

# STERNATIA & SALENTO IN YOUR POCKET

Guide by Relais Luxury Xénia



HISTORY, TRADITIONS AND  
LEISURE

# A journey through the tradition

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## INDEX

- 02 Sternatìa: historical notes and what to see
- 03 Surrounding locations How to get to
- 04 airports and NCC
- 06 Good Salento food: Farmhouses and typical restaurants
- 11 The best experiences
- 18 The best Salento dairy products
- 19 The best Salento wine products
- 20 The undisputed prince: the
- 21 Pasticciotto Where to taste the best
- 22 Pasticciotti Events, festivals and parties

# BACKGROUND

Sternatìa (Starnàitta or simply Χώρα, literally "the town", in Grico transliterated Chóra) is an Italian municipality of 2,189 inhabitants in the province of Lecce in Puglia belonging to the Municipalities of the Union of Greek Salento which currently includes twelve centers: Calimera, Carpignano Salentino, Castrignano de' Greci, Corigliano d'Otranto, Cutrofiano, Martano, Martignano, Melpignano, Sogliano Cavour, Soleto, Sternatia and Zollino. The arrival of the Byzantine Greeks began in the 6th century AD, due to the Gothic war, since then the Greeks had settled in the Salento area, and in the site of Sternatìa they settled permanently, taking advantage of the fortunate geographical position: halfway between the two seas and with natural defense greenhouses. In Sternatìa the Greeks built a fortified castle, city walls and defense towers, the Sternatese village, thus acting as a reference for the whole area. Subsequently, the Dell'Acaya, Acquaviva, San Giorgio and Caracciolo families were lords of Sternatìa. In 1481 Sternatìa actively contributed to the military operations aimed at the expulsion of the Turks from Otranto. The town hosted the Aragonese militias of Alfonso of Aragon, Duke of Calabria, future king of Naples, and the troops of Giulio Antonio Acquaviva, Count of Conversano. In 1593 Girolamo Personè was baron of Sternatìa. The Cicala family governed Sternatìa after Girolamo Personè, the exercise of feudal rights by this family is still vivid in the common memory of the people of Sternatìa, such as, for example, that of the *jus primae noctis*. However, the great poet Girolamo Cicala, who left a significant trace in the history of Italian literature, belongs to the same family. In 1733 the Granafeis took over from the Cicalas and maintained the government, with the marquisal title, until the end of feudalism in 1806. One of the last descendants: Donato Maria Granafei, was a convinced carbonaro, and gave rise to the "Filadelfi" sect in 1820. Today Sternatìa has an economy based mainly on agriculture and livestock. San Giorgio Martire, celebrated on August 22nd, is the patron saint of Sternatìa. Saint George, a young warrior from Cappadocia, according to legend, fought against a gigantic dragon and killed it, saving all those who suffered its cruelty. Currently the territory of Sternatìa, which occupies an area of 16.51 km<sup>2</sup> in the middle part of the Salento peninsula, is between 65 and 101 meters above sea level. It borders to the north with the municipalities of San Donato di Lecce and Caprarica di Lecce, to the east with the municipality of Martignano, to the south-east with the municipality of Zollino, to the south and west with the municipality of Soleto.

**WHAT TO SEE IN STERNATIA: THE HEART OF BYZATINE GREECE** Among the civil architecture that stands out among the beauties of Sternatìa is Palazzo Granafei. This is the splendid baronial residence designed by the Salento architect Mauro Manieri. You will be enchanted by its main facade with its entrance portal. Palazzo Granafei is part of the civil architecture of the place. Built in Baroque style, it belonged to the Granafei family and houses inside, in addition to the noble rooms, also rooms used as Court 3 of Justice. Walking through the streets of the small center you will notice a door with a short stretch of walls which constitute the remains of a 16th century city wall. Called Porta Filìa – Gate of Friendship – it is part of the city walls which originally featured four gates. Near Porta Filìa, a well-preserved underground oil mill dating back to the 15th century is visible. Visiting Sternatìa is an evocative experience.

# SURROUNDING LOCATIONS

Sternatia with its privileged position is a central point between the two Salento coasts (Adriatic coast and Ionian coast). A few km from the Adriatic beaches of Torre dell'Orso, San Foca and Torre Specchia and equally close to the wonderful and crystalline beaches of the Ionian Sea coast, including Porto Cesareo, Torre Lapillo, Sant'Isidoro. In addition to the wonderful and multiple beaches that surround Sternatia, its central position offers the possibility of visiting wonderful and historic neighboring towns all with a historical flavor among which Galatina (8 km), Maglie (15 km), Martano (10 km) undoubtedly stand out km), Vernole (12 km) and Lecce (17 km)



# HOW TO GET THERE: AIRPORTS AND NCC

Sternatìa can be reached via the Adriatica state road 16 by car, taxi or NCC and via the local train station. Specifically, we can suggest the simplest ways to get to Sternatìa from the main airports. From Bari Airport: Reach Bari Centrale station with bus no. 16 (AMTAB) and from there reach Lecce station by train where you can change for Sternatìa. Alternatively, it could be useful to rent a car directly in Bari (see supplier references). From Brindisi Airport: Reach Via Benedetto Brin Casale where take the Terra d'Otranto S.T.P line 100 Corsa 1012 which will take you to the stop in Via Donato Maria Granafei 8 in Sternatìa in 1h43min. Alternatively, you could opt to reach Sternatìa by train, reaching Brindisi railway station from Brindisi airport (just 4km away) with the airport shuttle and from there continue by train to Sternatìa. An alternative solution to the previous two is certainly to rent a car in Brindisi.

