



Good Practice 21:
I segreti del chiostro - Monastic
Products of Monastero Santa
Caterina d'Alessandria Palermo /
Italy

SKIVRE Training Scheme



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Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2018-1-DE02-KA202-005023



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I Segreti del
Chiostro

Description

"I segreti del Chiostro" ("The secrets of the cloister") is an initiative which explores the ancient traditions of monastic pastry. It is in the Sicilian city of Palermo at Piazza Bellini where Christian-Arab-Norman heritage cultures and epochs meet, and with them the city's rich culinary heritage.

Sicily's baking, even though it has its roots in ancient times such as the Greek colonization or the Arab domination, was born in medieval times in cloistered convents. The Santa Caterina monastery was founded as a Dominican nunnery in 1310 because of a foundation by a noble family. The bakery of Santa Caterina was the place in the monastery in charge of making biscuits, stuffed buns, cakes, jams and more. The sale of sweets was a source of income for the monastery.

The initiative is run by manager Maria Carmela Ligotti and a team of bakers and salespersons. They offer sweets from recipes of monasteries as a treat for visitors to the city and locals alike. Customers can buy products in the shop, linked to 21 monasteries in Palermo. The imaginative names of the delicacies complement the feast for the eyes as well as the delight for the palate: Trionfo di Gola ("Triumph of Gorge"), Sospiri di monaca ("Nun's sighs"), Testa di Turca ("Turkish Head"). The sweets are small works of art as well as testimonies of monastic baking art. Historical stone and metal baking tins as well as wooden models can also be admired.

■ Why is this an example of good practice for monastic products?

I segreti del chiostro is a social co-operative and business called 'Pulcherrima Res' which deals with the production and sale of confectionery, prepared according to the original monastic recipes. Pulcherrima Res is a registered trademark.

As a good practice, it is an example of a business model for monastic products by

- reviving ancient recipes of monasteries
- communicating the wealth and quality of monastic products
- linking the production and sales to the monastery by producing and selling in the (former) monastery
- making a very attractive presentation of the products by focusing on the history of the monastery, including hands-on activities shown by the bakers
- the inclusion of other products like local ceramics in the sales.

The [church](#) of Santa Caterina is definitely worth a visit as well.

[A picture gallery on the website](#) offers a view of the bakery.

The initiative is very active on [Facebook](#) with a huge community of followers.

Pictures



Picture 1: The team of bakers of I segreti del chiostro ©Pulcherrima Res



Picture 2: Presentation of sweets in the shop © KDK



Picture 3: Presentation of sweets in the shop © KDK



Picture 4: Ancient instruments from monastic bakeries for preparing the sweets © Wolfgang Eisenreich

Source/link

This good practice example is available under the following links:

www.isegretidelchiostro.com

<https://www.monasterosantacaterina.com/gallery?lang=en>

Country

Italy



Topic

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