



Cresciole di Ciccioli or in local dialect 'n ch'i ciccioli, is a round or twisted pastry that is made in different sizes and of which there are two versions:

a) savoury cresciole di ciccioli;

b) sweet cresciole di ciccioli.

Version a): Ingredients: Soft wheat flour, eggs, beer yeast, Parmesan or Pecorino cheese, olive oil, salt, pork crackling. Flour, water and yeast are mixed together by hand (or in a mixer). Once the dough is smooth, it is left to rise until it has doubled in volume. After this, it is kneaded again, adding a little more flour, the cracklings, the oil, salt and Parmesan or Pecorino cheese. The dough is then put into an oven dish in the desired shape (shaped like a pizza, a pie or twisted), it is left to rise for about 45-60 minutes and then cooked in the oven at about 180°C for about 1 hour.

Version b): Ingredients: Soft wheat flour, milk, olive oil, lukewarm water, eggs, sugar, crackling, lard, diced or candied orange peel, raisins, cinnamon, nutmeg, pine nuts. Method of preparation: Flour, water and yeast are mixed together by hand (or in a mixer). Once the dough is smooth, it is left to rise until it has doubled in volume. After this, it is kneaded again, adding a little more flour, the crackling and all the other ingredients. The dough is then put into an oven dish in the desired shape (shaped like a pizza, a pie or twisted), it is left to rise for about 45-60 minutes and then cooked in the oven at 180°C for about 1 hour. This is a fresh product that should be kept at a temperature of about 6° to 8° C for no more than 2 to 3 days.

*"(...) Our area (Umbria, editor's note), is wooded, hilly and allows for remarkable pig farming and the intensive production of olive trees. Seasoning is based exclusively on pork fat and olive oil. (...). The suet, heated in the boiler and pressed between cloths, making it liquid, is introduced into the bladder. Once solidified, characteristic oblong balls are formed, and the grocer keeps these hanging from the ceiling, waiting to sell them as bulk lard. The remaining meat is used for the famous "ciccioli", which, once salted, make tasty morsels."*

CATANELLI Luigi, Usi e costumi nel Territorio Perugino agli inizi del '900, Edizioni dell'Arquata, 1987