

 *in*LOMBARDIA

FOOD — & WINE

/Magazine





Food & Wine #inLombardia — Magazine

Explore the territory through its extraordinary flavours and come face to face with the local identity. Uncover recipes with a story and the starred chefs that continue to innovate, reinterpret and reinvent them. Visit the restaurants and cellars hiding some of the incredible local gastronomy and experience the wonder of hundreds of events taking place across the region. Discover Lombardy and its delectable flavours

Cover Cutting board created for
Food & Wine #inLombardia



Milan

— *Time to discover..*

From the skyscrapers in the heart of the city to the fields of crops around the region. Milan is a city of a thousand cultures and its surrounding area a land of a thousand flavours





Milan is a city capable of forging new traditions from every outside influence. Its countryside is full of surprises, with the paddy fields giving way to stunning abbeys and even the ancient rows of vines



Photo

Adjacent_ Restaurant Galleria Vittorio Emanuele 2, Milan
Previous page_ Risotto alla milanese on the Naviglio Grande

A great city. When you think of Milan, you think of the Duomo and its golden Virgin Mary, of the trams snaking around the city, of the silhouette of Sforza Castle seen from Piazza Cordusio, of the skyscrapers in Porta Nuova, of the unrivalled collections of timeless art, of the bourgeois charm of its many tiny museums. You might not think of wild boar, but it's not unheard of for the beasts to enter the city to feast on grapes destined to produce San Colombano DOC, a sparkling red wine which makes a terrific bedfellow for cured meats, frittatas, risotto, cassoeula or tripe, cooked in the traditional Milanese style with tomato passata.

Kitchen garden. Milan is a city of palazzos and piazzas, but if you head south along the Naviglio Grande, the urban sprawl gives way to the fields of the Parco del Ticino, which has for many centuries produced the crops that have nourished the city. Like Milan's dialect and personality, the city's cuisine has spent hundreds of years soaking up outside influences and using foreign occupations to enrich the local food. Milan's bond with Austria is there for all to see in the city's most quintessential dish: cotoletta alla Milanese. Legend would have it that the dish was brought to Milan by Colonel Radetzky, though it is more probable that it was actually

taken from Milan to Austria, where it became the immortal wiener schnitzel.

Sweet traditions. Milan's most well-known sweet treat is panettone. According to traditions, panettone was the masterstroke of Toni, a scullery boy in the kitchens for Ludovico Sforza. Toni, having burnt the cake he had prepared for an important occasion, had the idea of taking some bread, mixing it with everything sweet left in the kitchen and forming it into a dome shape, making Pan d'Toni – panettone – the precursor to the Milanese Christmas treat. Yet Milan's culinary traditions

are anything but stuck in the past. The city itself is constantly evolving and so it is no wonder that many of its distinctive dishes were actually born in other regions of Italy, nor that among its most popular restaurants are those serving Japanese, Chinese and even Eritrean food...

Aperitivo town. Though it was created in Novara, Milan is the spiritual home of Campari, that bitter liqueur that forms the base of so many cocktails. Take the Negroni Sbagliato, for example, which was created at Bar Basso in 1968 when barman Mirko Stocchetto replaced the gin with bubbles.

From farmhouse to farmhouse

— *Tasty days out*

Km0 vegetables, ancient vineyards, fresh milk, cured meats made by the producer that once served the royal family: introducing Milan, Italy's second-largest agricultural city



9:00

Breakfast at Gattullo's

Imagine yourself enjoying breakfast pastries at Gattullo and admiring the photographs of great Milanese singers and cabaret stars like Enzo Jannacci and Cochi e Renato. You've read that Milan is Italy's second city for agriculture, but you can hardly believe it. And then, in the 19th-century part of the city, not far from Porta Romana, you happen upon Cascina Cuccagna: a real country farmhouse slap bang in the middle of Milan.

13:00

Lunch in the farmhouse

The interiors of the farmhouse are truly stunning, all rural 17th-century architecture and rows of porticoes and loggias, with the green internal courtyard and the wooden attic completing the space. The ancient walls are now home to the Un posto a Milano trattoria, where you can choose from a wide menu which varies according to daily deliveries from local farmsteads and producers. It's a slice of country beauty in the city.

15:00

Road through wine country

Head southwest from the city towards Lodi along Via San Dionigi, which leads from Milan to the San Colombano hill, via Chiaravalle. You will find yourself in the heart of the Lombard countryside, where you can visit one of Milan's many ancient farmhouses and buy sourdough bread, honey from hives in the Parco Sud and raw milk, fresh from the cow.

Photo

Previous Page Left_ Croissant Gattullo, Milan

Left_ Negroni Sbagliato at Bar Basso, Milan

Previous Page Right_ Cascina Cuccagna, Milan

Right_ Torre Velasca from Duomo of Milan



17:00

Snack at Salumeria Panigada

Visit Borgo Insigne in San Colombano and stop at the oldest cured meat producer in the country: royal salami supplier Stefano Panigada. The walls are festooned with an almost hypnotic arrangement of local specialities like cresponi, filzette, cacciatori, salamelle, aglioli, salami, cotechini and salsicce.

18:00

Aperitivo at Poderi San Pietro Enoteca

A quick, ten-minute walk away is the Poderi San Pietro Enoteca. This area has been populated by vineyards since their introduction at the end of the 14th century, and though they were nearly wiped out during the Second World War, many are still around to this day.

21:00

Trattoria dinner

Back in Milan, in the Porta Ticinese area. San Colombano wine reached the city in the 17th century and quickly took off among wayfarers in boeuc wine bars. Enjoy dinner at the Trattoria la Madonnina, where you can try risotto mantecato, Milanese breaded veal cutlets and cheese with walnuts and honey.

Gold and saffron

— Insider tip

The talented Carlo Cracco is one of Italy's most famous chefs thanks to his television shows. From 2018 he opened his new restaurant in the Galleria Vittorio Emanuele nicknamed "il salotto di Milano".



Risotto alla milanese with osso buco by Carlo Cracco

Ingredients for four people:

For the risotto:

500g Arborio rice
200g butter
30g beef bone marrow
1 small onion
Saffron strands
1 glass of white wine
1l beef stock
160g Grana Padano DOP

For the osso buco:

4 ossobuco [cross-cut veal shanks]
Onion, carrot, celery
130g butter
Lemon zest
Garlic clove
Marjoram
1 glass of white wine
Flour

Method

For the risotto: chop the onion and gently sauté along with the bone marrow and around 100g of butter. When the onion starts to colour, add the rice and toast in the pan before deglazing with the white wine. When the wine has completely evaporated, add the saffron, which should have been left to infuse in some of the hot stock. Add the stock, one ladleful at a time, and keep stirring until rice is cooked. Add the grated Grana Padano cheese and the rest of the butter to emulsify the risotto. For the osso buco: dust the ossobuco with flour and brown in a pan for five minutes along with 80g of butter and some chopped onion, carrot and celery. Add the white wine and leave to evaporate, then cover the meat with the stock and cook on a medium heat in a casserole dish with the lid for an hour and a half. When almost cooked, add the chopped garlic, lemon zest and marjoram. Divide the risotto between the plates and top each one with an ossobuco and a spoonful of sauce.

You're an adopted son of Milan, a city which has given you so much.

Milan welcomed me when I was just 20 years old. I'd just finished culinary school and my dream was to work with Gualtiero Marchesi, who had a restaurant in Via Bonvesin Della Riva at the time. After that, I travelled a lot in Italy and abroad, but my aim was always to come back and put down roots here. Milan is a very welcoming city – it helps you to grow and gives the opportunities to put your plans into practice like nowhere else.

What are the strengths of Milanese cooking?

First and foremost it's the way it has embraced outside influences. Over the years, Milan has been able to draw on the best of everything it has come into contact with. Secondly, despite what many people think, the region around Milan is one of the largest, most abundant agricultural

areas in Italy, with plenty of biodiversity and a unique ecosystem. Finally, Milan has done well to build up a reputation and win respect abroad. Few other Italian cities are as well known for their cooking as Milan is. Just think of cotoletta and risotto alla milanese.

Which traditional dish do you love cooking?

Risotto alla milanese with saffron and veal bone marrow. It's always on the menu at the restaurant and I often cook it at home too, because it's my kids' favourite.

What kind of places do you like to visit in your free time in Milan?

I do the shopping for the family on Saturday mornings in the stores and delis in my local area. I go to Fratelli Galantino in Via Solferino for fruit and vegetables and the Macelleria dell'Annunciata

for meat. I often go out for a traditional Sunday lunch – something simple and very local. If the weather is nice, I'll go by bike and always stop off on the way back to visit the stunning Abbazia di Chiaravalle.

Photo

Above: The chef Carlo Cracco in the kitchen of his restaurant



The Culture of Flavours — In the Kitchen at the Museum

An original declination of the marriage between food and art: Enrico Bartolini brings creativity in the kitchen to Milan's Museum of Cultures

When the Museum of Culture (MUDEC) opened in Via Tortona in 2014, Milan also got an excellent restaurant. Located on the top floor, the restaurant is the home of the talented Enrico Bartolini, who was awarded his second Michelin star in the 2017 edition of the guide.

The chef has been busy channelling his unique culinary philosophy of splitting individual recipes up into separate episodes interconnected by the main ingredient and a host of varied flavours ranging from the fields right through to the sea. Bartolini's approach is to break food down into fragments which look and taste completely different, with flavours and colours taken from all around the world, then put them back together through the ritual of the meal. This style of cooking and eating turns the whole thing into a performance, a work of art. Santa Margherita prawns, tuna steak, suckling pig, spit-roast pigeon: the chef divides the dishes up and edits them together again like a film, complete with opening credits, plot and big finish. Take the prawn, for example. Its head and legs are fried, then served with a shellfish broth, lobster roe, shelled almonds and almonds stuffed with prawn tartare. Risotto Arlecchino is served in two parts: first the pepper sauce, Grana Padano, pine nuts, curry and aromatic herbs, then the rice, made glossy with butter and chive. The diner gets the pleasure of choosing how much they eat of which, trying one and then other on their own before mixing the two together.

This is what Enrico Bartolini does in the kitchen.

The fact that he's doing it in Milan's Museum of Culture feels like a logical consequence of his food philosophy – this is natural environment.

There is a bistro on the ground floor, with the style and quality very much living up to the standards set by the restaurant. It's open for breakfast, lunch and aperitif.

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Photo Pidgeon Skewer by Enrico Bartolini



Valtellina

— *Time to discover...*

The winter's snow, those cool walks through the forest in the summer. Valtellina's produce is packed with intense fragrances, unique flavours and unusual shapes



This potent land was loved by the Romans for its leafy forests and thermal waters. Its pastures, perched on the mountainside, produce wonderful cheeses and excellent meats, while its terraces are full of age-old vines

Photo

Adjacent _ Pizzoccheri and cold cuts platter Ristorante La Florida

Previous Page _ The terracing of Valtellina



Adventure and relax. Lombardy isn't all plains, paddy fields and lakes. The region is also home to forests of fir trees, mountains to climb and slopes to ski down, a cool refuge in the scorching summer and an adventure playground in the harsh winter. Valtellina has been seen as a haven of wellbeing since Roman times, with the Romans discovering sulphurous water here – the baths in Bormio are a must-visit to this day. Don't miss out on a stroll through the spending Art Nouveau-style historic centre of Tirano, one of the most beautiful villages in Alta Lombardia.

