



Italian Government Tourist Board - North America



FOOD AND WINE OF EACH ITALIAN REGION

The Italian diet is known to be among the healthiest in the world. The food ranges from simple to hearty, sweet to spicy, subtle to strong; in addition, it is all greatly prepared, with the freshest of ingredients and incomparable to anywhere else in the world. It is no secret how exquisite the Italian cuisine is, however everyone might not know exactly *how* to go about eating this wonderful cuisine like an Italian.

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VALLE D'AOSTA

A Taste of:

Fontina, a semi-soft, dense and smooth cheese made from whole milk found region-wide
Renette apples and Martin Sec pears
Chestnuts from the Lillianes municipality
Tegole almond cookies from Aosta
Beefsteak alla valdostana is a breaded veal cutlet which is fried then topped with fontina cheese and ham and reheated in the oven on a slice of polenta

Tempting Wine & Spirits:

Valle d'Aosta Müller Thurgau (DOC); white, Valle d'Aosta Torrette Superiore (DOC); red Chambave Passito; (DOC) dessert wine, Genepy des Alpes grappa; Moretti beer e



PIEMONTE

A Taste of:

White truffles from Alba
Rice from Vercelli for risotto; made with beef stock, veal bone marrow and saffron
Castelmagno cheese is a cylindrical pressed, semi-fat semi-hard cheese tinged with blue mold
Robiola from Murazzano is creamy fresh cheese great with olive oil and fresh herbs
Chocolate and bicerin is the signature blend of coffee, milk and chocolate

Tempting Wine & Spirits:

Barolo - (DOCG) red, Barbaresco - (DOCG) red, Barbera - (DOC) red, Nebbiolo - (DOC) red Dolcetto - (DOC) red, Asti Spumante - (DOCG) a sweet white sparkling wine



LOMBARDIA

A Taste of:

Torrone from Cremona is a traditional sweet made of almonds, nougat and honey
Risotto alla Milanese, sautéed rice cooked in broth and saffron
Polenta is a corn meal cooked in copper pots with a variety of sauces
Ossobuco is shank of veal with its bone and marrow
Pavese Soup is clear broth served with toasted bread and eggs
Bresaola from Valtellina is cured meat served sliced as prosciutto

Tempting Wine & Spirits:

Franciacorta Spumante - (DOCG) white, Bonarda - (DOC) red, Lambrusco - (DOC) red, Valtellina superiore - (DOCG) red



TRENTINO ALTO ADIGE

A Taste of:

Speck is a smoked ham

Biroldi with krauts are blood sausages filled with nuts, flavored with nutmeg, cloves and cinnamon

Gemsenfleisch is an alpine goat called chamois tyrolean style with red wine vinegar, salt pork, herbs and sour cream Orzetto is a barley soup with onion, garlic, vegetables and herbs simmered with speck

Strudel is a pastry wrap filled with apples, raisins and cinnamon

Tempting Wine & Spirits:

Caldaro (DOC) red, Santa Maddalena (DOC) red, Marzemino (DOC) red, Teroldego Rotaliano (DOC) red, Riesling (DOC) white, Muller Thurgau (DOC) white, Merlot (DOC) white, Pinot Bianco (DOC) white, Bianco Val d'Adige (DOC) white, Moscato, amber color wine perfect with dessert



FRIULI VENEZIA-GIULIA

A Taste of:

San Daniele prosciutto, the notorious sweet and tasty air-cured ham Friuli

Montasio cheese, a creamy, rich, hard cheese made from cow's milk found region-wide

Musèt, a spicy-pork sausage

Iota from Trieste, a traditional soup dish made with beans, potatoes and sauerkraut

Tempting Wine & Spirits

Colli Orientali del Friuli: Tocai Friulano (DOC); white, Collio Goriziano, Cabernet (DOC); red, Ramandolo (DOCG); sweet white dessert wine



VENETO

A Taste of:

Pandoro is a sweet bread cooked in butter and sprinkled with fine white sugar served during the Christmas period

Fegatio alla Veneziana is calf's liver sautéed in onions, parsley and sage with butter, oil and a hint of vinegar

Pasta e Fasoi are noodles and beans in a thick broth flavored with onion, carrot, celery and pork rind

Sardele in Saor are fried sardines in oil with onions and vinegar, marinated with pine nuts, raisins and lemon peel

Tiramisu', the coffee flavored cream of mascarpone and eggs layered with ladyfingers and topped with bitter chocolate

