

GASTRONOMIC SPECIALTY

As any other town Seui has its gastronomic specialities which are handed down from mother to daughter.

The civraxiu and the coccoeddas are particular kinds of bread done following ancient recipes and traditions and they are often home-made and cooked in wood-burning ovens. Coccoeddas (white bread) are made for special occasions and have different shapes (crown, flower, butterfly etc.). At Easter they are dove-shaped.

Another well-known typical dish of Seui and its area are the culurgiones. They are made from potatoes, flour and salted cheese. They are done using a particular technique to obtain the shape of an ear of wheat.

The second courses are delicious. A typical dish is the "coratella" or "trattalia". They are the entrails of a lambs and slices of potatoes roasted on a spit.

One typical cake is pane 'e sapa, made of concentrated must and sapa. It is made on special occasions such as All Saint's Day and the "Prugadoriu" (All Soul's Day). Almonds are the principal ingredient of amaretti, pabassinas, and picchittus. The ricotta, made of sheep's milk, is the ingredient of pardulas.

The sebadas are another typical Sardinian and Seuese dessert. They are made of cheese and honey.