



# Piemonte Gourmet

An unexpected experience





# Torino and Piemonte, a surprise every day

## Piemonte

If you are looking for your place of the soul, you are at home. **Welcome to Torino and Piemonte.**

Here authenticity is a lifestyle that offers unique experiences, for **sustainable tourism**, at a slow and **accessible** pace. Why choose?

Among the **Alps, hills, lakes** and **plains, 94 protected areas** and more than **20 thousand km of trekking and cycle-hiking trails**, there is no shortage of proposals in every season.

Then, **culture**, but also classy shopping and the simple perfection of **food and wine**, made of natural products and quality, classic dishes and

stellar cuisine, able to convey the many souls of Piemonte at the table.

From the art cities to the **34 Orange Flag Municipalities**, from the **14 most beautiful villages in Italy** in **Turin**: in the double **UNESCO "capital"** (home of the Royal Residences and Creative City for Design) ranging from antiquity to Romanesque, from the Baroque to the avant-garde of contemporary, up to the beautiful **Royal Residences of Piemonte**, UNESCO World Heritage Sites as the **Vineyard Landscapes of Langhe-Roero and Monferrato** and the **7 Sacred Mounts**.

## How to get there

### BY PLANE

Airport of Torino  
**Torino Airport**  
[www.aeroporto.torino.it](http://www.aeroporto.torino.it)

Airport of Milan  
**Milano Malpensa**  
[www.milanomalpensa-airport.com](http://www.milanomalpensa-airport.com)

Airport of Rome  
**Roma Fiumicino**  
[www.adr.it/fiumicino](http://www.adr.it/fiumicino)

Airport of Cuneo  
**Cuneo-Levaldigi**  
[www.aeroporto.cuneo.it](http://www.aeroporto.cuneo.it)

### BY TRAIN

High-speed trains connect Piemonte with Milan and the main Italian cities, along with France and Switzerland.

**Trenitalia**  
[www.trenitalia.com](http://www.trenitalia.com)

**Italo**  
[www.italotreno.it](http://www.italotreno.it)

### BY CAR

A dense network of highways connects all the major cities of Piemonte, Italy, France and Switzerland.

**A4 Torino - Milano - Venezia - Trieste**  
[www.satapweb.it/a4-torino-milano](http://www.satapweb.it/a4-torino-milano)

**A5 Torino - Aosta**  
[www.sav-a5.it](http://www.sav-a5.it)

**A6 - A10 Torino - Savona - Ventimiglia**  
[www.autostradadeifiori.it](http://www.autostradadeifiori.it)

**A21 Torino - Piacenza**  
[www.satapweb.it/a21-torino-piacenza](http://www.satapweb.it/a21-torino-piacenza)

**A26 Genova - Gravellona Toce**  
[www.autostrade.it](http://www.autostrade.it)

**A32 Torino - Bardonecchia**  
[www.sitaf.it](http://www.sitaf.it)



Every other year  
in Piemonte the  
international events  
Terra Madre - Salone  
del Gusto and Cheese

[www.salonedelgusto.com](http://www.salonedelgusto.com)  
[cheese.slowfood.it](http://cheese.slowfood.it)

Alba Creative City  
of Gastronomy  
UNESCO

46 Michelin-starred  
restaurants



## A journey through the flavours

A favourite destination for gourmets, Piemonte offers authentic multi-sensorial experiences based on an ancient artisan knowledge and the high quality products: **chocolate**, **PGI hazelnuts**, excellent **meats** and the **rice** from Vercelli, Novara and Biella, along with delicious **artisan cheeses**. A true star is the **White Truffle of Alba**, which makes of a steaming risotto or a plate of raw meat an ecstasy for the palate. This versatile land offers **DOCG** and **DOC** labels, many of which are produced in the **Vineyard Landscapes** of Langhe-Roero and Monferrato

UNESCO: from the **red wines** such as Barolo, Barbaresco, Nebbiolo, Dolcetto, Barbera, Ghemme, Gattinara and Brachetto d'Acqui, to the **white wines** Roero Arneis, Erbaluce, Gavi, Alta Langa and Asti Spumante. There is also the highly prestigious traditional production of craft **beers** and the **vermouth**. On the **Wine, Cheese and Honey Roads**, Piemonte shows its most authentic soul, made up of people, stories and a love for the land, which is home to **Slow Food**, the international movement founded in 1986 in Bra (Cuneo) for an «good, clean and fair» food.

