet, ravioli stuffed with fish, the malloreddus all'oristanese, Sos maccarrones De hits, the risotto fisherman, particularly rich, and yet the clams, la merca, mullet boiled and flavored with herbs marsh, the boiled and smoked mullet, eels and the famous capitoni, these dishes are due as the bottarga old tradition of fishing in the vast coastal ponds in the area. The meat dish is more typical on ghisau, a stew of meat varied. But we must not forget that nell'Oristanese operate, the first in Sardinia, many cooperatives tourism, offering all Sardinian dishes, the first to roast the sweet, with exquisite products directly in the company. The area of Cagliari occupies a place of the first floor in the gastronomy of Sardinia, the wide landscape is largely the food of the sea. But one can start with the famous malloreddus campidanese, and then fregala knows, Sas panadas of Assemini, the various roasts, including the game, besides the traditional stew meat with potatoes, the hen to campidanese. In the field of fish, as I said, the landscape is so vast and important that it can be, here, only touched upon, the cascà the islands generate, along with many dishes made with tuna, even spaghetti with lobster, spaghetti to carlofortina, la bobba, is piscis a scabecciu, la burrida e la cassola, rich fish soup, and then the fish meatballs, le attinie, orziadas, past in flour and fried, crabs, generally with spaghetti, the bocconi. Remember to close in Sardinia that the various plants elsewhere that it is necessary to cultivate, greengrocer and buy from a heavy price, are spontaneous, as also deserve a mention species cultivated vegetables, Including artichokes, that are richer in taste compared with the varieties of the continent, and the thorns, tomatoes are also renowned as aubergines and countless other first.