Wine worthy of heroes. The vine that produces the Nebbiolo grape, known in these parts as Chiavennasca, is cultivated in spite of the obstacles nature has thrown up. To overcome these problems, the locals completed the painstaking job of building terraces out of dry-stone walls. The pursuit is known locally as "heroic viticulture" – the refusal to surrender to the harshness of reality and the determination to see those bunches of grapes grow, to harvest them and then to turn them into precious nectar. The result is a range of top-quality red wines like Sassella, which hails from a tiny area where the

hillside is steep and the wind fierce. Inferno is made from grapes taken from an area which gets notably hotter in the summer; Sfursàt – or Sforzato – is one of the most famous Passito wines in all of Italy.

Milk miracles. Valtellina's most well-known cheese is Bitto, which traditionally was produced in just a few pastures perched on the mountains in the area cut in two by a stream of the same name. The cheese is warmed during the production process, while cow's milk is joined by milk from Orobica goats, a native species of the Val Gerola. Also worth tasting

is Casera, whose name comes from the local word for the cellar in which the cheeses are left to age. It's the perfect cheese for grating on pizzoccheri and stuffing sciatt – delicious little buckwheat fritters.

Bresaola and Violino di Capra. There are some excellent cured meats to be discovered too. Take bresaola, for example, which is made from a single piece of lean, flavoursome beef, or Violino di Capra, made from the thigh and shoulder of the goat and so named because its shape resembles that of a violin case.

In the Teglio Valley

— *Tasty days out*

Rye bread and butter for breakfast, tasters of Inferno and Bitto, pizzoccheri and Sfursat straw wine - immerse yourself in mountain flavours



11:30

Visit to the Nino Negri winery

There is no better way to try Inferno Carlo Negri Valtellina Superiore DOCG, which owes its name to the smallest, most inaccessible area of Valtellina, where the vines grow on the steepest of slopes and the temperature goes through the roof in summer, than to visit the splendid wine cellars of Castello Quadrio in Chiuro.

13:30

Lunch at Crotasc

Once used as a stable, the walls of this cave in Mese – now a restaurant – are like a history lesson, festooned as they are with ancient tools. Several generations of the Prevostini family have taken up the mantle of the restaurant, whose open fire is always crackling away in the winter months and whose ancient chestnut trees provide welcome shade in summer.

16:00

Visit to the Bitto Centre

The place where this extraordinary mountain pasture cheese is aged is now called the Storico Ribelle and can be found in the mountain village of Gerola Alta, slap bang in the middle of the Bitto valley pastures. In the store, you can admire cheese of up to ten years of age and try samples at different points of the aging process.

Photo

Previous Page Left_ Nino Negri Cellars, Chiuro (So)

Left_ Cold cuts and apples from Valtellina

Previous Page Right_ Center of Bitto, Gerola Alta (So)

Right_ Inferno wine by Nino Negri, Chiuro (So)



17:00

Shopping at Drogheria Fratelli Ciapponi

A stroll in Morbegno is not complete without a stopover at one of the most historic stores in the area. It is a place that evokes times gone by, with antique till registers and maps of unknown mountain pastures providing the perfect backdrop to some truly unique delicacies.

20:00

Dinner in Teglio

Time to enjoy a plate of pizzoccheri, which originated in this area. There is certainly no shortage of trattorias in the area serving up this irresistible traditional speciality – but choose one that follows the official recipe stored in the Accademia del Pizzocchero.

23:00

Nightcap

The Tirano winery – in Tirano, surprisingly – is a place of warmth, music and hearty welcomes, all super accompaniments for a glass of the king of Valtellina wines: Sforzato, or Sfursat. The name derives from the practice of “forcing”, or prolonging, the ripening of the grape, i.e. leaving the best grapes to dry on racks called “fruttai” for months after harvest.

Mountain of wonder

— *Insider tip*

Franco Aliberti, formerly of Osteria Francescana, and Gianni Tarabini are the chefs at La Preséf restaurant at the La Fiorida agritourism in Mantello, where the mountains are a welcome companion



Pizzoccheri of Valtellina

Ingredients for four people:

400g buckwheat flour
100g white flour
200g butter
250g Valtellina Casera DOP
150g Grana Padano DOP
200g cabbage
250g potato
Garlic clove
Pepper

Method:

Mix the two types of flour, add water to form a dough and knead for around five minutes. Using a rolling pin, roll the dough out to a thickness of 2-3 millimetres, then cut into ribbons of about 7-8 centimetres in length. Place the ribbons on top of each other, then cut across to make tagliatelle strips of about 5 millimetres in width. Cut the cabbage (which can be substituted with chard or green beans depending on the season) into small pieces and dice the potatoes, then cook these in salted water. Add the pizzoccheri after five minutes. After ten minutes, retrieve the pizzoccheri using a slotted spoon and place some of these into a warm dish. Sprinkle with grated Grana Padano DOP and shavings of Valtellina Casera DOP and then add another layer of pizzoccheri and cheese and so on. Fry the garlic in the butter until nicely coloured, then pour over the pizzoccheri. Do not mix. Serve the pizzoccheri hot with a twist of freshly cracked black pepper.

How would you describe the food in Valtellina?

The cuisine in Valtellina is a reflection of the simple family traditions from which it came. The taste of every product and dish is a nod to the food prepared in local kitchens. Much of the food, which is made according to recipes taught to people by their grandparents, depends on livestock reared in the Alps and crops grown among the rocks or in the forest. The area has six PDO-certified products and when you combine these – like six musical notes – you can create an infinite number of taste symphonies.

Which local dish do you like cooking more than any other?

We love Sciatt [buckwheat cheese fritters]. Despite the name, which in Valtellina dialect means “toad”, they are little bundles of wonderful flavour, all

made from simple ingredients: water, buckwheat, Valtellina Casera DOP cheese and a dash of grappa.

What kind of relationship do you have with artisanal producers in the area?

The land is the pantry from which we stock our kitchen. Whenever we leave the farm at La Fiorida, we always drop in on our local producers, which vary from the smallest artisans to the larger-scale farmers and breeders. Thanks to their products, we are able to create a menu that offers our guests quality, taste and authenticity.

Franco, you’re not originally from these parts. Has anything surprised you?

It’s the little things that make Valtellina so special. Traditions have survived here, there are timeless hamlets and virtually unexplored valleys that

man hasn’t yet conquered. These little things might be taken for granted by the people that live here, but when you see them for the first time they’re absolutely fascinating.

What are your favourite local wines?

The majesty and character of Il Nebbiolo delle Alpi is a reflection of the sheer effort that has gone into creating it. Its terraced vineyards have been carved out of the rocks and every single second of the growing process is carefully managed by hand. Whenever guests from to La Fiorida or La Preséf to taste a local wine, we always advise them to walk along the Sentiero dei Terrazzamenti, which takes them through DOCG-certified wine areas like Maroggia, Sassella, Grumello and Inferno. That way, they truly understand where these wonderful wines have come from.

Photo

Above: Franco Aliberti and Gianni Tarabini



Exploring the Cellars — Tasting Wines

A trip through the countryside, rows of vines and Bacchus' nectar: the cellars welcome wine lovers all year long

Lombardy is a geographically diverse land, with the Alps giving way to rolling hills, grand lakes and the Po Valley; this diversity is reflected in the huge range of wines produced. The number of wineries welcoming tourists is on the rise: it's a great idea for a fun day trip, with many of the wineries offering guided tastings. We've picked out some of the wineries that visitors can drop in on, even without an appointment.

Casa Vinicola Pietro Nera is located in Chiuro. It specialises in the production of mountain Nebbiolo, with the vines themselves found in the Rhaetian Alps.

Poderi di San Pietro is situated in San Colombano al Lambro, not far from Milan. It's the perfect place to discover the wines the Milanese countryside has to offer.

Cascina Ronchetto in Morazzone, in the province of Varese, ages its wine in French wood barrels.

Azienda Agricola Gravanago is located in the ancient hamlet of Gravanago, in the province of Pavia. It is a place where time seems to have stood still, yet the winery itself does combine modern technology with age-old traditions.

Fattoria Colombara Gozzi in Mozambano (MN) has been run by the same family ever since the 1920s. It's famous for Le Falme, a fine Muscat which goes with the traditional Mantuan dish of squash tortelli.

Tenuta Roveglia is an historic winery that was first set up in the late 19th century. It has the oldest and largest vineyards in the south of Lake Garda and produces an excellent Lugana DOC.

Manèga is a family-run winery in Gussago (BS). It produces Brut, rose and Satèn wines.

Azienda Agricola Angelo Pecis occupies two and a half hectares around the Romanesque San Pietro delle Passere church, in the province of Bergamo. You can really feel the ancient traditions of the Benedictine monks, combined here with modern production techniques

—
Photo Tastings and the Cellar



Cremona and Mantua

— *Time to discover...*

A land of boundless culture and a trade hub since the 15th century, the area expertly fuses bitter and sweet, delicate and spicy



Packed with towns renowned for their history, art, recipes and traditions, the area's opulent cuisine is built on measured contrasts and sophisticated combinations which reflect a passion for life



Photo

Adjacent_ Duomo and Torrazzo, Cremona

Previous Page_ Mantua's Pumpkin

Long traditions. It's no coincidence that Bartolomeo Sacchi, the author of *De Honesta Voluptate et Valetudine*, one of the most famous recipe books in the world, hailed from Cremona. Back then, the vast Po Valley, extending off towards the Adriatic, was already a hub of trade, with the major port of Cremona receiving goods from Venice and the Orient: spices, salt and perhaps even nougat, a typical Mediterranean sweet.

Mostarda. Agriculture has always been a booming industry in the area, with the main crops including

melons, squashes, watermelons, onions, pears and apples, the latter two of which are used to make mostarda. The sweetness of the fruit is offset by the spice of mustard, making mostarda the perfect accompaniment for roasted or stewed meat dishes, such as gran bollito misto (a hearty meat stew), cotechino sausages or stracotto d'asino, a stew made using donkey meat. Equally important to the local cuisine is pork, which is turned into cured meats – both firm and soft – and flavoured subtly with garlic. The ideal bedfellow for the opulent local food is Lambrusco Mantovano, a sparkling

red wine with an ancient past: over 2000 years ago, Virgilio – one of the area's illustrious fathers – referenced the bright red leaves of the Vitis Labrusca grape in one of his poems.

Unexpected sweetness. The star of Mantuan cooking is a pasta dish: squash tortelli, made sweet by the Amaretti biscuits and mostarda contained in the filling. Don't miss the local Sbrisolona tart, whose name derives from its crumbly texture, with lumps and bumps falling off whenever it is sliced up.

Manmade lakes. In the southeast edge of the region, fish reigns supreme. Mantua is built on the banks of the River Mincio and, since 1100, thanks to a series of huge hydraulics projects, has been surrounded by three lakes. The most prized fish is pike, which is often cooked in a sauce of capers, parsley, garlic and anchovies and served with seared polenta. Cremona is also renowned for its freshwater fish dishes, with the region criss-crossed with countless rivers and streams.