# CAR RENTAL BARI

- Sixt Car Rental and Vans Bari Airport by calling 02 9475 7979
- Italy Car Rent - Bari Airport by calling 3455683325
- Car Rental Bari Airport from the website (<https://carrental.tours/car-rental/italy-bari-airport>)  
utm\_campaign=bri0&utm\_medium=bri01&utm\_source=map)

# BRINDISI CAR RENTAL

- Budget Car Rental by calling 0831418155
- Europcar Brindisi Airport by calling 0831412061
- Rent Brindisi Airport by calling +(39) 3444423186
- Easy Rent Solution by calling +(39) 3272985113

# CAR RENTAL LECCE

- SG Rentals by calling +(39) 3296278505
- Avis Car Rental by calling +(39) 3339166372
- Delè Auto e Rental by calling +(39) 3292161967
- Felirent Lecce by calling +(39) 3760669208

# GOOD SALENTO FOOD: TYPICAL FARMHOUSES AND RESTAURANTS

## GOOD TYPICAL SALENTO FOOD

Let's now talk about and suggest the best culinary realities of our area, which you will surely know is famous for having the best dishes and wines in the world of Italian cuisine. Below you can find the best farmhouses, restaurants and grills in our area, many of which offer vegan and gluten-free options.

## THE BEST FARMHOUSES IN SALENTO

In the heart of this enchanted land, travelers are invited to delight their palate with the treasures of Mediterranean cuisine, in an embrace with the wild nature that paints the landscape with nuances of perfumes and colors unique to Southern Italy. For those seeking a refuge in this sensorial symphony, here are some local gems that will satisfy every desire:

- Masseria Chicco Rizzo – A temple of food and wine where healthy Mediterranean cuisine reigns supreme. Here you can delight your palate with delicacies such as "fava beans and chicory" and "egg alli spuzali", symbols of the Apulian culinary tradition. Strada Ambrosina Chicco Rizzo Sternatia (LE) Tel: (+39)3288575989

- Masseria Montevergne - A place where food becomes an expression of balanced nourishment, thanks to the richness of land products, wild vegetables, lush pastures and clear waters rich in fish. SP 48, km 19/250 Otranto (LE) Tel: 0836804323

- Masseria L'Uliveto - An oasis of Salento flavors where vegetables reign supreme, accompanied by cheeses from small local producers, traditional fish and meat recipes grilled with olive wood. SS.16 Otranto-Maglie km. 0.5 Otranto (LE) Tel: (+39) 3298629963

- Masseria Dei Monaci - A Mediterranean garden, a refuge of serenity where the light shines intensely and the beauty touches the infinite. The dishes that emerge from this traditional marine cuisine recall the origins of a territory steeped in culinary traditions. Contrada Monaci SP87, Km 1 Otranto (LE) Tel: 0836804009

- Masseria Le Stanzie - A place made of humble and robust stones, shaped with harmony and aesthetic refinement, the result of the work and sweat of those who placed them one on top of the other. SP 362 Km32,900- Supersano-Cutrofiano 73040 Supersano (LE) Tel: 0833632468

➤ Masseria Cinque Santi - Located in the Vernole - Lecce area, a few kilometers from the medieval village of Acaya and the Cesine nature reserve, in the heart of Salento, it was born for zootechnical purposes with the production of 0 km cheeses prepared with traditional methods of a time to then also support the production of BIO & D.O.P. extra virgin olive oil. From a "Slow Life" perspective, the company offers days of "tasting products in the MASSERIA", a real journey into taste, during which the guest can watch the preparation of the product and be accompanied in the tasting on the large terrace overlooking the Salento countryside, dotted with "pajare" and dry stone walls, or in the room adjacent to the OIL BAR. Masseria Cinque Santi passionately carries out the activity of an educational farm, welcoming school groups of all ages, summer camps or simply families who want to spend a day among nature and animals and get closer to this wonderful world. For school groups, it organizes educational workshops, in agreement with the teaching staff, which can be adapted to specific needs, increasing and diversifying the activities proposed. Furthermore, through their website it is possible to order and receive their exceptional food and wine products at home throughout Italy.