## The agri-food heritage of Piemonte



14 Protected Denomination of Origin Products (PDO)



9 Protected Geographical Indication Products (PGI)



342 Traditional Products – PAT



18 Controlled and Guaranteed Denomination of Origin – DOCG and 41 Controlled Denomination of Origin – DOC great wines





# Protected Denomination of Origin and Protected Geographical Indication products

**Protected Designation of Origin products (PDO)** are those for which the raw material, transformation, processing and ageing belong to specific geographical areas which give particular and incomparable features to a given food speciality.

**Protected Geographical Indication products (PGI)** are those for which the raw material and/or transformation and/or processing and/or ageing belong to a given geographical area which gives them particular features. In this case the connection between products and geographical areas can simply consist in the products' reputation; their raw material can be obtained even outside the defined area.

The **close connection between a foodstuff and its geographical production area** makes its characteristics completely different from those of another product belonging to the same category but produced in a different geographical area.

Finally, the **Traditional Specialties Guaranteed (TSG)** are those products or foods obtained with a method of production, processing or a composition that correspond to a traditional practice, or those products or foods obtained from raw materials or ingredients used traditionally.

## CHEESES



Discover Piemonte with its **huge wealth of cheeses**: their flavours and aromas, territory of production, the history, legends and traditions that they represent. A vast variety of productions, among which we can find **10 PDO**, mainly undertaken from small and medium breeders throughout hilly, pre-alpine and alpine regions producing the milk of a number of breeds of cows, sheep and goats many of which are native to the area.



**CASTELMAGNO** PDO  
This is a pressed cheese with semi-hard paste of raw cow's milk with possible addition of sheep's and/or goat's milk produced in the Municipalities of Castelmagno, Pradleves and Monerosso Grana in the Cuneo Province.



**GRANA PADANO** PDO  
Grana Padano is a hard cheese produced with raw cows' milk, from a cooked curd that is slowly ripened.



**BRA** PDO  
This cheese comes from the mountains of Piemonte and plains bordering with the Maritime and Cozie Alps and it is produced in the Tender and Hard varieties.



**GORGONZOLA** PDO  
A soft, fat, raw cheese produced in the Sweet and Spicy version, it is characterised by green marbling due to processing with moulds.



**MURAZZANO** PDO  
Murazzano is a cheese from sheep's milk, at time integrated with cow's milk, and is produced in many Municipalities of the Province of Cuneo.



**ROBIOLA DI ROCCAVERANO** PDO  
Is a fresh cheese subjected to aging or ripening and it is produced with unpasteurised whole goats' milk, or sheep's and cows' milk obtained exclusively from the same farmstead.



**OSSOLANO** PDO  
Cheese from the far north of Piemonte, made exclusively from either raw or pasteurised whole cow's milk, with a firm and springy paste. It is matured for a minimum of sixty days counting from the date when the milk is first processed.



**TALEGGIO** PDO  
Taleggio cheese is produced with whole cows' milk, either raw or pasteurised.



**RASCHERA** PDO  
Raschera is a cheese produced in the Cuneo Province, with milk produced and ripened at an altitude of over 900 m above sea level and is labelled as a "Mountain Product".



**TOMA PIEMONTESE** PDO  
Toma Piemontese is a cheese made with cow's milk and produced in the Alps of Piemonte mountain area.

## FRESH MEATS



The high reputation of Piedmontese meats is a solid reality. Piemonte has a **large livestock patrimony**, with its varied and interesting range of livestock such as sheep, goats and poultry of various types and breeds, most of which are native. Traditional breeding and feeding systems employed in small and medium livestock farms, found in hilly, pre-alpine and alpine areas with excellent soil and climate conditions to ensure the wellbeing of animals results in a rich, varied manufacturing of fresh meats and meat products. These include Community recognition of **2 PDO** and **4 PGI**.



