TORINO
Capital of Taste

WHAT TO TASTE?

**BAGNA CAUDA**
Hot sauce made of garlic, anchovies, olive oil and served with vegetables

**VITELLO TONNATO**
Silverside beef with a sauce made of tuna, eggs, capers and anchovies

**GIANDUIOTTI**
Cocoa and hazelnuts chocolate

**Bicerìn**
The traditional hot beverage made of chocolate, cream milk and coffee

**Grissini**
were initially invented at the Court of Savoy

**DID YOU KNOW?**

ONLY IN...
TORINO
There are four cardinal points of Turin’s “taste”: her Majesty the meat, his Highness the cheese, his Eminence the rice, his Excellency the chocolate, accompanied by the Court of tradition. Everything with a glass of the famous red and white wines of the territory, many of them have been awarded the prestigious DOCG (Controlled and Guaranteed Origin) and DOC (Controlled Origin) labels.

Historic restaurants and cafés or trattorias (inexpensive and informal restaurants) in hamlets are the temples of Turin cuisine, which is famous for its numerous appetizers, “agnolotti”, “frito misto”, cheeses and, finally, Gianduja cream, “zabaione”, the “bicerin” and a good coffee.

Turin is also home to vermouth and the aperitif, a moment not to be missed in the trendy bars of Piazza Vittorio Veneto, the Quadrilatero Romano and San Salvario.

Did you know that In 2018 the prestigious Michelin Guide promoted no fewer than 9 restaurants in the Turin area, while 41 restaurants throughout the region made Piedmont rise to second place on the national podium.

For food lovers Craftsmen’s workshops, historical shops in the town centre, farms, innovative laboratories and village shops: all the flavour and excellence of food&wine in Turin are included in the guide “Masters of Taste in Turin and its province”, a list of 182 masters who have been carefully selected and verified by Slow Food and the Chamber of Commerce of Turin. To find out more: www.maestridelgustotorino.com

Speaking of Food culture. The biodiversity of the Turin area has allowed for a rich variety of food products, refined recipes and re-elaboration of new dishes. The words food and culture are becoming more and more associated with each other: from the ground to the table, the trail is full of contents and meanings. You can find them in the “Museums of Taste”.

A city offering you any kind of food&wine. A wide range of traditional products that, wisely processed, become an experience in taste.
DID YOU KNOW THAT
“Breed in health” is not just a slogan in Piedmont. The awareness-raising project on animal welfare has been accompanied by a great attention to the genetic selection, which led, among other things, to the recognition of the **European IGP** to the “Young steer of the Piedmontese thigh”, the best way to confirm the quality of our meat.

**FOR MEAT LOVERS**
The Piedmontese meat - lean, tender, tasty, easily digestible and assimilable - is among the finest in the world, internationally recognized for its valuable nutritional and dietary properties.

**SPEAKING OF “Fassone”** (or double thigh): it is an ox with a great mass of muscles. Initially, the breeders were sceptical about this peculiarity, but eventually they appreciated its valuable zootechnical characteristics and the consumers loved its taste.

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**HER MAJESTY THE MEAT**

The queen of the Turin tables is meat: one of the delights is the “Fassone” meat, a bovine breed that is native to the Piedmont region.

A stop in the many traditional trattorias, the well-kept holiday farms and the exquisite restaurants is a must; you can taste a thousand traditional historical recipes there: from “vitello tonnato” to “carne cruda battuta al coltello”, from “agnolotti del plin” and “tajarin al ragù” to “brasato al Carema”, from the “mixed boiled meat” to tasty cured meats.

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**ENJOY IT WITH…**

- **Lingua di bue al bagnèt verd**, beef tongue with sauce made with anchovies, oil, garlic and parsley
  - \(→\) *Pinerolese Doux d’Henry*, *Freisa di Chieri*

- **Capunèt**, rolled up cabbage leaves stuffed with meat, eggs and cheese
  - \(→\) *Pinerolese Dolcetto*, *Collina Torinese Barbera*

- **Carne cruda battuta al coltello**, raw meat unseasoned or seasoned with salt, olive oil and lemon juice
  - \(→\) *Valsusa*, *Pinerolese Rosso*

- **Vitello with tuna sauce**, thin slices of silverside beef
  - \(→\) *Erbaluce di Caluso*

- **Agnolotti del plin**, egg pasta filled with meat and vegetables
  - \(→\) *Canavese Rosso*

- **Tajarìn con ragù di carne**, long, thin strips of egg pasta
  - \(→\) *Freisa di Chieri*

- **Bue brasato al Carema**, ox cooked for a long time in Carema wine
  - \(→\) *Carema*, *Canavese Nebbiolo*, *Barolo*, *Barbaresco*
A real culinary delight: it can be soft or hard, fresh or mature, made of cow’s milk, goat’s or both. In Turin, cheeses combine with risotto, season gnocchi, mingle with fresh pasta fillings, can be added to carpaccio or become a dish if savoured with wine.