➤ Antica Masseria Scagnito – Raw materials produced on site with organic cultivation procedures. Dishes with ancient peasant roots but conceived in a modern way with the aim of satisfying all your senses. Via Vicinale Padulana, 82, Corigliano D'Otranto (LE) Tel- +(39) 3358208294

➤ Masseria Stali, The Original Relais - Guided by the philosophy of good food understood as respect for nature and its fruits, environmental sustainability, research and innovation on taste starting from local raw materials. Masseria Stali is also an educational farm with their own oil mill.  
Via Vicinale, Via Cisterna Vecchia, 8 Caprarica di Lecce (LE) Tel-+(39) 3497439463

➤ Masseria Rauccio – You will feel at home, welcomed with warmth and surrounded by the genuine flavors of the Salento area, all in a rustic and elegant atmosphere. SP297 Località Rauccio, Torre dell'Orso 73026 Melendugno (LE) Tel-08321826885

➤ Masseria Lacco – With two wonderful rooms reserved for catering, both equipped with a fireplace to warm up the cold winter evenings. Only products from the farm are used in the kitchen, to offer original dishes with typical flavors of Salento culture. Set menu. Contrada Lacco, Muro Leccese 7306 Tel.-+(39) 3200796078



## TYPICAL RESTAURANTS AND GUNS IN STERNATIA AND SURROUNDINGS

A wonderful and tasty alternative to the farms is certainly to treat yourself to a relaxing lunch or dinner in typical Salento trattorias or restaurants, savoring the delicious typical Salento dishes of both sea and land. Here are our suggestions based on meticulous and scrupulous research:

- **Mirodia (Farmhouse/Trattoria)** – Via Piave Sternatia (LE) - Tel. +(39) 3202123879
- **La porta antica** (Typical restaurant) -Via Placerà,34 –Sternatia (LE) -Tel.0836666771 10
- **Agriturismo Carlero restaurant**- SP Melendugno- San Foca km2 (LE) - Tel.+(39)3494641517
- **Agriturismo Antares restaurant**- Km 3 SP145 San Foca (LE) - Tel.3773235826
- **Trattoria Casereccia Zonzi** -Via Umbertol, 23 - 73010 Soleto (LE) - Tel.+(39)3284068604
- **Trattoria Nonna Consiglia** - Via Soleto,27 - 73025 Martano (LE) - Tel.+(39) 3274977748
- **Trattoria L'Arco**- Via Mater Domini, 44 - 73029 Vernole (LE) – Tel.+(39) 3207461927
- **Oltregusto-** (Typical restaurant/Pizzeria) Variante IV Novembre, 66-73010 Caprarica of Lecce – Tel.+(39) 3205322849
- **Antica Locanda 1899** (Typical restaurant/Pizzeria)-Via Sagine, 2 - 73029 Vernole (LE) – Tel.+(39) 3393183997
- **La Conceria** (Typical restaurant) - Via Varese, 57 - 73013 Galatina (LE) - Tel.+(39) 3922125000 11 Piazza del Forte (Typical restaurant) - SP145, 73026 San Foca (LE) - Tel.+(39) 3757706907

## TYPICAL SALENTO RESTAURANTS IN LECCE

- **Osteria 203**- Viale Lo Re,39 Lecce (LE) -Tel. +(39)3398701468
- **La Scarpetta Hostaria**-Via Principi di Savoia,45 Lecce (LE)- Tel. 0832 309575 Lerian
- **Ristorante Salentino**- Via di Leuca,212 Lecce (LE)- Tel. +(39) 3206178965 At the green
- **Recreational kitchen**- Via Padre Bernardino Realino, 4 Lecce (LE)-Tel.+(39) 3349007196
- **Boccon Divino** – Via Giuseppe Libertini,17 Lecce (LE) -Tel.0832 309583

## FISH RESTAURANTS

- **The landing place**- Piazza Fiume, 8 San Foca (LE) Tel.+(39)3896160771
- **The Vecchio Molo**- Piazza Del Popolo,4 San Foca (LE) Tel.+ (39)3482976572
- **Capitan Morgan**-Via Lungomare Matteotti San Foca (LE) Tel. +(39)3392100637 12
- **The two Sisters** - Piazza Salvo D'acquisition, 3 Torre dell'Orso (LE) Tel. + (39)3938667657
- **Bistro' 6.3** – Piazza Salvo D'Acquisto,7 Torre dell'Orso (LE) Tel. +(39)3337167046
- **Taverna del Pesce**-Via Francesco Petrarca, Torre dell'Orso (LE) Tel. +(39)3356163757
- **Bakè**-Via Dei Pini, 18 Torre dell'Orso (LE) -Tel. +(39)3297403200
- **La Pignata**- Corso Garibaldi 7, Otranto (LE) 0836801284
- **FronteMare**- Lungomare Terra d'Otranto, Otranto (LE)- Tel. +(39)3295322456
- **SoFish**- Corso Garibaldi,39 Otranto (LE) -Tel. +(39) 3887531462
- **Nautilus Garden** – Via Paisiello,9 Lecce (LE) -Tel. +(39) 08321694931
- **Arte Dei Sapori** - Via Alami,3 Lecce (LE) - Tel. 0832 303534
- **La Dogana Bistrot** - Viale della Libertà,93 Lecce (LE) - Tel. 0832 401054
- **L'Ostrica Ubriaca** - Via Taranto ,2 Lecce (LE) -Tel.0832 091986 13
- **Sapori Nosci**- Via Giorgio Almirante,3 Sternatia (LE) - Tel.+ (39) 3923346961
- **L'Aragosta da Co'**-Via Silvio Pellico,38 Porto Cesareo (LE )- Tel. +(39)3386097273
- **La Piovra**- Via Vincenzo Monti,9 Porto Cesareo (LE)-Tel.0833 569102
- **Da Mimì Fish Restaurant**- Via Torre Lapillo, Torre Lapillo (LE)-Tel. +(39)3381483804
- **Bacino Grande** - Via Torre Lapillo,35 Torre Lapillo (LE) - Tel. 0833 565113
- **Ristorantino Da Fabio** - An ancient oil mill from the 18th century, today a melting pot of regional, simple, tasty and zero kilometer cuisine: a gem in retro style - Piazza S.Pertini, 9 Zollino (LE) - Tel. 3332042168