### CRUDO DI CUNEO PDO

The Crudo di Cuneo is obtained only from fresh pork thigh, taken from animals reared in conformity with the best breeding conditions.



### SALAME PIEMONTE PGI

The Salame Piemonte delicately smells of aged mature pork meat, garlic and Barbera, Dolcetto and Nebbiolo wines.

## FISH



Piemonte is also known as the "Land of Water" with its abundant lakes, rivers and rice paddies where carps were bred in the past explaining the use of "Carpione" in the cuisine of Piemonte: this fried fish marinated in vinegar and aromatic herbs is a typical starter in Piemonte. The region's aquaculture has undergone great development and evolution, thanks to the relevant safeguarding and valorisation of the fresh water fish industry, from the **Golden Hump Tench of Poirino, PDO product**, to the Smoked Salmon Trout.



### MORTADELLA BOLOGNA PGI

A charcuterie product of cooked ham made with a mixture of pork meats.



### SALAMINI ITALIANI ALLA CACCIATORA PDO

Salamini Italiani alla Cacciatora are part of the traditional Lombard food maintained up to present times and the name derives from the traditional rations hunters used to bring along in their knapsacks during their excursions.



### SALAME CREMONA PGI

The production of salami is strictly related to the presence of local pig livestock farms that trace back to Roman times.



### VITELLONI PIEMONTESI DELLA COSCIA PGI

It exclusively designates the meat from slaughtered male and female Piedmontese cattle, registered in the relevant Herd Book, older than 12 months and that have been reared and fattened in the production area.



### TINCA GOBBA DORATA DEL PIANALTO DI POIRINO PDO

The "Golden hump tench of Poirino PDO" belongs to a common tench variety, but it stands out for the golden-yellow hues of its belly and for the hunch on its cervical vertebrae.

## VEGETABLES, FRUITS AND CEREALS



Piemonte's abundance of fruit and vegetables is represented by its biodiversity, the approximately **90 traditional products** and the production of quality-recognised goods, expressing the high levels of quality and food safety standards, heavy investments in research and innovation, by a widespread system of agronomic and environmentally-sound cultivation practices.

The rice, symbol of Piedmontese cereal production, has been a great success: **Riso di Baraggia Biellese e Verellese** is the only Italian **Protected Designation of Origin Rice**, assurance of cultivar authenticity and production traceability from the field to the table. It is produced in 28 municipalities in the varieties **Arborio, Baldo, Balilla, Carnaroli, S. Andrea, Loto** and **Gladio**.

**Riso di Baraggia PDO** was born at the foot of Monte Rosa, in a territory located in the north-east of Piemonte, gradually developing towards the plain. Here, where the climate is colder than other cultivation areas of Italy, the rice is less productive, but it has an excellent quality and a greater consistency of the grain.



### MELA ROSSA CUNEO PGI

The "Red Apple of Cuneo PGI" is produced by the exclusive utilisation of the following varieties of apples and their clones: the Red Delicious, Gala, Fuji, Braeburn. The "Cuneo Red Apples" are characterised by the intense redness of the peel and its particularly shiny and brilliant hues, due to the particularly favourable climatic conditions and the forming of alternate direction mountain breezes in the morning and evening, which determine these particular overlays of colours that distinguish the "Cuneo Red Apples PGI" from all the others.



### CASTAGNA CUNEO PGI

The Cuneo Chestnuts are fresh or dried fruits, obtained from chestnut trees (*Castanea sativa*) that stand out for their sweet and delicate taste and for the particular crispness of the epicarp.



### FAGIOLO CUNEO PGI

The Cuneo bean indicates exclusively the fruit of some ecotypes, and varieties of climbing beans produced in the Province of Cuneo.



### RISO DI BARAGGIA BIELLESE E VERELLESE PDO

The designation refers to the various types of cereals of the *Oriza sativa* L. species obtained through the processing of coarse rice to "whole", "polished" and "parboiled" products.



### MARRONE DELLA VALLE DI SUSA PGI

The Chestnut of Valle Susa is a product that has always been greatly appreciated in both the local and foreign markets for its typical characteristics, the colourful crispy flesh, sweet and perfumed taste and medium-big size.



