



LIGURIA
ITALIA

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Seaside emotions



Art Settings



History Trail



Scents and flavours



Sports itineraries



A sea of gardens

From the Woods, the Garden, and the Sea - a Taste of Ligurian
Gastronomy - Shades of Flavours from Green to Blue.



Scents and Tastes.

In all Italian regions traditional recipes originate from the produce of the land. In Liguria the best ingredients are closely linked to sunny crops and terraces plummeting into the sea, to mountains, sandy and rocky beaches, valleys, and country plains.

In this varied land fine cuisine flavours are enriched by genuine and simple products, this is why the Ligurian tradition for gourmet food and wine is an enchanting surprise to discover along the journey.



Cicciarelli of Noli

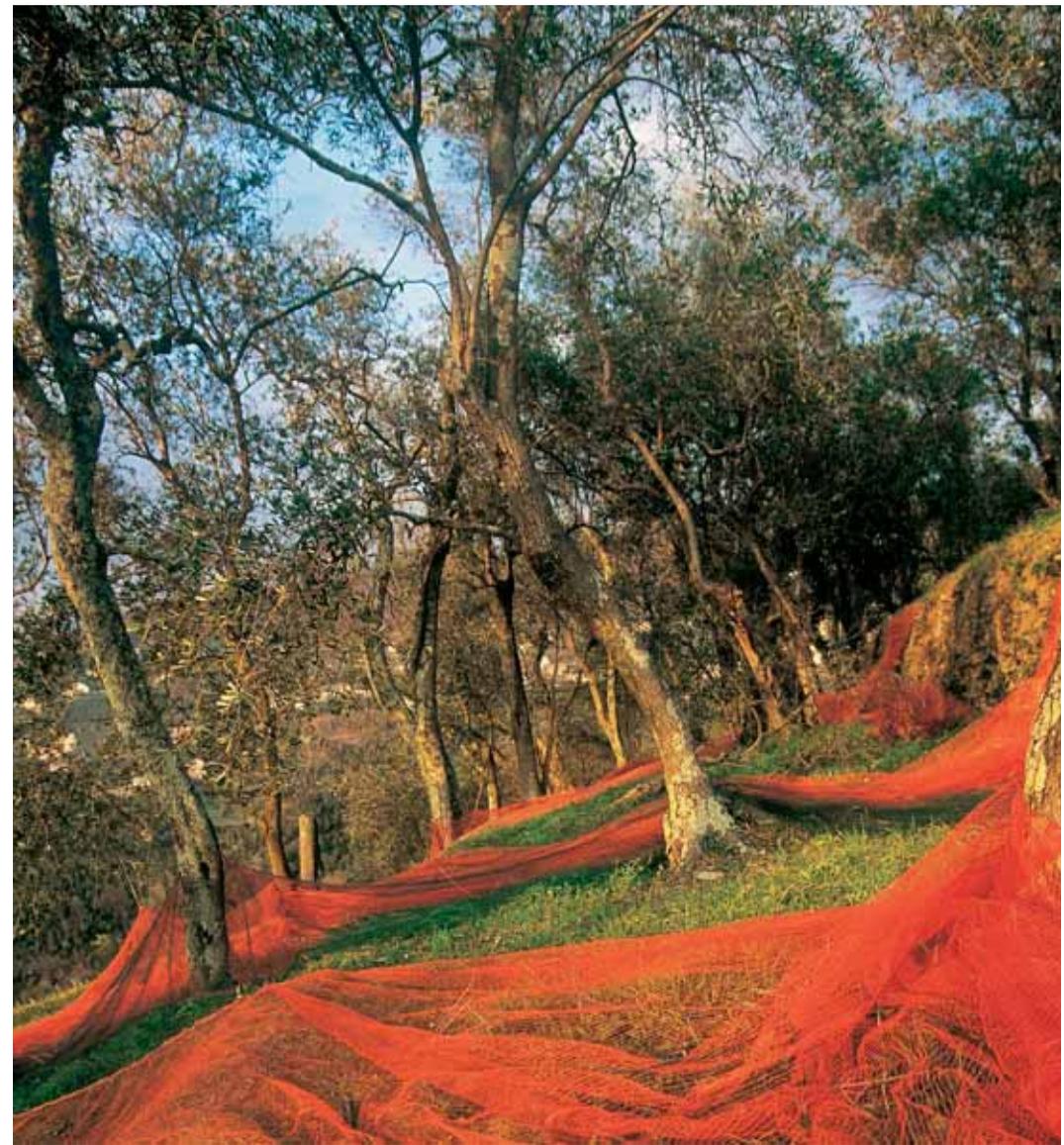
Extra Virgin Olive Oil.