## BEST BRACERIAS IN SALENTO

- **Arrosteria Dell'Itria** - Via De Jacobis,11 Lecce (LE)
- **Barbecue**-Via Taranto,24 Lecce (LE) Terra Lecce-
- **Terra Lecce**- Via Vittorio Emanuele II, 48 Lecce (LE)
- **Braceria**- Via Pietro Siciliani,80 Galatina (LE)
- **I Macellai**- Piazza Toma G.,2 Galatina (LE)



# BEST EXPERIENCES TO HAVE IN SALENTO

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Salento, in addition to being the land of the best Italian coasts and the best food, is also the land of the best experiences for every genre and taste. Allowing yourself to be transported among the thousand proposals offered by our territory will make your holiday nothing short of sublime. Below is a list of the best experiences to have in our beloved land

- **Guided tour of Sternatìa:** Organization by Japiglia di B.Arcano, estimated duration 3 hours Tel.+[\(39\)3683413297](tel:(39)3683413297)
- **Guided tour of Sternatìa and opening of the Hypogea Well:** by Mr. Antonio, free offer Tel.-[\(3387986523](tel:(3387986523)
- **Dinghy excursion with snorkelling** from San Foca to the Faraglioni of Sant'Andrea
- Half-day boat excursion to the Zinzulusa cave from Otranto
- **Aperitif on a boat** at sunset at the Grotta degli Innamorati
- **Bike excursions** between Porto Cesareo and Porto Selvaggio
- **Horseback riding** Porto Cesareo/Torre Lapillo
- **Quad excursions** Torre Sant'Andrea
- **Scuba diving** Torre Inserraglio
- Walk among the most beautiful villages of 'Italy Specchia-Presicce-Patu'
- **Trekking from the Otranto Bauxite Quarry to Punta Palascia**
- Guided Tour of Lecce to discover the Baroque

# FOOD AND WINE EXPERIENCES SALENTO

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For those with a sweet tooth or major connoisseurs it is also possible to carry out unique food and wine activities. Real sensorial journeys that will leave you and your taste buds enraptured. 15 Below is a list of the best Salento realities that offer this type of experience:

➤ **Masseria Cinque Santi** - Located in the Vernole - Lecce area, a few kilometers from the medieval village of Acaya and the Cesine nature reserve, in the heart of Salento, it was born for zootechnical purposes with the production of 0 km cheeses prepared with traditional methods of a time to then also support the production of BIO & D.O.P. extra virgin olive oil. From a "Slow Life" perspective, the company offers days of "product tasting in the MASSERIA", a real journey into taste, during which the guest can watch the preparation of the product and be accompanied in the tasting on the large terrace overlooking the Salento countryside, dotted with "pajare" and dry stone walls, or in the room adjacent to the OIL BAR. Masseria Cinque Santi passionately carries out the activity of an educational farm, welcoming school groups of all ages, summer camps or simply families who want to spend a day among nature and animals and get closer to this wonderful world. For school groups, it organizes educational workshops, in agreement with the teaching staff, which can be adapted to specific needs, increasing and diversifying the activities proposed. Furthermore, through their website it is possible to order and receive their exceptional food and wine products at home throughout Italy.



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➤ **Picnic in the vineyard at Cantina Petrelli:** Via Villa Convento Km2 Carmiano (LE): Tel. - +(39)3333433356 There is the possibility of purchasing their products. This tasting package will take you among our vineyards, comfortably and in total privacy . An expert from the company will tell you about our history and dedicate a few minutes to explaining the wines and our work, and then let you taste them in the open air, while remaining at your disposal. In your picnic basket you will find two bottles of wine of your choice, a small bowl of peppers in turmeric oil with frisa brittle, vegetable pâté, a packet of friselline and a bag of mixed puccette. In short, the true Salento aperitif. Keep an eye on sustainability: you will bring with you all the products that you will not consume during the tasting, so as to avoid waste. A unique picnic experience among vineyards and olive trees, sipping quality wine, eating Salento products and breathing the fresh country air. You will also have the opportunity to purchase wine products directly on site

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➤ **Wine tasting and tour at Tenuta Corallo:** Litoranea Alimini-Otranto Tel. +(39)3808682366 The experience includes a guided tour of the vineyards, the cellar and the barrel cellar, followed by a 2 or 4 glass wine tasting with local products. It is also possible to take a tour for adults and children in the organic garden and plant vegetables. Possibility of purchasing wine products both on site and online with estimated delivery in 3-4 days.

