

FOOD & WINE

Recipes and traditional dishes



COMACCHIO, PERFECTLY BALANCED BETWEEN SEA AND LAND, BOASTS ONE OF THE RICHEST FOOD AND WINE TRADITIONS IN EMILIA-ROMAGNA.

The products that make their way from the Po Delta to the tables of Comacchio's residents are incredibly diverse: eels, shrimp, mantis shrimp, clams, mussels, sea bream, sole, and sea bass are just a few of the delicacies our sea has to offer. From the land, on the other hand, we can enjoy delicacies such as pumpkin, rice, asparagus, radicchio, mushrooms, and much more.

In a region that has always thrived on its local produce, one can only expect to savor dishes that are bursting with flavor.



The eel:

How could we not start with the queen of the Valleys, the eel?

Every year, Comacchio is the final destination of this fish's migration; in late autumn, it is caught and processed in the Sala Dei Fuochi at the Manifattura dei Marinati.

There are many eel-based recipes you can find in Comacchio; among the most famous are:

- Grilled eel
- Eel risotto
- In brodetto or "a becco d'asino" Marinated in vinegar

RECIPES: EEL "A BECCO D'ASINO"

Ingredients for 4 people:

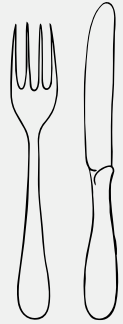
- 3 eels, 150–200 g each
- onion
- vinegar
- tomato paste salt; pepper; oil

Cut the fish into 4–5 cm pieces and wash them thoroughly; in a baking dish, add enough sliced onion to cover the bottom and sauté it in oil. Then add the fish, vinegar, and a little water until it roughly reaches the height of the fish in the pan, along with pepper, salt, and a little tomato paste. Bring everything to a boil and simmer until the fish is cooked through (check by piercing with a fork).

Serve with a few slices of grilled polenta and enjoy your meal!



RECIPE: EEL RISOTTO



Ingredients for 4 people:

- 500–600 g eel
- 250 g Delta rice
- ½ teaspoon tomato paste
- ½ onion, celery, and carrots nutmeg to taste
- salt, pepper, and oil to taste
- Parmesan and Pecorino cheese to taste

Start with the broth: place 1.5 liters of water in a pot with the celery, carrot, and half an onion. When it comes to a boil, add the eel and cook for 15 minutes.

Then remove the eel and clean it by removing the skin, bones, and head; set the flesh aside and return the scraps to the broth, keeping it at a rolling boil. Meanwhile, sauté a little onion with the eel flesh and half a ladle of broth (previously strained to remove the scraps); add the tomato paste and let it brown.

Then stir in the rice and gradually add the broth; halfway through cooking, add Parmesan and Pecorino to taste.





The Mantis Shrimp:

A staple of the local cuisine, you can still find them fresh almost every morning at the fishermen's stalls in Porto Garibaldi.

With their delicate flavor, there are countless recipes in which they can take center stage.



STEAMED MANTIS SHRIMP:

They're delicious as an appetizer or a main course, served with fresh mayonnaise and a squeeze of lemon.

SEDANINI WITH MANTIS SHRIMP

For a delicious and flavorful first course.





Wines of the Sands:

The delicacies of our local cuisine simply must be accompanied by a good glass of wine.

About 14 km from us lies "Corte Madonnina," a winery that has been producing Bosco Eliceo D.O.C. wines—better known as "wines of the sands"—for years.

Among the most famous are: Bianco del Bosco, a naturally fermented sparkling wine; Sauvignon, a dry, still white wine; Rosso Fortana, available as still or sparkling; and Rosso Merlot.



Abbey of Pomposa:

Just a short walk from the Bosco Eliceo lies the Abbey of Pomposa, a Pomposian monastery that once welcomed illustrious figures such as Guido d'Arezzo, the monk who invented musical notation based on the seven-note system.

Those who appreciate ancient art should not miss the opportunity to admire, in the Basilica of Santa Maria, one of the most precious cycles of Giotto-inspired frescoes in the entire province, as well as the beautiful mosaic floor.