**His Highness the Cheese**

**Enjoy it with…**

Tortino di cardo o topinambur, a small pie made of cardoon and Jerusalem artichokes with a strong tasting melted cheese

Toma Piemontese, Gorgonzola DOP, Robiola di Roccaverano DOP, Castelmagno DOP deserve special mention.

For cheese lovers

“Torino Cheese” is a guidebook issued by the Chamber of Commerce of Turin helping to provide more information regarding the history and characteristics of the excellent dairy products of the territory.

To find out more: www.torinocheese.com

Speaking of PAT cheeses (Traditional Agricultural Products), you can taste a great many in Turin:

- very fresh soft cheeses: Tuma ‘d Trausela, Civrin della Valchiusella
- fresh or slightly matured, soft or semi-hard: Paglierina, Seirass, Salignun, Brus, Cevrin di Coazze, Toma di Lanzo
- short or medium aging, hard, sometimes blue-veined: Toma del lait brusc, Murianengo, Murtret.

Did you know that

There are over thirty main Piedmontese cheeses: among these, 9 obtained the DOP (Protected Designation of Origin) certificate. Toma Piemontese DOP, Gorgonzola DOP, Robiola di Roccaverano DOP, Castelmagno DOP deserve special mention.

Gnocchi di patate alla bava, potato dumplings seasoned with a stringy toma

Pinerolese Doux d’Henry, Collina Torinese Bonarda

Tagliere di formaggi PAT accompanied by jams (cunna) and/or mountain honey

Collina Torinese Barbera, Valsusa, Pinerolese Ramie; if the cheeses are very mature, Carema, Barolo, Barbaresco; with blue cheeses Erbaluce di Caluso Passito
His Eminence

THE RICE

Exquisite food that in Turin pairs well with wine, cheese or vegetables and is used in the “risotto”.

DID YOU KNOW THAT

“Risotto” is a typical first course of the Italian cuisine. Its main feature is the conservation of the starch that binds the grains together in a creamy mixture. The other ingredients vary depending on the recipe to be prepared.

FOR RICE LOVERS

The main varieties produced in Piedmont are: Arborio, Balbo, Balilla, Carnaroli, Roma, Sant’Andrea and Vialone Nano.

Speaking of...

Italy is the biggest European producer, with more than 14 million quintals a year. Piedmont, with almost 117 thousand hectares of rice fields, represents more than half of the Italian production (around 230 thousand hectares). A reality that, with its 1800 producers, is an excellence not only for quantity but also for quality, as well as an excellence for its attention to the environment in the crops, its history and its cultural tradition.

ENJOY IT WITH...

Risotto with Barolo wine

Chef: Barolo, Carema

Risotto with Castelmagno, creamed with the cheese of the same name

Chef: Pinerolese Barbera, Pinerolese Ramie, Barbaresco

Risotto with porcini mushrooms

Chef: Carema, Canavese Nebbiolo, Freisa di Chieri Superiore

Risotto with Santena asparagus

Chef: Canavese Bianco, Erbaluce di Caluso, Pinerolese Doux d’Henry

Risotto with Serpoul, that is with Brackland thyme, an herb that is harvested at high altitudes in the Piedmont Alps

Chef: Erbaluce di Caluso, Collina Torinese Bonarda, Canavese Rosso
Did you know that

The love between chocolate and Turin dates back to the 17th century, thanks to ancient families of craftsmen who still today talk about what it means to pass on the tradition from generation to generation. In recent years, talented young people have made chocolate a real mission and, thanks to their professionalism and competence, they have become true masters: different schools of thought, with a single objective... the artisan excellence of chocolate!

For chocolate lovers

Absolutely not to be missed is the Bicerìn in the historic cafés of Turin; in the middle of the day, it is necessary to surrender to the temptation of the merenda... which in Turin can be “Royal”, based on hot chocolate, or Bicerìn into which you can dip all kinds of traditional small biscuits (“torcetti”, “confortini”, “canestrelli”, “pazientini”, the almond-flavoured “amaretti”, “anisini”, “meringhe”, “baci di dama”, “savoiardi”). You can relive the “Merenda Reale” according to the rituals of the 1700s and 1800s in historic cafés or Royal Residences...