The joy of the table

— *Tasty days out*

Marubini and Casalasca-style blisgòn pasta, squash tortelli, cotechino sausages with mostarda, donkey stew, pike, ancient desserts and goblets of Lambrusco wine



9:00

Bakery breakfast

The day begins at the Pasticceria Lanfranchi in Cremona. Atop its Art Nouveau counters sit tarts, pastries, biscuits and – naturally – nougat. Yet there is also mostarda, jams, quince jelly, chocolate spread and Pan Cremona. It's just a couple of paces from the cathedral, so do visit the historic centre, a haven of art and architecture.

11:00

Nougat

You can't leave Cremona without stocking up on nougat. On the road to Mantua, make sure you go through Vescovato and stop off at Rivoltini Alimentare Dolciaria to buy nougat in all shapes: traditional, in a tray, shaped into salamis and even violins. There are plenty of different varieties too, from soft nougat to nougat with fruit or cream, crunchy nougat and even a toothbreaker version.

12:30

Lunch in Mantua

Mantua is a welcoming and sophisticated city. Head to Cento Rampini in the Piazza delle Erbe, under the porticoes of the Palazzo della Ragione. Eat nervetti – literally beef tendons and cartilage – with kidney beans, squash tortelli doused with butter and sage, bigoli al torchio pasta with anchovies and pike in green sauce. Wash it down with a local wine from the Parco del Mincio.

Photo

Previous Page Left_Mostarda and Cotechino

Left_Mincio Cycling path

Previous Page Right_The torrione of Cremona

Right_Duomo and Torrazzo, Cremona



16:00

Trip to the Parco del Mincio

Head north through the park until you reach Monzambano. Enjoy a visit to the Ricchi farm, with its orderly rows of crops. Admire the brick vaults of the wine cellars and taste barrel-aged sparkling and still wines as you taste cured meats, Grana Padano DOP, mostarda and sbrisolona tart.

20:00

Dinner at Cigno

The building that houses Mantua's Cigno restaurant, with its archway inviting guests down the alleyway, hails back to the 16th century. The large dining room features exposed beams, which create a pleasant contrast with the designer light fittings. Feast on agnolini pasta stuffed with meat and a red wine sauce, garlicky cured meat, warm veal nervetti, risotto alla pilota (prepared with leftover meat) and warm capon breast in a sweet and sour sauce, cooked to the recipe of the chef in the Court of Gonzaga

The Oglio's hidden gem

— *Insider tip*

Dal Pescatore has taken the Santini family dishes and built a unique gastronomic identity which saw it win three Michelin stars in 1996

You have always had a strong bond with the local area and particularly the Oglio. How is the reflected in your cooking?

We really believe in having a direct relationship with our suppliers, because that trust in the people providing our raw ingredients is vital to guaranteeing quality.

Our rivers are finally becoming clean again, so we're starting to be able to use the fish that live in them again. Our job is to use producers of the highest quality. For example, we work with Massimo Zani, who has created a network of cattle farmers which put the animals first. That's exactly the kind of meat we need to be using. The fact that we're in a position to pay that little bit extra for

quality makes it possible for that to exist.

Your dishes have gone down in Italy's haute cuisine history books. If you had to pick one dish that best reflects the local area, which would it be?

Our squash tortelli pasta. Although they have stayed true to themselves, the ingredients and filling have changed, as has the thickness of the pasta and the number of eggs used. We serve them with less butter so the flavours ring truer, while the pasta has to be al dente.

Twenty years ago, egg pasta was always served overcooked. It was the south of Italy that showed us how to cook pasta to the right point.



Squash tortelli

Ingredients for four people:

For the fresh pasta:

200g 00 flour

Two eggs

Salt

For the filling:

600g squash

100g Guarmino Amaretti biscuits DOP

100g Mantua pear mostarda IGP

100g Grana Padano

1/2 teaspoon nutmeg

Salt and black pepper

Method

Remove the seeds and stringy fibres from the squash, then cut into slices and bake at 180° for around an hour. When tender, remove from the oven and blend. Add the blended mostarda, finely chopped Amaretti biscuits, Grana Padano, nutmeg, salt and pepper. Leave the mixture to rest overnight in order to let the flavours infuse. Mix the flour and eggs together with a pinch of salt, then cover with a cloth and leave to rest for around half an hour. Using a rolling pin, roll out the pasta to a thickness of 2mm, then cut into squares of around 5x5cm. Use a piping bag to divide the squash mixture between the pasta squares. Take a square and close it by forming a triangle, then press down the edges and bend the top up. Close the two bottom corners around your second and third fingers, pressing down on the joint to ensure it doesn't go tough when cooked. Boil the tortelli in lots of salted water. In a pan, heat a knob of butter and the sage. Remove the squash tortelli with a slotted spoon and place them into the pan with the butter, then toss through the Grana Padano.

What are the local specialities not to be missed for visitors to the region?

Agnoli in brodo [stuffed pasta in a meat broth] is different every time you eat it, depending on whether you're in Suzzara, Mantua, Canneto or Asola. The same thing goes for squash tortelli, the shape and ingredients. Sometimes they're finished with butter, other times it's tomato, and in Suzzara they even serve them with sausage. In Casteldario there's pilota rice, a pilaf rice with fresh salami, while Martini's Cigno-Trattoria in Mantua offers the capon salad 'a la Stefani', who was the cook of the Gonzaga court. And finally, the desserts: above all, sbrisolona and zabaglione.

Photo

Above, Giovanni Santini at the stove

The Cycling Path of the Mincio

— Savory Stops

**Along the Peschiera-Mantova in bike,
between farmsteads with free roaming
animals and agritourisms offering real
Mantuan cuisine**

Known as the longest “green” motorway in Italy, the Peschiera-Mantua cycle route is part of a 7000km Europe-wide path – the Eurovelo 7 – which connects North Cape with Malta. The well-maintained Peschiera-Mantua leg encompasses 50 shady, flat kilometres along the banks of the River Mincio.

Going south from Peschiera, the path snakes through the Mincio Park and takes in the Salionze dam, the Visconti bridge and medieval mills of Borghetto, vines situated on morainic hills and the cultivated fields of Pozzolo sul Mincio. A small detour takes you to the Bosco della Fontana nature reserve and the Palazzina Gonzaga, with the main path eventually leading you to the Castello di San Giorgio on the edge of Mantua.

As you proceed, the countryside unfurls around you, with cows, horses, donkeys, pigs, sheep, turkeys, geese and ducks roaming freely around farmsteads. The agritourisms, restaurants and trattorias serve up capunsèi (bread gnocchi, a recipe introduced to the Court of Gonzaga by Tyrolese immigrants), fuiàde (egg tagliatelle) with game ragù and risotto of saltarèi (river prawns). Feel free to stop off along the way at one of the many agritourisms dotted along the route, or keep pushing through until you reach Mantua. You’ll certainly have worked up an appetite by this point, so go ahead and feast on Mantuan cured meats, squash tortelli, bigoi pasta with pilchards, cotechino sausage with cabbage or pike in sauce (which has been awarded PAT-certification – Typical Food Product of Lombardy). Bisulàn, the local ciambella cake which have maybe derived from the Lucca’s buccellato, tagliatelle cake or sbrisolona cake will provide a fitting conclusion for your meal.

These dishes, accompanied by local wines, are a fine introduction to the opulence of Mantuan cuisine.

—

Photo Glimpes of the Mincio Cycling Path





Lakes Como and Varese

— *Time to discover..*

Where the land merges with pools of fresh water, hidden between the steep slopes of the mountains and the wide open spaces of the plains



It is a land of peasant traditions, with the food reflecting the pace and needs of life here. Slow-cooked dishes and specialities as delicious as they are unique, all washed down with local reds



Photo

Adjacent _ Laglio, Como

Previous Page_ Gavirate, Varese

Land of water. Often referred to as the “Lakes Region” by guide books, yet generally those who live there do not realise they live in one of the areas with the most natural freshwater basins in all of Europe. The areas surrounding Lake Maggiore, Varese and Lake Como are a series of ascents and descents in the middle of nature. Walkers can enjoy trails such as the Sentiero del Viandante that runs along the eastern shore of Lake Como and the Via dei Monti Lariani, a hiking trail that connects the mountain resorts scattered along the western shore. Bicycle lovers can rest at the Colma di Sormano, located

at the top of the hard climb of the Muro di Sormano, or up to the Madonna del Ghisallo where there is the bicycle museum; from here you can enjoy a magnificent view of Lake Como where fabulous villas, such as the enchanting Villa del Balbianello, attract Hollywood movie directors. Lovers of literature will want to see the locations of the famous novel “The Betrothed” by Manzoni Itinerary through the characteristic districts of Lecco.

Everything but the oink. Cassoeula is a local speciality made from the less glamorous parts of

the pig (including the ears, trotters and snout) and cabbage, but there are countless variations on the theme. Varese citizens, for example, add little verzini sausages. Another local dish is bruscitt: beef minced with a knife and then sautéed with butter, lard, garlic, wild fennel and red wine before being served with polenta.

Bold missoltino. The lakes have always produced many freshwater fish, including the local agone, which – when dried and salted according to an age-old process – becomes missoltino. This is then served with polenta

and red wine, to bring out its bold flavour. The perfect wine for this dish is a Domasino, made from Sangiovese, Merlot and Rosseio grapes, the latter of which is native to the region and is produced in very small quantities each year. The local vines go back for many centuries, yet nearly died out due to a variety of reasons, including the rise in sericulture. Indeed, wine production only resumed a few years ago. Many of the vineyards are located on terraces cut into steep slopes, with the significant temperature variations giving the resultant wines elegance, freshness and depth of flavour.

Flavour terrace

— *Tasty days out*

Typical sweet treats like Dolce Varese and Brutti ma Buoni biscuits, fresh goat's milk cheeses from the Campo dei Fiori park and a special spirit from the Monte Sacro



9:00

Buosino breakfast

Varese loves its chocolate, with the area full of tiny bakeries and quality chocolate laboratories. Head to Buosi in Venegono to try the famous Buosino – a mixture of chocolate and coffee with frothed milk and chocolate granules. Next, take a walk through the Parco dell'Olona in Morazzano, a land full of ancient vines.

13:00

Osteria lunch

Make a quick stop at the Azzate viewpoint, where you can enjoy the view out over Lake Varese. Once you get back on the main road, a good place for lunch is the Hosteria da Bruno: wicker chairs, benches around the fire, historic photos on the walls. You'll eat some smashing local food, with the dishes varying from day to day depending on availability. Expect the owner to regale you with stories of when his grandfather opened the osteria!

Photo

Previous Page Left_The 'Buosino' of Buosi a Venegono, Varese

Left_Dolce Varese

Right_Osteria del Gallo, Como

Previous Page Left_Little harbour of Azzate, Varese



15:00

Coffee in Varese and trip to Valcuvia

Varese is the birthplace of a simple yet delicious dessert: Dolce Varese. Stop at Pasticceria Zamberletti, which has been churning them out since 1939, to buy one to take home. Or sip a coffee and ask the owner where you can buy Elixir del Borducan, an orange-flavoured spirit typical found exclusively at the restaurant-hotel Al Borducan, Sacro Monte. Finally, set out in search of fresh goat's cheeses from Valcuvia and Brutti ma Buoni biscuits from Gavirate. Take a stroll through the Parco del Campo dei Fiori and – just as you glimpse the Swiss border – you'll arrive in Como.