This magic fluid, with a unique consistency, is the olive groves nectar and the ingredient for Mediterranean potions. The **Extra Virgin Olive Oil of the Italian Riviera** now has a millenary tradition.

Since the 3rd and 4th century AD, the new cultivar introduced by the Benedictine Monks has spread across the hills and mountains. The olive groves provide a colourful frame to the blue of the sea, and the waters repay the land reflecting the sunlight to strengthen the trees.

Elixir of life, extra virgin olive oil, thanks to its organoleptic properties is the main ingredient in the Mediterranean diet, a triumph of simple and authentic flavours.

Extra Virgin Oil



Olive Groves

Extra Virgin Olive Oil is produced in the Ligurian territory through the traditional cold pressing technique, and every province of the region is characterised by a peculiar oil flavour, that mirrors the specific land olive grove varieties.

The most famous olive varieties are **Taggiasca**, **Pignola**, **Lavagnina**, and **Razzola**, each with its own specific features, perfect for the delicacy of Ligurian recipes.

A perfect marriage between nature and taste!



Ligurian Grapes



Grape Harvest

Wine.

The “divine” nectar that enchanted travellers and international artists is king on the tables of the region.

Among festivals, village fairs, and renowned Five Star gourmet restaurants the wine list is extremely rich.

Along the spectacular valleys of **Dolceacqua** the prestigious wine is **Rossese**

of **Dolceacqua**, and it is **Ormeasco of Pornassio** in the **Upper Arroscia Valley**, **Pigato** is the speciality of the **Albenga** valley, **Vermentino** and **Lumassina** those of the **Finalese** area, **Bianchetta** and **Cilegiolo in Chiavari**, and finally **Granaccia in Quiliano**.

A wide range of different aromas that come from the sun and the saltiness of the

sea along these lands. It is hard to choose the best wines, but **Sciacchetrà** is for sure the undisputed king for its unmistakable taste.

Made from dried grapes this precious passito is produced mostly in the area of **Cinque Terre**, along with the **Colli of Luni** wines.

Mentioned even by ancient Roman writers,

these wines originate in the wonderful hills which border Tuscany, and you will always find the perfect match for meat, vegetables, or seafood dishes of the varied Ligurian cuisine.



Basil and Pesto.

This aromatic herb symbolises Ligurian gastronomy and is a constant ingredient for all local specialities. **Basil** has an unmistakable intense aroma and is perfect for any dish, and of course it is the main ingredient for the most famous Ligurian salsa: **Pesto**.

Renowned all over the world and grown on the terraces overlooking the sea, Ligurian basil is made unique by the wonderful Mediterranean climate that characterises this land all over the year. Ligurian basil has a DOP (Protected Designation of Origin) label for each variety grown in different production areas.

The most renowned production areas are located in **Voltri, Coronata, Diano Marina, Andora, Albenga,** and **Val di Magra**.

The name **pesto** originates from the production process - it is ground in a marble mortar.

A fine pesto can be obtained using young leaves from plants less than two months old. These are then crushed with garlic, pine nuts, and salt in a mortar. Finally, the sweet and gentle Ligurian extra virgin olive oil, Parmesan and Pecorino cheese are added at the end of the process.

Pesto ingredients



Focaccia and Farinata.

A **fugassa**. Golden and crispy, oily, less than a finger high, the **Genoese focaccia** is the pride of Ligurian people, and the most representative element of the city.

A simple recipe that is best tasted fresh out of the oven, when it fills the place with its special enchanting fragrance no one can resist.

The real Genoese focaccia can only be found in **Genoa**; in **Voltri** you will find a thinner version without the characteristic holes on top, as it is cooked on the oven plate; in the Riviera di Levante and Riviera di Ponente focaccia can be more than two centimetres thick, served with a variety of toppings: onions, olives, potatoes, greens, and sage.

