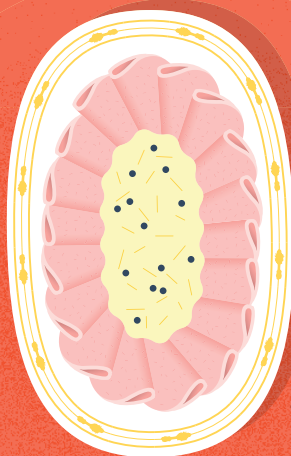


# TORINO

Capital  
of Taste

...WHAT TO TASTE?



## VITELLO TONNATO

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

## BAGNA CAUDA

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



## Grissini

were initially  
invented at  
the Court  
of Savoy



## GIANDUIOTTI

Cocoa and hazelnuts  
chocolate

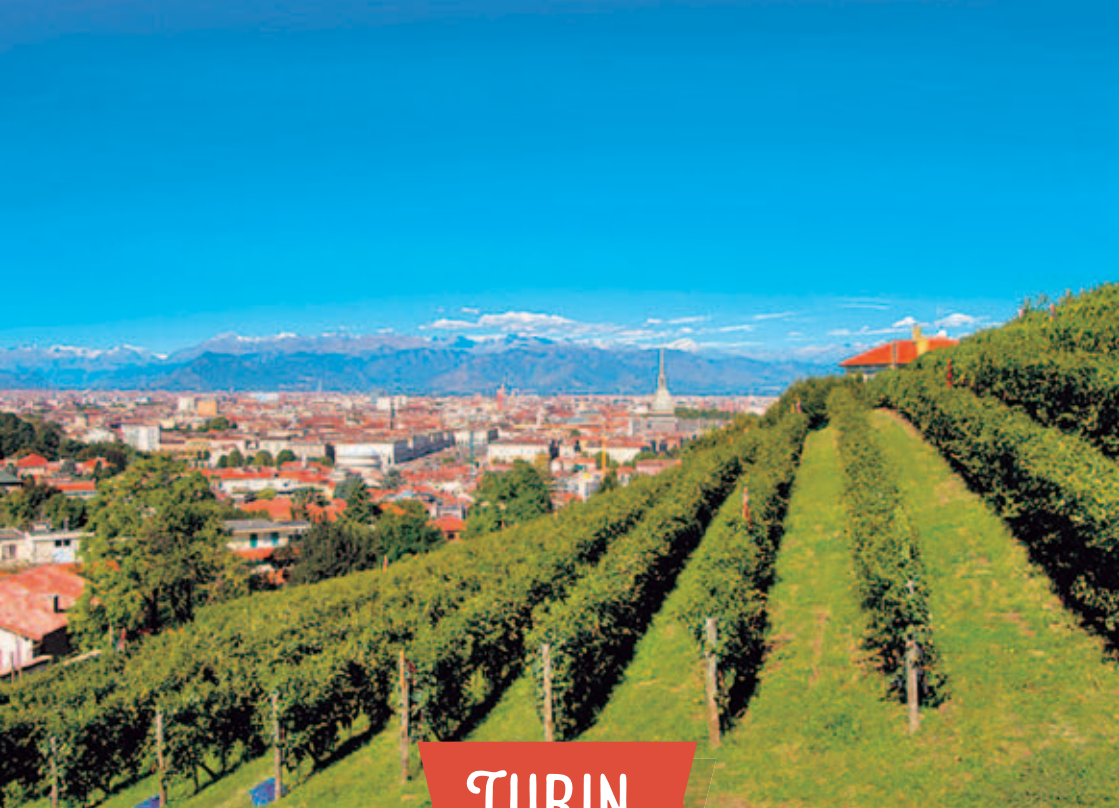
ONLY IN...  
TORINO



## Bicerin

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

DID YOU KNOW?



# TURIN, A TERRITORY OF EXCELLENCE

A city offering you any kind of food&wine. A wide range of traditional products that, wisely processed, become an experience in taste.