20:00

Como

What better than a sunset walk along the lakeside? Let your feet guide you to the historic centre of Como and the medieval quarter of Cortesella. In one of the most ancient roads in the city, you'll find Osteria del Gallo, where you can order savoury tarts and wash them down with local wines. Round your dinner off with a glass of grappa and chat with the owners about how they run what is known as a "Literary Cafe".

Creativity meets local traditions

— *Insider tip*

Paolo Lopriore is the prodigy of the grand master of Italian cookery: Gualtiero Marchesi. In *Il Portico* in Appiano Gentile, he serves up convivial food with a strong bond with the local area

What kind of bond do you have with this area? You were born here and returned a few years ago.

I cultivate my bond with the local area on a daily basis. I want to get as close as I can to the people that live here and the guests that choose to come. On a gastronomic level, the province of Como hasn't really had its breakout moment yet. It's a real shame, but the positive thing is that we still have some extraordinary raw ingredients here, partly due to the fact that they've never become too trendy. I really believe that cooking is about reflecting the local area as closely as possible. For example, I don't use red vegetables because they don't grow here. Our cuisine is built around wonderful flavours and cold colours – it's almost understated.

What are your favourite local products to use in the kitchen?

White meat. We don't rear many animals here – just enough to cover local needs. Take veal, for example. I love using the liver – it's really silky and perfect for refined palates, almost the opposite of Tuscany's delicious, rustic *crostino nero*. As well as that, you can't ignore the fish from the lake. That's one of this area's biggest assets.

What local producers do you love going to visit?

Macelleria Girola, which is run by a father and son duo. They listen to their customers and their needs carefully and even invite you behind the scenes. In Ossuccio there's a guy called Simone Fraquelli,



who has helped me to learn about the lesser-known lake fish like chub and burbot, the liver of which is similar to the prized foie gras. These flavours are old and new all at once, because basically nobody knows how to use them in the kitchen.

How important is it to incorporate local traditions into haute cuisine?

It's all about bringing local flavours and products to the table.

What do we absolutely have to try if we visit the area?

Alborelle. They're tiny lake fish, served simply soured.



Risotto with perch

Ingredients for four people:

One onion, diced
150g butter
350g Carnaroli rice
20cl white wine
1l fish stock
10 perch fillets
Sage leaves
Sunflower oil
White flour

Method

The original recipe for this called for the rice to be boiled before being topped with fillets of perch fried in butter with sage and finished with more butter and a generous sprinkling of grated cheese. The dish was called *Ris* in cagnun. Nowadays we prefer a more refined, lighter version, with a risotto made from fish stock and then topped with perch fillets fried with sage-infused butter.

In a pan, sauté the diced onion with a third of the butter. Toast the rice and add the white wine, stirring until it has completely evaporated. Add the hot stock, one ladleful at a time, and continue to mix. When the rice is almost cooked, coat the perch fillets with flour and fry in hot oil until golden and crunchy. Melt the rest of the butter in the pan and add the sage leaves. Divide the risotto between the plates, add the perch fillets and drizzle over the infused butter. Enjoy with a glass of *Solesta*, a dry white wine made from Italian Chardonnay and Riesling grapes.

Photo

Above, Paolo Lopriore in his restaurant in Appiano Gentile



A Dream “InGalera” — Freedom in the Kitchen

Bars on the windows and freedom in the kitchen: the prison of Bollate features the first restaurant hiring prisoners in Italy

InGalera is the first restaurant in Italy to open inside a prison: the Bollate Casa di Reclusione, to be precise. It is the brainchild of Silvia Polleri, the president of social cooperative ABC, and offers work to seven inmates and four apprentices from the prison section of the Paolo Frisi culinary school, all of whom are overseen by chef Ivan Manzo and maître d’ Massimo Sestito. It is a unique dining experience. Your eye is instantly drawn to a row of prison bars intertwined into a diamond pattern. Outside, the sky is dark and gloomy, but inside, the atmosphere is fresh. The furnishings are basic, the tables and chairs simple. Bottles are stored in a white-painted iron wine rack – it is sleek and delicate. The only decorations are old film posters, *Escape to Victory* and the *Shawshank Redemption* among them, stuck to the walls without frames. They are not the only nod to the prison around: the paper place mats on the table depict the Tower of London.

The restaurant is the perfect backdrop for some well-put-together dishes: risotto with provola cheese, pear marmalade and rosemary or cod pil pil with headed cabbage and blueberries, to name but two. Coffee is not just served – it is prepared at your table using a moka pot, like something out of a De André song. This is a great experiment which challenges rules and overcomes prejudices. For once, it’s not them who have to peer out through the bars to see the world, but us – the world – who want to come inside.

The restaurant has 50 covers and is enjoying well-deserved success, so booking is essential.

—
Photo Trucioli of Marchesi pasta and sweet pepper, scallops with truffles, chocolate grue and rocket pesto



Franciacorta

— *Time to discover...*

Endless rows of vines glinting in the twilight like a painting, leading to the Parco dell'Oglio, Lake Iseo and the Torbiera del Sebino



The abbeys, monasteries and hamlets of this beautiful ancient land alternate with prized vines, just like the humble local dishes stand alongside traditional and prestigious wines



Photo

Adjacent_Montisola, Brescia

Previous Page_ The vineyards of Franciacorta

Pioneers of quality. Situated between the plains and the Prealps, this area is home to no provincial capitals but is held together by... bubbles. Franciacorta is the birthplace of the first traditional method Italian sparkling wine to earn DOCG certification, its Pinot Nero, Pinot Bianco and Chardonnay grapes enjoying perfect climatic conditions created by their breezy location on the south of Lake Iseo and Val Camonica. The area's sparkling wine traditions go back many centuries: the Brescian Gerolamo Conforti wrote his *Libellus*

de Vino Mordaci essay on fermentation in the bottle in 1570, nearly a year before the monk Dom Pérignon came along in Champagne.

Satin wine. One of the unique varieties of Franciacorta is Satèn, whose name is inspired by the French word "satin", on account of its soft, elegant qualities – indeed, the bubbles of Satèn are extremely delicate. In particularly good years, bottles known as Millesimati are produced, whose wine comes all from the same year. This type of wine is left to

age for longer than usual and doesn't go to market for at least three years.

Monasteries, hamlets and abbeys. The rolling hills of the Franciacorta area are the perfect place for tourists looking to discover good food along the ancient roads and cycle paths, weaving in and out of tractors and farmers and enjoying the simple beauty of perfectly cultivated vines. The local treasures are well preserved: monasteries like San Pietro in Lamosa, tiny medieval hamlets like Erbusco

and abbeys like the enchanting Abbazia Olivetana di San Nicola in Rodengo Saiano have lost none of their ancient beauty.

The much-loved manzo all'olio. In these parts, the local cuisine – which owes much to ancient peasant recipes – is based around freshwater fish and traditionally prepared meat dishes, especially Manzo all'Olio di Rovato. It's a delicious dish where the beef is cooked low and slow for no less than three hours in oil and white wine with onions, celery and carrots

Exploring Franciacorta

— *Tasty days out*

A sublime itinerary encompassing sweet treats, subtle cured meats, single-year sparkling wines, mountain pasture cheeses and bottarga made from Lake Iseo agone



9:00

Pasticceria Veneto

The day kicks off in the style with a taste of Brescia's most quintessential cake – bossolà – at Pasticceria Veneto. This is the domain of multi-award-winning baker Iginio Massari, who was the chairman of the World Pastry Cup in Lyon in 2015. After breakfast, it's time to head off to the Parco dell'Oglio.

11:00

Shopping at the norcineria

Franciacorta has a range of excellent local products, starting with cured meats. This is a land of super porkie products like Ret, an aromatic raw salami prepared by hand, using a knife, and lard infused with Curtefranca wine. There are plenty of fine DOP-certified cheeses, too, like Silter and Bagoss d'alpeggio. The Polastri Maceler Norcineria in Torbiato di Adro is a great place to stop and stock up.

13:00

Lunch in the park

You've arrived in the Parco dell'Oglio, where you can walk along the banks of the river and lean out over the water from the bridge. Right next to the station in Palazzolo is Osteria della Villetta, where you can enjoy a lunch of fish from Lake Iseo, meat reared on the pastures around Brescia and vegetables grown on the hillsides. The owner will be happy to show off his art collection.

Photo

Previous Page Left_ Bossolà Cake

Left_Stroll through the cellars

Previous Page Right_ Norcineria Polastri cold cuts

Right_The Cathedral of Brescia



16:00

Winery tour

You're spoilt for choice when it comes to wine tasting around here and it is easy to spend many hours happily hopping from winery to winery like bees buzzing around acacia flowers. In 2017, local producers funded a stunning short film on all things Franciacorta, which you can see in the apt surroundings of the Bosio winery – it's the perfect way to discover more about the area and its vines.

20:00

Back to the city

Whether you still hanker for the open horizon of the countryside or prefer an evening in the grand historic centre, Brescia will make you feel right at home. Choose from the sophisticated menu at Ristorante La Sosta, located in a 17th-century palazzo, or opt for the wooden tables of a more traditional eatery like Trattoria Campagnola, which is in an old farmhouse.

Family flavours

— *Insider tip*

For four generations, the Rossi family has been running the Osteria della Villetta in Palazzolo Sull'Oglio. In an Art Nouveau building, Maurizio and Grazie serve up traditional Brescian fare



Photo

Adjacent_ Maurizio and Grazie Rossi

Below_ A view of the Osteria della Villetta

How would you describe the area from a gastronomic point of view?

We sit in the middle of the perfect triangle: just to the south of the Franciacorta region, a few kilometres from the wonderful fish of Lake Iseo and a matter of minutes from Rovato, which has a famous meat market that's been going strong for over a century.

We use all of these raw ingredients at the restaurant. We always have a fish of the day, prepared according to a traditional recipe, as well as typical meat dishes using meat from the market: it could be braised meat, stews or offal dishes.

What are the dishes that best sum up your food?

Definitely our meatballs made from braised meat, which is a dish from humble origins.

Then there's the much-loved manzo all'olio – beef with oil – which uses the shoulder, and our tripe, which cooks for five hours with celery, carrots and potatoes in a broth of beef cheeks and a dash of tomato.

Who are you favourite artisanal producers?

It's really important for us to use local producers. We use cheeses like Stracchino from Vigro, a village overlooking Lake Iseo, plus Quartiolo and Taleggio from Colosio Formaggi. We have our own kitchen garden for vegetables and use a range of small local butchers for our meat. The maize flour we use for our polenta comes from Le Ventighe, a 15th-century farmhouse just around the corner – now that's local! We also try to use Slow Food products.