In **Recco** the well-known **cheese focaccia** - contended with the neighbouring city of **Camogli**, that is instead famous for the simple oil and salt version, like the Genoese one - is thin and topped with creamy "stracchino" soft cheese.

Farinata is undoubtedly the most ancient food speciality of Liguria. The legend goes that it was invented by a group of Roman soldiers who had roasted some chickpea flour pastry on a shield. Nowadays shields are replaced by wide copper baking-pans, and steaming hot farinatas are served in the ancient fried food shops called "**sciamadde**".

Try it hot and crispy when taken off the oven!





Baci from Alassio



Recipe Book

Pandolce Genovese.

Ingredients: 4 kg of flour, 200 g of raising powder, 50 g of sweet fennel, 75 g of pine nuts, 75 g of pistachios, 100 g of raisins, 100 g of diced candied fruit, 600 g of butter, 1 spoonful of orange blossom water, 1 kg of sugar.

Cakes.

Ligurian gastronomy is renowned to be light and natural, however confectionery offers a large number of tempting options for those who have a sweet tooth.

You can discover how sweet this region can be, travelling West to East along a special gastronomic itinerary and indulging in sweet specialities.

You start from **Apricale** with its wonderful **Cubàite** and the oriental taste of this famous almond brittle in two crispy wafers stuffed with almonds, orange peel and honey, walnuts, or hazelnuts.

You continue your journey to the beautiful city of **Alassio** where you taste the myth of the **Baci of Alassio**, a unique taste that allegedly came from the fine patisseries of the Royal House of Savoy. These biscuits are different from the better known Baci di Dama, since they consist of two semi-spheres of hazelnut with a filling of chocolate spread and boiled cream.

The famous **Amaretti of Sassello** are a traditional soft biscuit with an intense bitter-sweet taste of almonds, an ancient biscuit in its soft version.

The flower with the hole are **Canestrelli of Torriglia** a real pleasure for the palate, a 10 cm biscuit made of short pastry, with a nice golden colour, completely covered in sugar icing. The Christmas atmosphere is hidden in the wonderful traditional cake of **Genoa**, called

Pandolce Genovese.

Round, thin, flat, and with a brownish colour, this cake has the smell of orange blossom and Marsala, and the taste of pine nuts, raisins, candied pumpkin, and fennel seeds.

Traditionally Pandolce was served, topped with a bay leave, at the end of the Advent meal by the youngest of the family, and then sliced by the oldest member for the whole family.

Slow Food Projects.

Liguria has many famous traditional products to offer and many recipes to taste them at their best, however **Slow Food** projects aim to support the invaluable small production which would otherwise disappear. With its projects Slow Food also supports the territory, its ancient professions and traditional processing techniques, therefore saving local breeds and ancient vegetable and fruit varieties from extinction.

In Liguria the produce supported are: **Garlic of Vessalico, Violet Asparagus of Albenga, Anchovies of Monterosso, Tecci-Dried Chestnuts of Calizzano and Murialdo, Chinotto of Savona, Ciccirelli (small fish) of Noli, Beans of Badalucco, Conio and Pigna, the Classic Genoese Focaccia, Sciacchetra of Cinque Terre, Rose Syrup,** and a sheep cheese variety called **Toma di Pecora Brigasca.**



Beans of Badalucco, Conio, and Pigna





Garlic of Vessalico

Anchovies of Monterosso.

These anchovies are peculiar due to the characteristic saltiness of the sea around Monterosso, and due to the delicate taste which makes them perfect salted. Among the most commonly used ingredients of the Ligurian gastronomy, these anchovies can also be marinated, fried, stuffed or served in green sauce.

Garlic of Vessalico.

Preserved in long strings of garlic, with its strong and hot taste, this variety of garlic is perfect for any local recipe, and is the basic ingredient for a gentle sauce called *ajè*, mayonnaise seasoned with extra virgin olive oil and garlic - crushed in the mortar -, one of the many products derived from the medieval garlic sauce called "agliata".

Violet Asparagus of Albenga.