### NOCCIOLA DEL PIEMONTE PGI

The "Piemonte Hazelnut" refers to the shelled fruit, unshelled or semi-processed hazelnut of the «Tonda Gentile Trilobata» variety and has a very refined and persistent taste and crispy flesh. The environmental conditions of the production zones are decisive in determining the organoleptic characteristics of the product since the nuts are mostly grown on the hills and foothills of Piemonte and mountain zones with scarcely fertile soil and highly continental climates.



## Other quality systems: organic, integrated production, zootechny

**Organic agriculture** is a method of cultivation that aims to respect the environment and the natural equilibrium, as well as the health both of the workers and the customers.

In fact, in organic farming neither antiparasitics nor chemical fertiliser is used - unless extremely rarely - and agricultural companies are seen as an agricultural ecosystem in which agricultural activities at the hand of man is placed within a natural environmental context, in an attempt to best preserve its characteristics.

The **Integrated Production National Quality System** permits the cultivation of products according to techniques that respect the environment and health, for sustainable quality. The System can be applied to all vegetable products (both processed and unprocessed) and permits the use of a brand to identify the products that have been created following the

regulations of integrated protection. Voluntary integrated protection is a system that has been created following specific technical regulations for each cultivation and binding phytosanitary regulations (production regulations), including agronomical/phytosanitary practices, limits in the selection of phytosanitary products and the number of treatments.

The **Zootechnical National Quality System** is a voluntary quality regime recognised by the Member State and open to all producer. It allows for the valorisation of primary agricultural products of zootechnical origin aimed at human consumption, specifying the processes and production, which are superior in quality than those required by the norms of commercialisation or the minimum requirements established by the EU and national regulations regarding the zootechnical sector.



## Typical productions: Traditional Products and Mountain Products

To the varied fresco of Piedmontese flavours and excellences are added the **342 Traditional Products (PAT)** surveyed and protected by the Piemonte Region and recognized by the Ministry of Agriculture and Forestry.

“**Traditional Products**” are considered such when the processing, preservation and ageing techniques have consolidated over time and have been uniformly applied throughout their geographical areas following traditional rules for at least 25 years.

The optional quality indication “**Prodotto di montagna**” (**Mountain Products**) was created by the EU to identify products from mainly mountainous areas and, in the case of processed foods, that have been processed, aged and matured in the mountains.

To see the full list of the products visit

[www.piemonteagri.it](http://www.piemonteagri.it)





# The wine heritage

Piemonte is Wine Country par excellence: **45,000 hectares of vineyards** all found on hills and even in alpine and pre-alpine areas where direct, manual labour is predominant and yields per hectare are purposely monitored to for the best quality possible. **20,000 wine producers** make **3 million hectolitres** of wine every year from about 20 grapes; **18 wines** have the **DOCG** label (Controlled and Guaranteed Denomination of Origin) and **41** have the **DOC** label (Controlled Denomination of Origin) wines that are famous all over the world and symbolic of the "Made in Piemonte" and "Made in Italy" trademarks.



## DOCG ALTA LANGA

This name is reserved for sparkling wines, white, red or rosé, obtained with just a re-fermentation in the bottle. It is produced in the Provinces of Alessandria, Asti and Cuneo with grapes from vineyards with ampelographic compositions of: black Pinot nero and/or Chardonnay from 90 to 100%.

## DOCG ASTI

This typical wine of Piemonte was produced in the Monferrato and Langhe lands already in the year 1200. It was produced in the Provinces of Alessandria, Asti and Cuneo exclusively with white Muscat grapes. The Asti designation or the sparkling label ("Asti" or "Sparkling Asti") is reserved to the type of sparkling wine, while the same designation preceded by the Muscat specification, "Moscatto d'Asti" is reserved to non-sparkling white wine.

## DOCG BARBARESCO

This wine has ancient origins, Tito Livio in fact mentioned it in his "History of Rome", it is produced with Nebbiolo grapes cultivated on the hills overlooking the Tanaro, in the municipality of Barbaresco Treiso and Neive and the portion of the "San Rocco Senodelvio" district which was already part of the municipality of Barbaresco and currently merged with the municipality of Alba.

