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Activity: Cultural heritage in Europe – Traditional Cooking

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CICCHETTI



Cicchetti are typical Venetian appetizers (in Padua they are called *spuncioni* or *spuncioti*), similar to Spanish tapas: they are small tastings based on fish, salami or vegetables, on small slices of bread (*filoncino*, similar to a baguette) or *polenta* (an ancient food of Italian origin based on cornmeal or other cereal and water), to be enjoyed standing, you do not need to sit at a table, and accompanied with an inevitable *shade* or *shadow* of red or white, that is a small glass of wine.

This local definition seems to take its name from the ancient habit of wine merchants to place their serving stalls in the shade of the bell tower of Saint Mark's basilica to keep their wine cool. Even today in the lagoon city people say "going for shade/shadows", when they mean going for the ritual of the mid-morning glass of wine.

Here is a list of the most popular *cicchetti*:



croutons with bacalà (*bacalà* is creamed cod made with stockfish and oil)

marinated anchovies (anchovies are 'marinated' with extra virgin olive oil, vinegar and lemon)



half eggs with anchovies and olive (*mesi vovi co' l'aciugheta!*)

mozzarella cheese 'in carrozza' (with or without anchovies ...)





Sardines in saor (sweet sour sardines). Fried sardines that are served with onions cooked in vinegar and caramelized, pine nuts and raisins. 'Saor' is a method of food preservation used by sailors. In ancient times, in fact, when it was necessary to keep fish on ships for a long time, this particular preparation was used. It allowed to keep fried fish preserving its excellent flavour for several days. The 'in saor' sardines are actually tastier if tasted after 24 hours rest.

fried zucchini flowers stuffed with mozzarella cheese and anchovies or cod (a real treat!)



meatballs or fishballs

fried vegetables





Musetto and poenta (a slice of a boiled typical salami, *cotechino*, placed on a slice of *polenta*)

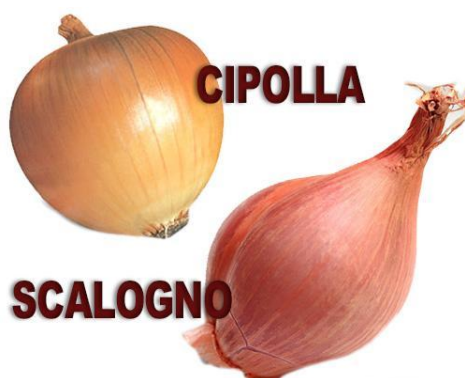
Croutons with soft cheese (goat cheese, *robiola*, *stracchino*) and red *radicchio* (red *radicchio* is an Italian vegetable with Protected Geographical Indication: many varieties of it are produced in the Veneto region).



To prepare these croutons, you need to cook the 'radicchio', which can then be used for many other recipes (risotto, lasagna and even as a side dish). The ingredients are: extra virgin olive oil, shallot (a smaller type of onion with a more delicate flavour), *radicchio*, red wine, salt and pepper.

The preparation begins by cleaning and cutting the *radicchio* into small slices.

Proceed by chopping the shallot into small pieces.



Heat 3 tablespoons of oil in a pan, add the chopped shallot and fry it for a few minutes. Add the 'radicchio' and cook it over high heat for 5 minutes. Add half a glass of red wine and let it evaporate. Cook for 10 minutes over medium heat. These croutons can be garnished with various types of seeds (pumpkin, sunflower, sesame ...).



But where can we find these delicacies?

Especially in Venice, they can be found in the '*bacari*', or '*bacaréti*', a type of popular '*osteria*' (tavern), where there is a wide selection of wines by the glass (*ómbre* or *bianchéti*), characterized by few seats and a long counter where the products for sale are displayed.

If we talk about *cicchetti* and *bacari*, then we must also remember the *Spritz*.... An alcoholic Venetian aperitif made of white wine, often *prosecco* wine, bitter and seltzer.



- Link to video-spritz: <https://youtu.be/ibqVIZWfWyM>
- Link to video-recipe *baccalà mantecato* cod: <https://youtu.be/YZUcY5hfYYc>
- Link per video-recipe *in saor* sardines: <https://ricette.giallozafferano.it/Sarde-in-saor.html>
- Link per video-recipe fried pumpkin flowers: https://youtu.be/oUQDcJOs_Q