

SAPORI di SOLE

Makes its debut in Moseley Village

Welcome to our very first launch edition of Saponi di Sole News.

Saponi di Sole – Italian for “flavours of the Sun” is a new deli that aims to bring a slice of Italian sunshine to Moseley. The shop has strong ties to the Gargano Promontory on the Adriatic Coast of Southern Italy, through owner Antonello Turco of Byzantium restaurant in Kings Heath who comes from the area. It is an area of unspoiled natural beauty, of forests, lakes, spectacular coastlines and lush citrus and olive groves. We are delighted to present our goodies after months of hard work scouring the very best the Gargano has to offer in the way of mouthwatering cheeses, our own-brand extra-virgin organic oils, (certified by the Soil Association, no less!) artisan chocolates and much more. It has been a long labour of love, brought to you “con amore”.

So to start, here is a little foretaste of some of our signature products:

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Italian Raw Honey

We are proud to offer our selection of fine raw honeys from honey bees which forage in the unspoiled countryside of the Gargano National Park in Apulia. Our honey is 100% Italian and is classified raw as it undergoes no pasteurizing or filtering process which strips it of its natural nutrients, enzymes and goodness. As well as the classic wildflower variety we offer a selection of monofloral honeys each with its own

distinct flavour and unique health benefits. One of our favourite ways of enjoying really good honey is on the cheese board. Be creative and experiment with different flavours and fragrances, but just as a guide choose light, delicate flavoured honeys with strong tasting cheeses like pecorino, caciocavallo and semi-aged cheeses like Grana Padana and Parmigiano Reggiano. Let the richer flavoured honeys enhance softer milder cheeses like ricotta or stracchino.

Speaking of cheeses ...

What cheeses will we have on offer besides the standard deli staples such as Parmigiano and pecorino? Well on the deli counter this month we have some really special cheeses that are simply yummy. Cheese lovers out there are in for a treat with these cheeses ...

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Caciocavallo Podolico

Our Caciocavallo Podolico comes from a rare breed of cow that grazes on the Appenines in Puglia. This most rustic breed of cow has a low milk yield which is intensely rich in protein. The cows are left to roam the forests and hillsides of the Gargano often wandering onto main roads with only their bells to warn motorists. Caciocavallo has the distinct aroma of pasture

lands and Mediterranean scrub thanks to the highly aromatic herbs the cows feed off, such as wild fennel, liquorice and myrtle. So how is it made? Caciocavallo comes from the family of stretched-curd cheeses typical of the South. The milk is curled and the resulting curd is broken into grains the size of rice. Try a slice with some of our delicious chestnut honey. Also on our cheese menu this month are a range of buffalo milk cheeses in Walnut or chilli pepper, Scamorze, and Manteca cheese, which is a Scamorza shell with Ricotta butter.

Paposcia

Is it a Pizza? Is it a Panino? No .. It's a Paposcia!

One of southern Italy's secret delicacies is about to make its debut in Moseley village, Birmingham. The paposcia (pronounced papposha) is made exclusively on the Gargano in northern Apulia and has its origins in the custom of baking huge loaves of bread in wood-fired ovens. In the days before dials and digits told people their oven temperature a small amount of flattened dough was used to check whether the oven was ready.

If the dough inflated and browned the oven was good to go .. and so the paposcia was born!

The term paposcia probably comes from an old dialect word meaning slipper, a reference to its long irregular, slightly squashed appearance. A once-humble peasant dish dating back to the 15th century, the paposcia now rivals pizza in popularity in Vico del Gargano, the village where the paposcia was born. The secret ingredient of the paposcia is natural yeast or lievito madre – an expression which literally means mother yeast, and which evokes generations of bakers using a piece of dough set aside week after week from their bread-making. This natural yeast gives the paposcia its crusty exterior and soft, bubbly interior, perfect for filling with your favourite flavours. So whether you choose a filling of crumbly goat's cheese, rocket and bright cherry tomatoes, or slices of smoky cured ham, grilled aubergines and flakes of parmesan cheese, the only limit is your imagination.



So what else is on offer?

We have Organic Jumbo Bella di Cerignola olives, artisan chocolates, almond biscuits, homemade "Bacio da dama" or lady's kisses biscuits and more. There is also plenty on offer for our gluten free and Vegan customers. Finally, for those of you who might occasionally feel too tired to cook after a hard day at work we will be offering some delicious reasonably priced homemade Italian food to take away. Come along and taste the sunshine right here in Moseley!