Baked tench according to Grazia Rossi's "La Villetta" recipe

Ingredients

Approx. 1.8/2.0 kg tench
100 g breadcrumbs
60 g aged Grana Padano
Salt and pepper to taste
5/6 bay leaves
A glass of extra virgin olive oil

For the fish balls:

200 g blended and sieved tench
100 g bread crumbs
50 g Grana Padano
Salt to taste
3 bay leaves
Chopped parsley

Instructions:

Fillet the large tench, cutting it into bite-size pieces.
Add them to a pan with a little extra virgin olive oil and bay leaves.
Roll them in breadcrumbs and Grana Padano, put them in an oven pan with extra virgin olive oil and bake them at 180° C for 8/10 minutes.
Cook the tench pieces that may have bones in a pan with extra virgin olive oil and bay leaves, then blend them and sieve them. Mix the resulting mousse with 100 g of breadcrumbs and 50 g of Grana Padano and parsley. Make small fish balls, roll them in breadcrumbs and cook them in olive oil.

The dish consists of:

Tench nibbles
Fish balls and yellow polenta with chopped parsley on the plate





When Taste is Art

— *Relive the journey Gualtiero Marchesi took*

Seven itineraries that food and wine enthusiasts can't miss in search of authenticity and amazement.

We have had the pleasure of travelling with an excellent guide, Maestro Gualtiero Marchesi. The unbeatable star of a special project: "Sapore in Lombardia. A journey through Art and Flavours".

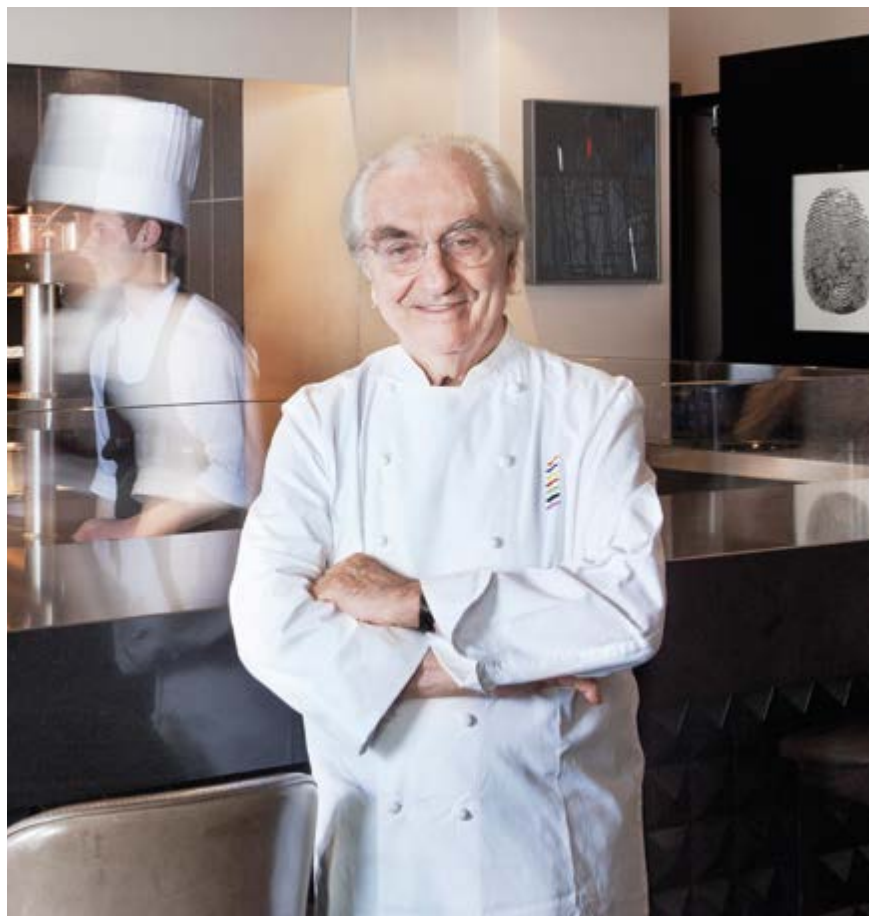
Milan, Bergamo and its valleys. Cremona and Mantua. Then, up, towards Valtellina. And then down: the Lakes of Como and Varese, the Franciacorta region and Lake Garda. Brianza and Pavia. These seven itineraries of Flavours and Art were created by an excellent guide, Maestro Gualtiero Marchesi, the first chef in Italy to receive three Michelin stars (1985) and the first in the world to refute the guide's judgement (2008). Each place offers the story of an all-inclusive experience between traditions, art treasures, beautiful landscapes and unbeatable recipes of Lombard cuisine. How do you find out more? Through the project "Sapore in Lombardia. A journey through Art and Flavours". Relive the journey that Maestro Marchesi took, and find out what he said about this incredible itinerary. He said that..

Flavour and Art: where has "Sapore in Lombardia" brought us?

"Wherever we mix good taste and beauty, care for what we have and what sets us apart, every time we can say with justified pride: we have this to offer you! Culture has no boundaries and, between art and food, there is only a thin line that goes through the body and the mind."

Seven itineraries a mid Beauty and Good Taste: what makes them so special?

"Perhaps a certain balance of form and substance or of shape and material. A way of being in the world that accomplishes things, reserved and also, in a certain sense, tormented and perfectionistic, at least in the way of intentions. Reality is actually quite a bit more complicated and contradictory. Nevertheless, something about the Lombard character remains and functions. It has transferred into the art, architecture and cooking."



Gold rice and saffron from Gualtiero Marchesi

Ingredients for 4 servings

- 280 g Carnaroli rice
- 160 g butter
- 30 g grated parmesan cheese
- 2 g saffron
- 15 g onion, finely chopped
- 19 cl dry white wine
- 4.5 cl white vinegar
- 100 cl lightbroth
- 4 gold leaves

Instructions:

Sour butter. In a copper pot, cook the 15 grams of chopped onion in 15 cl of dry white wine and 4.5 cl white vinegar until the alcohol evaporates and only the acidic part remains. Add 100 grams of butter pomade and mix until you obtain sour butter. Filter the butter. Through a sieve to eliminate onion fragments that give it flavour. In a copper pot, toast 280 grams of Carnaroli rice with 60 grams of butter for one minute. Wet with 4 cl white wine and let evaporate completely. Then pour 100cl of very hot light broth, add 2 grams of saffron and cook for 18 minutes. Stir occasionally. When it has finished cooking, mix the rice with 20 grams of grated Parmesan cheese and 60 grams of cold sour butter. Add the gold leaves.

From January 2018 the most famous dish of the Maestro is on paper in the Marchesi restaurant in Piazza della Scala in Milan and in the restaurant la Terrazza of the Grand Hotel Tremezzo. The plate is always accompanied by the certificate of authenticity.

Your most exciting discovery?

"Pumpkin tortelli, which I absolutely love, for the longest time, and boiled guanciale with its sweet tender meat. It's the perfect ingredient. When I tasted it, I found it even better than what I make myself!"

What (artistic) masterpiece would you tell a friend about?

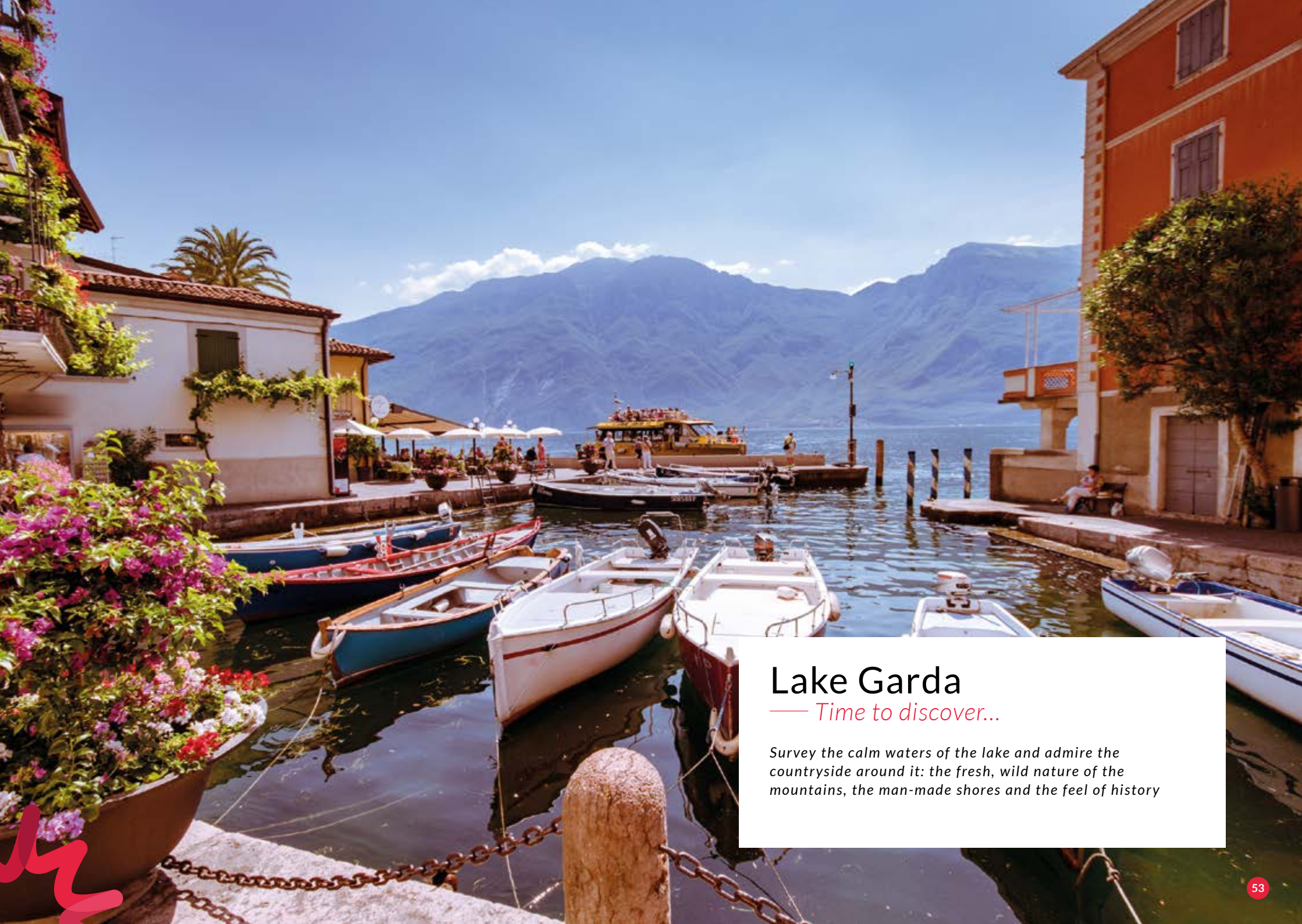
"The 'Pietà Rondanini' by Michelangelo on display in a lovely room in the Sforzesco Castle in Milan, because the unfinished is the infinite part of a work."

Which flavours would you never give up?

"The flavour of truth, which assumes absolute knowledge of the techniques and sacrosanct respect for materials; truthful cooking in the form, and the refore also in the ingredients."

