

Calabria

Local Cuisine Guide Must-Try Dishes

1. 'Nduja (Spicy Spreadable Sausage)

- A fiery, soft pork sausage made with chili peppers
- Typically spread on bread, used in pasta, or added to pizza
- Best Tried At: Traditional trattorias & local markets

2. Fileja alla 'Nduja (Handmade Pasta with Spicy Sauce)

- Signature Calabrian pasta, twisted by hand
- Served with a rich tomato and 'nduja-based sauce
- Best Tried At: Family-run osterias in Vibo Valentia

3. Caciocavallo Silano (Aged Calabrian Cheese)

- A semi-hard, pear-shaped cheese with a buttery flavor
- Often grilled, melted over bread, or enjoyed with local wine
- Best Tried At: Cheese farms and agriturismos in Sila

4. Pesce Spada alla Griglia (Grilled Swordfish)

- Freshly caught swordfish, simply grilled with olive oil and lemon
- A coastal delicacy of Reggio Calabria
- Best Tried At: Seaside restaurants in Scilla

5. Tartufo di Pizzo (Decadent Gelato Dessert)

- A chocolate-hazelnut gelato with a melted chocolate core
- A famous dessert from the town of Pizzo
- Best Tried At: Gelaterias in Pizzo

♦ **Bonus Tastes:** Try Cipolla Rossa di Tropea (sweet red onions), Bergamot liqueur, and Pitta 'Mpiagliata (Calabrian pastry).