## DOCG BARBERA D'ASTI

The Barbera d'Asti is produced in a vast hilly area in the Province of Asti and Alessandria with 90% of Barbera grapes and the remaining 10% of other red berry, non-aromatic cultivars suitable for cultivation in the regional territory.

## DOCG BARBERA DEL MONFERRATO SUPERIORE

The Barbera Monferrato Superior wine obtained recognition as a DOCG in June 2008, a noteworthy recognition which underpins the products obtained from the Barbera grape cultivar that can well vie to top the list of controlled origin designation classifications. It is produced in the Province of Alessandria and in part also in the Province of Asti and are awarded the DOCG label after an ageing period of 14 months, 6 of which in wooden barrels.

## DOCG BAROLO

Barolo is a wine with a long history behind it. Its characteristics were greatly appreciated also by the historical statesman, Camillo Benso di Cavour. It is produced with Nebbiolo grapes, after which it is kept in barrels for at least 3 years, and to be able to release the additional specification "reserve" label, the wine needs to be aged for at least 5 years.

## DOCG BRACHETTO D'ACQUI

The Brachetto d'Acqui is produced exclusively with Brachetto grapes from the hilly vineyards located in the territories of numerous municipalities of the Asti and Alessandria Provinces. This wine has a characteristic ruby red colour, tending towards garnet or rosé, a mossy perfume and a very distinct, delicate and sweet taste. Three types of red wines and sparkling wines are produced.

## DOCG DIANO D'ALBA

The exclusively hilly zone of the municipality of Diano d'Alba (Cuneo) produces this "Dolcetto" wine with its ruby red colour. Two types are produced here: the Dolcetto of Diano d'Alba and Dolcetto of Diano d'Alba Superior. Particular acknowledgement is given to the use of geographic indications only for these wines, which in the local dialect are called "sori" meaning sunny place. It has a pleasantly distinct scent while the taste is dry, with pleasant notes of almonds and a good structure.

## DOCG DOGLIANI

The particular structure and full body of this wine makes it a product of excellence, and a benchmark for the Piemonte production of "dolcetto" wines. It has an intense ruby red color with violet reflections, intense bouquet of flowers and fresh fruits, such as blackberry and wild cherry, dry and harmonious taste, with a pleasant aftertaste of almond and fragrant; the moderate acidity gives a touch of singular vivacity.

## DOCG DOLCETTO DI OVADA SUPERIORE O OVADA

The grapes are exclusively of the Dolcetto variety and are produced in some municipalities of Ovada, in the Province of Alessandria. There are four types: Dolcetto di Ovada superiore or Ovada; "riserva"; "vigna"; "vigna" "riserva."

## DOCG ERBALUCE DI CALUSO

It is produced with grapes of the Erbaluce vine variety, cultivated in a restricted viticultural zone in the Province of Turin, centered around the municipality of Caluso and extends, crossing over the Ivrea Serra up to the Provinces of Biella and Vercelli. Different varieties of this wine are produced: Erbaluce di Caluso or Caluso; "sparkling"; "passito"; "passito reserve." The sparkling type of wine is produced exclusively with the traditional/classic method. The passito wine is produced with Erbaluce grapes and undergo a withering process that lasts from 1 February of the year after the harvest.

## DOCG GATTINARA

Gattinara is a historical wine of the territory of Piemonte. Its production is traced to the start of the 1800s. The production zone is limited to the sole Municipality of Gattinara in the Province of Vercelli. It is produced with Nebbiolo grapes and aged in wooden barrels for at least two years.

## DOCG GAVI

This pleasant wine is produced in a restricted hilly zone in the Province of Alessandria. It comes from the vinification of the Cortese grapes (locally known as Courteis) and has a more or less clear straw-yellow colour. It is produced in the following varieties: Gavi or Cortese of mild Gavi; "fizzy"; "sparkling"; "reserve"; "reserved sparkling" with the classic method.