Photo

Above. The chef Gualtiero Marchesi in his restaurant in Milan



Lake Garda

— *Time to discover...*

Survey the calm waters of the lake and admire the countryside around it: the fresh, wild nature of the mountains, the man-made shores and the feel of history



Playfully known as “the most beautiful ocean in Italy”, Lake Garda sits at the foot of the mountains and enjoys a mild climate, with poets’ villas, lemon houses and ancient recipes waiting to be discovered



Photo

Adjacent_ Sirmione from above, Brescia

Previous Page_ Limone sul Garda, Brescia

Peaceful refuge. Lake Garda, the largest of Italy’s lakes, has been the perfect spot for contemplating the world since the ancient Romans built stunning villas on its shores, including the Grottoes of Catullus, the finest example of Roman domus dwellings in Northern Italy. The lake’s calm has always attracted restless spirits such as the poet Gabriele D’Annunzio, who built his Vittoriale degli Italiani here. In the summer, its shores fill with tourists, especially from Northern Europe.

Olives and lemon houses. The lake’s large basin

makes the climate mild and means that more typically Mediterranean crops can be grown where they usually cannot be. This is the most northerly point in the world where olives are grown, with the fruit used to make a DOP-certified extra-virgin olive oil which is delicate, fruity and light. It is also home to fruits like citron, bergamot and lemons. A visit to Lake Garda simply would not be complete without a visit to a lemon house such as the 18th-century example in Castèl di Limone sul Garda, beautiful as an ornamental garden, which is located on the same terraces

immortalised by the renowned German poet Goethe in his 1786 work Italian Journey.

Lake wines. Inhabitants of the western shore, the Lombardy side, have always been tenacious and simple folk – boatmen, fishermen, sometimes gardeners. One of the most well-known local wines is Garda DOC certification, with white, red, rose and “Chiarretto” versions all available. “Chiarretto”, named after the Italian word for “light”, is so named because the must remains in contact with the skins for only one night,

giving the wine a light pink colour. Other wines include Gropello and the excellent Lugana DOC, a white produced with Trebbiano di Lugana grapes which becomes especially characterful after a few years’ aging.

Medieval traditions. On the Brescian side of the lake you can find fish stuffed with breadcrumbs and parsley, risotto and meat tortelli, but also medieval dishes such as Brodo Bruciato, a stew made from water, toasted flour and extra-virgin olive oil from around Lake Garda.

Mediterranean Alps

— *Tasty days out*

Where extra-virgin olive oil, fragrant lemons and golden saffron provide the perfect accompaniment to lake fish and the enchanting landscape



9:00

Ricotta and saffron cake

You are sat at a table in the tiny square in Desenzano while the bright morning light dances on the waters of the lake. You ask for something sweet from the Garda area, a slice of ricotta and saffron cake. The saffron comes from Pozzolengo; the lake makes the climate mild, so here you can find Mediterranean plants like olives, lemons and saffron. But it's time to go: you want to visit the Parco dell'Alto Garda Bresciano.

10:00

Shopping in the mountains

The road winds gently up to Tremosine. You stop at the Caseificio Alpe Del Garda to pick some things up: cheeses like Formaggella Tremosine, Garda and Lattecrudo, made with fresh milk, the scent of the pastures in the air. You grab a jar of cheese in oil too – so fascinated are you by the marriage of mountain and Mediterranean flavours.

13:00

Lunch in Gardone Riviera

On your way back, you stop at Osteria dell'Antico Brolo in Gardone Riviera for a plate of tagliatelle with dried sardines from the lake and some salt-baked squash with taleggio sauce.

Photo

Previous Page Left_Ricotta and saffron cake

Left_The vineyards of Lugana, Desenzano del Garda (Bs)

Previous Page Right_Osteria Antico Brolo, Gardone Riviera (Bs)

Right_Scaliger Castle, Sirmione (Bs)



16:00

The land of the Lugana

It's time to focus on wine as you head south, towards the morenic part of the Lugana region. The wine here is made from an autochthonous vine called Turbiana (Trebiano di Lugana) and goes wonderfully with famous Grana Padana and Salame Morenico di Pozzolengo, which has DeCO (Municipal Denomination of Origin) status.

20:00

Dinner in Sirmione

Your day ends where it began, beside the lake. You take a walk through Sirmione to the Grottoes of Catullus, before heading to Trattoria Antica Contrada for a supper of grilled lake fish and a nice glass of Lugana. Then, given how nice a spot it is, you try a glass of grappa too.

The Heart of Garda

— Insider tip

It was 2015 when Riccardo Camanini joined Lido84 in Gardone Riviera, where the background music is provided by waves of the lake lapping the shoreline. The Michelin star soon followed.



Risotto allo Stracchino and Smoked Sardines by Riccardo Camanini

Ingredients for 4

For the candied lemons:

5 Lemons
1L water
300g sugar
Verbena

For the Risotto:

60g Crumbled artisan Stracchino
60g Cubed butter
5g White wine vinegar
280g Carnaroli Rice
4 Sardines from the lake, marinated in vinegar from Gropello and dried overnight on a grill with the embers of olive branches

Preparation

Puncture the lemons with several holes and blanch three times, letting them cool each time. Prepare a simple syrup, bringing the water and sugar to a boil. Place the lemons in a vacuum-packed bag with the simple syrup and verbena before baking at 90° for 4 hours. Let them cool before dividing in quarters lengthwise, eliminating the pulp and the white film, and cutting them into very small cubes. Toast the rice, adding a bit of white wine and unsalted water, letting the rice cook for around 5 minutes without mixing. Continue with the standard preparation of risotto, adding salt and let cook through. Stir in 3 large spoonfuls of Stracchino, butter, a spoonful of Grana Padano grated cheese, and lemon. Add a bit of acidity with a dash of white wine vinegar and lay the sardines over each portion.

What are the best things about the cuisine of Lake Garda?

The food of Lake Garda is closely linked to the local environment, climate and products on offer: olive oil, citrus fruits like citron and lemons and of course fish from the lake. And let's not forget the products supplied by the mountains just behind the lake, such as alpine butter and mountain pasture cheeses like Bagoss.

Which local dish do you love cooking?

The most authentic Lake Garda dish is definitely anything prepared using the traditional spiedo – spit roast – method. It's closely linked to family values, nature and sharing. Traditionally

speaking you would use tiny birds, but that's illegal now. It's quite a laborious dish to make when you take into account the fire, the cleaning and of course the cooking of the meat, which is served up immediately with polenta and the butter caught in pans under the spits, which rotate for four or five hours.

Which local artisanal producers do you love visiting to stock up?

Giusy and Enrico Orioli are cheese connoisseurs – they know everything there is to know about it, they speak beautifully and they love good food. You can find them at the Mercato Coperto in Gavardo. As well as that there's the Azienda

Agricola Biologica con Frantoio Giacomini, owned by the siblings Marisa and Valerio Giacomini. Marisa deals with capers, citrus, oil and olives. Last but not least is the Pescheria di Gardone Riviera fishmongers, run by Beppe and Paolo Castellini. They have the best lake fish around.

You can't leave Lake Garda without eating...

I would have said eel from the lake, but sadly we're not allowed to fish it at the moment. An alternative is grilled sardines or pike alla gardesana. For a trattoria lunch, my absolute favourite spot is Ernesto and Giusy's Riolet. You can't say you've visited Lake Garda without eating at their restaurant in Fasano Alta, Gardone Riviera.

Photo

Above: Riccardo Camanini all'interno del suo ristorante



Fruit of the Sun — The Warm North

Citrus trees thrive on the Lombard lakes in the lemon houses of Garda, while the olives produce a refined and fragrant oil

Lake Garda is so big that it is no wonder it has its very own microclimate, just like a planet has its moons. The lake's orientation and shape, the depth and temperature of the water and the currents – under the water and in the air – all have a bearing on the climate of the surrounding area.

And so it is that on the shores of the lake, the landscape is dotted with cypress trees, oleanders, agaves. There are wonderful olive groves, mainly full of the autochthonous Casaliva olive, though Leccino, Frantoio and other varieties can also be found.

When these precious fruits are pressed, the resultant elixir is the Olio del Garda DOP, whose low production volume is more than made up for by its stunning quality. Lemon houses are scattered along the Brescia shore of the lake, protecting the succulent citrus fruit using a system of 10m-high walls and counter walls that was first used back in the 17th century. Producers turn these fruits into liqueurs and spirits like sweet citron water from Salò, Limoncello di Gargnano and a bitter orange spirit made in Limone sul Garda.

Vines cover the hills of Mantua and the slopes overlooking the lake, producing DOC-certified wines such as Garda Interregionale, Riviera del Garda Bresciano, San Martino alla Battaglia and IGT-certified wines including Alto Mincio and Benaco Bresciano.

There are a great many small-scale producers growing bushes for berries such as blackberries, raspberries, blueberries.

Last but not least is the renowned saffron from Pozzolengo. Taken from the delicate flowers of *crocus sativus*, the saffron must be harvested in the early morning, before the flowers open to the warm late October sun. The stamens are picked by hand and gently dried by the warmth of a fire.

—
Photo Lemon house of Garda



Oltrepò pavese

— *Time to discover...*

*Delicate countryside, fresh air, heathland
criss-crossed by vines, castles on the hillsides
and hidden gems of good food and wine*



The perfect place for a getaway from the city, the tranquil Oltrepò is the home of 36 DOC-certified wines, which accompany a traditional cuisine with its roots in Italy's remote history

Photo

Adjacent_ Ponte Vecchio and the Duomo

Previous Page_ The vineyards of Oltrepò pavese



Peace and quiet. When you head south from Milan and cross the Po River, you enter a thriving landscape which stays cool in summer yet never gets too harsh in winter. Once upon a time, this was a place where agriculture and country life were key, but in recent years it has become a refuge for intellectuals and artists in search of a place to relax and nurture their creativity. Its wonderful villages, like Varzi and the medieval hamlet of Fortunago, which are among the most beautiful in all of Italy, are certainly deserving of a visit, while lovers of relaxation will appreciate a

regenerative stopover in Salice Terme.

Rolling hills, imposing castles. The Oltrepò is a land of rolling hills covered with vines and dotted with medieval castles, some of which have become stunning residences while others have remained fascinating vestiges of the past. This is an area of tranquillity and good food, a recipe bound to nourish your body and soul. The secret of the Oltrepò's charm is written large on the plaque that welcomes guests at one of the authentic local agritourisms: Hic manebo optime (It's nice here). And it is, thanks

to the landscape, the clean air, the views of the Po Valley and the excellent food and wine.

DOC-certified area. There are 36 DOC-certified wines in the area, the majority of which are made from Croatina and Barbera grapes for the reds and Riesling and Moscato for the whites. There's also an excellent Oltrepò Spumante Metodo Classico DOCG, which is made from Pinot Nero, Pinot Grigio, Pinot Bianco and Chardonnay grapes. The local hills produce three quarters of all Italy's Pinot Nero.

Ingenious delicacies. The traditional cuisine is all about meat. One of the most well-known local products is Salame di Varzi DOP, which was first made around 2000 years ago when the Longobards needed to find a way to feed themselves when moving around an area where the harsh climate was compounded by scarce resources. The unique thing about this particular cured meat is that it is produced with all parts of the pig, even the more prized parts which are usually made into prosciutto or eaten fresh.