To find out more: www.turismotorino.org/it/merenda-reale

Speaking of

Today the Piedmontese district is the largest Italian processing centre, with a production of 85,000 tons, equal to almost 40% of the domestic total.
The Court of Tradition

Among the many dishes of the culinary tradition of Turin, there are some that reflect the style and tradition of the House of Savoy: the “great classics”

Did you know that

The truffle entered the Piedmontese cuisine almost secretly, thanks to the Savoyard cooks. The voluptuous versatility, the unique ability to make each dish great contribute decisively to its popularity. It takes only a few grams to enhance a dish: raw meat pounded with a knife, fried eggs, tajarìn with no sauce are perhaps the best examples of how the aroma of truffles can amaze.

For zabajone lovers

To find the aroma of this extraordinarily sweet cream, we must go back to the 16th century. In Turin, a Franciscan friar was rather well-known among women because of his recipe for an egg cream, which was belied to have the ability to reanimate their husbands ... who were not very “lively”. The success of the cream was such that it was handed down from mother to daughter, then went beyond the borders of the Savoy kingdom and spread throughout the world.

Speaking of

Gran bollito misto is made of: seven cuts (tender meat, short ribs/flank, thigh muscle, small muscle, shoulder, brisket, top blade steak), seven other parts (tongue, head with snout, tail, paw, hen, pork sausage, beef roll) and four sauces (parsley-based bagnèt verd, tomato-based bagnèt rus, horseradish-based bagnèt al cren, must-based cugnà).
Wines Routes...

The Collina Torinese (Turinese hill) is the undisputed realm of Freisa grapes, but also the Bonarda, the rare and delicate Cari and Malvasia di Schierano varieties of wines have contributed to the history of this territory.

The Canavese area is a land rich in vineyards that are integral part of these landscapes. On the morainic hills, the white berry vine prevails, from which the DOCG Erbaluce di Caluso, Erbaluce di Caluso Spumante and the Erbaluce di Caluso Passito are obtained. On the characteristic terraces with dry stonewalls and stone pillars, the full-bodied Carema is obtained from the great Nebbiolo grape. Finally, throughout the territory, Canavese wine is found, which can be red, rosé, nebbiolo, barbera, white and sparkling.

The Val Susa, where the vineyards are located entirely in the mountainous area and reach up to the highest altitude of cultivation, produces the very special “Ice wine”, obtained from vines such as the Avanà and the Becuet which require a dry, windy climate and very cold night time temperatures.

In the Pinerolese area, both at the foot of the mountains and on the mountains, together with the traditional Piedmontese grapes, some rare vines, such as Doux d’Henry, grow. The pride of local oenology is the Ramìe, produced on the steep terraced slopes of Pomaretto.

DID YOU KNOW THAT
There are seven labels of Turin origins: the DOCG (Controlled and Guaranteed Origin) Erbaluce di Caluso and the DOC (Controlled Origin) Carema, Canavese, Freisa di Chieri, Collina Torinese, Pinerolese and Valsusa, for a total of 34 types of wines.

FOR WINE LOVERS
On www.torinodoc.com of the Chamber of Commerce of Turin, you can find a selection of wines and producers, excellent testimonies of the seven labels of Turin origin, as well as suggestions on how to enhance the flavours with unusual combinations.

Check the Torino DOC wines on: www.enotecaregionaletorino.wine. Every year, the event “Enoteca Diffusa” takes place in the San Salvario district dedicated to the culture of responsible drinking.

Speaking of
A link to the territory. What makes one wine different from, if not preferable to, another? There is only one answer: the land. The current varieties of grapevines are the result of genetic modifications and adaptations to the different areas in which viticulture has developed. Alongside vines like Barbera, Bonarda, Dolcetto, Freisa and Nebbiolo there are others that give rise to niche products; it is the case of Cari, Malvasia, Avanà, Becuet, and Doux d’Henry.
The oldest Italian roasting companies were born in Turin. If you simply order a coffee, an “espresso” is served, which is an alchemy among four fundamental elements: water, temperature, pressure and a mixture of several types of coffee, of which every roaster has his own secret recipe.

**DID YOU KNOW THAT**
The first patent for an “espresso” coffee machine dates back to 1884; this machine was designed by Angelo Moriondo from Turin. It was a device displayed on the occasion of the Italian General Exposition at the Medieval Village in the Valentino Park. The “espresso” infusion process initially had not been designed especially to get a particularly concentrated liquid, which was what actually happened, but so as not to waste time with the classic infusion and get coffee in a few minutes.