➤ **Street Food tour Lecce:** a guided tour of approximately 3 km on foot in the heart of the historic center of Lecce, to discover the wonders of this city, but above all the food and wine delicacies that this wonderful land has to offer. The experience can be booked online at [www.windinger.co](http://www.windinger.co)

➤ **Beer tasting and aperitif with guided tour at the artisanal agricultural brewery of Leverano:** Via Ancora, 2 Leverano Tel: + (39)3533443844 Discover the artisanal agricultural brewery Birra Salento and taste its creations paired with local finger food.

➤ **Mani del sud experience Lecce at the Apollonio wine house** - Via S.Pietro in Lama, 7 Monteroni di Lecce (LE) Tel - +(39) 0832327182 The Apollonio wine house welcomes you in the heart of Salento to discover their DOP line ' Mani del Sud', which will enchant your palate with refined elegance, revealing the secrets of a long tradition. This tasting is recommended for wine lovers looking for intense and intriguing flavors. The experience includes the tasting of 3 Apollonio wines. Recommended for those who want to try intense and intriguing flavours.

➤ **Oil tasting and mill tour at the A.G.R.O oil mill** - Via Appia Antica, Surbo (LE) Tel- +(39) 0832363467 Immerse yourself in an authentic olive oil tasting experience at the Agro mill, just 4 km from the enchanting city of Lecce. Upon your arrival, the company owner will welcome you personally, guiding you through the various stages involved in crafting exceptional olive oil, from field to bottle. Explore the recently planted olive trees from the previous year and learn more about olive harvesting techniques. Challenge yourself with old and modern machines as you delve into the entire extraction process. If your visit coincides with the harvest season (October-December), witness the live show of oil production, observing the process from filtering to storage and bottling. After the enlightening explanation, treat yourself to a tasting session with two top-quality extra virgin olive oils. Sharpen your ability to recognize high-quality olive oil. Tasting available with glasses or bread. Possibility to purchase products both on site and online with shipping to Italy and Europe.



➤ **Experience and tasting in the oil mill at Olio Merico** SP181 Via Miggiano,9 Specchia Tel- +(39) 3205554636: With this guided tour of a family-run oil mill in Salento, you will be able to expand your knowledge of how oil is produced from scratch high quality extra virgin olive oil. During the tour, see the production areas and get helpful tips on how to discern different qualities of olive oil. You can also participate in a guided tasting where you can pair fine olive oils, cheeses and local delicacies. Possibility to purchase products on site or online with worldwide shipping.

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➤ **Apulian cooking class, Orecchiette pasta!** By Nord Salento Tour At Via Padula del Cimitero, sn 72013 Ceglie Messapica (BR) Tel- +(39) 3398686335 Orecchiette are one of the most traditional Apulian specialties, but perhaps you don't know the trick to making this unique pasta in the shape of ear. With this countryside cooking class, learn to make orecchiette like a real Italian grandmother and discover other classic dishes made with seasonal herbs and vegetables grown in the Itria Valley. Celebrate your new skill with a four-course meal featuring your own fresh pasta

➤ **Cheese tasting and visit to the Sant'Angelo dairy** Via Otranto,14 Martano (LE) Tel- +(39)3888906747 Anyone who wants can for a moment take on the role of an Apulian cheesemaker by venturing into the production of typical Apulian products. And at the end of the discovery of the Salento dairy there will also be a delicious tasting of local products. As tradition dictates, the tasting will be accompanied by the possibility of drinking a good glass of wine.





➤ **Create mozzarella and burrata!** Laboratory at the Masseria Cinque Santi Via Provinciale per Lecce SP1, Vernole (LE) Tel- +(39) 3487912951 Welcomed by the Master Cheesemaker you will learn about the various phases of the process, you will be personally involved in some of the processing phases and you will witness the entire process up to the production of stretched curd and the shaping of mozzarella, stracciatella, burrata and scamorza. Tasting of the product made with a visit to the Cheese Shop. Upon request, the experience can be associated with the "VISIT TO THE FARM PLACES". Possibility to purchase dairy products both on site and online on their website.

# WHERE TO BUY THE BEST CHEESES IN SALENTO



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Whether it's for a gift to friends and relatives or to bring the flavors of the best cheeses from southern Italy home to you, we'll show you some dairies where you can buy the best dairy products in the area, farms and dairy companies that process milk coming exclusively from their own sheep, cattle and goat farming:

