



About Piedmont, Italy



Piedmont, or Piemonte in Italian, is one of Italy's true hidden gems, but gaining in popularity due to its famed **Barolo** wines, made from the nebbiolo grape. With its rolling vineyards, Piedmont sits in northwest Italy, bordering France and Switzerland, and its stunning backdrop on 3 sides is the Italian Alps and Apennine mountain ranges. French influence in the region is not only due to its proximity to France, but also can be attributed to the House of Savoy ruling this territory from the 14th to the mid-19th century. The hills of Langhe-Roero, and Monferrato are a **UNESCO World Heritage** site. Piedmont is also the home of the **Slow Food® movement**, and the HQ of Eataly is based in Bra, where it was founded.

Piedmont is a **food and wine lover's paradise**. It is a perfect example of the marriage between food and wine and loved by gourmands world-wide. The region's wine production is tightly controlled and must adhere to the highest standards (DOCG and DOC wine regulations). The result is some of the **finest wines** that Italy has to offer which are sought after worldwide. The most well-known wine of the region is **Barolo**, referred to in Italy as the "king of wines". Piedmont's most widely planted grape, **Barbera**, is fast-becoming one of Piedmont's other best known red varietals. When you join us on a GastroNomad adventure, you will learn about some of the other numerous and varied indigenous and international red and white wines that Piedmont has to offer.

Piedmont is not only revered for its many award winning wines, but for its **gastronomic delights**. The area surrounding the town of Alba is known for its local delicacy, the **Alba white truffle**. Truffles are traditionally shaved onto delicate pasta dishes and over egg and cheese fondue. The region is also known for the exceptional quality of its meats, with Piedmont **Fassona beef**, sought after for preparing quality steak tartare or simply grilled and served with a sprinkling of salt. There are many traditional starters such as **vitello tonnato**, thinly sliced veal topped with a tasty creamy tuna sauce, and baked onion stuffed with sausage and cheese. Not to worry, there are plenty of options for vegetarians as well. Local hazelnuts are used as a base in many desserts.

In early autumn, the town of Bra hosts a famous **cheese festival** at which a wide array of local cheese is available for tasting. Last but not least, Alba hosts a **truffle festival** in October and early November each year, during which the pungent aroma of the coveted fungi hangs heavy in the air.