



CAMERA DI COMMERCIO  
REGGIO CALABRIA

*Il menu di*

**Tradizioni**  
**Reggine**  
*saperi e sapori*



*Il menu di*  
**Tradizioni**  
**Reggine**  
*saperi e sapori*

**Tradizioni Reggine, saperi e sapori**, (*Reggio Calabria Traditions, Knowledge, and Flavours*) is a project promoted by the Reggio Calabria Chamber of Commerce to protect and advertise the area's typical food and wine production. With **the Reggio Calabria Traditions menu** initiative, the Chamber of Commerce proposes a celebration menu strongly representative of local food and wine culture. All participating establishments (restaurants, trattorias, farmhouses, pizzerias, bars, etc.) will offer, alongside their usual menu, a special one composed exclusively of typical products, recipes, and traditional dishes, becoming true ambassadors of the local food and wine culture.



*The Riace Bronzes (by concession of the Italian Ministry of Culture no. 101 of 22-12-2022, National Archaeological Museum of Reggio Calabria)*



CAMERA DI COMMERCIO  
REGGIO CALABRIA

*On the occasion of the 160<sup>th</sup> Anniversary of the Reggio Calabria Chamber of Commerce, we wanted to support the initiative 'Reggio Calabria Traditions, Knowledge, and Flavours - the menu'. Therefore, we ideated a celebration menu linking the rediscovery of some traditional recipes and dishes to the promotion of typical products of excellence showcased in preparations revisited in a modern key.*

*One of our objectives is to promote the area's food and wine traditions as cultural and ethnic elements capable of strengthening and qualifying Reggio Calabria's hospitality, with positive spin-offs for all businesses in the metropolitan area.*

*Heartfelt thanks go to the associations and operators who contributed to selecting the menu recipes and products.*

*Special thanks go to Professor Filippo Arillotta, a scholar and expert on local traditions, for his valuable contribution to collecting the historical and gastronomic curiosities that enrich the menu.*

*The President*

**Antonino Tramontana**



**The Reggio Calabria territory**, located at the extreme tip of the Italian Peninsula, encompasses the best of the **country's beauty**, providing a variety of landscapes and a rich natural, historical, and cultural heritage.

A bountiful, fascinating land, bearing **myths and traces of ancient civilisations** and testimonies of the cultures that have succeeded across its territories over the centuries, but also a place whose haunting beauty, colours and landscapes provide a source of attraction.

Similar to the rapture provided by the **flavours** on its table.

Greeks grew **vines and olive trees** in this area and ideated recipes to enhance the deliciousness of local **fish**.

Romans, instead, built a stronger link with the mountains in the hinterland and promoted **pig and sheep farming**. The Arabs brought **citrus fruits**, the Normans **stockfish** and Emperor Charles V introduced the cultivation of **rye** (here called 'jurmanu').

From ancient to present times, food products are the **noble gifts** of this land where sunshine, sea breezes and various soils have allowed plant or animal species to flourish and develop those necessary features that make such products - processed by skilful hands with **ancient traditions and special techniques** -, unmistakable.

*Arena dello Stretto  
Lungomare Falcomatà  
(Strait Arena  
Falcomatà Promenade),  
Reggio Calabria*

# The Menu

Reggio Calabria Traditions is a **special menu** allowing complete immersion into the metropolitan area's cuisine and traditions. Similar dishes and preparations exist elsewhere, but they hardly reproduce the aromas, flavours and texture of **Reggio Calabria** products tasted **in their place of origin!**

## STARTER



**PAGE 11**  
Stockfish  
with Ottobratica olive,  
Villa San Giuseppe  
orange and Reggio  
Calabria bergamot

## MAIN COURSES



**PAGE 15**  
Struncatura  
with anchovies, olives,  
calabrian chilli pepper  
and extra virgin  
olive oil



**PAGE 19**  
Bagnarota  
swordfish



**PAGE 23**  
Aspromonte black pork  
fillet, Aspromonte bacon  
and black-eyed bean



**PAGE 27**  
Fata Morgana Pizza  
(*Morgan le Fay Pizza*)

The menu features a great variety of products coming from the Reggio Calabria inland and coastal areas: **stockfish**, **black piglet** and '**Jurmanu**', symbols of the Aspromonte; **swordfish** from the Strait; **bergamot** found in Reggio Calabria and along the Ionian coast; **olive oil** and **pecorino cheese** from the Gioia Tauro Plain; **olive oil from the Ionian Sea**; and **wines** from the Metropolitan City.

