



This is a round cake, traditionally from Terni and of rural origin. Panpepato is made during the Christmas season and is considered a “rich” food, well-suited to this special and important celebration. Contrary to what its name might suggest, this is a sweet pastry, with a very unusual taste, due to the spiciness of the pepper that enhances all the other flavours. The ingredients in the panpepato include typical winter ingredients, like dried fruit (walnuts and almonds), seedless raisins and candied fruits, as well as honey and grape must, enriched with products that were once quite expensive, like cocoa and ground black pepper. The mixture is divided into little loaves, to be cooked in the oven. The pepper blends with the other flavours to make the panpepato a unique speciality, to be eaten with sweet wines, local liqueurs or even with a good coffee. Another version is called pan giallo, in which fruit gelatine and almond paste are added to the panpepato mixture. This is a fresh product and should be kept at a temperature of about 6° to 8°C for no more than 2-3 days.