

## The 15 Piedmontese dishes to try at least once in a lifetime

This document is translated from the [www.guidatorino.com](http://www.guidatorino.com) and is meant to give some tips on the local culinary highlights.

### Vitello Tonnato



Among the most classic appetizers of Piedmontese cuisine, ‘vitello tonnato’ is a tasty dish made with Fassone meat marinated in dry white wine and seasoned with aromas such as carrot, celery, onion and bay leaf for at least half a day and then boiled in water together with its marinade. Once cooked, the meat is cut into thin slices and covered with ‘salsa tonnata’ made with tuna, the yolk of hard-boiled eggs, extra virgin olive oil, capers, anchovies in salt, white wine, a few drops of lemon juice, salt and pepper.

### Carne Cruda all’Albese

Albese raw meat, simply called Albese or Albèisa in Piedmontese, is another typical regional appetizer from the Langhe but commonly consumed throughout Piedmont. Raw Fassone veal slices cut thinly with a knife and seasoned with lemon juice, oil, garlic, salt and pepper.

### Caponet

The ‘Caponet’ are another typical appetizer of the region to be tasted. The ‘caponet’ are cabbage rolls cooked in the oven and stuffed with a filling made with minced pork and crumbled fresh sausage cooked with onion, salt and pepper, breadcrumbs, egg, grated cheese and, sometimes, with the addition of diced lard.

### Trippa di Moncalieri

The ‘Trippa di Moncalieri’ is a typical sausage (tripe) produced throughout Piedmont, but particularly in the Moncalieri area from which it takes its name. It is of medieval origin, prepared with portions of pork stomach and eaten as an appetizer.

### Agnolotti del plin



The 'agnolotti del plin', the special Piedmontese stuffed pasta characteristic of the Langhe and Monferrato area, are another of the dishes to be tasted in Piedmont. The term 'plin' derives from the "pinch" that is made to close it. These delicious rectangles of filled pasta have been included in the "Traditional Italian food products" and are protected by the Piedmont Region.

### **Gnocchi al Castelmagno**

Castelmagno is a cheese that takes its name from the municipality with the same name located in the province of Cuneo. With this delicious semi-hard cheese made with cow's milk, various typical Piedmontese dishes are prepared, such as the delicious 'gnocchi al castelmagno', a must try. The cheese can also be eaten alone accompanied with honey. 'Gnocchi' are potato dumplings.

### **Tajarin al tartufo bianco d'Alba**



One of the most precious ingredients of the Piedmontese cuisine, the white truffle of Alba, meets in this dish the legendary 'tajarin', a typical egg pasta from the Langhe and Monferrato but widespread throughout Piedmont. The 'tajarin' seasoned with butter and embellished with the scent and taste of white truffle are a dish to taste at least once in life (but also more than one).

### **Panissa**

Panissa is a particular type of risotto spread especially in the provinces of Novara and Vercelli. It is thought that the name derives from "panigo", a poor variety of millet, with which it was made before the spread of rice. This dish typical of Piedmontese cuisine is in fact nowadays cooked with Arborio, Baldo or Maratelli rice cooked with Saluggia or Villata beans, Barbera red wine, onion, lard, salam d'la duja, salt and pepper. A dish with a rich flavor, like most of the Piedmontese dishes, absolutely to be tasted.

### **Brasato al Barolo**



Fassone meat slowly cooked in Barolo wine. One of the most renowned Piedmontese dishes where the queen of meats meets the king of wines. A perfect combination to be enjoyed.

### **Fritto misto alla piemontese**

The dish, of popular origin, was made when the animals were still slaughtered at home to avoid wasting offal. The ‘fritto misto’ is made with liver, lung, brains, sweetbreads, loaves, veal slices, sausage, sweet semolina, chocolate semolina, amaretto and apple. Everything is accompanied by stir-fried carrots in the traditional recipe and mixed vegetables in the current version. A dish that smells of tradition.

### **Gran Bollito misto alla piemontese**

The ‘Gran bollito misto alla piemontese’ was much appreciated by the King Vittorio Emanuele II. It is a very rich and elaborate dish consisting of: seven main cuts of beef that are cooked together in the largest pot, seven ‘ammennicoli’ (ie cuts of meat cooked in different pots), seven tasty sauces including the ‘bagnetto verde’ and the ‘bagnetto rosso’, a pork loin and four vegetable side dishes (boiled potatoes, sautéed mushrooms, buttered spinach and bitter-sweet onions). At the end of this rich meal a cup of boiling broth is served. The ‘Gran Bollito’ is another dish to enjoy during the cold season along with an excellent Piedmont red wine such as Dolcetto, Barbera or Grignolino.

### **Bagna cauda**



A simple dish of the rural tradition that is consumed when temperatures start to fall. The ‘bagna cauda’ is a sauce that comes from the long and patient cooking of garlic, extra virgin olive oil and anchovies. Served on the table in the dian, the terracotta cooking pan, and kept warm thanks to a warmer (see picture), the ‘bagna cauda’ is eaten by dipping raw and cooked seasonal vegetables such as thistles, Jerusalem artichoke, cauliflower, baked onions, raw or grilled peppers, steamed potatoes, turnips etc.

### **Finanziera**

The origins of this dish typical of the Langhe, Roero and Monferrato date back to the Middle Ages. It is a ‘poor’ dish whose main ingredients are the offal. Given the name, which is the same as the men's wedding jacket, it is thought that at some point this originally poor dish became popular even on the tables of the richest.

### **Bonet**



The 'Bonet' is an ancient Piedmontese pudding made with sugar, eggs, milk, cocoa, rum and dried amaretti. In Piedmontese the word *bônèt* indicates a round hat or cap, whose shape resembles that of the mold in which the dessert is cooked. A true Piedmontese meal should end with one of the typical desserts of the region, perhaps with the 'bonet'.

## Bicerin



The favorite hot drink from Cavour (one of the most famous Italian statesman) that you can drink only in Piedmont is another of the Piedmontese delicacies to try. The ‘bicerin’ is prepared with coffee, chocolate and milk cream. In Turin you can taste it in the famous historical cafés and in particular at Caffè Confetteria Al Bicerin which still holds the original recipe.