



INVITATION · FREE SHOW COOKING

Puglia, cooked in front of you.

Land and sea.

Show cooking and guided tastings at the Campionaria Fiera del Levante in Bari. Free of charge, on booking.

WHERE

Fiera del Levante

Pavilion 110 — Lungomare
Starita 4, Bari

WHEN

19 — 27 September 2026

Sessions at 11:30, 14:30 and
17:30

HOW MUCH

Free

Booking required — places
are limited

GETTING IN

Tourist tax receipt

Show it with an ID at the fair
box office

CONTEXT

Every September Bari hosts the **Campionaria Fiera del Levante**, the oldest and largest trade fair in southern Italy. Inside it, the **Regione Puglia — Dipartimento Agricoltura e Sviluppo Rurale** runs its programme for quality Apulian food. These cooking shows are part of it: free, public, made so that you leave knowing how to recognise the real thing.

Two worlds, side by side. The **fisheries sector** brings four days of sea, 20 to 23 September, through the **FEAMPA** programme, under the title “**Puglia & Fish**” — discover, respect, taste. The **agri-food** section brings four days of land, 24 to 27 September — one for each corner of Puglia — under the title “**L’Acqua che Nutre**”, the water that feeds.

Two hours each. A chef cooks in front of you. The people who grew, fished and made the ingredients are in the room. Then you eat, with Apulian PDO wine in the glass.

SEA · FEAMPA

Book a fish session

[View the menus →](#)

[Book a session →](#)

LAND · AGRI-FOOD

Book a land session

[View the menus and how to get to the fair →](#)

[Book a session →](#)

A free seat at the table.

There aren't many.

8	24	2
DAYS	SESSIONS	WORLDS — LAND AND SEA

Four days of sea — “Puglia & Fish”

FISHERIES SECTOR · FEAMPA

DAY 1 · SUNDAY 20 SEPTEMBER

Gargano & Dauno Ofantino

Menu by Chef Giuseppe Angino

Monte Sant’Angelo bread with Podolico caciocavallo, Gargano fiaschetto tomato and marinated anchovy; burnt-wheat cavatelli with Monti Dauni lamb ragù and wild fennel; slow-cooked Apulian black pork, Zapponeta onion and wild chicory.

11:30 · 14:30 · 17:30

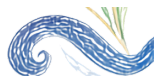
DAY 3 · TUESDAY 22 SEPTEMBER

Trulli, Barsento & Valle d’Itria

Menu by Chef Giuseppe Scarlato

Egg cooked at 63°C with potato foam, crab and crisp capocollo; potato gnocchi with king prawns, Martina Franca cardoncelli and black truffle; stuffed cuttlefish “bombetta”, yellow datterino cream, roast artichoke and seafood jus.

11:30 · 14:30 · 17:30



Every session opens with a talk by Marevivo Puglia ETS. Guests of accommodation facilities: up to 10 places per session, booking until 19:00 the day before and held until 10 minutes after the start.

DAY 2 · MONDAY 21 SEPTEMBER

Nord Barese & Sud Barese

Menu by Chef Rosa Paniello

Burrata, tomato and focaccia barese; “rice, potatoes and mussels” risotto; roasted octopus with Murgia black chickpea cream and fig vincotto.

11:30 · 14:30 · 17:30

DAY 4 · WEDNESDAY 23 SEPTEMBER

Alto Salento, Terra d’Arneo & the Ionian Arc

Menu by Chef Anna Santoro

Boat-shaped aubergine with strong ricotta fondue and semi-dried tomato; tubettini with black chickpeas and red prawn with lemon; meagre with escarole and Negroamaro sauce.

11:30 · 14:30 · 17:30

HOW TO BOOK

[Book online →](#)

QUESTIONS

[Write to us for info →](#)[BOOK](#)

Four days of land — “L’Acqua che Nutre”

AGRI-FOOD PROMOTION ·
COORDINAMENTO

DAY 5 · THURSDAY 24 SEPTEMBER

Foggia, BAT & Gargano

Bruschetta with a warm fondue of Podolico caciocavallo and Olio Dauno DOP, Gargano oranges IGP, hand-rolled troccoli, salt cod the Garganico way.

11:30 · 14:30 · 17:30

DAY 7 · SATURDAY 26 SEPTEMBER

Trulli, Barsento & Valle d’Itria

Bombette from Alberobello, Laterza bread with Capocollo di Martina Franca, cold cialleda, cavatelli with cicerchia.

11:30 · 14:30 · 17:30



One day for each area of Puglia. Executive Chef Giuseppe Scarlato at the stove; the sommeliers of Associazione Puglia in Rosé introduce every dish and pour the wine. Menus may vary with seasonal availability.

DAY 6 · FRIDAY 25 SEPTEMBER

Bari, North & South

Focaccia barese with Olio Terra di Bari DOP, orecchiette finished in Burrata di Andria IGP, Murgia cardoncelli, Mozzarella di Gioia del Colle DOP.

11:30 · 14:30 · 17:30

DAY 8 · SUNDAY 27 SEPTEMBER

Salento, Terra d’Arneo & the Ionian Arc

Frisella with Manduria tomatoes, Zollino bean soup, spaghetti with Taranto black mussels, pasticciotto.

11:30 · 14:30 · 17:30

HOW TO BOOK

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QUESTIONS

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