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.
## INDEX

<table>
<thead>
<tr>
<th>Region</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valle D’Aosta</td>
<td>3</td>
</tr>
<tr>
<td>Piemonte</td>
<td>3</td>
</tr>
<tr>
<td>Lombardia</td>
<td>3</td>
</tr>
<tr>
<td>Trentino Alto Adige</td>
<td>4</td>
</tr>
<tr>
<td>Friuli Venezia Giulia</td>
<td>4</td>
</tr>
<tr>
<td>Veneto</td>
<td>4</td>
</tr>
<tr>
<td>Liguria</td>
<td>5</td>
</tr>
<tr>
<td>Emilia Romagna</td>
<td>5</td>
</tr>
<tr>
<td>Toscana</td>
<td>5</td>
</tr>
<tr>
<td>Umbria</td>
<td>6</td>
</tr>
<tr>
<td>Marche</td>
<td>6</td>
</tr>
<tr>
<td>Abruzzo</td>
<td>6</td>
</tr>
<tr>
<td>Lazio</td>
<td>7</td>
</tr>
<tr>
<td>Campania</td>
<td>7</td>
</tr>
<tr>
<td>Molise</td>
<td>7</td>
</tr>
<tr>
<td>Basilicata</td>
<td>8</td>
</tr>
<tr>
<td>Puglia</td>
<td>8</td>
</tr>
<tr>
<td>Calabria</td>
<td>8</td>
</tr>
<tr>
<td>Sicilia</td>
<td>9</td>
</tr>
<tr>
<td>Sardegna</td>
<td>9</td>
</tr>
</tbody>
</table>
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
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
Muset, 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:**  
Sciaccetrà’-(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 oven toasted and 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
- Ciaudedda 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, pistacchio 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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