



This is a cake made with almonds, which is spiral- shaped and resembles a coiled up snake. The ingredients (except for the pine nuts) are mixed by hand in a bowl until a soft, smooth dough is obtained and it is then kneaded by hand and shaped to look like a coiled up snake (torciglione, meaning spiral). It is decorated with candied peel (ears), pine nuts or almonds, sized to taste and placed on the snake's back (or cuts can be made on its back, to look like scales) and coffee beans (eyes). The torciglione is then placed on a baking tray (which may be lined with oven paper) and cooked in the oven at 180° C for 20-30 minutes.

This is a fresh product, which should be kept in a cool, dry place and eaten within 2 or 3 days.

“Throughout the year, starting from Christmas and New Year, we find it customary and pleasant to eat some torciglione. This is nothing like the tortiglione from Lombardy, which is a roll of pastry, filled with raisins, pine nuts and spices. The shape of our own pastry is inspired by the eel and its origin can, therefore, be found in the specialities of the lakeside villages of Lake Trasimeno. It is now common in other areas and eaten all year long, while in the past it was usually kept from one year to the next and brought out, well-matured, at Christmas dinner”.

COPPINI Remo, “Umbria a tavola – aneddoti, folklore, tradizioni, usanze e... ricette”(Umbria at the table – anecdotes, folklore, traditions, customs and... recipes), Ed. Guerra, Perugia, 1983.