## DOCG GHEMME

Ghemme wine is made (for at least 85%) with grapes grown in the Nebbiolo, Vespolina and Bonarda Novares vineyard. It is produced in its namesake municipality and in that of Romagnano Sesia, in the Province of Novara. It is produced in the following varieties: Ghemme and Ghemme riserva.

## DOCG NIZZA

The Nizza is a red wine of acknowledged tradition and fame. It is produced in an area that covers 18 municipalities of the Asti Province, bordering with the municipality of Nizza. A traditional zone which is ideal for the cultivation of the Barbera grapes, it is laid out in a hill system, at an altitude of about 150-400 m with excellent exposure to the sun and pedoclimatic conditions that allow the production of wines rich in extract and perfumes, and suitable to long aging periods.

## DOCG ROERO

Roero wine is produced in the zone bearing the same name, in the Province of Cuneo, on the sunny hills overlooking the Tanaro River. The name "Roero" is reserved to the white and red wines that correspond to the conditions and requirements established by the technical production guidelines. On the label this red wine is exclusively designated as Roero, while for the whites, the designation is accompanied by the name Arneis. The arneis Roero is produced also as a sparkling wine.

## DOCG RUCHÈ DI CASTAGNOLE MONFERRATO

The production lands are those of the 7 municipalities of the Province of Asti among which is Castagnole Monferrato its namesake. It is produced with Ruchè grapes, and the possible addition of Barbera and/or Brachetto grapes. The Ruchè grape stands as the outstanding indigenous variety rooted in and representative of the Piemonte region and regarding which there is no specific historical documentation, but only oral tradition that recounts of cultivation traditions and local consumption of the products.

## DOCG TERRE ALFIERI

This designation unites the territories located in the hill Communities of the Alfieri Hills with those of the Roero Union of Municipalities between Tanaro and Castelli. The production zone belies a special territorial profile and features that have produced wines with outstandingly distinct elements, which distinguish them from those produced in the neighbouring or surrounding viticultural lands. The designation refers to the production of two types of wines: the "Terre Alfieri" Nebbiolo and "Terre Alfieri" Arneis.

DOC

ALBA  
ALBUGNANO  
BARBERA D'ALBA  
BARBERA DEL MONFERRATO  
BOCA  
BRAMATERRA  
CALOSSO  
CANAVESE  
CAREMA  
CISTERNA  
COLLINE NOVARESI  
COLLINE SALUZZESI  
COLLINA TORINESI

COLLI TORTONESI  
CORTESE ALTO MONFERRATO  
COSTE DELLA SESIA  
DOLCETTO D'ACQUI  
DOLCETTO D'ALBA  
DOLCETTO D'ASTI  
DOLCETTO DI OVADA  
FARA  
FREISA D'ASTI  
FREISA DI CHIERI  
GABIANO  
GRIGNOLINO D'ASTI  
GRIGNOLINO DEL MONFERRATO  
CASALESE  
LANGHE

LESSONA  
LOAZZOLO  
MALVASIA DI CASORZO D'ASTI O CASORZO  
MALVASIA DI CASTELNUOVO DON BOSCO  
MONFERRATO  
NEBBIOLO D'ALBA  
PIEMONTESE PINEROLESE  
RUBINO DI CANTAVENNA  
SIZZANO  
STREVI  
VALLI OSSOLANE  
VAL SUSA  
VERDUNO PELAVERGA



## SPIRITS IG

Spirits IG, originating from a specific territory and characterised by unique traditional production methods, are alcoholic drinks for human consumption, with particular organoleptic characteristics and an alcohol level of at least 15% vol. They are produced both directly through distillation, steeping or the addition of aromas, as well as through the mixing of a spirit with another drink, with ethanol of agricultural origin or with some distilled beverages. They may contain added sugar in varying quantities depending on the circumstances.