- **Cava verde bio** – Piazza del sole, 15 Calimera (LE) Tel- +(39) 3337508137 20 The company raises sheep, the Jonica breed, and goats; uses its own milk (raw!) and transforms it into delicious cheeses.
- **Torre S. Emiliano** – SS16, 73028 Otranto (LE) A few meters from the sea, on the coast of Otranto, stands Torre Sant'Emiliano, from which the dairy takes its name. Their secret? Fresh milk, passion and a lot of work. Their sheep and goats produce the precious commodity which is expertly processed every morning by the master cheesemaker. While the cow's milk is supplied by the small Lanciano Pedone di Cursi dairy company. The result is incredible fresh, semi-mature and mature cheeses. They are fragrant, tasty and enveloping, with an unmistakable flavor of Puglia. you can find their products in the supermarkets of the province of Lecce, but you can also buy directly in their store which is open every day, including Sundays.
- **Masseria Capasa** - Località Capasa 73025 Martano (LE) Tel - +(39)3318312336 Every day the cows of the farm (also an educational farm) are milked and their precious milk is transformed into many different dairy products, which stand out for their excellent quality. Fresh ricotta, yoghurt and numerous types of cheese are available in the dairy counters (true altars of taste) ready to be brought to the table and enjoyed alone or as an accompaniment to many dishes.
- **Masseria Pascarito** – Strada Provinciale Otranto - Maglie (LE) Tel. - +(39) 3272884758 21 It is a small family dairy business with a short supply chain in conversion to organic. The Masseria is located in the Magliese countryside, where the pastures for the animals extend and mowing for fodder takes place. The products are made with milk from their sheep and cattle. At Pascarito you will find a very juicy fiordilatte, a typical pecorino from Maglie, Lecce sheep's ricotta, giuncata and "ricotta forte", with the flavor of the past.
- **Masseria Bellimento**- SP 286, Sant'Isidoro (LE) Tel.- +(39) 3276929376 Following the precepts of local tradition, working in harmony with the territory and enhancing typicality, Masseria Bellimento produces irresistible milk-based cheeses sheep and vaccine from its own farms. The place where the farm is located, a few steps from the sea and near the Porto Selvaggio Park, is an integral part of the supply chain. This strip of land gives their cheeses a rich and unmistakable taste. On the podium I put marzotica, caciocavallo d'Arneo and Mediterranea, a spicy cheese with a soft centre.
- **Sciacuddri** –Cda Cafaro SP 278 Cutrofiano (LE) Tel.- +(39)3336111365 Antonio and Mariangela raise around 100 heads of Sardinian sheep (the best for milk production) and manage every phase of the supply chain: from grazing the flock to milk processing. Production is deliberately limited, to guarantee seasonality and naturalness and thus give the cheeses balance and flavour. Marzotica (typical Apulian salted and matured ricotta 22) is produced in March; in summer you can find caciocotta, while the rest of the year primosale, giuncata, ricotta and pecorino are available.
- **Le Sarei** – Strada Comunale Lizza, Vico S Niceta Melendugno (LE) Tel. - +(39) 3927927904 The agricultural company was born from the desire to carry on the dairy tradition with ethics and passion. Andrea loves his goats and sheep and pampers them by always keeping them very clean and feeding them with high quality feed and spontaneous pastures and fodder, to guarantee a constant quality of the milk, which thus preserves all its unique nutritional principles and antioxidants in quantity . From the use of this milk, few but excellent genuine dairy products such as ricotta, caciotta and giuncata are born.
- **Masseria Santa Domenica**-Via di Gallipoli,104 Galatina (LE) Tel.- +(39) 3332075145 The cheeses of this farm, which is also an educational farm, are handcrafted, without preservatives and with only freshly milked milk. The cows are of the "Italian red spotted" breed, famous for their burst of health and their milk is yellowish due to the high content of carotenoids present in the fresh herbs they feed on. This means that the fodder 23 (self-produced) is good and that the dairy products will be very tasty. In fact, here mozzarella, knots and cheeses are truly sublime!

# WHERE TO BUY THE BEST SALENTO WINES

As with cheeses, Salento is the home of good wine. You can't help but get intoxicated by their scent and sink into their flavors. Impossible to return home without a bottle of good Salento wine! For this reason we suggest some of the best wineries in the area:



- **Cantina I Pastini** – Strada Cupa Rampone Zona A 74015 Martina Franca (TA) Tel- +(39) 0804313309
- **Feudi di Guagnano** – Via Cellino, 3 Guagnano (LE) Tel- +(39) 3517030606
- **L'Astore Masseria** – Via Giuseppe di Vittorio, 1 Cutrofiano (LE) Tel- +(39) 3932290830 24
- **Cantina Vecchia Torre** – Via Ancona Circonvallazione Lecce-Porto Cesareo, Via Marche, 1 Leverano (LE) Tel- +(39) 0832925053
- **Cantele Wines and routes of Salento** - S.P 365 km 1 Guagnano (LE) Tel- +(39) 0832 705010
- **Cantine Due Palme** – Viale Japiglia, 19b Lecce (LE) Tel- +(39) 3881473216