ON **TRADIZIONIREGGINE.IT**,  
YOU WILL FIND ALL THE  
FACILITIES OFFERING THE **REGGIO  
CALABRIA TRADITIONS MENU**  
ALONGSIDE THEIR OWN.

## DESSERTS



**PAGE 30**  
Apostle's Finger



**PAGE 31**  
Rhegion, the Bronzes' cake



**PAGE 32**  
Reggio Calabria cream



**PAGE 33**  
Bronzes' Eyes,  
the dessert of Reggio Calabria locals

## DRINKS



**PAGE 35**  
Wines of Protected Designation from the Metropolitan territory of Reggio Calabria (PDO and PGI)



**PAGES 36/37**  
Ryece Summer Ale



**PAGE 38**  
Amaranto Cocktail

# Local products

A bunch of products reflecting the summa of **Reggio Calabria** production with **unique features** resulting from local geological, agronomic, and climatic peculiarities. Here, food is processed and preserved according to inflexible traditional rules, providing a joyful expression of the **bond between the territory and its culinary traditions**.



PAGES 8/11  
Stockfish



PAGES 9/11/15/19  
Olives



PAGES 13/15  
Struncatura



PAGES 15/23  
Chilli pepper



PAGES 17/19  
Swordfish

Getting to know **Reggio Calabria's cuisine** is, first and foremost, **a treat for the palate**. Still, it also paves the way for a better understanding of local habits, history, and geography, from **natural fruits and flavours** to how people have learnt to transform and mix them together, giving rise to **tasty traditional recipes**.



**PAGES 21/23**  
Black piglet



**PAGES 24/27**  
Aspromonte  
Pecorino Cheese



**PAGES 25/27/36/37**  
Jurmanu



**PAGES 11/29/30/31  
33/36/37/38**  
Reggio Calabria  
bergamot



**PAGES 35/38**  
Wine



**PAGES 11/15/19/23  
27/31**  
Extra virgin  
olive oil

## STOCKFISH

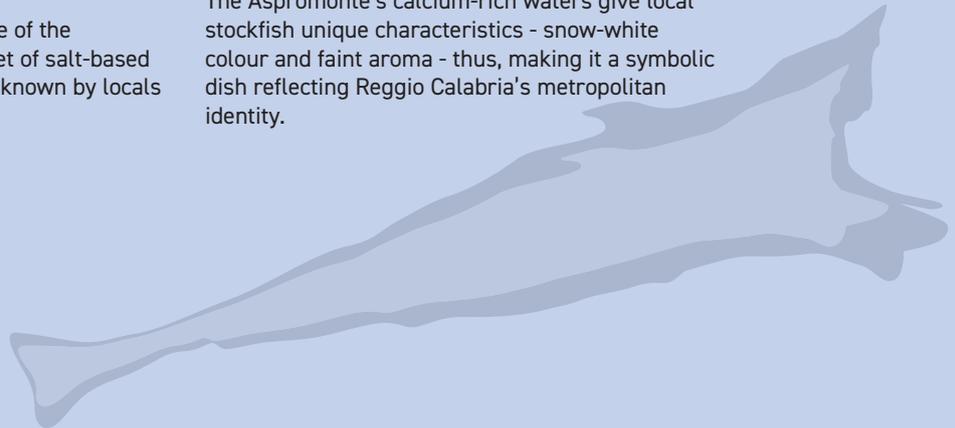


'Pescestocco' is the name given to stockfish, cod dried in the cold wind of the Arctic Ocean and exported all over Europe to the Mediterranean. Before being processed, prepared, and served in various ways, it is soaked several times in running water until it regains its soft, spongy consistency.

After being introduced in the wake of the Normans, stockfish entered the set of salt-based preservation processes - already known by locals since much earlier.

