



Pammelati are small cakes, similar to croquettes, and are made of: breadcrumbs, walnuts, cinnamon, honey, orange peel and pine nuts (optional). The ingredients are mixed together in a pan, over a flame, with a wooden spoon. The mixture is then poured onto a marble surface and rolled up by hand and then cut into pieces and modelled into the shape of croquettes. This is a fresh product and should be kept at a temperature of about 6° to 8° C for a few days.