This asparagus, with a characteristic colour and delicate taste, is a good ingredient to go with seafood and white meat, or can be the main ingredient for delicate sauces.

Tecci-Dried Chestnuts of Calizzano and Murialdo.

In the chestnut woods of Ligurian Bormida Valley you can still find "tecci" (little one-room stone buildings hidden among ancient trees.

HERE chestnuts - mostly the Gabbina variety -, are dried to be used in hundreds of different ways.

Anchovies of Monterosso.





Classic Genoese Focaccia

Cicciarelli of Noli.

In this area this variety of fish is known as “**lussi**” or “**lussotti**”. These tapered silver little fish, with no scales at all, live in large schools and can very rapidly hide underneath the sand.

Eaten fried or “in carpione” - with an onion, vinegar, sugar, and herbs sauce -, they are a speciality gourmet!

Beans of Badalucco, Conio, and Pigna.

Young people in these towns grow this traditional variety of beans.

These beans can be boiled and seasoned with extra virgin olive oil, garlic, bay leaves, sage, and peppercorns to prepare tasty soups, added to a batter called **frisceui**, or cooked with meat in the traditional dish - goat and beans.

Classic Genoese Focaccia.

Perfect at any time, for munchies or lunches, Genoese Focaccia is a traditionally poor dish originating in the Ligurian capital city.

The real focaccia is seasoned with olive oil and slowly leavened to maintain its fragrance and golden colour for a long time.

Sciacchetrà.

Made from dried grapes, this precious passito is only produced in small quantities in the Cinque Terre area where, in a landscape made of terraces and rocks plummeting into the sea, the inhabitants harvest their vineyards.

Tome di pecora briasca.

Sora, Toma, and Bruss are cheese varieties that are produced with techniques and tools belonging to a millenary tradition: transhumance. You will taste the strong flavour of a soft and doughy cheese that can be perfectly matched with a wide variety of ingredients.

Rose Syrup



Chinotto of Savona

Chinotto of Savona.

A very good digestive liqueur when distilled and a precious candied fruit, this special fruit was imported to the Ligurian hills from as far as China around the year 1500.

It is better tasted in syrup, as its bitter flavour makes it not suitable to be eaten fresh.

Rose Syrup.

A simple and very ancient product, perfect for warm or cold drinks, diluted in water and very effective to help ease coughing fits.

Traditional Dishes.

Stoccafisso alla Badalucchese.

This traditional dish of the **Argentina Valley and Badalucco** area features cod as its main ingredient.

Cooked in a sauce of pine nuts, walnuts, hazelnuts, olives, and amaretti, the strong flavour of this fish is mitigated by the aromas of nuts.

This fantastic dish is celebrated in September, on the occasion of the festival of Badalucco.



Ingredients and how to prepare it:

1 kg di dried cod, 2 kg when bought pre-soaked;
1 l of broth; 250 ml of extra virgin olive oil; parsley;
4 garlic cloves; 1 medium-size onion; 4 salted anchovies; 20 cl of dry white wine; 120 g of pine nuts and walnut kernels toasted and pound in the mortar; one crushed amaretti biscuit; 100 g of black olives - Taggiasca variety -;
30 g of dried mushrooms; chilli peppers; salt.

Chop garlic, parsley, and onion. Soak the mushrooms in warm water until soft, then squeeze and chop. Do the same with the cleaned anchovies. Saute these ingredients with pine nuts, hazelnuts, walnuts, and the crushed amaretti biscuit. Add a pinch of salt. Add plenty of white wine, possibly Vermentino, and add olives to obtain a nice sauce. Meanwhile chop the fish - if bought dry it will need several days soaking. Boil it in salted water for fifteen minutes, then skin and bone it. Add some of the nut sauce to the bottom of a saucepan and place a first layer of fish on it. Continue alternating fish and nuts, moisturising with the wine and olive sauce. Leave a hole in the middle - about seven/eight centimetres wide - the so called "pozzetto" (little well). Cook over low flame for about 4 hours, pouring the liquid taken from the hole onto the fish. Remember that the "pozzetto" must be full of liquid at all time, if necessary add broth.



