

LONGEVITY BASKET

These ingredients hold the secret to a long and healthy life, and have been savored by Sardinians for many generations



Fruttato Extra Virgin Olive Oil

Fruttato's intense flavor and buttery texture will enhance any dish

Pane Carasau

*Sardinian music bread. This Flat bread has a long shelf life and is very versatile.
It is named after the crackling sound it makes when broken.*

Miele Amaro

*Rare bitter honey, highly prized even in Sardinia, this liquid gold will enhance
both sweet & savory dishes*

Efsio's Sweet Myrtle & Bitter Honey Cookbook

*The Mediterranean Flavors of Sardinia featuring over 125 original recipes, Efsio
Farris' award-winning cookbook.*

Riso Sardo Carnaroli Superfino

This extra flavorful rice is a great choice for risottos of any kind

Longevity Basket	\$100.00
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All GourmetSardinia gifts come with recipe cards & a personalized enclosure.

Custom baskets in all price ranges...mix and match products, add an apron or other gift!

Add an autographed copy of Efsio Farris's new cookbook, Sweet Myrtle, Bitter Honey

Since 1988, restaurateur Efsio Farris has been representing his Sardinian heritage in America with his restaurants Arcodoro & Pomodoro. The rustic and traditional cuisine rich in the flavors and textures of this timeless island has influenced Efsio since the days in his grandmother's kitchen. Efsio is proud to usher in a new era of these traditions with his line of authentic Sardinian products. Let Efsio transplant a little Sardinia in to your home...

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