

BREAD AND DESSERTS



In some areas of Sardinia, bread and dessert making is art and is related to special occasions. Mamoiada can be fully considered a master in this sector as for the excellent taste and the high quality of its bread and typical desserts. Each family makes the characteristic Pane haresàu or harasàu bread, or better said Pane tostù or Pane ‘e vresa bread (“paper music”, Sardinian bread, etc.), for their own consumption. Besides, there are many artisan laboratories with wood-fired oven that produce this bread for sale.

It’s necessary to explain and clarify the definition of Pane haresàu bread. In Mamoiada, “haresàre” means dividing the bread into two flat layers after the first baking. According to the Etymological Dictionary of Sardinian, on the contrary, “karasàre” means “to rub, to scrape”. However, this is an incorrect definition, as it’s incorrect the definition of “pane haresàu o harasàu” about the final product. Moreover, this dictionary defines Pane haresàu bread as “hardened bread”, while in Mamoiada “Pane haresàu” is soft bread, and is also called Pane lentu or Pane modde bread. This soft bread is obtained after the first baking, during which a sort of round bread bubble is formed (it’s called Tunda in Sardinian language). “Harasàre” is the act of dividing the two layers that form this bubble. Once separated (“haresàs”), the two layers are leveled and put into the oven again to complete the last phase, when they are toasted. After the second and last baking, the bread is crunchy and is ready to be eaten. At this point, it’s called Pane tostù (hard bread) or Pane ‘e vresa. It’s common to call it with the general name “Pane haresàu”, but this is not the correct one. Other characteristic products are the appetizing Pane hìn gherda, Pane ‘e granza and Pane modde, types of soft and flat bread made with flour and some other ingredients. In Mamoiada, you can enjoy many typical desserts that will surely entice your taste buds. These are made with simple ingredients such as durum wheat flour, almonds, nuts, hazelnuts, honey and sugar. In January, for the bonfires of Saint Anthony’s feast and for Carnival, many sweets are prepared: diamond-shaped biscuits called Papassinos, which can be white or black, the black one is called Papassinu nigheddu or – in other parts of Sardinia – Pane ‘e sapa (meaning bread with “cooked wine”, one of its main ingredients); Hàsadinis, small cheese tarts; Caschettas, sophisticated desserts made with almonds; fried Orulettas soaked in honey; Coccone hìn mele, bread made with honey and saffron; and the sweet fritters known as Hàtzas. Desserts well-known all over Italy are those made with Casizzolu cow’s cheese and honey, such as Sevadas – Seadas or Sebadas in other areas of Sardinia – and Rujolos. And last but not least, the numerous desserts prepared for weddings: those made with almonds, such as Gattò, Marigosos and Guelfos or Ovos de monza; the orange cookies called Aranzada; and the classical biscuits Pistoccos and Amarettos.

