



Bread in the shape of long filone and/or filetta loaves. This bread is made in Strettura, a village of about 600 inhabitants, located on the mountains near Spoleto. The bread of Strettura has maintained the characteristics of the original recipe, thanks to the authenticity of the ingredients (pure spring water, old types of cereals) and the preparation method, which is strictly by hand. Slightly salted, lukewarm water and flour are added to natural yeast, to form a loaf, on the surface of which a cross is drawn, not just as a sign of devotion but also as an indication of proving. The dough is left to rise over night and the next morning a little lukewarm water and flour are added in order to achieve the right consistency. It is then kneaded by hand until smooth and homogeneous. The dough is left to rise again for a few hours and is then cooked in a wood-burning oven.

Ingredients: soft wheat flour, spring water, yeast.

Method of preparation: water and flour are added to the yeast from the previous bread-making and the dough is left to rise. After a few hours, the dough is kneaded again, adding some more water and flour and the bread is then shaped into loaves and set aside to prove for an hour and 20 minutes. It is then cooked in a wood-burning oven for 1 hour.

This is a fresh product and should be kept in a cool, dry place for 1 or 2 days.