South of the Po

— *Tasty days out*

A journey through orchards and wines, a necklace of Brasadè biscuits, an almond cake and traditional miccone bread to partner the famous Salame di Varzi



7:30

A sweet necklace

You've woken up early after a restorative night's sleep at Villa Castello di Torrazzetta, a late-medieval dwelling which houses a religious community. It's time to leave the refuge and start your trip: your first stop is Borgo Priolo to buy a necklace of brassadè, the ring-shaped biscuits of Staghiglione.

9:00

Trip to Valle Staffora

This is a haven of cured meats, so make sure you stop at Salumificio Artigianale Thogan-Porri in Ponte Nizza. As well as Salame di Varzi, you can also pick up Oltrepò Coppa, Valle Staffora aged lard and sweet lonzino pork loin. As you cut through the valley floor, feast your eyes on the orchards of apples, pears and peaches – the locals' pride and joy.

12:30

Lunch at Al Buscone

Follow the Staffora out of the valley and you'll arrive at Bosmenso Superiore, where Al Busone is the perfect spot for lunch. Enjoy their savoury herb tart, focaccia with lard, risotto with mushrooms or courgette leaves or ravioli with braised meat, depending on what's in season. Top it off with a tart made from Varzi almonds.

Photo

Previous Page Left_The salame of Varzi

Left_Cellar of Oltrepò Pavese

Previous Page Right_Aged lard

Right_ Antica Osteria del Previ, Pavia



16:00

Goat's cheese and wineries

Head back towards Broni along the regional border and stop at Ruino's Boscasso farm to buy some goat's cheese. Then choose one of the old wineries dotted around the hills or simply lose yourself in the never-ending patchwork of vines. Before dinner, stop in Stradella to buy miccone bread from Panificio Fratelli Civardi, who leave it to rise for a full 48 hours.

20:00

Dinner on the banks of the Ticino

Allow yourself the final luxury of a dinner in the ancient town of Pavia, on the banks of the Ticino, which is lined with simple rural houses. You'll have a smashing evening under the panelled ceilings of Antica Osteria del Previ. And if you ask what the huge pots hung on the walls were used for, they'll tell you that they served up fat prawns from the river!

Traditional flavours

— *Insider tip*

Da Roberto is located in Barbianello, in the Oltrepò Pavese. With a strong ethos on traditional local cooking, it's one of the best eateries in the area



The traditional Malfatti of Oltrepò Pavese by Roberto Scovenna

Ingredients for four people

- 700g beet tops
- 200g breadcrumbs
- 80g Grana Padano DOP, grated
- 2 eggs
- 50g flour
- 4 garlic cloves
- Extra-virgin olive oil
- Salt and nutmeg

Method

Wash the beet tops and cut out the stalky part, then finely chop the leaves. Brown two cloves of garlic in a pan with a teaspoon of oil, then add the beet tops and toss until they start to wilt. Season with salt. In a bowl, mix the beet tops, eggs, cheese, breadcrumbs and nutmeg, then add the flour. The dough should be quite firm. Flour a work surface then form little dumplings, without worrying about the shape (malfatti means "badly made" in Italian). Each dumpling should be around the size of a soup spoon. Cook in salted boiling water for two to three minutes – they are ready when they float to the top. Melt the butter in a pan with two cloves of garlic and a few sage leaves for a couple of minutes, then add the malfatti and mix carefully. Serve hot with Grana Padano and freshly cracked black pepper. A nice glass of Bonarda Oltrepò Pavese DOC is the perfect accompaniment.

What are the highlights of Oltrepò Pavese tradition?

The highlights of the Oltrepò cuisine are first of all, without a shadow of a doubt, our salami. Here in Oltrepò the production of excellent salami is in fact legendary. It is consumed both raw and cooked (cotechino) and skillfully encased in different sizes in order to create products that can satisfy many tastes. Then it's the seasoning, in the historic hill cellar, that makes the difference

What traditional dish do you most like to cook?

I really love cooking pasta stuffed with meat or vegetables, as well as braised, boiled and roasted meats and their side dishes.

What relationships do you have with the local artisan producers?

Our relations with the producers in the area are very close, and I would dare to say so familiar that we rely almost exclusively on them both with regards to food and wine.

What are the local specialties that should not be missed for those visiting the Oltrepò Pavese?

The culinary specialties of the Oltrepò are diverse and all commendable starting with the wines and continuing onto the cured meats, meat, fruit and well renowned vegetables, and why not even the desserts. Our cotechini, however, remain unmissable, perhaps to be consumed

along with an excellent polenta prepared with stone-ground taragna flour from various mills that are still in our small towns.

Photo

Above. The vineyards of the Oltrepò Pavese

Markets of Taste

— 6 Gourmand Events

Get in touch with the local culture thanks to its traditional products: where to go for festivals, fairs, and markets in Lombardy

There are a host of foodie events celebrating the finest produce Lombardy has to offer. Getting involved is the most authentic way of exploring local traditions and discovering the people who dedicate their lives to producing the delicacies. Here's a small selection.

Sagra dei crotti in Chiavenna, Valtellina, celebrates the local tradition of crotti, small structures built around natural caves formed in the rocks by some landslide in a far-off time. The air in the rocky structures stays at a constant temperature, which makes it excellent for storing wine.

Sapori in Scena is a weekend-long celebration of the culinary traditions in Brianza and Como. Held at the Palazzo Storico delle Esposizioni di Mariano Comense, the event includes an exhibition and public sale, guided tastings and show cooking.

Pavia Wine Festival is a collective outpouring of local pride celebrating the wine lifestyle and promoting sustainable consumption. Photography contests, open-air parties, antiques markets and street art shows ensure that all participants will have a memorable time.

Festa del Torrone turns Cremona into the Italian capital of nougat. It's a must-not-miss week for anyone with a sweet tooth, with an array of stands and historic re-enactments keeping people entertained.

Fiera del Vino in Polpenazze sul Garda has become part of the life and times of Lake Garda. It celebrates a land with fascinating traditions and countless local delicacies.

Dall'olivo...all'Olio, held on the shores of Lake Iseo in Marone, celebrates the age-old traditions and natural processes associated with olive growing, in a place that has been known as the "City of Oil" since 2000.

—
Photo Radicchio, lettuce and valerian



Bergamo and the valleys

— *Time to discover ...*

Neat valleys of extraordinary beauty matched only by the city and its ancient walls, the home of the first agriculture institution in Italy



Wine folk by decree and cheesemakers by passion, the people of these valleys love the mountains, which are the perfect environment for creating super cheeses which positively exude the smells of the pastures



Photo

Adjacent_Casoncelli

Previous Page_Moscato wine of Scanzo, Scanzorosciate (Bg)

Destiny among the vines. In 1266, a decree ordered all Bergamo inhabitants with at least three Perticas of land to plant vines, giving rise to the region's ancient winemaking traditions. The region's capital is a city of unique beauty: don't miss out on a stroll through its historic centre, balanced on top of a hill and surrounded by ancient walls, and a visit to the Castello di San Vigilio.

Mountain treasures. In the Prealps area the land is full of gardens growing endives, while

the mountains are home to pastures populated by cows throughout the summer. The animals roam freely on the land, taking in the clean air and eating the mountain grass and fragrant flowers, injecting extra flavour into the milk and cheese they produce. Nine local cheeses have been awarded DOP certification, but Formai de Mut (which means mountain pasture in Bergamo dialect) from Alta Valle Brembana is one of the best loved. The mountains are criss-crossed by a tight network of well-signposted paths, which mean you can explore the entirety

of the Bergamesque Alps. It's the perfect day out regardless of whether it's summer or winter, for sport or relaxation.

Bergamo cuisine. It's all about substance and flavour, with simple ingredients used and great attention shown to the raw ingredients. Casoncelli are discs of pasta stuffed with minced beef and pork and served with melted butter infused with sage and pancetta, are the most popular dish. But don't forget the delicious cured meats, such as Salame della

Bergamasca, salsiccia and cotechino.

Smallest DOCG in Italy. Two wines you can't afford to miss out on during your visit is Valcalepio DOC, a wine in white and red versions, and Moscato di Scanzo and red dessert wine which is produced only on the hills of Scanzorosciate, making it Italy's smallest DOCG-certified area! The grapes are harvested late and left to dry for 40 days, with the wine itself then aged for two years in the bottle.

Mountain pasture aromas

— *Tasty days out*

Bergamo is the perfect place to revisit your childhood in the bakery, try soup in a medieval palazzo and taste an Armisa wine in a 16th-century monastery



Photo

Previous Page Left_Pasticceria Cavour, Bergamo Left_Blue goat cheese

Previous Page Right_ La Baita dei Saperi e dei Sapori Brembani in Zogno (Bg) Right_The Funicular Railway of Bergamo



9:00

Caffè Pasticceria Cavour 1880

You're bound to feel like a kid again when you stand in front of Caffè Pasticceria Cavour 1880, in the heart of upper Bergamo. After a super breakfast of croissants and pastries, you'll be fully satisfied and ready for a walk through the historic centre, hoping for a glimpse of the valley as you wonder which direction to head off in.

12:00

Lunch at Ristorante Taverna del Colleoni

Looking out on Piazza Vecchia, from a medieval palazzo restored by Bramante, is one of the city's most historic eateries. Founded in 1610, Taverna del Colleoni once served the famous French architect Le Corbusier. Don't miss out on the house speciality of onion soup with pastry crust.

15:00

Towards Val Brembana

Head towards San Pellegrino Terme, but on the way be sure to stop off at Lurani Cernuschi in Almenno San Salvatore, where you can visit the vineyard and the 16th-century monastery and taste an Armisa – a white Valcalepio DOC. You'll discover the secrets of the wine and hear how the cells of the convent became oenological laboratories.

18:00

The art of dairy

Baita dei Saperi e dei Sapori Brembani in Zogno is a must-visit to try their delicious morsels, all of which exude the heady smells of the mountain pastures: cheeses from the Bergamesque Alps, blue goat's cheeses, butter, puddings and panna cottas, cured meats, jams and golden honey. You can even have dinner here if you want: the meats come from the Bruna Alpina cow, with the flowers, fruits and vegetables used in the cooking are all from mountain allotments. It's love at first sight at Baita.

21:00

Dinner in lower Bergamo

When you get back to Bergamo, take another walk around the centre and visit Lio Pellegrini, next to the Accademia Carrara and the GAMEc. It's an elegant restaurant, but the garden is an absolute jewel. You'll be left with a happy feeling inside.

Bringing the sea to Bergamo

— Insider tip

Renowned for its fish, Da Vittorio holds 3 Michelin stars. Opened in 1966 by Vittorio Cerea, it's now run by brothers Enrico and Roberto in the kitchen and Francesco front of house



The Casoncelli of Bergamo

Ingredients for 6/8 people

Pasta:

400 g flour
100 g durum wheat semolina
2 eggs

Filling:

125 g bread crumbs
1 egg
70 g grated Grana Padano
150 g sausage meat
100 g roast beef
5 g amaretti biscuits
10 g sultanas
1 clove of garlic
1 dessertspoon of chopped parsley
salt, pepper

Sauce:

80 g butter
100 g bacon cut into strips
100 g of grated grana cheese
a few sage leaves.

Method:

Mix the flour together with the semolina, eggs and a pinch of salt and add enough water to make a smooth dough, then leave to rest for at least half an hour.