Its use was widespread across Reggio Calabria districts as it entered the diet imposed by the Catholic Church (fasting and abstinence days) and was an excellent substitute for the much more expensive red meat.

The Aspromonte's calcium-rich waters give local stockfish unique characteristics - snow-white colour and faint aroma - thus, making it a symbolic dish reflecting Reggio Calabria's metropolitan identity.



## OLIVES



Calabria's land offer is not limited to wine and citrus fruits. Olive growing is also one of the most crucial production sectors in the Reggio Calabria economy. A sector offering great variety: a source of agricultural production of olives and extra virgin olive oil, indeed, but also a real environmental asset cultivated according to the most traditional farming methods.

Forerunners of the celebrated Mediterranean diet, farmers and shepherds were used to snack with bread and a handful of olives. A dish still defined as 'poor', despite being rich in vitamins, tasty and genuine: a true 'must' of Calabrian cuisine. Baked, mashed, stuffed, 'cunzate' (seasoned), or simply taken out of the 'boccaccio' (jar), local olives provide a variety of ancient and traditional flavours, ready to be enjoyed in their fullness today.



### STARTER

#### **STOCKFISH WITH OTTOBRATICA OLIVE, VILLA SAN GIUSEPPE ORANGE AND REGGIO CALABRIA BERGAMOT**



### INGREDIENTS

4 servings

- 600 g stockfish fillet
- 80 g brine-cured Ottobratica olives
- 60 g celery
- 1 Villa San Giuseppe orange
- 1 Favazzina lemon
- 1 Reggio Calabria bergamot
- Extra virgin olive oil
- Salt and white pepper to taste

### PREPARATION

*Cut the stockfish fillet into thin strips. Season with EVO oil, salt, pepper, orange juice, lemon drops and Reggio Calabria bergamot. Let marinate for about 15 minutes.*

#### *Plating:*

*Alternate the stockfish strips with the Ottobratica olives, slices of celery, a light pepper grinding and complete with a drizzle of EVO oil.*



## STRUNCATURA



'Struncatura' is a special quality of pasta produced along the Tyrrhenian belt of Reggio Calabria's province and, more specifically, in the Gioia Tauro plain.

Legend has it that it was made from wheat and bran milling residuals, even picked up from the floor! However, its origin, name and particular shape, originated in a pasta factory founded in Gioia Tauro by Amalfi entrepreneurs.

They made this product out of leftovers of previous pasta cuts (in Calabrian dialect – struncare, or struncare means 'to cut'), which were left to dry for just one day and packaged. Once collected, the dried residual dough was mixed with oil, put back

into the rolling mill and shaped in linguine: a pasta variety that shows a peculiar colour due to the dough's oxidation process.

Therefore, this was a second-choice pasta, sold at a lower price than the white one. It was purchased cheaply and seasoned with salted sardines dissolved in heated olive oil. Instead of the more expensive cheese, a sprinkle of toasted breadcrumbs completed the dish.

Yet, the result was, even then, a delicious, cheap and also very energetic meal. It is, therefore, no coincidence that even today, 'Struncatura' remains one of the most popular and typical dishes of the Reggio Calabria area.

*The Olive Tree  
Cliff, Costa Viola  
(ph: Pasquale  
Arbitrio)*



**MAIN COURSE**  
**STRUNCATURA**  
**WITH ANCHOVIES, OLIVES,**  
**CALABRIAN CHILLI**  
**PEPPER AND EXTRA**  
**VIRGIN OLIVE OIL**



**INGREDIENTS**

6 servings

- 500 g struncatura (pasta)
- 1 clove of garlic
- 18 anchovy fillets in oil
- 120 g pitted Ottobratica olives
- 12 g lacrimella caper
- Extra virgin olive oil
- Anchovy-flavoured breadcrumbs
- Fresh Calabrian chilli pepper

**PREPARATION**

*Fry the oil and the garlic clove in a pan.*

*Add the anchovy fillets and cook over a low flame. Stir them until melted.*

*Add the chopped olives and desalted capers. Add the chilli and some breadcrumbs to absorb the cooking oil.*

*Boil salted water in a pot, drop the struncatura, and cook until it is ready.*

*Drain the struncatura, pour it into the pan and stir, adding hot unsalted water from time to time.*

*Complete the dish with a sprinkle of flavoured breadcrumbs.*



## SWORDFISH



Besides being tasty, the swordfish of the Strait of Messina has an incredibly ancient tradition linked to a very particular fishing technique. During the fishing, experienced 'observers' waited on the hills, ready to warn the boats as the fish arrived. Then, having received the warning, an experienced fisherman placed on a high mast (the antenna) ordered the rowers to move.

