



A WALK WITH MARCO AROUND PALERMO TO TASTE ITS STREET FOOD AND ADMIRE ITS MAJOR SIGHTS

Sicilian Street Food

Walking with Marco

You may have seen Marco with Rick Stein, Jamie Oliver or Gordon Ramsey if you watch too many cookery programmes. He is the owner of Streaty and he was our guide on a four hour street tour of Palermo. It is the best way to get a real feel for a place and discover places you would otherwise miss. We walked through old narrow walkways where washing hung out to dry overhead and where the bread boy delivered loaves by placing them in baskets so that the women could haul them up to their balconies

gourmet chefs. Chick pea fritters, minted potato balls, arancini and so it went on. All went down well with a sprinkling of local sea salt although the bread and buns filled with spleen lungs and entrails were not for the squeamish. At each stop we had our food passports stamped. It is a bonus addition to the trip as it gave us a reference to which we could refer later when our memories faded. It also provided a means to identify and request our favourites when out and about during the following days

We began our tour in the vibrant colourful market with its fresh produce and fish presented in so many artistic displays. As we walked we paused to taste the street food - a proud, centuries-old tradition in Palermo born of both practicality and poverty and created with the same tradition and passion as that extolled by

The stop for masala wine was most welcome and dispensed by a real Sicilian character and gave an opportunity to rest for a few moments. There were many locals also smoking and enjoying the wine. Outside a chestnut seller was pushing his cart with smoke emitting from it's tall



Marco

Arancini

Street vendor

Cannoli

chimney. Each time he stopped he dispensed hot roasted nuts to a steady stream of customers who were anxious to buy.

Our trip ended with my favourite Sicilian treat - cannoli. An Italian fried pastry tube filled with a variety of sweet treats, but for me it has to be creamy ricotta.

Another factor I enjoyed about the tour was the inclusion of several of Palermo's major sights including the cathedral, the Quattro Canti and the fountain of shame. It was good to hear Marco's perspective on the mafia. Today they will not be found pounding the streets but some of the colourful characters we met still sent us into imagination overdrive.

Thanks to Marco I have many happy memories to look back on and creative ideas to introduce into my cooking. Our tour taught us that for those who want to stretch their food budget it is amazing what a bag of flour, a bottle of olive oil, a box of salt, lemons, almonds and other fresh produce can conjure up.

If you are thinking about a trip to Palermo make sure you book in for a tour. Whether you are a cooking celebrity or just an interested visitor you can be sure Marco will give you a warm welcome. He even ends his emails with ' hugs from Marco'

The fish market

Produce market

Teatro Massimo

Cattedrale di Palermo

About Streaty - street food tour of Palermo

Streaty runs walking tours around the markets and backstreets of Palermo city center to taste the most authentic street food specialties. All participants will be granted their personal Food Passport! NOT ONLY FOOD! Streaty tour has been designed to give travellers a complete overview of local history and culture of Palermo. Stay hungry Stay Streaty!

Contact. Marco