Ingredients and how to prepare it:

Pesto recipe:

4 bunches of basil,
40 g of parmesan cheese,
20 g of pecorino cheese,
a handful of pine nuts,
two cloves of garlic,
coarse salt,
extra virgin olive oil;

Wash and dry the leaves of basil, carefully avoiding to crush them. Put the garlic and a pinch of coarse salt in a marble or stone mortar, pound with a pestle of olive wood; add the dry basil leaves, pine nuts (some use walnuts instead), and the two varieties of cheese (in the past, for economic reasons, pecorino was replaced by the cheese of Brà), and work the ingredients to obtain an homogeneous mix. Dilute with oil added in a slow trickle. Pour into a bowl and, with a wooden spoon, mix with the remaining oil.

It's good to remember that the essential oils of basil are located in little veins of the leaves, therefore in order to obtain the best flavour the pestle should be lightly rotated in the mortar as to tear, and not shear, the scented little leaves. The process should be carried out at room temperature in the shortest possible time, to avoid oxidation.

“Favoured” Pesto Trenette.

The traditional recipe of “Pesto Trofie” is very well-known, but the secret to prepare “favoured” (avvantaggiate) trenette is not as popular.

The dough used to prepare trenette includes a part of wholemeal flour, which adds to the flavour and nutritional value of this dish.

A dressing of green beans and boiled potatoes adds further taste to this unmistakably Ligurian recipe.



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Ingredients and how to prepare it:

1 kg of anchovies; 3 cloves of garlic;
a bunch of parsley, basil, onion,
500 g of sauce tomatoes, 1 glass of dry white
wine, extra virgin olive oil,
4 ship's biscuits, salt.

Clean the fish, cut off the heads and take the entrails out.

Finely chop two garlic cloves and the onion then saute them in a large oiled saucepan. Add the peeled, chopped and seeded tomatoes, add salt and pepper. Leave about ten minutes to gain flavour, then pour half a glass of white wine that should be evaporate completely.

Now, put layers of anchovies in the saucepan, pour the remaining wine, sprinkle with chopped parsley, and let it cook for 10 more minutes. Pour the soup in individual bowls, on top of the traditional Ligurian biscuits or on a couple of slices of toasted bread slightly rubbed with the remaining garlic.

Bagnùn di acciughe.

With its sea history, Liguria has always chosen simple dishes, easy to preserve, and nutritious, for the sailors' needs.

The origins of Bagnùn di acciughe can be traced back to maritime tradition, indeed this dish can be eaten cold.

Cappon Magro.

A traditional dish of the Ligurian cuisine, that combines products, riches, and resources of both sea and land.

Initially a poor dish, nowadays Cappon Magro has been enriched with delicious shellfish, possibly this variation originated on the sailing ships when it was necessary to use the remains of previous meals.

A tasty recipe complimented by a special Genoese green sauce to season boiled fish.



Ingredients (for 6 people):

4 ship's biscuits, 800 g of swallow-fish (or hake, umbrine, sea bass), 1 lobster, 12 prawns, 6 oysters, 50 g dried tuna-fish meat, 200 g of shellfish, 1 lemon, vinegar, extra virgin olive oil, salt, 1 small cauliflower, 1 beetroot, 4 artichokes, 3 roots of oyster-plant, 1 white celery, 2 carrots, 300 g of green beans, 2 or 3 potatoes, radish, 1 spoonful of mushrooms in oil, 2 eggs.

For the sauce: a handful of capers, 20 g of pine nuts, 2 salted anchovies, 2 garlic cloves, 2 boiled egg yolks, 1 bunch of parsley, 1 bread roll (soft part only), 1 spoonful of green olives, 1 glass of extra virgin olive oil, salt.

A Journey Through Gourmet Cuisine: Experience and Flavours of Liguria.

Regional menus describe a land, and its culinary tradition. If you want to discover all aspects of Liguria, and all its aromas, you'll just have to travel along four imaginary trails that take you through all the local specialities, producers, lands, farms, and families that preserve good (from all points of view) traditions.

Genoese Cima



Cavagnetto of Brugnato

Route of Flavours from Vara to Magra.

