

TYPICAL FOOD IN PARMA



ANOLINI

Consumed especially during the holidays, this pasta represents a very dear first course to the inhabitants of these lands, known since the Renaissance.

It is a type of stuffed egg pasta, they have a rather large circular shape, the serrated edge and the filling consisting of beef stew, Parmesan cheese, grated stale bread, egg yolk and spices. Usually they are served in broth, but in other cases it is possible to accompany them with butter and sage.



TORTA FRITTA OR TORTA SALATA

This is a very simple appetizer. The dough is made with white flour, leavening, extra virgin olive oil, lard, salt and water, and is fried.

It is usually served with cold cuts, such as the unmissable Parma ham, internationally known and dating back to Roman times, or culatello, or the salami obtained from the finest part of the pork leg.



PARMIGIANO REGGIANO

Parmesan Cheese is probably the most famous cheese in Italy. A product of rare delicacy and with a long and glorious history. Fabulous to eat alone, it is also a fundamental ingredient in many dishes. It is protected by the PDO designation and to be defined as such it must comply with a very strict and precise disciplinary, thanks to which a product of the highest quality and unique is obtained. One of the aspects that most distinguishes this product is the seasoning, which starts from a minimum of 12 months to reach even more than 40.



CARNE DI CAVALLO

Horse pesto.

In Parmesan dialect it is called caval pist and consists of a traditional process of minced raw horse meat, simply seasoned with a drizzle of oil, a pinch of salt and lemon. Its origin dates back to around 1881, when the first horse butcher shop opened in the city.



TORTELLI DI ERBETTE ALLA PARMIGIANA

Simple but tasty first course of lean meat.

A stuffed pasta made with Parmigiano Reggiano, butter and various seasonal herbs found on the hills of the Emilian Apennines.



TRIPPA ALLA PARMIGIANA

A healthy and tasty dish based on a few simple steps.

It is prepared with mixed tripe, vegetables, broth and tomato sauce.

At the end, once the tripe has been placed on the plate, a generous sprinkling of Parmigiano Reggiano is a must.