Tempting Wine & Spirits:

Recioto di Soave - (DOCG) white, Bardolino - (DOCG) red, Prosecco di Valdobbiandene - (DOC) white, Tocai - (DOC) white, Amarone della Valpolicella - (DOC) red



LIGURIA

A Taste of:

Basil Pesto Sauce; a cold sauce of fresh basil, olive oil and pine nuts

Focaccia is a flat bread with salt and olive oil

Farinata, a thin pancake made of chick pea flour and baked in wood ovens around the region

Tempting Wine & Spirits:

Sciacchetrà'-(DOC) white, Pigato- (DOC) white, Vermentino-(DOC) white

Rossese di Dolceacqua-(DOC) red



EMILIA ROMAGNA

A Taste of:

Balsamic vinegar from Modena, it has a dark but radiant brown color, an acute aroma with just enough acidity mixing with a sweet-sour flavor

Parmigiano Reggiano cheese from Parma, a cooked and un-pressed, hard cheese made from cow's skimmed milk. The taste is delicate, fragrant and very savory with a lactic and vegetal aroma. Its flavor is very sharp and strong and you see is primarily used as grating cheese

Tortellini Bolognese in Brodo are tortellini pasta filled with mortadella, prosciutto and veal, in a meat broth

Tempting Wine & Spirits:

Albana di Romagna (DOCG); white, Sangiovese di Romagna (DOC); red,

Trebbiano di Romagna (DOC); white, Lambrusco di Sorbara (DOC); red & rosé

Castell'Arquato Nocino walnut liquor



TOSCANA

A Taste of:

Ribollita is one of the most popular Florentine recipes, a vegetable minestrone with black cabbage

Bistecca Fiorentina a t-bone steak from a specific cow from the Florentine hills

Pecorino & Raveggiolo cheeses are made from sheep's milk from the sienese hills

Tempting Wine & Spirits:

Bianco di Pitigliano - (DOC) white, Vernaccia di San Gimignano - (DOC) white,

Chianti - (DOC AND DOCG) red, Brunello di Montalcino - (DOC) red



UMBRIA

A Taste of:

Black Truffles of Norcia, Cascia, and Spoleto, full of an earthy, distinct and strong flavor.

Honey from Valnerina, a mixed flower type with a predominance of sainfoin that gives it a delicate fragrance and flavor

Budellaccio salami from Norcia, a sausage flavored with salt, pepper, and fennel seeds, dried fireside

Porchetta: pork, cooked on a spit over a wood fire, it is previously stuffed with minced liver, heart and lungs, pepper, garlic, salt, and wild fennel



Tempting Wine & Spirits:

Colli Perugini (DOC); Red and White wine, Torgiano Rosso Riserva (DOCG); Red wine, Sagrantino (DOCG); Dry dessert wine

MARCHE

A Taste of:

Fossa cheese is aged while buried in a pit, great with jam

Brodetto is a very simple and tasty soup made with a wide variety of fish

Arrosto segreto has a cooking process where the fish is cooked on both sides at the same time

Porchetta is a very flavorful dish of roast pig

Fabriano Salame is a very spicy cured beef

Tempting Wine & Spirits:

Verdicchio dei Castelli di Jesi - (DOC) white, Piceno Red -(DOC) red



ABRUZZO

A Taste of :

Saffron is the pride of the Navelli prairie land

Purple-red garlic, produced exclusively in the fields of Sulmona

Black lentils from Santo Stefano di Sessanio

Maccheroni alla Chitarra are made from water and flour handmade pasta, artfully cut in thin strips similar to the strings of a guitar

Confetti are the sugar coated almonds, a traditional wedding treat from Sulmona

Parrozzo is a rich chocolate cake, a Christmas favorite.

Tempting Wine & Spirits:

Montepulciano d'Abruzzo – (DOC) red

Cerasuolo – (DOC) rosé

Trebbiano – (DOC) white.

Centerbe - a liqueur made with different aromatic plants.



