

The wheat was then stored in sacks and brought to the barn, where it was kept to be time by time ground at the mill, becoming flour.

With this flour bread was prepared by a traditional method transmitted for generations: the *criscito* (natural leaven), that is water, flour and part of the mix from previous batches, left to ferment for over ten hours, was handed over from family to family.

{rokbox album=|panificazione1| title=|Il Percorso: la panificazione|images/foto_articoli/panificazione_d/*{/rokbox}

Still today flour, water, *criscito* and a pinch of salt are mixed in the kneading trough, a large wooden chest. The dough is kneaded (*ammassa*) with clenched fists for over two hours without stopping (*se pecunea*)
.

Then the dough is left to stand for about 2 hours, carefully covered with wool cloths.

At this point the wood-burning oven is prepared and when the embers are sufficient, the oven is cleaned from the residues of ash, using *lo munnolo* (a sort of broom with lengthened handle realized with branches of iurmana or rosedde). After this ritual, *se nfora* (the oven is ready to bake): the dough is separated in many pieces of bread (*se scana*), each of them is incised with a cross sign, then put in the oven by a long wooden shovel, flattened in its ending part. Around two hours later it is taken out of the oven. Bread is ready and inebriates the whole neighborhood with its unique and unforgettable scent, ready to be consumed. The characteristic of this traditional bread, besides its delicious taste, is its capacity to conserve fragrance and freshness for a whole week.

{rokbox album=|panificazione| title=|Il Percorso: la

panificazione|}images/foto_articoli/panificazione/*{/rokbox}