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", "fritto 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

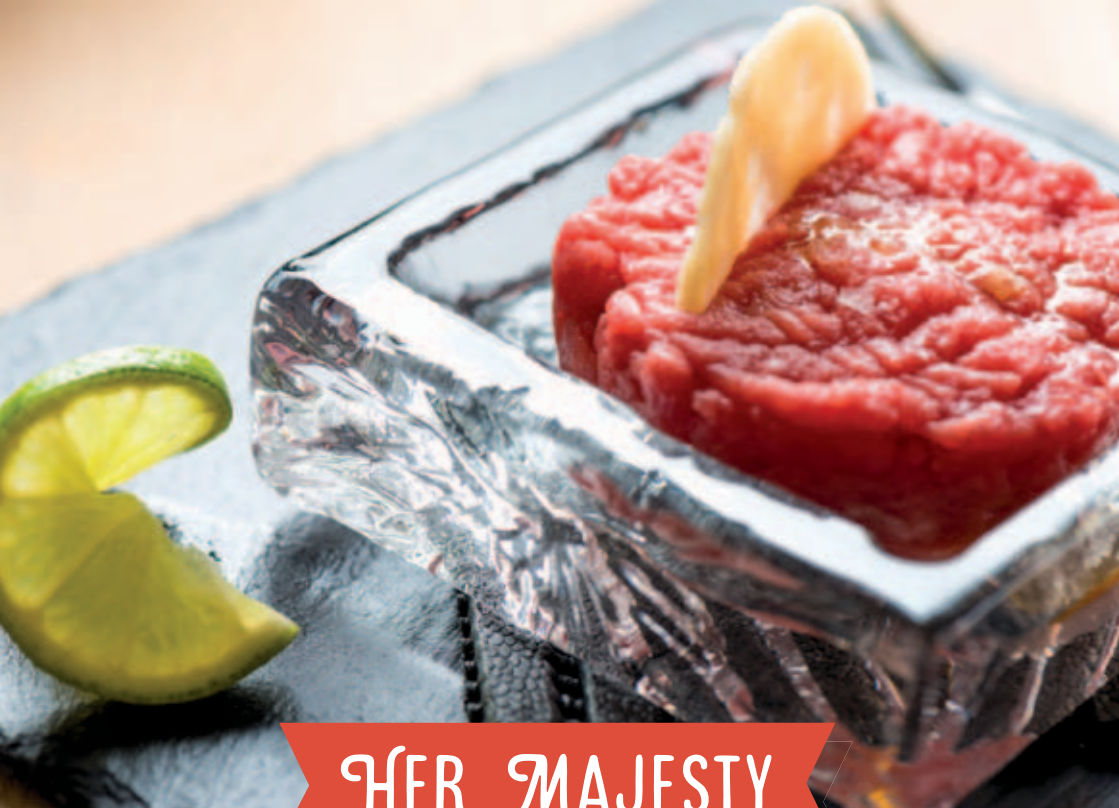
Craftsmen's workshops, historical shops in the town centre, farms, innovative laboratories and village shops: all the flavour and excellence of food&wine in Turin are included in the guide **"Masters of Taste in Turin and its province"**, a list of 182 masters who have been carefully selected and verified by Slow Food and the Chamber of Commerce of Turin.

To find out more:  
[www.maestridelgustotorino.com](http://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".



## 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 "tjarin al ragù" to "brasato al Carema", from the "mixed boiled meat" to tasty cured meats.

•

## 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**

•

**Tjarin 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**



↳

### 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.



## HIS HIGHNESS THE CHEESE

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.

•

## ENJOY IT WITH...

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

🍷 → **Freisa di Chieri, Canavese Rosso**

•

**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 (*cugnà*) 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**



↳

### 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.

↳

### 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](http://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.**



## HIS EMINENCE THE RICE

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

- 

## ENJOY IT WITH...

**Risotto with Barolo wine**

🍷 → *Barolo, Carema*

- 

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

🍷 → *Pinerolese Barbera, Pinerolese Ramie, Barbaresco*

- 

**Risotto with porcini mushrooms**

🍷 → *Carema, Canavese Nebbiolo, Freisa di Chieri Superiore*

- 

**Risotto with Santena asparagus**

🍷 → *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

🍷 → *Erbaluce di Caluso, Collina Torinese Bonarda, Canavese Rosso*



↘

### 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.



## HIS EXCELLENCY THE CHOCOLATE

It is one of Turin's many delicacies, with a century-old tradition that you can taste in all its forms: from hot drinks to chocolates, from ice creams to cakes.