### GENEPI' DEL PIEMONTE

### GENEPI' DELLE ALPI O GENEPI' DES ALPES

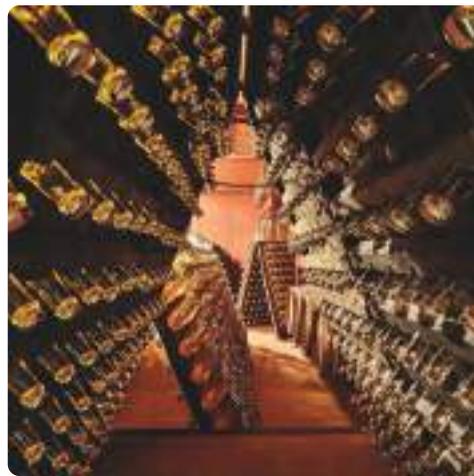
### GRAPPA

### GRAPPA DEL PIEMONTE

### GRAPPA DI BAROLO

## AROMATISED WINES

Aromatised wine products IG come from a particular territory and are characterised by unique traditional production methods. They are alcoholic beverages deriving from wine-based drinks that have been aromatised. The most famous product is the **Vermut di Torino** or **Vermouth di Torino**.



# Our Cuisine

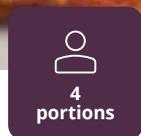
Typical dishes of the territory are a legacy of a long forgotten past; they are traditions handed down over time, characterized by strong elements of cultural identity. They often represent the refined sometimes ingenious combinations born from the ingenuity of chefs and cooks who were forced to work their imagination and fantasy in the real world and in times of scarcity or just plain hunger, and have transformed simple ingredients into tasty and fascinating dishes.

In the following pages, we propose a selection of four courses (appetizer, first course, main course, dessert) of the tradition of Piemonte region, extracted from the 76 recipes of the historical research of the University of Gastronomic Sciences of Pollenzo, one for each territory of the region as defined by the "Piemonte Region Landscape Plan".

Find all the historical recipes, visit

[www.piemonteagri.it](http://www.piemonteagri.it)





+  
drying  
+  
marinating

## TINCHE IN CARPIONE

*Carpione tenches*

### INGREDIENTS

- 8 Golden Hump Tenches of Poirino of about 80 gr. moon
- 0,5 L. white wine vinegar
- 1 clove of garlic
- 1 carrot
- 1 onion
- 1 sprig of parsley
- 1 sprig of rosemary
- Extra virgin olive oil
- A few sage leaves
- Pepper
- Salt

### PREPARATION

Clean the tenches completely eliminating the bowels. Wash and drain them well and then wrap them in a clean cloth.

Let them dry in the refrigerator for at least 24-36 hours: this operation will allow you to fry them without flouring them.

Frying, in abundant boiling oil, will take about ten minutes. Then take the tenches from the pan with a skimmer, place them on a sheet of absorbent paper to lose the excess ainting and lay them side by side in a bowl.

Slice the onion and garlic and cut the carrot into washers. Sauté these vegetables, along with the other aromas, in two tablespoons of oil. Adjust with salt and pepper, pour in the vinegar and half a liter of water and bring to a boil.

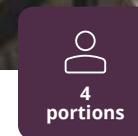
Let the mixture simmer until the initial volume is

reduced to a quarter.

Pour the hot mixture over the tenches and let them flavor for five days in the refrigerator. Drain them and serve them as an appetizer.

The gibbosa-shaped and golden livery tinca has been raised for centuries in the ponds of the area between the provinces of Torino, Cuneo and Asti, where already in the Middle Ages there was a dense network of artificial ponds.

Soft and tasty, it is the protagonist of local cuisine (fried, often - as in this recipe - marinated in carpione) and its production, in crisis for the abandonment of traditional agro-zootechnical activities, has been relaunched by a Slow Food Presidium and is protected by the PDO.



## GNOCCHI AL RASCHERA

*Gnocchi with raschera cheese*

### INGREDIENTS

- 150 gr. of wheat flour
- 4 tablespoons of milk
- 4 tablespoons of fresh liquid cream
- 600 gr. potatoes
- 1 small egg
- 150 gr. of medium-aged Raschera di Alpeggio
- Salt

### PREPARATION

Boil the potatoes in salted water, then crush them with the green passaverdura and let cool. Work the puree obtained with the flour and egg, mixing well until a soft and consistent dough is formed.

Remove the tocchetti and with your hands packed the dumplings. Cook them in boiling salted water and drain them as soon as they come afloat.

