

# Typical Mantuan dishes





## Tortelli di zucca:



Tortelli di zucca were invented by a Gonzaga chef in 1500 in Mantua. They are a typical autumn dish filled with pumpkin, amaretti biscuits, butter, parmesan and mustard (which is another typical Mantua food made with apples and sugar)

## Agnoli in brodo:

Agnolini are a typical winter dish for Christmas lunch, they are filled with meat usually eaten in broth but can also be eaten dry with butter and sage





## Risotto alla pilota:



Takes its name from the workers involved in husking ( the operation of peeling and cleaning the rice). What characterizes the dish is its particular cooking which, makes the rice dry and grainy. At the end it is topped with sausage, butter and grated cheese.

## Capunsei:

Capunsei are bread dumplings seasoned with butter, sage and cheese. Typical traditional peasant dish, they are prepared with the reuse of grated bread.



## Stracotto d'asino:



Donkey stew is a typical second course from Mantua and northern Italy in general, a winter dish based on donkey meat usually accompanied by polenta. Involves a long preparation that starts the day before so that the meat softens and doesn't have too strong a flavor.

## Luccio in salsa:

Pike is the typical fish of Mantua waterways. According to the traditional recipe, the pike is boiled and flavored with a sauce based on capers, wine and vegetables. It is usually paired with polenta.





## Anello di monaco:



The ring of Monaco is a typical dessert from Mantua filled with hazelnuts and chopped almonds called Mantuan panettone because it is made with the same ingredients as panettone with the only difference that it has a hole inside which is why it is called ring.

## Sbrisolona:

The sbrisolona is the symbol of Mantuan pastry making, it is called this way because of its crumbliness, in fact it is a cake that cannot be cut but broken. It is a dessert made with flour, sugar, almonds, butter and eggs.



## Sugolo:



Sugolo is a very simple dessert, it is a pudding made with grape juice, sugar and flour. It is eaten alone or together with the sbrisolona cake.