

An aerial photograph of Florence, Italy, showing the city's dense architecture, the Arno River, and the Duomo di Firenze. The image is framed by a yellow bar at the top and a dark red bar at the bottom. The text 'TUSCAN' is overlaid in the upper half, and 'FOOD' is overlaid in the lower half, both in a large, bold, black serif font.

TUSCAN

FOOD

Castagnaccio

Castagnaccio is a chestnut flour cake, typical in Tuscany. It is a typically autumnal dessert, made by a dough of chestnut, water, pine nuts and raisin.

This cake has a different name in the cities of Tuscany. For example in Livorno is called *Toppone* and in the Mugello Valley is called *Migliaccio*.



Cacciucco

Cacciucco is a fish dish, and it is a typical meal in Livorno and in Viareggio. It is composed by different type of fish.

According to a tradition, there should be five different types of fish in the soup, one for each letter “c” in word *cacciucco*.

Traditionalist chefs had a stone taken from the sea to the dish.



Porchetta

Porchetta is an other typical food Tuscany. This is usually heavily salted in addition to being stuffed with garlic rosemary, fennel or other herbs.

We can eat it roast but we can also put it in a sandwich.



Tortelli di patate

Tortelli di patate are a typical recipe of Mugello. They are pasta with a squared form and inside they have mashed potatoes.

In the traditional recipe the ingredients are: flour, eggs, a little bit of salt, potatoes, garlic, parsley, pepper and nutmeg.

It was already known in the age of Lorenzo il Magnifico (1400)



Cenci

Cenci are a typical carnival cake. It's a simple recipe of fried dough and sugar.

In the regions of Italy they are called in different ways:

- *Bugie* in Liguria
- *Cenci* in Tuscany
- *Chiacchiere* in the south of Italy
- *Frappe* in Lazio



Crostini di fegatini

Crostini di fegatini are a typical component of the Tuscany starter which includes also bruschetta and cold cuts.

The principal ingredients are: chicken's liver, onion, parsley, capers and anchovies.

You mix all the ingredients , you cook them and after that you spread everything on a slice of bread.



Bistecca Fiorentina

Bistecca alla fiorentina is a slice of veal or “scottona”. It is one of the most famous food of Tuscany. It is a high slice with bone, you have to look it on the barbecue or on the grill with a grade of cooking called “at blood”.

You can usually eat *bistecca fiorentina* with potatoes and salad. When the meat is cooked you can put on the lemon juice to take to the meat a special taste.



Ravioli al tartufo

Ravioli al tartufo are squares made by a dough of eggs. They are refold and inside there is a stuffed of potatoes, sometimes there is also the cheese (parmigiano).

“Tartufo” is “truffle”, is typical of the Mugello Valley and it is very valuable.



Schiacciata fiorentina

Schiacciata alla fiorentina is a typical cake of Florence. It isn't similar to the simple "schiacciata". It is a very soft cake made in the period of Carnival.

It is stuffed with pasticcera cream or whipped cream. On the cake there is an icing sugar.



- Thank you for
your attention