•

## ENJOY IT IN...

**Gianduia**, the chocolate made in Turin, a mixture of fine cocoa enriched with Piedmont hazelnuts: you can try it in the version of the famous **gianduiotti**, an icon of Turin in the shape of an overturned boat, but also as a cream to spread, as a bar or in a cup

🍷 → **Erbaluce di Caluso Passito**

•

**Bunèt**, a pudding of ancient tradition made with eggs, sugar, milk, cocoa, liqueur (usually rum) and dried macarons

🍷 → **Erbaluce di Caluso Passito**

•

**Bicerin**, a hot drink made with coffee, cocoa and cream served layered: the secret to savouring it at its best is not to stir it up

•

**Traditional Pralines:** Bombi, Pralines, Alpines for grappa lovers, Preferiti - cherry filled chocolates - and the historical Cremini - three alternating layers of gianduia and hazelnut-flavoured chocolate

And if you try it dark...

🍷 → **Vermouth chinato**; if it is more than 75% cocoa, with **Carema, Freisa Superiore, Pinerolese Ramie, Valsusa, Barbaresco, Barolo**



↳

### 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

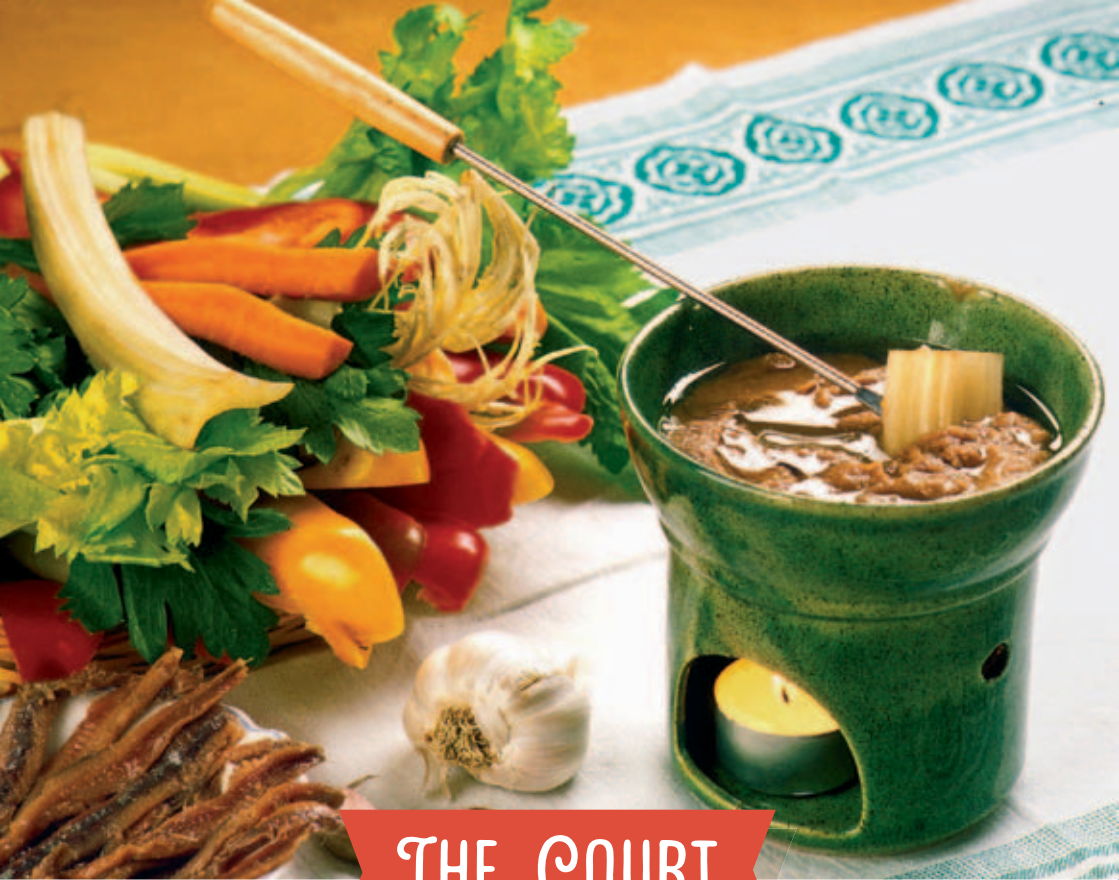
Absolutely not to be missed is the **Bicerin** in the historic cafés of Turin; in the middle of the day, it is necessary to surrender to the temptation of the **merenda**... which in Turin can be "Royal", based on hot chocolate, or Bicerin into which you can dip all kinds of traditional small biscuits ("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](http://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"

