FERRARA FOR

# FOOD LOVERS

Ferrara's cuisine has its roots in the refined life of the Renaissance court, when the city, capital of the Este dynasty, was one of Europe's most sophisticated cultural centers. It was in this context that a remarkable culinary tradition was born, also documented by **Cristoforo da Messisbugo**, ducal steward and author of one of the earliest cookbooks in history. From the meeting of **courtly refinement and rural tradition** comes a cuisine that remains deeply authentic to this day.

*If you want to truly experience Ferrara, here are some specialties you shouldn't miss.*

## CAPPELLACCI DI ZUCCA IGP

Known locally as **caplaz**, these large stuffed pasta parcels are **filled with pumpkin, Parmigiano Reggiano, and nutmeg**. They are traditionally served with butter and sage or with meat ragù, enhancing their signature sweet-and-savory balance.



## CAPPELLETTI

A traditional stuffed pasta served in broth (and definitely not to be confused with tortellini!), **cappelletti** are **a staple of festive meals** and family traditions: perfect for warming up during the winter months.

## PASTICCIO DI MACCHERONI

One of the **most spectacular dishes** of Este cuisine: a sweet pastry crust encases macaroni with white ragù, béchamel, mushrooms, and –for a gourmet touch– truffle.



## SALAMA DA SUGO

An ancient, **richly spiced cured meat** with a long cooking process and an intense flavor. It is traditionally served with mashed potatoes.

## COPPIA FERRARESE IGP

**A distinctive twisted bread**, known for its crisp texture and its four elongated, tapered ends. Perfect for pairing with cured meats and traditional dishes.

## TORTA TENERINA

**A chocolate cake** with a thin, crackly crust and a soft, rich center, created between the 19th and 20th centuries in honor of Princess Elena of Montenegro.

## TORTA DI TAGLATELLE

**A Renaissance dessert** made with shortcrust pastry, almonds, and thin strands of egg pasta, traditionally inspired by the golden hair of **Lucrezia Borgia**.

## PAMPAPATO

In the 17th century, the nuns of the Corpus Domini Monastery created this **dessert for the city's nobility**. Today, it is a true **symbol of Christmas**: a spiced cake with cocoa, nuts, and candied fruit, coated in dark chocolate.

*Did You Know?*

**The oldest tavern in the world**
Just steps from the Cathedral, you'll find **Osteria Al Brindisi**, considered the oldest still-operating tavern in the world. Among its historic guests were **Ludovico Ariosto** and **Torquato Tasso**.

**A typical Ferrara breakfast**
In Ferrara, the day begins with **"la ricciola"**, a spiral-shaped pastry with a buttery aroma, **perfect with coffee or cappuccino**. Made with laminated dough or bread dough, it strikes a delightful balance between sweet and savory –ideal even for snacks or aperitifs.

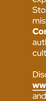
## DISCOVER AUTHENTIC FLAVORS

Ferrara preserves a rich culinary heritage. To truly experience it, look for the "Ristorante Tipico Ferrarese" label –an initiative that identifies restaurants committed to promoting local recipes and ingredients.

If you're looking for a delicious souvenir, explore the city's historic shops (Botteghe Storiche), where tradition is still alive. Don't miss the **De.C.O. products (Denominazione Comunale di Origine)**, specialties that authentically represent the local gastronomic culture.

Discover participating restaurants at **www.ristorantetipicoferrarese.it** and explore historic shops on **www.ferrarainfo.com**.

*The Shot You'll Remember*
Capture your plate of cappellacci di zucca or pasticcio ferrarese: **Ferrara is a city to savor... and to share**.



**Want to uncover the secrets of Ferrara's cuisine?**
In our dedicated podcast, we share stories and curiosities about the dishes that still define the city's gastronomic identity.

**Listen to the podcast**

**Looking for New Adventures?**
Visit **www.inferrara.it** to discover guided tours, bike experiences, cooking classes, river cruises along the Po, and themed activities to create your perfect itinerary.