In the meantime you will have melted the raschera with the cream of milk (or cream) and little milk, enough to make the sauce creamy. Sauté everything in the pan and serve immediately.

The gnocchi of this recipe, recorded in Val Corsaglia (between Frabosa Soprana and

Montaldo di Mondovì), are made classically with potatoes and flour; the egg serves to give the dough more consistency. To distinguish them from similar preparations is the cheese, which in the Monregalese valleys is called raschera, a product whose excellence has also been recognized by the European Union with the protected designation of origin.

Typical "cacio dei margari", semi-fat, with a compact texture, it is traditionally modeled in parallelepiped basins: the quadrangular shape was the most convenient for transport downstream by mule.

The mention "from pasture" is reserved for the raschera produced and aged above 900 meters above sea level.



  
8  
portions

  
3 hours  
30 min.

## BOLLITO MISTO CON SALSE

*Mixed boiled meat with sauce*

### INGREDIENTS

- 500 gr. of beef tongue
- 500 gr. of muscle  
(*shoulder fesone, real, tender*)
- 500 gr. of scaramella (white side)
- 500 gr. of head
- 500 gr. tail
- 300 gr. of cotechino (Pork sausage)
- Half clean and flamed hen
- Vegetable broth
- Typical jam of Piemonte ("Cognà")
- Red and green sauces ("Bagnet")

### PREPARATION

Get three pots, one larger than you will fill with 10 liters of water. Bring it to a boil with all the ingredients for the cooking broth. Then pour three liters of this broth into the second pot and put it on the stove.

In the first boiling pot placed, over very high heat, skirmish, tail, tongue, muscle and hen; after about ten minutes, lower the heat and continue cooking for two and a half hours with the lid down.

But the hen is already cooked in an hour and 15 minutes: remember to remove it from the pot and keep it warm.

Place, always over a very high heat, the head in the second pot already containing the three liters of boiling broth; after 10 minutes lower the heat and continue cooking for about three hours.

With a fork prick the cotechino and put it in the third pot, in cold unsalted water; bring to a boil and cook for an hour.

To sum up: in the large pot five different meats were boiled, including the hen, in seven liters of broth; in the second pot, in three liters of broth, we brought the head to cooking; in the third pot we cooked the cotechino.

It is important to follow this procedure which at first glance seems complex, because it is essential to preserve, of each of the ingredients, the singularity of taste.

When cooked, remove the boiled pieces from the pots, drain them and serve them very hot, slicing them and accompanying them with the sauces.

At the "Fiera del Bue Grasso" which is celebrated in Carrù on the second Thursday before Christmas, the great boiled meat of Piemonte is the protagonist. Since capon is only consumed at Christmas, in the recipe we present it is replaced with hen which is available all year round.



  
1 hours

## PASTE DI MELIGA

*Maize pastries*

### INGREDIENTS

- 200 gr. of butter
- 600 gr. of wheat flour
- 300 gr. of stone-ground ottofile cornmeal
- 50 gr. of yeast
- 3 eggs
- 5 gr. vanilla pods (optional)
- 200 gr. of sugar

### PREPARATION

Melt the butter at room temperature, add the sugar and start kneading.

Once you have obtained a first amalgam, add the eggs (if you want you can use four yolks and two egg whites) and knead again.

Then add the flours, yeast and, if you like, the powdered vanilla.

Shape the pastes (the dose is for 50-55 biscuits) in round or bislong, ring or crescent form, using a pastry syringe with a large mouthpiece.

Place them in a baking tray and bake them for 30-35 minutes in a preheated oven at 180°C.

A Slow Food Presidium has been established to protect Monregalese meliga pastes: the disciplinary provides that they are prepared, according to tradition, with wheat flour and whole

wheat corn ground to stone, sugar, butter and fresh eggs, excluding margarine, artificial aromas and preservatives.

A high-quality supply chain has also been rebuilt: some farmers have reintroduced the ancient ottophile corn and a stone mill has been reactivated for its processing.

Presidi's meliga pastes are yellow, crunchy, mouth-soluble, non-oily or sweetish: cornflour grain should be felt during chewing.



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