Meanwhile, prepare the filling. Brown the sausage meat with a knob of butter, then add the roast beef, garlic, parsley and mix for a few minutes to amalgamate the flavours. Pour everything into a bowl, add the grana or Parmesan cheese, breadcrumbs, egg, crumbled amaretti biscuits, chopped sultanas, some pepper and a pinch of salt. Mix together. If it seems too dry, add a drop of broth or water. Roll out the pasta, cut into 6/8 cm disks and place a spoonful of filling in the centre. Cook the casoncelli in plenty of salted water. After draining, pour over the melted butter flavoured with sage, bacon and grated Grana cheese.

Enjoy with a glass of red Valcalepio wine!

How would you sum up your bond with the local area?

We love using the expression "Lombard traditions and creative flair". It's tradition in the process of evolution.

The products we use are part of our DNA because we know them like the back of our hands, we've always eaten them and they form part of our history. Take cheese, for example – this area has more PDO-certified cheeses than anywhere else in Europe. We took a traditional poor man's dish, Polenta e Taleggio, and created our casoncelli – a typical type of pasta from Bergamo – with taleggio filling served on a sweetcorn puree.

What are your favourite local products?

The excellent Bergamasco salami, which contains a drop of red Valcalepio wine and a touch of garlic; red fruits such as raspberries, blackberries and blueberries, which grow on the hills; endive, which is green when it first grows, but we keep it in the dark to give it a darker colour, crunchy texture and that lovely bitter flavour; Iseo extra-virgin olive oil, which is produced on a tiny scale.

Where do you like to do your own food shopping?

It's still traditional in these parts for people to keep allotments, so often food shopping means nothing more than walking through the rows of vegetables as if they were shop windows.

There are two shops that stand out: Ol formager, which has an incredible range of local cheeses, and Giovanni Cacciolo's Orobica Pesca, which is one of the best fishmongers in Italy.

Leaving your stunning restaurant to one side, what do we absolutely have to try if we visit the area?

This region does a wonderful line in desserts, such as Donizzetti cake, which was invented by a famous Bergamo baker and is made from candied apricots and pineapple. Another one to try is our Gioconda, a dessert we created with gianduia hazelnut chocolate and orange peel. It's dedicated to our mother.

Photo

Above, Vittorio Cerea in his restaurant

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For more information: in-lombardia.it/en/pass-app

Events

— Info

Photo
Below_ Aperitif in Piazza Duomo



FEBRUARY

GOLOSITALIA
Montichiari (Brescia)

MARCH

IDENTITÀ GOLOSE
Milan

CIBO A REGOLA D'ARTE
Milan

LIVE WINE
Milan

SAPORI IN SCENA
Mariano Comense (Como)

MAY

BRESCIA CON GUSTO
Brescia

CANTINE APERTE
inLombardia

DE' CASONCELLO
Bergamo

FESTA DEL RISO
Milan

FIERA DEL TALEGGIO
Bergamo

MILANO FOOD CITY
Milan

SAGRA DELL'ASPARAGO
Mezzago (Monza e Brianza)

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TASTE OF MILANO
Milan

JUNE

BEERGHEM
San Pellegrino (Bergamo)

COLICO IN CANTINA
Colico (Lecco)

GRAN FESTA DEL TORTELLO
Castel Goffredo (Mantua)

JULY

SAGRA DEL MISULTIN
Dervio (Lecco)

AUGUST

ARDESIO DIVINO
Ardesio (Bergamo)

CALICI DI STELLE
inLombardia

LA TORTELLATA CREMASCA
Crema (Cremona)

SEPTEMBER

CANTINE APERTE IN VENDEMMIA
inLombardia

ERBUSCO IN TAVOLA
Erbusco (Brescia)

**EROICO ROSSO SFORZATO
WINE FESTIVAL**
Tirano (Sondrio)

FESTA DEL MOSCATO
Scanzo (Bergamo)

FESTIVAL DELLA ZUCCA
Casalmaggiore (Cremona)

**FESTIVAL FRANCIACORTA
IN CANTINA**
Franciacorta (Brescia)

IL PIZZOCCHERO D'ORO
Teglio (Sondrio)

OLTREGUSTO
Cassino Po' (Pavia)

LA SAGRA DEI CROTTI
Valtellina

FORME DEL GUSTO
Lodi

**SAGRA NAZIONALE
DEL GORGONZOLA**
Gorgonzola (Milan)

OCTOBER

AUTUNNO PAVESE
Pavia

DI DELLA BRISAOLA
Valtellina

MORBEGNO IN CANTINA
Morbegno (Sondrio)

MOSTRA DEL BITTO
Morbegno (Sondrio)

SAGRA DELLE RADICI
Soncino (Cremona)

WEEKEND DEL GUSTO
Teglio (Sondrio)

NOVEMBER

FESTA DEL TORRONE
Cremona

GOLOSARIA
Milan

DECEMBER

GOURMARTE
Bergamo

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— Info

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Milan

Pasticceria Gattullo

Piazzale di Porta Lodovica 2,
Milano
T. 02 58310497

Un posto a Milano

Via Cuccagna 2, Milano
T. 02 5457785

Il Salumaio Stefano Panigada di Maddalena Panigada

Via Vittoria 9, San Colombano al Lambro (MI)
T. 0371 89103

Poderi San Pietro

Via O. Steffenini 2/6, San Colombano al Lambro (MI)
T. 0371 208084

Trattoria la Madonnina

Via Gentilino 6, Milano
T. 02 89409089

Ristorante Cracco

Galleria Vittorio Emanuele II
T. 02 876774

Enrico Bartolini Mudec

Via Tortona 56, Milano
T. 02 84293701

Ristorante InGalera

Via Cristina Belgioioso 120, Milano
T. 334 3081189

Valtellina

Cantina Nino Negri

Via Ghibellini 3, Chiuro (SO)
T. 0342 485211

Crotasc

Via Don Primo Lucchinetti 63,
Mese (SO)
T. 0343 41003

Il Centro del Bitto

Via Nazionale 31, Gerola Alta (SO)
T. 0342 690081

Drogheria fratelli Ciapponi

Piazza 3 Novembre 23, Morbegno (SO)
T. 0342 610223

Vineria Tirano di Tirano

Via XX Settembre 25, Tirano (SO)
T. 0342 702116

Azienda Agrituristica La Fiorida

Via Lungo Adda 12, Mantello (SO)
T. 0342 680846

Cremona and Mantua

Pasticceria Lanfranchi

Via Solferino 30, Cremona
T. 0372 28743

Rivoltini Alimentare Dolciaria

Via delle Industrie 22, Vescovato (CR)
T. 0372 830568

Cento Rampini

Piazza Erbe 11, Mantova
T. 0376 366349

+Azienda Agricola Ricchi

Strada Festoni 13/d, Monzambano (MN)
T. 0376 800238

Il Cigno Trattoria dei Martini

Piazza Carlo D'Arco 1, Mantova
T. 0376 327101

Dal Pescatore Santini

Località Runate 15, Canneto Sull'Oglio (MN)
T. 0376 723001

Lakes Como and Varese

Pasticceria Buosi

Via Baracca 18, Venegono (VA)
T. 0331 857492

Piazza C. Beccaria 6, Varese

T. 0332 241227

Hosteria da Bruno

Via Piave 43/a, Azzate (VA)
T. 0332 454093

Pasticceria Zamberletti

via Manzoni 4, Varese
T. 0332 288330

Corso Matteotti 20, Varese

T. 0332 23242

Osteria del Gallo

Via Vitani 16, Como
T. 031 270279

Ristorante Il Portico

Via A. Volta 1, Appiano Gentile (CO)
T. 031 931982

Franciacorta

Pasticceria Veneto

Via Salvo D' Acquisto 8,
Brescia (BS)
T. 030 392586

Norcineria Polastri Maceler

Via Quattro Vie (ang. via Rinascimento), Torbiato di Adro (BS)
T. 030 7357154

Osteria della Villetta

Via G. Marconi 104, Palazzolo sull'Oglio (BS)
T. 030 7401899

Azienda agricola Bosio

Via Mario Gatti 4, Timoline di Corte Franca (BS)
T. 030 9826224

Trattoria Campagnola

Via Val Daone 25, Brescia
T. 030 300678

Ristorante La Sosta

Via S. Martino della Battaglia 20,
Brescia
T. 030 295603

Lake Garda

Caseificio Sociale Alpe del Garda

Via Provinciale 1, Tremosine (BS)
T. 0365 953050

Osteria dell'antico Brolo

Via Carere 10, Gardone Riviera (BS)
T. 0365 21421

Trattoria Antica Contrada

Via Colombaro 23, Sirmione (BS)
T. 030 9904369

Ristorante Lido 84

Corso Zanardelli 196, Gardone Riviera (BS)
T. 0365 20019

Oltrepò pavese

Salumificio Artigianale Thogan-Porri

Località Casa Cucchi, Cecima (PV)
T. 0383 59335

Ristorante Al Buscone

Frazione Bosmenso Superiore 41,
Varzi (PV)
T. 0383 52224

Azienda Agricola Boscasso

Località Boscasso, Ruino (PV)
T. 0385 955906

Panificio Pasticceria F.lli Civardi

Via Di Vittorio 5, Stradella (PV)
T. 0385 49 950

Antica Osteria del Previ

Via Milazzo 65, Pavia
T. 0382 26203

Ristorante Da Roberto

Via Barbiano 21, Barbiano (PV)
T. 0385 57396

Bergamo and the valleys

Caffè Pasticceria Cavour 1880

Via Gombito 7, Bergamo
T. 035 243418

Taverna del Colleoni e dell'Angelo

Piazza Vecchia 7, Bergamo
T. 035 232596

Azienda Agricola Lurani Cernuschi

via Convento 3, Almengo San Salvatore (BG)
T. 035 642576

Baita dei Saperi e dei Sapori Brembani - Latteria Sociale di Branzi

Via Grotte delle meraviglie 14A, Zogno (BG)
T. 0345 92061

Lio Pellegrini

Via San Tomaso 47, Bergamo
T. 035 247813

Ristorante Da Vittorio

Via Cantalupa 17, Brusaporto (BG)
T. 035 681024

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Il Moscato di Scanzo - Claudia Tavani; Gavirate - Flavio Zulle; The torrone of Cremona; The Old Cathedral of Brescia, Tastings and the Cellar, Sirmione from above, Right_Scaliger Castle Sirmione, The Funicular Railway of Bergamo, Montisola - Fotolia; Restaurant Galleria Vittorio Emanuele 2, Little harbour of Azzate, Limone sul Garda, Mantua's Pumpkin - Istockphoto; The vineyards of Lugana - Lino Olmo Studio; Torre Velasca, Duomo and Torrazzo of Cremona, Mostarda and cotichino, Laglio (Co), Squash tortelli - Marco Santini; Mincio Cycling path - Mariollorca; The terracing of Valtellina - Ivan Previsdomini; The vineyards of Franciacorta - Cattabiani; Giovanni Santini at the stove - Fam. Santini Restaurant Dal Pescatore; Trucoli of Marchesi - Restaurant InGalera; The casoncelli of Bergamo - VisitBergamo.

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