By rowing, the boat, which tip featured a long gangway at the end of which was the harpooner, approached the prey. Led by the indications yelled by the man on the crow's nest, the harpooner spotted the swordfish and hit it.

The local swordfish, also known here as the 'Prince of the Sea', has a soft and tasty flesh with a delicate flavour, requiring nothing more than oil and oregano on the barbecued meat.

Along with the skilful preparations handed down from generation to generation, many seasonings have been recently added.

Among them, a bunch of freshly hand-cracked tomatoes, some capers, and a few olives gave rise to the recipe 'alla bagnarota', named after the seaside town where this type of fishing is widely practised (Bagnara Calabria).

*Gangway,  
swordfish  
fishing boat  
(ph: Roberta  
Lo Schiavo)*



**MAIN COURSE**  
**BAGNAROTA**  
**SWORDFISH**



**INGREDIENTS**

4 servings

- 800 g sliced swordfish
- 200 g peeled tomatoes
- 1 fresh Tropea red onion
- Ottobratica (or green) olives to taste
- Desalted capers to taste
- Parsley to taste
- Extra virgin olive oil
- Salt and pepper to taste

**PREPARATION**

*Pour the EVO oil and the freshly chopped Tropea onion into a frying pan on the stove. Let the onion brown. Add the washed capers and the pitted (or whole) Ottobratica olives. Let flavour for a while, and add the peeled tomatoes.*

*Cook the ingredients for at least 10 minutes (add a little water, if needed, and a pinch of salt).*

*Once the tomato is cooked, add the swordfish.*

*Let cook for a few minutes, turn the slices over and cover the pan for no more than 3-4 minutes to preserve the flesh tenderness and juiciness.*

*Sprinkle some chopped fresh parsley and add a drizzle of EVO oil.*



## BLACK PIGLET



If your visit to the Metropolitan City of Reggio Calabria has included a walk in the cool Aspromonte forests, you may have come across a group of pigs: don't worry, they are not dangerous at all! These animals are the heirs of one of the oldest species inhabiting our mountains, the Black Pig of Calabria.

This very ancient species has avoided hybridisation by living in the wild: hence, its size - smaller than that of its farm-raised peers - and its development - at least one year and complete around two years of age.

Calabria's pigs have been famous since ancient times. During the Roman imperial age, this region's tribute to the Empire consisted mainly of 'caro porcina'. Later, the renowned adventurer Giacomo Casanova, who had briefly lived in Calabria, described 'the marvellous cold cuts, never tasted elsewhere!'.

The black pig was disappearing, but breeding was resumed a few decades ago. It is now highly appreciated because life in the wild and a totally natural diet result in lean meat with a unique flavour. An exceptional taste experience only Calabria can offer.

*Aspromonte  
National Park,  
Pietra Cappa  
(ph: eborghi)*



## MAIN COURSE

### ASPROMONTE BLACK PORK FILLET, ASPROMONTE BACON AND BLACK-EYED BEAN



## INGREDIENTS

4 servings

- 1 Aspromonte black pork fillet
- 8 slices of Aspromontana bacon
- 80 g Ciminà caciocavallo cheese
- 20 cl milk
- 15 g Spilinga 'Nduja
- 200 g black eye bean
- 1 clove of garlic (unpeeled)
- 2 bay leaves
- Chilli pepper
- Wild fennel seeds
- Salt and pepper
- Extra virgin olive oil

## PREPARATION

Soak the beans for 12 hours in plenty of cold water.

When tender, place the beans in a saucepan with the herbs: an unpeeled garlic clove, a whole chilli pepper, wild fennel seeds and bay leaves.