An unusual tour across the seaside and the mountains that tastes like anise and pine nuts, looks green and blue, like the exceptional simplicity of **Panigacci** (small focaccias made out of flour, water and salt), of the **Borlotto Bean of Mangia**, of the **Vara potatoes** and **Albarelo Courgettes**, but also like the harmonic complexity of the spicy **Sausage of Pignone**. Take a short excursion in the olive groves to understand how excellence comes from effort and passion. The sight of breathtaking landscapes and beautiful buildings will be complemented by

gastronomic surprises like **Spungata of Sarzana** and **Rice Cake of Vezzano**, representative of country cuisine. White mozzarella, caciotta and mature cheese come from cattle-breeding in thriving pastures, and seafood delicacies come from **mussel farming** in the cobalt blue waters of the **Gulfs of Lerici** and **La Spezia**. Finally, a bite of the Easter cake made of short pastry, **Cavagnetto**, or “cestinetto” (little basket) - the tastiest way to come to know regional history.



Local Specialities

Route of Flavours - the Apennines of Eastern Liguria.

A short journey from the coast of **Chiavari**, **Sestri Levante** and **Moneglia**, to the border with Emilia Romagna is a detour from the usual tourist itinerary to go to the heart of inland and alpine cuisine. The ideal menu of this area has to include **Corzetti of the Riviera di Levante**, disks of water and flour that show the armorial bearings of noble families or of the producer, as well as **Pansotti**, half moons stuffed with herbs, ricotta cheese and eggs, served with walnut sauce and ideal after a walk through medieval little towns, villas and baroque oratories of the area. The coast tells about itself through the flavours of **Bagnùn**, the sailors dish celebrated around the 20th July in the festivals of **Sestri** and **Riva Trigoso**, and through fried **bianchetti**, little anchovies, wonderful simply fried with oil and lemon. Celebrations in Liguria mean **Genoese Cima**, veal stuffed with minced meat, eggs, parmesan cheese, peas, pine nuts, nutmeg, and marjoram: a delicious blend boiled in water and thinly sliced.

Route of Wine and Oil From the Alps To the Sea.

These are the essential ingredients to season and compliment every meal. Wine and oil link 13 theme itineraries along 127 km of roads from the Alps to the sea, from **Col di Nava** to **Spotorno**, with stops in wine shops, oil mills, restaurants and farm holidays. It is a pleasure to plunge in the ancient country culture, trying **artichokes**, **trumpet courgettes**, **violet asparagus**, **ox heart beef tomatoes** and other vegetables from the plain of **Albenga** immersed in the amber-coloured elixir derived from **Taggiasche** and **Arnasche** olives.

A glass of **Pigato**, **Vermentino**, **Rossese**, or **Ormeasco** wine, will give you enough energy to start your itinerary again heading towards the inland woods, in the season of **porcini mushrooms** and the **dried chestnuts of Murialdo** and **Calizzano**. The tempered climate favours the production of mixed flower, thyme and heather **honey**. Another product available all year is the **garlic of Vessalico**, the secret ingredient of Ligurian pesto.

Routes of Flavours and Colours.

A route for the spirit and for the palate, from the sea to the Maritime Alps, passing through the **Nervia valley**, **Bordighera**, **Dolceacqua**, **Rocchetta Nervina**, **Isolabona**, **Apricale**, **Pigna**, and **Colla Langan**: you can't get lost, the smell coming from green houses, crops, and vineyards will lead you!

A journey through the gourmet food and wine of these lands is also an anthropologic experience in discovering the habits and local dialect hidden in the names of the dishes.

The unpronounceable **Barbagiuai**, for example, are fried ravioli stuffed with rice, pumpkin, beans, and brusso cheese, whereas the **Gran Pistau of Pigna** is a traditional soup around which country life used to rotate. In honour of Admiral Andrea Doria the pizza **Pissalandrea** was not lost in time. It can also be tasted in its variation called **Sardenaira**, pizza with sardines, slightly thinner and crispier, seasoned with tomato, olives, and anchovies. Finally, we can end this itinerary with a dessert from **Apricale**, **Cubàite**, wafers with honey and grilled hazelnuts, and with **Pansarole**, fried in olive oil, best served with hot zabaglione sauce - the sweetest farewell to Liguria that already tastes like melancholy.

Cubàite of Apricale





Typical products

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