



This is a sweet, puff pastry with a filling, rolled into the shape of a snake. It is prepared from autumn until January, particularly for the festivities of All Saints and remembrance of the Dead. Although it is very similar to the strudel of the Trentino region, the Rocciata is typical in Foligno and in other areas like Assisi, Bastia Umbra, Spello, Bettona, Cannara and Bevagna. Its origin is probably linked to traditions inherited from the Nordic peoples who reached these areas after the fall of the Roman Empire. Rocciata consists of a thin layer of pastry made from flour, cocoa, sugar and oil, upon which a layer of thin slices of apple are placed, along with walnuts, hazelnuts, pine nuts, raisins and various other types of dried fruit, like prunes, figs, etc. The pastry, with its filling, is then rolled up and bent into a horseshoe shape (thereby taking on the appearance of a snake) and is put into the oven.

Ingredients for the pastry: Flour, salt, water, eggs.

For the filling: Apples, figs, jam, nuts, sultanas, pine nuts, almonds, cocoa (optional), cinnamon, lemon and vanilla.

Preparation method: the ingredients for the pastry are blended in a mixer or by hand. The dough is rolled out either by hand or by an automatic pastry roller. The ingredients for the filling are then placed on the pastry, which is rolled to make a spiral shape, like a large snake, and is cooked in the oven.

Storage: 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.