Cover with cold water and bring to the boil. When the boiling starts, lower the flame and cover.

Cook for a couple of hours until soft. Occasionally check that there is enough water.

Meanwhile, melt the Ciminà caciocavallo cheese in milk in a water bath and add the Spilinga 'Nduja. Keep the stock warm.

Cut the black pork fillet lengthwise and season with EVO oil, salt, pepper, and thyme leaves. Heat a non-stick pan over a high flame and roast the fillet on both sides to lock the moisture in the meat. Stuff the fillet with sliced Aspromonte bacon. Wrap the fillet with baking paper. Tighten firmly to keep the cooking liquid inside.

Bake at 160° for 20 minutes. Save the cooking liquid to use as a base.

## Plating

Cut the fillet into 8 equal parts and place 2 on a medium-sized plate.

Spread a trickle of caciocavallo and 'Nduja cream over the meat. Complete the dish with the meat stock, a drizzle of EVO oil and a spoonful of black eye beans.

## ASPROMONTE PECORINO CHEESE



Farming sheep and using their milk to make ricotta and cheese are ancient and widespread traditions worldwide.

Aspromonte Pecorino Cheese (Pecorino Aspromontano), therefore, belongs to a multi-millennial tradition which allowed it to retain its ancient, characteristic flavour, preserved through long-standing sheep farming methods, a wide variety of pastures and ageing with traditional techniques.

This is why tasting pecorino in Reggio Calabria means going back in time. Its rich aroma brings

us back to Ulysses eating the cheese made by the cruel Polyphemus.

Aspromonte dairy products' quality and unique flavour are today recognised worldwide. These peculiar characteristics had already made them widespread and affordable, thus becoming a delicacy on the most sought-after tables in Europe and the Mediterranean area.

A simple but extremely tasty and memorable dish is 'la 'mpanata', consisting of a bowl of Aspromonte shepherds' hard bread slices softened by ricotta whey leftovers from the processing.

## JURMANU



Rye is one of the most widespread cereals in central Europe, but as food follows human routes, it has also found an ideal habitat in our territory.

The introduction of this cultivation has unknown origins. However, among the many hypotheses is one that sees rye travelling with Charles V - the Emperor over whose reign the sun never set - who fought a decisive battle against his enemy, Francis I of France, in Seminara.

Charles V, the Emperor of the Holy Roman Empire, would therefore have introduced it from his German territories. According to some ancient commentators, this would explain the origin of the name 'jurmanu' by which rye is known throughout southern Italy. Whether the story is true or false, like many other products, rye has taken root well here, to the point of assuming peculiar features reflecting the identity of this land.

Easy to grow, sturdy, and unpretentious, it was the ideal cereal for the lower classes, who hardly could afford wheat's delicate flour. It was used to make dark bread, providing a valuable substitute for the diet of farmers and shepherds.

With the arrival of larger quantities of wheat and the improved availability of white flour, the cultivation of Jurmanu began to decline rapidly until it almost disappeared.

Today, in a general renewed focus on traditional crops, Jurmanu is regaining popularity, so much so that it is also being used for other food products.

Master brewers have included it in the preparation of intensely flavoured and fragrant beers, such as the one specifically created for this menu, in which, among other local ingredients, Jurmanu plays a decisive role.



**MAIN COURSE**  
**FATA MORGANA PIZZA**  
**(MORGAN LE FAY PIZZA)**



**Fata Morgana Pizza**  
(Morgan le Fay Pizza) is a clear homage to the Reggio Calabria area, with a name that deliberately recalls the optical phenomenon visible in the Strait.

Its ingredients include Calabrian oranges, used in a jam, and dried sausage, another symbolic element of local gastronomy.

Coffee powder and local pecorino cheese are added to the mozzarella pizza base.

