

THE FOOD AND  
WINE GUIDE TO

# Naples and Campania

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## Beer

### Saint John's Bier

Beer-making is very rare in these parts: after all, this is one of Italy's prime wine zones. But that hasn't stopped two young brothers, Gianni and Mario Di Lunardo, from deciding to make a pure, old-fashioned artisan beer here. I discovered it by chance, when I tasted a jelly from La Credenza that had been made from the beer in the nearby province of Caserta (see p. 84-85). The brothers began in 2000, working with barley that is cooked to 77°C. Hops are then infused in it, and yeast added. After one week, the beer is put first into large tanks, and then into wood. They use modern technology to control the fermentations, but the method is traditional. 'Beer is very nutritional, for its mineral salts, folic acid, magnesium and potassium – indeed, local mothers use it as a pick-me-up when breastfeeding,' says Gianni. So here's to another enterprising group of young people determined to re-vitalize the all-too-often abandoned countryside. Cheers.

## Salumi

### Tomaso Salumi

Eugenio Tomaso is a country butcher: with his family he works in the village of Faicchio, selling fresh and cured meats, especially from local pigs and Laticauda sheep, in the small Sisa supermarket. He has recently become particularly interested in *salumi*, the salt-cured meats that are so popular throughout Italy, especially in the *interno*, where the pig constitutes a precious natural resource. Eugenio has access to animals – in particular the *maialino nero casertano* – that are being raised completely freely in a large private estate nearby. 'Here the animals are, to all intents and purposes, wild,' he says, as we drive up the mountain in a Jeep to see them. A sow with a group of little piglets catches a whiff of us and runs off into a bush for cover, followed by her babies (see photo p. 422). 'They have huge expanses of woods, pastures and *macchia mediterranea* to roam free in, so their meat is particularly flavourful. The Casertano is a fatty breed, but it's well balanced when the pigs get a lot of exercise and are free to eat the foods they like.' Eugenio's specialties are a fine, lean *culatello* – the most highly prized part of the rump – that is best when aged for two years; he also cures the *spalla*, shoulder, and makes a series of *insaccati* – sausages that have been stuffed into a natural 'sacco'. Of these, the coarse-grain *salame Napoli* is dotted with large chunks of fat; *finocchiona*, seasoned with wild fennel seeds, is eaten quite fresh. Eugenio also uses local mountain thyme, *pimpinella*,

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Chef Raffaele D'Addio  
 from Puglianello, with  
 Eugenio Tomaso



Opposite: Tomaso's  
home-made salumi

to flavour his *lardo* – the flat slabs of fat from the animal's stomach that are a delicacy sliced paper-thin onto hot toast. You can also taste the best of his production at Il Foro dei Baroni restaurant (see p. 424).

For delicious sheep's milk cheeses, **Agriturismo Torrecchia di Marafi** (Via Marafi; TEL 0824 819063) is a lovely farm producing organic *pecorini* from the local Laticauda sheep. You can also eat here if you reserve ahead: Marilena cooks a repertoire of country dishes from the Sannio, including home-made pastas, *salumi* and traditional dishes such as herbed, braised lamb.

### Foglianise

Each year, on August 16th, Foglianise hosts the Sagra del Grano, a lovely country fair at which giant sculptures made of wheat are mounted on to big floats for a parade. For information call 0824 878064 (*comune*).

#### Wine

##### Cantina del Taburno

In the city of Benevento stands a large red-granite statue the locals call Bue Apis, as if it were a giant cow. Instead, it represents an ancient Egyptian divinity, Apis, and seems to have been linked to the temple that Domitian erected in the city to honour the goddess Isis, whose cult was closely followed here beginning in Roman times. Bue Apis's strength has also helped forge the image of an unusual Benevento winery, la Cantina del Taburno. 'Bue Apis represents the essence of Benevento's potential,' says Luigi Moio, the company's consulting œnologist, son of the historic winemaker Michele Moio (see pp. 75-76) and a wine producer in his own right (see p. 353). 'For it is a wine made only from one vineyard of Aglianico del Taburno whose vines are over a hundred years old. Indeed, thanks to these sandy soils, phylloxera didn't kill off all the vines here and we still have some that are 120 to 180 years old.' Aglianico is so late-ripening that it is usually picked in the first week of November, and Bue Apis is then aged in barriques to give it modern intensity and to round out its tannins and tobacco notes. A big, signature wine that is defined by its territory, and that in turn has defined this forward-thinking Cantina Sociale. It has won the coveted Tre Bicchieri award twice since it was first made, in 1999.

Moio teaches œnology at the university in Napoli, and joined the team at this semi-public winery in 1999, pooling his research on Aglianico and other Campanian grape varieties with

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