# THE UNDISPUTED PRINCE OF SALENTO: THE PASTICCIOOTTO



271 years have passed since the creation of the first Pasticciotto Leccese and its success is far from fading away: today, in fact, the city of Lecce has recognized it as a typical dessert and it is found in the national list of traditional agri-food products drawn up by the "Ministry of Policies Agriculture, Food and Forestry". It is a small dessert in the shape of an oval cake, made of shortcrust pastry with a custard filling, which the people of Salento usually eat hot, freshly baked, for breakfast. The history of Pasticciotto Leccese began in 1745 in a small town in the province and more specifically in Galatina: here was the Ascalone family's pastry shop, which is still located today in the ancient headquarters of Via Vittorio Emanuele II. During the Saint Paul holiday, Nicola Ascalone is immersed in his problems: he is looking for a way to revive the fortunes of the pastry shop, which is in dire straits following various debts. He only has a little dough and a little custard at his disposal and he knows very well that they are not enough to make a cake, but he still decides to put the dough in a small copper mold and fill it with cream. Ascalone calls it "bocconotto" and gives it to a passerby freshly baked: the "bocconotto" is so good that the passerby wants to buy more to bring to his family. The dessert is excellent and word of mouth does the rest, the success is immediate throughout the province, where numerous visitors come just to taste it and thus the "Pasticciotto de Lu Scaloni" is born. It is said that Pope Wojtyla, during his pastoral trip to Puglia, went to the Ascalone pastry shop and appreciated the Pasticciotto Leccese so much that he had it delivered several times a week for breakfast in the following years. The Pasticciotto Leccese was brought to Brindisi in the very early hours of the morning and from here it took the 6.00 flight to arrive in Vatican City in time for the Holy Father's breakfast. Whether it is true or not, the Leccese Pasticciotto has conquered everyone for the genuineness of its ingredients and its exquisite flavor and today, in addition to the original version, it can be tasted in many variations: we have the orange-scented pasticciotto, the pasticciotto with the filling of custard and black cherry jam, the one with the filling of chocolate cream and also the black pasticciotto with cocoa shortcrust pastry, with the filling of custard, chocolate cream or gianduia cream, all enriched with tasty pieces of dark chocolate.

# WHERE TO ENJOY THE BEST PASTICCIOTTI?

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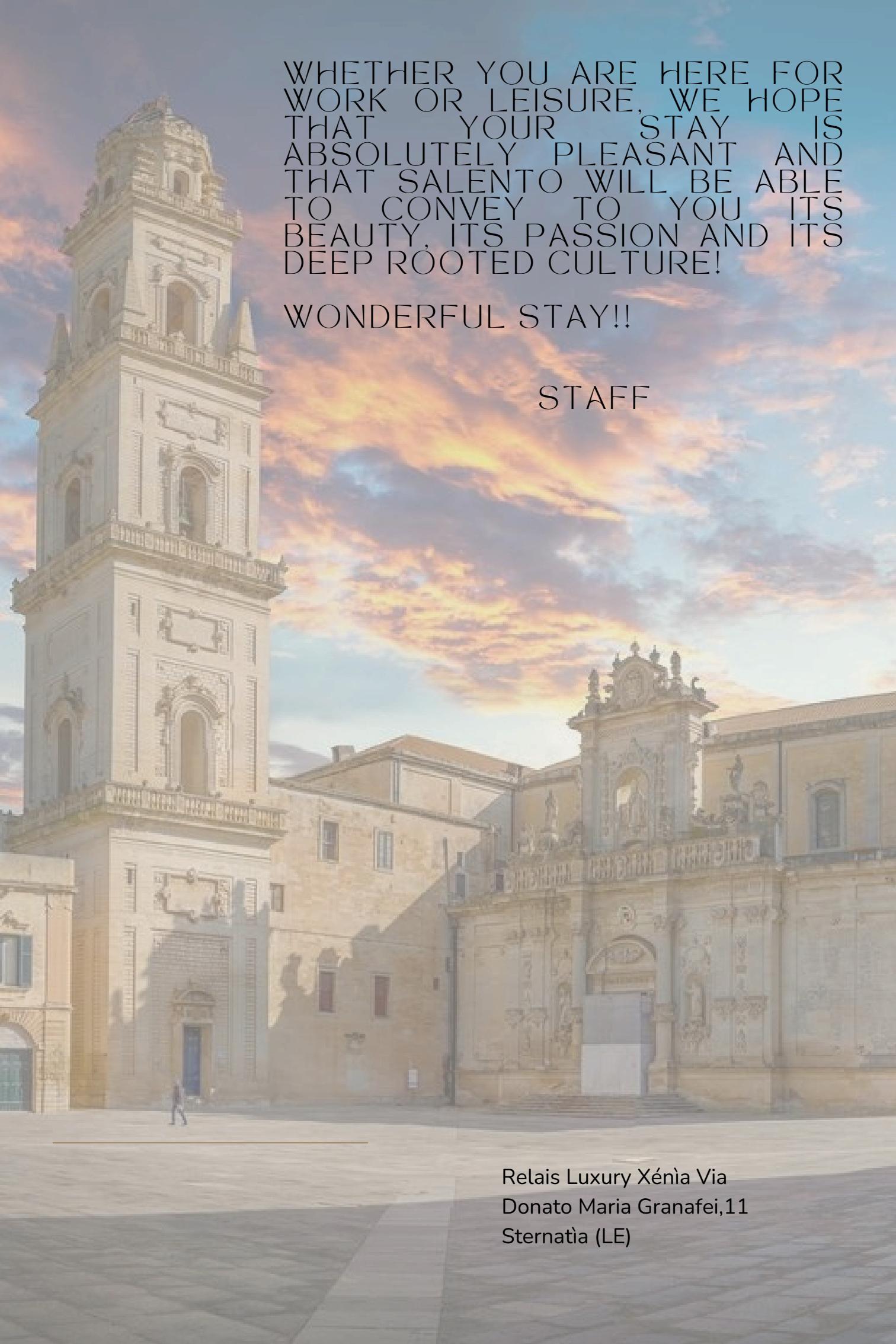
- **ASCALONE, GALATINA** – Via Vittorio Emanuele II 17, Galatina Tel- +(39)0836566009 It remains the place to taste the Galatina pasticciotto as tradition dictates: with the fragrant and slightly burnt dome, a little smaller than the one he eats in the rest of the province, and with a pastry that doesn't get any more crumbly. A tip: eat it on the spot. As the Ascalone masters teach, pasticciotto should be enjoyed as soon as it is made.
- **BAR PASTICCERIA ALVINO, LECCE**- Piazza S.Oronzo 30, Lecce Tel- +(39)0832246748 The most elegant bar in Lecce, a historic place, Bar Alvino is always a certainty. Having breakfast here gives you one of the most beautiful views of the city: it is in Piazza Sant'Oronzo, overlooking the Roman amphitheater, and the desserts are sublime.
- **PASTICCERIA LUCA CAPILUNGO, LECCE**- Via Bari 7, Lecce Tel- +(39)0832312406 Cooking is not a dogma, and neither is pastry making. The proof is Luca Capilungo's pasticciotto, good enough to lose your head, but with a cream that is a little different from the traditional one. Who knows what the young pastry chef's secret is.
- **CAFFETTERIA PASTICCERIA L'INCONTRO, LECCE** – Viale della Libertà 51, Lecce Tel- + (39)0832391854 If you have not been to the Caffetteria Pasticceria l'Incontro, it is very likely that you have still tasted their pasticciotti, because they supply many bars in the center and not only. Give yourself a gift: go and eat it at their place for breakfast, with a nice iced coffee with almond milk to accompany it. In addition to the traditional classic with cream, here they also make pasticciotto filled with dark chocolate, ricotta and pear, black cherry and much more.
- **PASTICCERIA NOBILE, SAN CATALDO** – Via Marco Polo 9, San Cataldo Tel- +(39)0832650595 San Cataldo is the seaside of the people of Lecce when they have not yet moved to their seaside homes (which are always in Salento): the place where you go on your lunch break to sunbathe (yes, many do), where you stop on the weekend to eat excellent fish or where you go even just to treat yourself to a dessert. It's worth it if you stop at Nobile, another point of reference for eating pasticciotto as it should be made.
- **PROVENZANO, TUGLIE** – Piazza G. Garibaldi 23, Tuglie Tel- +(39)0833596165 He still makes desserts as he once did, with artisanal expertise, mastery and passion. The pasticciotto is exactly as it should be: oval shape, fragrant even if you take it at closing time, with a cream that you can't stop eating. Worth trying, perhaps together with almond paste, another great specialty.
- **WHITE ART, PARABITA**-Via Don Luigi Sturzo 18, Parabita Tel- +(39)0833595833 Antonio Campeggio is the only pastry chef from Salento Tre Torte del Gambero Rosso. A champion, appreciated throughout the province for its delicate and perfect desserts, which leave in your mouth that sensation of lightness that is rare to experience with a dessert or a cake. The pasticciotto is no exception, indeed it is an emblem of it. In fact, he also offers it in a mini version - the pasticciottino - and fills it in many different flavours: sweet (for example with pistachio), but also savory, perfect for an aperitif.
- **BAR STELLA, MARTANO**- Via Pomerio 1, Martano Tel-+(39) 0836572662 Bar Stella is a small paradise: it is in the square of Martano, among the municipalities of Grecìa Salentina. If you don't know where it is, you will get there attracted by the scent: at every hour of the day they produce wonders. The typical Salento desserts are all there: mostaccioli, royal pastry sweets, figs with almonds, fructoni and among the best pasticciotti that you can taste in the province.