**INGREDIENTS**

**For the dough**

- 900 g type '1' flour
- 100 g rye flour 'Jurmano' variety
- 50 g extra virgin olive oil
- 700 ml water
- 25 g salt
- 4 g fresh brewer's yeast

**Baking and topping**

- Mozzarella cheese
- Local pecorino cheese
- Dried sausage
- Belladonna orange jam
- Coffee powder

**PREPARATION**

*Professional pizza makers can use the ingredients provided in the recipe to prepare the dough and define processing and baking times and methods according to their different techniques.*



## BERGAMOT OF REGGIO CALABRIA



The bergamot of Reggio Calabria is widely known as the “prince of citrus fruits”. And such an appellation is well deserved, because it is not a citrus fruit like any other.

Naturally newer compared to its more common brothers, it immediately stood out for its peculiar fragrance and its health benefits. In a short time, it conquered the European courts, rising to the role of a precious distinctive element, a symbol of refinement and good taste.

However, it had a flaw: its cultivation was very difficult and expensive, requiring significant effort. But once landed on the Reggio Calabria side of the Strait of Messina, the bergamot found its ideal place, it planted strong roots and began to grow like nowhere else in the world: while elsewhere it

was relegated to the role of botanical curiosity, in Reggio Calabria it offered abundant fruits rich in its incomparable essence.

Therefore, it is rightly called Bergamot of Reggio Calabria: but, while for three centuries its cultivation was destined for the perfumery industry, since the middle of the last century its important use in gastronomy has been rediscovered.

Today, taste entrepreneurs skillfully use the fresh fruit to give their products an incomparable touch of elegance, flavor and scent: the bergamot of Reggio Calabria is indeed an excellent flavor enhancer and, when used properly, makes the dishes in which it is present absolutely unique.

*Bergamot  
of Reggio Calabria  
(ph: Rita Pizzimenti)*

**DESSERT**  
**APOSTLE'S FINGER**



Astonishingly tasting typical sweet of the Metropolitan City of Reggio Calabria, particularly of Bagnara Calabria. This dessert consists of a soft sponge cake filled with light cream and masterfully decorated with a delicate Reggio Calabria bergamot sugar icing, which enhances the plating and preserves its fragrance.

**INGREDIENTS**

**Light whipped (sponge cake)**

- 250 g egg yolk
- 150 g sugar
- 500 g egg whites
- 75 g sugar
- 10 g lemon juice
- 200 g flour
- 75 g starch

**Icing**

- 250 g sugar
- 65 g water
- Bergamot essential oil

**PREPARATION**

Whip the egg yolks with the sugar until frothy. Whip the egg whites with the lemon juice and the remaining sugar in a separate bowl until stiff. Mix the egg yolks' stock with the egg whites' stock, and gradually add sifted flour and starch.

Use pastry bag cylinders prepared with baking paper to fill up to  $\frac{3}{4}$  of the mould.

Bake for 15 minutes in the oven at 180 °C.

Wait for the cylinders to cool and empty them with a stick. Fill with cream.

Prepare the icing and cover the cake. Decorate as desired.

**DESSERT**  
**RHEGION,**  
**THE BRONZES' CAKE**



Developed by a team of pastry chefs from Reggio Calabria, this cake is a tasting experience reflecting the flavours and fragrances of its typical ingredients: Reggio Calabria bergamot, extra virgin olive oil, clementines, almonds and Aspromonte flour. This dessert leaves an indelible mark in the memory of tourists who visited Reggio Calabria.

**INGREDIENTS**

- 185 g eggs
- 175 g yolks
- 175 g sugar
- 25 g honey
- 50 g inverted sugar syrup
- 150 g butter
- 100 g Extra virgin bergamot oil
- 170 g almond powder
- 175 g shortcrust flour
- 100 g starch
- 10 g yeast
- 250 g candied 'clementine' mandarin
- 20 g candied bergamot
- 8 g lemon zest
- 2 g bergamot zest

**Bergamot**  
**cake soaking**

- 140 g water
- 85 g limoncello liqueur
- 20 g bergamot liqueur
- 100 g sugar
- 6 g lemon zest
- 2 g bergamot

**PREPARATION**

Place the butter, sugar, honey, inverted sugar syrup and zest in a planetary mixer fitted with a leaf whisk. Whisk for 2 minutes and pour one-third of the liquids into the mixture. Wait until fully absorbed and repeat the operation 2 more times.

Add the fruit and mix until completely dispersed. Sift the powders well and pour the almond powder on top.