•

## ENJOY THEM WITH...

**Bagna cauda**, a "hot sauce" made with garlic, anchovies and olive oil, served with cooked and raw vegetables such as cabbage, cardoon, Jerusalem artichokes, potatoes, green peppers...

🍷 → *Freisa di Chieri, Erbaluce di Caluso Spumante*

•

**Finanziera**, an originally "poor man's" dish, which began by reusing giblets - for example, cocks' crests, sweetbreads and chicken livers - cooked with porcini mushrooms and pickled vegetables

🍷 → *Pinerolese Doux d'Henry, Freisa di Chieri, Erbaluce di Caluso Spumante*

•

**Fritto misto alla Piemontese**, a sublime combination of sweet and savoury ingredients, breaded and fried separately: slices of veal meat and veal liver, pork sausages, semolina, macaroons, vegetables and fruits; brains and sweetbreads must not be missing

🍷 → *Freisa di Chieri, Collina Torinese Bonarda; with the sweet bits, Collina Torinese Malvasia, Collina Torinese Cari*

•

**Gran bollito misto**, a large mixture of boiled meats that enhances the extraordinary quality of Piedmontese meat, made up of 7 different cuts and accompanied by tasty sauces

🍷 → *Collina Torinese Barbera, Pinerolese Ramie, Fresia di Chieri*

•

**Bignole**, delicious round pastries filled with creams (zabajone, custard, chocolate, coffee, hazelnut, pistachio...) and covered with coloured frosting

🍷 → *Erbaluce di Caluso Passito, Collina Torinese Malvasia*

•

**Zabajone**, a cream of egg yolks and sugar, enriched with Erbaluce di Caluso Passito or Collina Torinese Malvasia. It is served warm with dry biscuits, fresh fruit or whipped cream

🍷 → *Erbaluce di Caluso Passito, Collina Torinese Malvasia*

↳

### 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, *tajarin* with no sauce are perhaps the best examples of how the aroma of truffles can amaze.

