

LA CUCINA ITALIANA

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Adventures in Puglia

Faith Wilinger experiences the best of Puglia.

by Faith Willinger

I've been schlepped on many press trips, changing hotels every night, big time spent on a bus going to restaurants, wineries, food producers, late night returns from dinner, early starts for the next stop. I wanted something less stressful. So I designed my Adventures, staying in one spot and having my favorite restaurants and wineries come to me and my friends for a tasting, lesson, and dinner. It's a wonderful introduction to a region, its cuisine, products and wines. But even if you can't join me you can still visit my favorite restaurants and wineries. And some restaurants will even do cooking lessons and wineries will do tastings. Warning: it will involve lots of driving and switching hotels.

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Our morning lesson was with Andrea Cavalieri representing his family's pasta, Benedetto Cavalieri. Their pasta is one of Italy's greatest. I can't live without their spaghettoni, full length and thicker than spaghetti, and ruotepazze (crazy wheels), their highly original short pasta. Andrea explained why their pasta is so great—you can learn from the website, and made spaghettoni dressed first with parsley and Parmigiano, then with extra virgin, lemon juice, salt and pepper, "like a salad" he told us.

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