



## **Foodie Guide to the City of Caserta**

Hey there, food lovers! If you've got a passion for incredible eats, Caserta should be at the top of your travel list. This charming city boasts a rich culinary tradition that blends the rustic and the refined, showcasing the best of Campania cuisine. Think about Mozzarella di Bufala Campana DOP, hearty dishes straight from peasant roots, and flavors that have stood the test of time. Ready for a tasty adventure? Let's dive into the authentic flavors of Caserta, exploring everything from cozy trattorias and cutting-edge restaurants to bustling markets and delightful desserts. Buon appetito!

## **Typical products of Caserta**

### **Mozzarella di Bufala Campana DOP**

Buffalo mozzarella is the symbolic product of the gastronomy of Caserta and its province. Made with buffalo milk, it has an intense flavor and a creamy consistency. You can find it in many restaurants and trattorias, served fresh, in

salads or used in numerous traditional dishes. A must is to stop at one of the local dairies to taste it freshly made.

### **Where to find it:**

- **Caseificio Il Casolare** (Alvignano, a short distance from Caserta)
- **Tenuta Vannulo** (a little further away, towards Paestum, but a unique experience)
- **Caseificio La Regina dei Mazzoni** (nearby)

### **Local cured meats and cheeses**

In addition to mozzarella, in the Caserta area you can find excellent cured meats and cheeses. Soppresata and pork sausage are very popular and often served as an appetizer.

### **Extra virgin olive oil**

High-quality oil is produced in the Caserta countryside. It is used in traditional cuisine and is often found in local restaurants.

## **Typical dishes of Caserta**

### **First courses**

- **Ziti with ragù:** This dish is one of the symbols of Campania cuisine. Ziti, a long and hollow pasta shape, is served with a rich meat ragù, often made with buffalo mozzarella.
- **Gnocchi alla sorrentina:** Potato gnocchi topped with fresh tomato sauce, mozzarella and basil, all baked au gratin.
- **Pasta e fagioli con le cotiche:** A rustic recipe based on beans, short pasta and pork rinds, tasty and comforting, typical of peasant traditions.

### **Second courses**

- **Parmigiana di melanzane:** Layers of fried aubergines, mozzarella, tomato sauce and cheese, a classic of southern Italian cuisine.
- **Salsiccia e friarielli:** Neapolitan sausages topped with Campanian friarielli, a delicious dish that is a true cornerstone of Campania cuisine.
- **Potato gateau:** it is a delicious preparation made with potatoes and various cured meats. A pie to be baked with an irresistible golden crust that will ensure you a succulent meal. This famous and ancient preparation is a cornerstone of Neapolitan cuisine.

### **Typical sweets**

- **Sfogliatella riccia:** Crispy and filled with sweet ricotta, semolina and candied fruit, it is one of the most loved desserts in Campania.

- **Rum babà:** A must-have in the Campania confectionery tradition, the babà is soft and soaked in rum.
- **Polacca Aversana:** It consists of a thin brioche-type dough filled with abundant custard and black cherries in syrup, baked in the oven. It can be a cake or a single portion.

## The best restaurants and trattorias in Caserta

### Traditional trattorias

- **Trattoria Miuccia:** A family-run trattoria, famous for its traditional dishes such as ziti al ragù and aubergine parmigiana. The atmosphere is authentic and the dishes are prepared with high-quality local products.
- **Trattoria All'èr All'èr:** Known for its home cooking and fish dishes, this restaurant is perfect for those looking for an authentic experience.

### Gourmet restaurants

- **Le Colonne:** A highly regarded restaurant, where the flavours of traditional Campania cuisine are enhanced by fresh and genuine ingredients.
- **Vignarè:** A gourmet restaurant that offers traditional Campania dishes revisited with a modern touch, in an elegant setting.

### Street food and pizzerias

- **I Masanielli:** Famous for its pizza, it is one of the best pizzerias in Caserta and in the world. The quality of the products, the soft dough and the innovative combinations make pizza an unforgettable experience.
- **Setapp:** Known for its pizzas where tradition and modernity meet in a unique taste.
- **Sasà Martucci:** If you're in Caserta and craving some of the best pizza around, you've got to check out Sasà Martucci. Known for its perfectly crispy crust and top-notch ingredients, this pizzeria is a local favorite. It's just a few steps away from our apartment. Don't miss it!

## Food Experiences in Caserta Local Markets

- **Weekly Market:** Every week, in various parts of the city, there are markets of fresh and local products, where you can buy vegetables, cured meats, cheeses and dairy products. It is the perfect place to stock up on buffalo mozzarella and other typical products. Food and Wine Tastings and Tours
- **Dairy Farm Tours:** Many dairies offer guided tours with tastings of buffalo mozzarella and other products made from buffalo milk. It is a great opportunity to learn about the production process first hand.
- **Wine Tours:** Caserta is close to some wine regions of Campania, such as Falerno del Massico and Solopaca. You can organize visits to local wineries to taste the wines accompanied by typical dishes.

Food Festivals and Events Numerous food and wine events take place throughout the year in the province of Caserta. The most recommended are:

- **Cusano Mutri Mushroom Festival:** Festival dedicated to mushrooms with tastings, show cooking and shows.
- **Solopaca Grape Festival:** Annual event that celebrates local wine with many stands offering different types of tasting to accompany typical products. A perfect combination of wine and local products including cheeses, cured meats and meat.
- **Roccamonfina Chestnut Festival:** Festival of the IGP Chestnut and Porcini Mushroom with many outdoor stands and concerts.

## Recommended food itineraries

### Itinerary 1: Royal Palace and flavors

- **Morning:** Visit to the Royal Palace of Caserta and its gardens.
- **Lunch:** Le Colonne, a refined restaurant near the Royal Palace, where you can taste revisited traditional Campania dishes or in the adjacent Pizzeria I Masanielli known for being the best pizzeria in the world.
- **Afternoon:** Walk in the historic center with a sweet break in one of the local pastry shops to savor a rum babà or a sfogliatella.

### Itinerary 2: Trip to Casertavecchia and San Leucio with a food tour

- **Morning:** Visit to the eighteenth-century village of San Leucio and the medieval village of Casertavecchia.
- **Lunch:** Tasting typical dishes in a trattoria such as Ristorante Il Borgo or pizza and “sfizzi” in a pizzeria such as Setapp.
- **Afternoon:** Walk through the narrow streets of the village in search of interesting views to photograph.

Caserta is a perfect destination for foodies. Whether you are a fan of buffalo mozzarella or want to explore traditional dishes, the city offers gastronomic experiences for every palate. Enjoy your meal!