↳

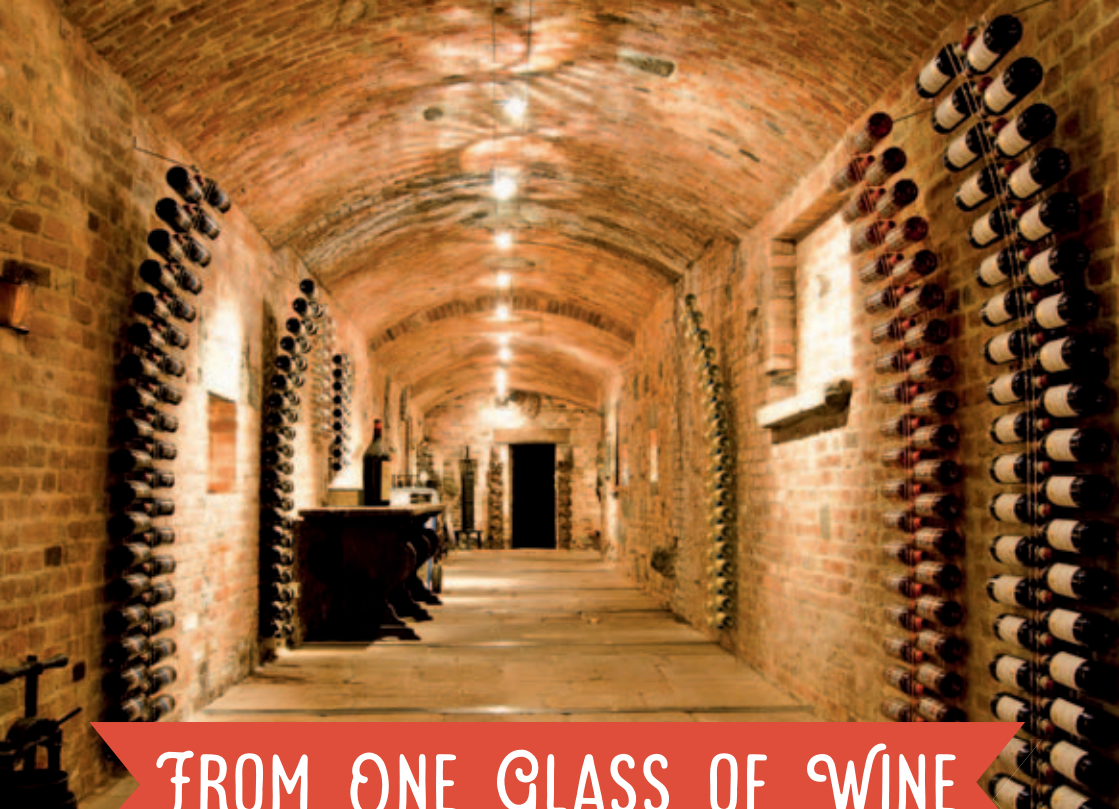
### FOR ZABAJONE LOVERS

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*).



## FROM ONE GLASS OF WINE TO ANOTHER

In the wineries of Turin you can discover the world of DOCG and DOC wines: an experience for the senses and synonymous with emotion.

Following the itineraries of the “Strada Reale dei Vini Torinesi”, the abundance of culture and splendid landscapes in the “Collina Torinese”, “Canavese”, “Val Susa” and “Pinerolese” areas are then revealed.

•

## 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 vines 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 *Ramie*, 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](http://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](http://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 BLACK GOLD OF OUR TRADITION: COFFEE

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.



