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The gastronomic specialities of the Costa degli Etruschi are known all over the world for their richness and variety. Fresh-caught fish is the main ingredient of hundreds of delicious recipes, from the famous cacciucco (fish stew), to black rice with squid ink, dentex, gilthead, calamari, shellfish and blue fish (like mackerel) now enjoying a revival, all cooked with flair and skill.

Inland, dishes feature meat, such as beef from prized "Chianina" cattle, and game, particularly wild boar. All dishes are accompanied by vegetables. Local specialities include cheeses, honey, bread, cakes, chickpea "cake" and Livorno punch.

The DOC wines of Bolgheri, Val di Cornia and Bibbona are produced along the Wine Route, as are world-renowned wines such as Sassicaia and Ornellaia. Olive oil is also a product of excellence.



Food and wine trails

From one end of the Costa degli Etruschi to the other, there is the opportunity to follow culinary, wine and olive oil routes through the area. This is another way of discovering this generous land with its Tuscan and Mediterranean flavours.

An essential stop is Livorno, both its inland and coastal areas, offering seafood and fish as well as game, wild boar and high quality meat. Cacciucco, the famous, flavoursome fish soup, red mullet alla Livornese, and risotto with cuttlefish ink are the specialities that characterise Livorno's culinary traditions. Also worthy of note is torta or cecina, a kind of savoury pancake made from chick pea flour, and the legendary Livornese ponce (punch made with coffee and rum), to round off a full meal.

On the coast, from Quercianella to Piombino, restaurants of the highest standards and specialised trattorias imaginatively offer the best in seafood dishes, thanks also to the freshness and quality of the ingredients used, such as orate (breem), dentice (dentex), shell fish, octopus and the excellent pesce azzurro (oily fish).

Wild boar cooked in a thousand different ways, pappardelle alla lepre (fresh ribbon pasta with hare sauce), pasta stuffed with

ricotta and spinach, vegetable soups, and bread baked in a wood oven, are all specialities of the inland areas, dressed with good olive oil and accompanied by fine wines.

The wines from the Costa degli Etruschi, like Sassicaia and Ornellaia, to name the most famous, are known worldwide. Produced along the prestigious wine route known as the Strada del Vino are the excellent DOC wines, Bolgheri and Val di Cornia. The local olive oil, cheese, vegetables, sweets and organic produce all contribute to making the Costa degli Etruschi a real mine of flavours.



Food and wine trails costa degli etruschi

- 🔍 Livorno, city of culinary delights
- 🔍 following the food and wine trail: Quercianella, Castiglioncello, Rosignano, Vada and Cecina,
- 🔍 Bibbona and its marina: Where the fruits of the earth meet the fruits of the sea
- 🔍 Bolgheri and Castagneto Carducci: the land of wine
- 🔍 Through the park of Rimigliano to the sea at San Vincenzo
- 🔍 Campiglia and the Val di Cornia: history, food and spas
- 🔍 The historical villages of Suvereto and Sasseta
- 🔍 The sea of the Etruscans: Piombino and Populonia

http://www.costadeglietruschi.it/mediterranean_tuscany/itinerari_gusto.asp



food and wine trails_» main food and wine events

http://www.costadeglietruschi.it/mediterranean_tuscany/manifestazioni_enogastronomiche.asp

wines

http://www.costadeglietruschi.it/mediterranean_tuscany/lista_vini.asp

recipes

http://www.costadeglietruschi.it/mediterranean_tuscany/lista_ricette.asp



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