

2025

CHECK LIST

The Ultimate Molise Food & Wine Guide

SAVOR THE AUTHENTIC FLAVORS OF ITALY'S BEST-KEPT SECRET

A LAND OF UNTOUCHED TRADITIONS

MOLISE ISN'T JUST A REGION ON THE MAP; IT'S A LIVING MUSEUM OF ITALIAN CULINARY HERITAGE. HERE, RECIPES ARE PASSED DOWN THROUGH GENERATIONS, AND THE CONNECTION BETWEEN THE LAND, THE SHEPHERD, AND THE TABLE REMAINS UNBROKEN. THIS GUIDE WILL LEAD YOU THROUGH THE ESSENTIAL TASTES AND EXPERIENCES THAT DEFINE MOLISE'S GASTRONOMIC SOUL.

THE PILLARS OF MOLISE CUISINE

MOLISE'S FOOD IS A REFLECTION OF ITS GEOGRAPHY: MOUNTAINOUS INTERIOR AND ADRIATIC COAST.

- 'LA MONTAGNA' (THE MOUNTAIN): HEARTY, PASTORAL DISHES FEATURING LAMB, PORK, WILD GAME, TRUFFLES, AND LEGUMES.
- 'IL MARE' (THE SEA): FRESH SEAFOOD, ICONIC BRODETTO ALLA TERMOLESE (FISH STEW), AND TRABOCCO FISH.

🍷 THE ESSENTIAL MOLISE MENU: WHAT YOU MUST TRY

ANTIPASTI (STARTERS)

- FRITTATA CON LE ERBE: A HEARTY OMELETTE PACKED WITH WILD HERBS AND GREENS.
- PEPERONI CRUSCHI: SUN-DRIED PEPPERS, FRIED UNTIL CRISPY, A QUINTESSENTIAL LOCAL SNACK.
- SALUMI MISTI: A PLATTER OF LOCAL CURED MEATS, INCLUDING SOPPRESSATA AND SPICY VENTURATA.

PRIMI PIATTI (FIRST COURSES)

- CAVATELLI ALL'MOLISANA: THE REGION'S SIGNATURE PASTA - SMALL, HAND-ROLLED SHELLS SERVED WITH A RICH RAGÙ OF PORK, LAMB, AND TOMATO.
- FUSILLI CON TARTUFO NERO: HAND-TWISTED FUSILLI PASTA TOSSED WITH EARTHY BLACK TRUFFLE.
- ZUPPA DI LENTICCHIE: A SIMPLE, COMFORTING LENTIL SOUP FROM THE HIGH-ALTITUDE VILLAGE OF CAPRACOTTA.

SECONDI PIATTI (MAIN COURSES)

- RAGÙ DI AGNELLO: SLOW-COOKED LAMB STEW, INFUSED WITH ROSEMARY AND PEPPERONCINO.
- 'NDOCCA 'NDOCCA: A RUSTIC, NOSE-TO-TAIL PORK STEW, A SYMBOL OF PEASANT CUISINE.
- BRODETTO ALLA TERMOLESE: THE MOLISE VERSION OF FISH STEW, MADE WITH AT LEAST 13 DIFFERENT TYPES OF FISH AND A DISTINCT VINEGAR TANG.

FORMAGGI E SALUMI (CHEESES & CURED MEATS)

- CACIOCAVALLO DI AGNONE: A PRIZED STRETCHED-CURD CHEESE, OFTEN AGED AND ENJOYED AS A TABLE CHEESE OR GRATED.
- STRACCHINO DI MOLISE: A SOFT, SPREADABLE, AND TANGY CHEESE.
- SOPPRESSATA MOLISANA: A COARSE-GRAINED, GENTLY SPICED CURED SAUSAGE.
- SALSICCIA AL FINOCCHIETTO: FRESH SAUSAGE FLAVORED WITH WILD FENNEL.

DOLCI (DESSERTS)

- CALCIONI DI RICOTTA: SWEET, FRIED PASTRIES FILLED WITH RICOTTA, CINNAMON, AND VANILLA.
- PICELLATI: BAKED DOUGH POCKETS FILLED WITH GRAPE MUST, WALNUTS, AND ALMONDS—A CHRISTMAS TRADITION.
- MOSTACCIOLI MOLISANI: HARD COOKIES MADE WITH COOKED WINE MUST (MOSTO COTTO) AND SPICES.