LAZIO

A Taste of:

Puntarelle spear like endive
Bruschetta homemade bread topped with garlic & tomatoes
Carciofi alla Giudea; artichokes deep fried in olive oil and garlic
Spaghetti alla Carbonara; bacon, garlic, chili peppers and raw eggs
Bucatini all'Amatriciana; slender pasta tubes with tomato sauce and salt pork, and grated pecorino cheese
Abbacchio alla Cacciatora; baby lamb cooked with rosemary, garlic, anchovies
Porchetta, roasted pork from the Castelli Romani, an area south of Rome

Tempting Wine & Spirits:

Frascati - (DOC) white, Montefiascone Est!Est!Est! - (DOC) white,
Torre Ercolana - (DOC) red, Fiorano - (DOC) red, Colle Picchioni - (DOC) red
Peroni Beer, with a light refreshing taste



CAMPANIA

A Taste of:

Mozzarella made from Campania buffalo's milk is moist, fresh and pungent.
Lemons from Sorrento are sweet and fragrant
Clam and Mussel Soup known as zuppa di vongole e cozze is a savory specialty flavored with tomatoes and spices
Neapolitan Pizza is crisp yet soft to the bite, warm and pleasing to the palate.
Sfogliatelle are the shell stuffed pastry filled with ricotta cheese with a light and flaky crust is scallop-shaped and dotted with candied citrus peel

Tempting Wine & Spirits:

Biancolella - (DOC) white, Falerno del Massico - (DOC) red & white, Lacryma Christi - (DOC) red, white & rose', Limoncello, a popular golden liqueur made of lemons from Amalfi



MOLISE

A Taste of:

Giant white celery from Campobasso
Calcioni di ricotta rustici are rounds of pasta dough filled with ricotta, provolone and prosciutto fried in olive oil
Picellati are honey pastries with nuts and grapes

Tempting Wine & Spirits:

Biferno (DOC) red, white & rose', Pentro di Isernia (DOC) red, white & rose',



BASILICATA

A Taste of:

Diavolicchio is a chili pepper found in many local recipes
Luganiga a salt cured meat kept in lard or olive oil
Ciauedda artichokes braised and stuffed with potatoes and stewed in tomatoes
Pignata di Pecora is ewe cooked with potatoes, tomatoes, onions, pork and pecorino in a clay pot called pignata

Tempting Wine & Spirits:

Aglianico del Vulture – red, Moscato del Vulture (dessert wine)



PUGLIA

A Taste of:

Orecchiette and rabe is the classic pugliese's pasta course
Tarallucci e vino is a great appetizer consisting of a very simple salty and spicy donuts great with wine
Cosciotto di capretto in creta; an ancient recipe with goat cooked on clay

Tempting Wine & Spirits:

Aleatico - (DOC) red, Moscato di Trani - (DOC) white



CALABRIA

A Taste of:

Aubergines are pickled, fried, stuffed and used as additions for scrumptious sauces for pasta
Maccheroni and lasagna are stuffed with cured meats, sausage, hard-boiled eggs and cheese
Soffritti and morsello is a distinctive dish, made of tripe and innards boiled and cooked with tomatoes and spices
Capocollo is cured pork from the neck tenderloin or upper shoulder, seasoned with salt and spices and set to age
Caciocavallo silano cheese is made of cow's milk and is formed into oval shape and strung in pairs to age
Bergamot is a very fragrant citrus fruit whose essence is used in teas, candies, liqueurs.

Tempting Wine & Spirits:

Cirò – (DOC) red, white & rose', Greco – (DOC) white, Savuto – (DOC) red
Lamezia – (DOC) red, white & rose'



SICILIA

A Taste of:

Delicate and fruity extra virgin olive oils
Sea salt from Trapani
Sicilian honey, pistacchios and succulent blood oranges
Almond paste Marzipan shaped into colorful miniature fruits
Ricotta filled cannoli
Delicious Cassata cake imbued with ricotta and pistachio

Tempting Wine & Spirits:

Nero d'Avola – (DOC) red, Aglianico del Taburno - DOC reds & whites,
Sambuca di Sicilia – DOC red & white, Cerasulo di Vittoria – DOC rosé
Bianco Alcamo - DOC white, Moscato – DOC white, Gold, Amber and Ruby
Marsala, a dessert wine, Malvasia – (DOC) white, Nuragus – (DOC) white,
Cannonau – (DOC) red & rose'



SARDEGNA

A Taste of:

Pecorino cheese made from sheep's milk can be enjoyed either fresh, with mild flavor and semi-hard texture or aged with sharp, piquant flavor and hard texture
Porcheddu is the roast suckling pig flavored with herbs and spices and then spit-roasted over an open fire
Fiore sardo cheese is made from sheep's milk and golden in color

Tempting Wine & Spirits:

Vernaccia – (DOC) white





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