# MAIN EVENTS, FESTIVALS AND CELEBRATIONS OF SALENTO



We conclude by reporting a short list of the most fun, delicious and popular events in our beloved Salento.

- **The Notte della Taranta:** concert on 26 August 2023 in Melpignano, and traveling festival in August
- **Feast of Sant'Oronzo:** in August in Lecce
- **Alba dei Popoli:** New Year's Eve in Otranto
- **Gallipoli Carnival**
- **Holy Sunday in July:** in Scorrano
- **Birra e Sound:** the beer and fun festival in August in Leverano
- **San Pietro e Paolo:** with the re-enactment of the tarantate in June in Galatina
- **Focara di Sant'Antonio:** in January in Novoli
- **Songs of the Passion:** during the period Easter in Salento Greece
- **Feast of San Rocco:** the sword dance on August 15th in Torre Paduli, a hamlet of Ruffano
- **Tavole di San Giuseppe:** in March in the villages of the Otranto hinterland
- **Feast of San Filippo and Giacomo:** in May in Diso
- **Feast of Saint Nicholas:** in May in Maglie
- **Notte Bianca:** in August in Specchia
- **Festa te lu Mieru:** in September in Carpignano salentino
- **Nativity scenes of Salento:** in December, in Tricase and in various towns in the province of Lecce



WHETHER YOU ARE HERE FOR  
WORK OR LEISURE, WE HOPE  
THAT YOUR STAY IS  
ABSOLUTELY PLEASANT AND  
THAT SALENTO WILL BE ABLE  
TO CONVEY TO YOU ITS  
BEAUTY, ITS PASSION AND ITS  
DEEP ROOTED CULTURE!

WONDERFUL STAY!!

STAFF

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Sternatìa (LE)