**FOR COFFEE LOVERS**
Some of the oldest Italian roasting companies were born in the city of Turin. Today, they boost a brand that is known all over the world. In Turin you can drink a cup of coffee making a contribution to scientific research by purchasing the Torino Coffee Card, which allows you to enjoy 5 different coffees in charming historical places.
To find out more: www.turismotorino.org/en/torino-coffee-card
Did you know that
From the mid-1800s, around 5.00 pm, women would take a bundle with some refreshments to the men working in the fields: a flask of wine, homemade bread, salami, cheese and fruit. It was the merenda sinoira, quite similar to sino, dinner.

For beer lovers
Turin boasts a tradition not known by everyone. The city, in fact, hosted the first Italian brewery, the Bosio&Caratsch, inaugurated in 1845. Then the most famous Boringhieri, Durio and Metzger followed, all located in the San Donato district where the water of the “Canale di Torino” flowed, at the time “very pure, light and sweet”
Currently there are over 50 breweries in Piedmont that produce “raw” craft beer – i.e. unfiltered, unpasteurized and without preservatives.

Speaking of Vermouth, known all over the world as an aperitif drink par excellence and an indispensable component for the most famous cocktails, it was born in Turin in 1786 from an idea by Antonio Benedetto Carpano, who sold it in a shop in Piazza Castello. His recipe - flavoured wine with over 30 types of herbs and spices - achieved great success even at court, originating a real “aristocracy of vermouth producers”.
It obtained the recognition of an IGP (Protected Geographical Indication) product in 2017.

You can enjoy the merenda sinoira, a well-known peasant ancestor of the aperitif, in the afternoon from 5.00 pm in the characteristic trattorie and in the piole (the Piedmontese inns). On the other hand, if you want to enjoy the recent alternative to the merenda sinoira, from 6.00 pm onwards in Turin, it is time for the aperitif with vermouth or a mug of craft beer.
The area of Turin has a varied wealth of typical food, farming products and delights that are clustered in the “Basket of typical products of the Province of Turin”, a label that identifies and guarantees their quality.

**The Stars of Our Dishes**

**Did you know that**
The quality of the products made it possible for the “Basket” to be chosen as the official supplier of the 20th Winter Olympic Games in Turin in 2006.

**For food lovers**
The label, created by the Province of Turin, today a Metropolitan City, guarantees that products:
- are made with local raw materials from the provincial or regional territory
- are processed in a traditional way by producers within the provincial territory, according to specific regulations
- belong to the local historical tradition, which is supported by documents.

**Speaking of**
Products from the Basket: today they are 35 - some of which are PAT (Traditional Food Farming Products), DOP (Protected Designation of Origin) or IGP (Protected Geographical Indication) - in addition to DOCG and DOC wines.

To find out more:
www.cittametropolitana.torino.it/cms/agri-mont/prodotti-del-pa-niere
Where you can find history and traditions...

**Museum of the Fruit**
**Turin**
A dive into the past to reflect on the current theme of biodiversity: this is the extraordinary 19th century pomological collection of Francesco Carrieri Valletti - unsurpassed modeller and reproducer of artificial fruits. It is made up of hundreds of varieties of apples, pears, peaches, apricots, plums, grapes... and then the reconstruction of the laboratories for analyses, the library, the director's office, the ancient Agricultural Chemistry Experimental Station.
To find out more: www.museodellafrutta.it

**Lavazza Museum**
**Turin**
It is an innovative museum created to offer its visitors a sensorial-emotional journey through the history of coffee, which is so important in the Italian culture. It spans in five areas: “Casa Lavazza” to tell over 120 years of the great brand’s history, “La Fabbrica” to present the coffee production, “La Piazza” to celebrate the ritual of tasting, “L’Atelier” to show the creative collaborations of the company, “Universe”, that invites you to find your own place in the Lavazza experience.
To find out more: www.lavazza.it

**Martini Museum**
**Turin**
The history of the officinal herbs up to the present day can be found in the various rooms of this museum, passing the first distillers, the herbaria and the use of herbs in food. Fifty percent of the Italian production of medicinal herbs is cultivated in the small town of Pancalieri: in particular peppermint, whose essence is used for cakes, liqueurs, beverages, cosmetics, herbal medicine and pharmaceuticals.
To find out more: www.comune.pancalieri.to.it

**Carpano Museum**
**Turin**
In the rooms that once housed the Carpano archives, on the first floor of Eataly (food&wine centre), there is an itinerary that brings to life the highlights of the history and production of vermouth. It starts in 1786, when Benedetto Carpano patented the favourite drink of the King in his shop, and ends with the exhibition of six containers with the main herbs present in all formulations of vermouth.
To find out more: www.comune.torino.it/musei
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