# Three easy pieces on Ferrara And a rant

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#### The salama ferrarese

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► We will discuss it on day three. That's all for today.



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- This also means that this food is not fat, even if some people believe it being ultra-fat or worse.
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- ► The meat of the salama is pork, half fat cuts and half skimmed. Also, some *low quality* cuts are often used, like the tongue, or the liver (heart or lung are not used anymore as far as I know).
- ► The minced meat and the other ingredients are put in a bag made with a part of the pig bladder.
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- Once it is cooked, how do you eat it? Surely not with bread, do not even try it! I think it is a penal offence in town.
- ➤ You eat it with *purè* (think of mashed potatoes, but much better that mashed potatoes).
- ► If it is the right season of the year (now, for example) it could also be a *pumpkin* purè.

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- ► The full story is much more complicated than this (read the book!), for example the salama may be eaten without cooking, after a long aging, as if it were a kind of salame.
- In this case, you may eat a salama slice with figs or other sweet fruit (I have collected the evidence that it may also be eaten with banana — from a Ferrarese professional cook, not joking).
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- Cappellacci are filled with pumpkin, grated cheese (parmigiano or grana) and nutmeg.
- ► They do not contain almond macaroons. Adding macaroons is a tradition of people living more than 80km from here. Another country, in practice.

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- Pasta filled with pumpkin is a tradition of many parts of northern Italy, but is usually eaten with butter and grated cheese (or butter and sage leaves).
- Instead, in Ferrara, cappellacci are eaten with a meat and tomato sauce (ragù). A legal variant is the ragù di salsiccia where the only meat is the pork sausage. Cappellacci with vegetables or mushrooms are not orthodox, sorry, you will be reported.
- But, as a tourist, you will be forgiven if you eat them just with butter and cheese.

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### Ok this is the rant part of my participation

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### All together now!

SPAGHETTI ALLA BOLOGNESE . . .

Do. Not. Exist!



#### Tertium non datur

- ► In Italy, when you eat *spaghetti* you may add basically any kind of sauce (tomatoes, fish, eggs and bacon carbonara, cheese, etcetera) but **a single one**.
- Yes, ragù.
- On the other hand, you may eat any kind of pasta together with a meat sauce, with a single exception.
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### One more time!

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- Sand, the proximity to the river Po delta, the sea and the fog of the winter months, has an influx on the grapes, that is not replicated in other areas of Italy.
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# A perfect marriage

- Even if Ferrara is not famous for wines, and they do not use grape varieties famous all over the world, as *nebbiolo* (used for Barolo and Barbaresco) or *sangiovese* (Brunello), give it a try to the Fortana wine.
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### One last time!

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