



the puglian cookbook

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the puglian cookbook Etymology. Starting in the third century BC, the name Calabria was originally given to the Adriatic coast of the Salento peninsula in modern Apulia. In the late first century BC this name came to extend to the entirety of the Salento, when the Roman emperor Augustus divided Italy into regions. The whole region of Apulia received the name Regio II Apulia et Calabria.