GUSTO ITALIANO JOURNEY



🍷 THE WINES OF MOLISE: HIDDEN GEMS

WHILE SMALL, MOLISE'S WINE SCENE IS DYNAMIC, BLENDING ANCIENT NATIVE GRAPES WITH MODERN AMBITION.

WINE

TINTILIA DEL MOLISE

TYPE & PROFILE

Red (Native Star) - Deep ruby color. Notes of red berries, spices, leather, and a characteristically elegant, bitter finish.

BEST PAIRED WITH

Roasted lamb, wild boar stew, aged cheeses.

Seafood appetizers, grilled fish, fresh pasta with seafood.

BIANCOLELLA

White (Coastal Crisp) - A fresh, dry, and aromatic white with citrus and floral notes.

MOLISE CABERNET

Red (International Blend) - A robust and structured wine showcasing local winemakers' skill with international varieties.

Grilled meats, hearty pasta dishes, and sharp cheeses.

FALANGHINA

White (Aromatic & Fresh) - While native to Campania, it thrives here, producing crisp, apple-scented wines.

Frittata, vegetable tarts, and creamy cheeses.

🗺️ GASTRONOMIC ITINERARIES: PLAN YOUR CULINARY ROAD TRIP

1. THE TRUFFLE & PORK TRAIL (INLAND)

- ROUTE: CAMPOBASSO → BOJANO → SAN POLO MATESE
- EXPERIENCE: VISIT A TARTUFAIO (TRUFFLE HUNTER) NEAR BOJANO. ENJOY LUNCH AT A FARMHOUSE SPECIALIZING IN 'NDOCCA 'NDOCCA. BUY TRUFFLE PRODUCTS AND ARTISANAL SALUMI.

2. THE CHEESE & LAMB TRAIL (HIGHLANDS)

- ROUTE: ISERNIA → AGNONE → CAPRACOTTA
- EXPERIENCE: TOUR A FAMOUS BELL FOUNDRY AND A CASEIFICIO (CHEESE DAIRY) IN AGNONE. TASTE CACIOCAVALLO AND PECORINO. SAMPLE RAGÙ DI AGNELLO IN A MOUNTAIN REFUGE.

3. THE SEA & VINE TRAIL (COAST)

- ROUTE: TERMOLI → PORTOCANNONE
- EXPERIENCE: WITNESS THE TRABOCCHI (FISHING PIERS). HAVE A LONG LUNCH DEDICATED TO BRODETTO TERMOLESE. VISIT A COASTAL WINERY TASTING BIANCOLELLA.

📌 PRACTICAL FOODIE TIPS

- HOW TO EAT: SEEK OUT AGRITURISMI (FARM-STAY RESTAURANTS). THEY SERVE FOOD GROWN ON THEIR OWN LAND—THE MOST AUTHENTIC EXPERIENCE.
- WHAT TO BUY: DON'T LEAVE WITHOUT TARTUFO NERO (BLACK TRUFFLE), A BOTTLE OF TINTILIA, OLIO EXTRAVERGINE D'OLIVA (OLIVE OIL), AND PEPERONI CRUSCHI.
- KEY PHRASES:
 - "CHE PIATTO MI CONSIGLIA?" (WHAT DISH DO YOU RECOMMEND?)
 - "È UN PRODOTTO LOCALE?" (IS THIS A LOCAL PRODUCT?)
 - "VORREI ASSAGGIARE IL VINO TIPICO." (I'D LIKE TO TASTE THE LOCAL WINE.)

A FINAL TASTE OF WISDOM

IN MOLISE, FOOD IS NOT JUST SUSTENANCE; IT'S A STORY. IT'S THE STORY OF THE SHEPHERD ON THE MATESE SLOPES, THE FISHERMAN ON THE ADRIATIC, AND THE NONNA IN HER KITCHEN. BE CURIOUS, ASK QUESTIONS, AND LET YOUR TASTE BUDS LEAD THE WAY. YOU'RE NOT JUST EATING A MEAL—YOU'RE TASTING HISTORY.

BUON APPETITO!

