

In the tradition of Tuscan country sweets are prepared with simple ingredients such as flour, eggs, raisins and anise and are closely linked to the festivities. They are still produced according to traditional recipes. The Tuscan pastries are mainly related to the religious calendar, the agricultural calendar or pagan traditions.



They have evokative names: Pandeisanti, that is „The Bread of the Saints or the Dead“ is a sweet made with walnuts and raisins and traditionally eaten during the celebrations of All Saints and All Souls. Cenci, that is „Rags“ are carnival sweets, pieces of fried sweet pastry, sprinkled with powdered sugar; Zeppole di San Giuseppe are rise pancakes, the traditional sweets prepared on March 19th, the Father's Day or St. Joseph's. Scihacciata or „flattened cake“ is the typical Florentine Carnival cake. Do not miss the Pan rosemary (rosemary bread) on Holy Thursday, or the „flattened cake“ with grapes traditionally prepared during the days of the harvest, or the mid-August cookies, an aniseed-flavored donut, the farmers tasted in the time of harvest, or ciaccino a flat bread also produced for the recurrence of All Souls' Day.



Berriquocoli of Siena

The Berriquocoli of Siena (also called bericuocoli and berriquoccoli) tradizianalmente cookies are prepared during the holidays and are a variant of Seahorses in Siena, cookies easier and which are differentiated by the addition of candied fruit, nuts and cedar in the dough .

That Berriquocoli of Siena is one of the ancient workmanship, already widespread in the time of Lorenzo the Magnificent. Written records date back to 1515 when the City of Siena decided to give them away for the holidays and the whole population, as a sign of good luck. The taste of these cookies combines the aroma of spices flavors of dried fruit, typical of the Sienese sweets (see, eg, Panforte di Siena). Traditionally they were biscuits that were prepared to be stored for a long time and used for breakfast or as a dessert.

It is used to serve them with fortified wines like dessert wine or vin santo, in which they are usually soaked.



Bomboloni

Donuts are another specialty in the panorama of the Tuscan pastries and are typically Florentine . Are prepared without eggs (unlike donuts) and are made of fried dough or baked. The Donut is a sweet very soft and light , the dough is honeycombed and is good to eat the next day . All over Italy , but especially in Tuscany , are the perfect snack and breakfast , whether it is summer or winter, stuffed or not , cold or still warm and coated with sugar , are an absolute treat to be savored. The donuts , as I said , they can also be stuffed . With what? With jam, chocolate or creams, and they are always delicious! Baked , then , they are also a very sweet diet , both for the reduced-fat (little margarine / butter and no eggs) and for the method of cooking . Filled with jam and eaten for breakfast with a glass of milk, are an excellent source of energy, ideal for a day , both for large and for children .



Torta coi bischeri

Cake with pegs is originally from Pontasserchio and is a typical speciality of Pisa , in the areas of San Piero a Grado, Vecchiano Nodica , Marina di Pisa and, indeed, Pontasserchio , and Lucca. A Pontasserchio is traditionally prepared in April at the village fair , now called Agrifiera , which marks the 28th of the month . On that occasion , the ladies were about to prepare these delicious cakes . The " pegs " of the cake with pegs could have several meanings, but what is certain , obtained by working on the dough around the edges , forming a circle of cones. The base of the cake is a paste that could be called shortbread , while the filling is prepared with rice, cocoa , chocolate , eggs, sugar , pine nuts , candied fruits, raisins , and thus enriched with some spices, such as nutmeg and liquor witch . Traditionally, the cooking was done in a wood oven.



Ricciarelli of Siena

Another typical sweet from Siena, of oriental origin, are Ricciarelli di Siena, traveling from the Middle Ages, they arrive on our tables as good as then. The Sienese Ricciarelli label PGI (Protected Geographical Indication) and are made with simple ingredients such as sweet almond, sugar, egg and yeast. Are sweet that derive from marzipan Siena (also called marzipan), square biscuits and made from the paste, but, unlike the latter, the Ricciarelli are also prepared with the addition of honey and orange peel. No more than form "curled" as they once were in imitation of slippers curled sultans, the Sienese Ricciarelli are presented with a diamond shape and oval biscuits are soft, not brittle, covered with powdered sugar.

