

Reggio Calabria - Local Cuisine Guide

Must-Try Dishes

Traditional Dishes

1. 'Nduja

A spicy, spreadable pork sausage made with chili peppers. Perfect on bread, pizza, or mixed into pasta sauces.

2. Fileja con 'Nduja

Homemade pasta twisted into thick spirals, served with a spicy 'nduja-based tomato sauce.

3. Mparrettati

Hand-rolled pasta served with rich meat sauces, a hearty Calabrian comfort food.

4. Capocollo di Calabria

A traditional cured meat with bold, smoky flavors, perfect for antipasto platters.

Seafood Specialties

5. Swordfish (Pesce Spada)

Grilled or marinated, swordfish is a staple along the Calabrian coast, often served with lemon and olive oil.

6. Alici Marinate (Marinated Anchovies)

Fresh anchovies marinated in lemon, vinegar, and olive oil, served as a light appetizer.

7. Zuppa di Pesce (Fish Stew)

A rich, flavorful stew made with a mix of local seafood, tomatoes, garlic, and herbs.

Breads & Street Food

8. Pitta Calabrese

A round, stuffed flatbread filled with savory ingredients like onions, olives, and spicy peppers.

9. Arancini

Deep-fried rice balls filled with ragù, mozzarella, and peas—a popular street food throughout southern Italy.

Sweet Treats & Desserts

10. Tartufo di Pizzo

A decadent, hand-formed gelato dessert with a molten chocolate center, originating from nearby Pizzo.

11. Cannoli Calabresi

Crispy pastry shells filled with sweet ricotta cheese, sometimes flavored with candied citrus.

12. Bergamot-Flavored Gelato

Unique to the region, this gelato is made with fragrant bergamot oranges, offering a fresh, citrusy twist.

Must-Try Drinks

13. Bergamotto Liqueur

A sweet, aromatic liqueur made from bergamot citrus, perfect as a digestive after meals.

14. Vino Calabrese (Calabrian Wine)

Try local red wines like **Gaglioppo** or refreshing whites from the coastal vineyards.

15. Caffè alla Calabrese

Strong espresso often enjoyed with a splash of bergamot essence or as an iced coffee during hot days.

Pro Tips for Food Lovers

- **Ask for daily specials** at local trattorias—chefs often prepare fresh, seasonal dishes not listed on the menu.
- **Pair your meals with local wines** for an authentic Calabrian experience.
- **Visit local markets** for fresh ingredients and street food tasting.

Buon appetito! 