Stop the planetary mixer and add the powders. Run the planetary on first speed until fully absorbed.

Place the dough in the fridge to rest for at least an hour.

Bake at 160° for about 45 min.

**DESSERT**  
**REGGIO CALABRIA CREAM**



It is impossible to speak about Reggio Calabria's confectionery history without mentioning its indissoluble bond with a symbolic, unmistakable product: the famous 'Crema Reggina' (Reggio Calabria Cream), invented in the '60s by chef Giuseppe Caridi, co-owner of the then pastry shop 'Caridi e Laganà', and meant to celebrate the city. A delicacy with a distinctive pink colour recognised and known to all as the Reggio Calabria taste.

Eggnog base cream flavoured with a cinnamon stick, rum, chocolate chips and candied cherries, naturally coloured and with an original flavour that won everyone's heart.

Crema Reggina is predominantly an ice cream flavour that can still be tasted in all the city's ice-cream parlours and is a delicious cream for filling cakes or pastries.

**INGREDIENTS**

- 1 l milk
- 100 g cream
- 210 g sugar
- 40 g dextrose
- 80 g egg yolk
- 40 g rum 70°
- 1 cinnamon berry
- Dark chocolate chips to taste
- Red candied cherries to taste

**PREPARATION**

Mix the milk, cream, and egg yolks.  
Add the sugar and dextrose, and mix everything together.  
Boil the mixture at 85° (pasteurisation) and infuse the cinnamon berry while boiling.

Let the mixture cool, and add the rum once cooled.  
Stir and add the chocolate chips and candied cherries.

**DESSERT**  
**BRONZES' EYES,**  
**THE DESSERT OF REGGIO**  
**CALABRIA LOCALS**



Like Pythagoras of Reggio shaped the perfection of the Bronzes, Reggio Calabria pastry chefs' mastery moulds tradition with a taste for modernity.

An explosion of flavours, a bouquet of fragrances from Magna Graecia for your pleasant moments with friends and family.

Occhi dei Bronzi (the Bronzes' Eyes), the Reggio Calabria dessert, is ideal to end a meal, served with a glass of Passito or Mantónico di Bianco. The scent of citrus fruits from Reggio Calabria encloses the history, traditions, and flavours of our land.

**INGREDIENTS**

- 700 g chestnut flour
- 600 g honey
- 400 g cornstarch
- 400 g almond flour
- 200 g sugar syrup
- 200 g Reggio Calabria bergamot juice
- 200 g candied orange
- 200 g candied Reggio Calabria bergamot
- 10 g ammonium bicarbonate
- 10 g baking powder
- 1 g cloves and cinnamon

**Icing**

- 1 kg sugar
- 80 g dark cocoa



**PREPARATION**

Mix honey, sugar syrup, bergamot juice, bergamot and orange candied fruit, cloves, cinnamon and ammonium bicarbonate.

Add the chestnut flour, almond flour, and starch with a sachet of baking powder. After mixing all the ingredients, divide the dough into 15 g balls.

Place on baking trays and bake in the oven at 180° for about 8 minutes.

Wait until cooled and cover with dark chocolate.



## WINE



Calabria's wine vocation has been known since very early times, hence the Greeks, who used to call our land 'Enotria' - namely the 'Land of Wine' - well before settling here.

Over time, the many species of grapes which have developed by adapting to different kinds of terrains, irrigation, and sun exposure, have given life to several wines varying according to the place where they were grown.

From the creation of the Controlled Designation of Origin (DOC), Reggio Calabria Metropolitan City has obtained two recognitions: the Bivongi, a red wine of excellence, and the white Greco di Bianco, whose production is still anchored to thousand-year-old methods, resulting in sweet and fragrant nectars.

Seven IGT (Typical Geographical Indication) recognitions - today identified as PDO, also add to these two DOC recognitions - today identified as PGI, proving the winemakers' capacity to invest in viticulture to produce delicious wines, which became broadly

famous across national and international markets.