↳

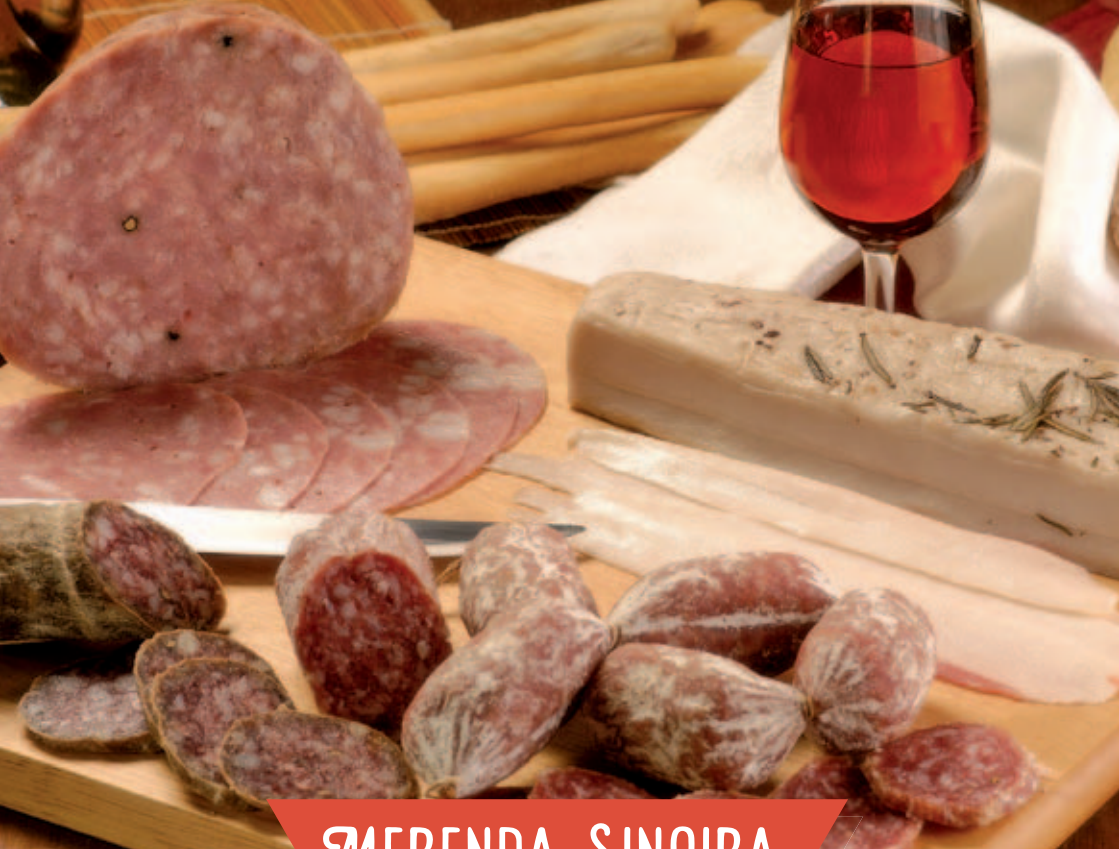
### FOR COFFEE LOVERS

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](http://www.turismotorino.org/en/torino-coffee-card)






## MERENDA SINOIRA, VERMOUTH AND MORE...

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.

•

### ENJOY IT WITH...

Affettati cold cuts of ham and cheeses, anchovies in green sauce, small soft cheese, tuna with peppers, Russian salad, mixed pickles, veal in tuna sauce, wild hops omelette always accompanied by *rubatà* breadsticks; and, finally, a dessert - the *bunèt* or the *persi pièn* (stuffed peaches) and/or some chestnut fritters with plums jam.

All this, of course, combined with a  of Turin wine, still or sparkling, as long as of good proof.

### ENJOY IT WITH...

A dish of affettati and cheeses, risotto, pasta, grilled vegetables, pizza, focaccia, bruschetta sandwiches, canapés and salads.



↳

#### 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 *sina*, 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.



# THE STARS OF OUR DISHES

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.



# FIND THEM...



↳ **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

↳ **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-paniere](http://www.cittametropolitana.torino.it/cms/agri-mont/prodotti-del-paniere)

– belong to the local historical tradition, which is supported by documents.

# MUSEUMS OF TASTE

Where you can find history and traditions...

## 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](http://www.comune.torino.it/musei)

## 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 Garnier 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](http://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](http://www.lavazza.it)

## MARTINI MUSEUM THE HISTORY OF OENOLOGY

PESSIONE DI CHERI

Next to the Museum of the History of Oenology, in the ancient brick cellars of the Martini factory, the Galleria Mondo Martini exhibits images and archival documents, talking about the projects that have marked the worldwide success of the brand.

At Casa Martini you can participate in "Make Your Own Vermouth", an innovative format that offers you an immersion into the art of making vermouth: playing with tones and aromatic scents, you can experience a real winemaking laboratory.

To find out more: [www.martini.com](http://www.martini.com)

## MUSEUM OF MINT AND OF THE OFFICIAL HERBS

PANCALIERI

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](http://www.comune.pancalieri.to.it)

A project by  CITTÀ DI TORINO

The Trade, Labor, Tourism, Productive Activities and Economic Development Councillor's Department.  
Communication and Special Projects Department

and 

in collaboration with



CAMERA DI COMMERCIO  
INDUSTRIA ARTIGIANATO E AGRICOLTURA  
DI TORINO

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# TORINO

*Capital*

*of Taste*