The wine produced in Calabria, particularly in the Reggio Calabria area, has roused growing interest. The adoption of traditional but innovative viticulture practices, supported by constant research, allowed the reintroducing of the Gaglioppo wine varietal - the most used -and the Calabrese, Magliocco, Nerello, Greco Nero and Bianco varietals and many others.

Thanks to their features, these varieties ceased to be considered blending wines. They gained tremendous popularity, becoming the well-known Costa Viola, Scilla, Arghillà, Pellaro, Palizzi and Locride, all IGT-recognised wines of the Metropolitan City. Such varieties also include the IGT Calabria, recognised all over the region. But Calabria is full of surprises for connoisseurs and wine lovers, providing them with new exceptional white and rosé wines. Hence, a territory whose nuances only wait to be discovered and tasted. Wines included.

*Black Calabrian grapes  
(ph: Enzo Bellina)*



The name Ryece comes from a pun based on the English word 'rye'.

Italian barley malt, Aspromonte Jurmano, Reggio Calabria bergamot zest and hops from the Pacific area are the ingredients chosen by the Reggini Artigianali brewers to create a beer inspired by the famous Riace Bronzes.

An unfiltered and unpasteurised craft beer, clear, mildly alcoholic, with typical bakery scents and the territorial contribution from Reggio Calabria bergamot.

Jurmano and bergamot make this beer unique, allowing craft breweries and home brewing enthusiasts to prepare it in Italy and worldwide - once the right ingredients are collected.

When poured, this beer is straw yellow in colour with golden flares and a white, thick foam cap. On the nose, it reveals hints of fresh bergamot, exotic fruit, and resinous scents.

To the taste, it is very smooth with a slim body, notes of exotic fruits and herbs, and a moderately bitter aftertaste.



**BEER**  
**RYECE SUMMER ALE**



**INGREDIENTS & CHARACTERISTICS**

- Degrees plato: 12
- Fermentation: high
- Alcohol by volume (%): 5.5
- Malts: Italian Pilsner malt 90%,  
Aspromonte Jurmano,  
5%, wheat flakes 5%.
- Type of mashing: direct infusion
- Mashing temperature: 62 -72 °C
- Mashing duration: 80 minutes
- Boiling time: 90 minutes
- Hops: Mosaic 75%,  
Cascade 25%, Azacca 25%.
- Spices: Reggio Calabria  
bergamot zest

**PREPARATION / Drafted by master brewers**

Carefully grind the malts and the Jurmano, steep in water at 62° C for about 40 minutes, raise the temperature to 72° C and keep it for about 20 minutes.

At this stage, raise the temperature to 78°C for 15 minutes and filter the wort. Bring the wort to the boil for 90 minutes. After 30 minutes from the start of boiling, add the Cascade hops (2 g/litre); after 70 minutes from the beginning of boiling, add Mosaic and Azacca hops (3 g/litre). After 90 minutes, bring the boiling to an end and add the Mosaic hop (3 g/litre) with Reggio Calabria bergamot zest (1 g/litre).

Cool the wort to 20°C, inoculate a neutral top-fermenting yeast and keep it at a constant temperature for approximately 10-15 days. Proceed with clarification of the beer and packaging. Serve at 5°C.

**COCKTAIL  
AMARANTO**



The name 'amaranto' comes from the Greek 'amarantos' and means 'that does not wither, durable, immortal'.

Reddish purple (amaranto in Italian) is also the colour of the city of Reggio Calabria.

The colour of immortality suits a city that has overcome repeated devastation by nature and man and kept overlooking its sea for three thousand years.

The first official record of the use of amaranth as the colour of the Reggio Calabria city standard dates back to Angevin in 1300. Still, legend has it that it was the Normans, at the time of the conquest of Sicily, which honoured Reggio Calabria with this royal colour as a reward for the city's importance and loyalty.

Eventually, it goes without saying that the special cocktail on the menu could only be called Amaranto, recalling the city colour and bearing the flavours of the typical Reggio Calabria bergamot.

**INGREDIENTS**

- 30 ml bergamot liqueur
- 30 ml red wine
- 20 ml bergamot soda
- 30 ml soda

**CONSTRUCTION**

- Build Up*
- GARNISH*
- Slice of dried bergamot*



CAMERA DI COMMERCIO  
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