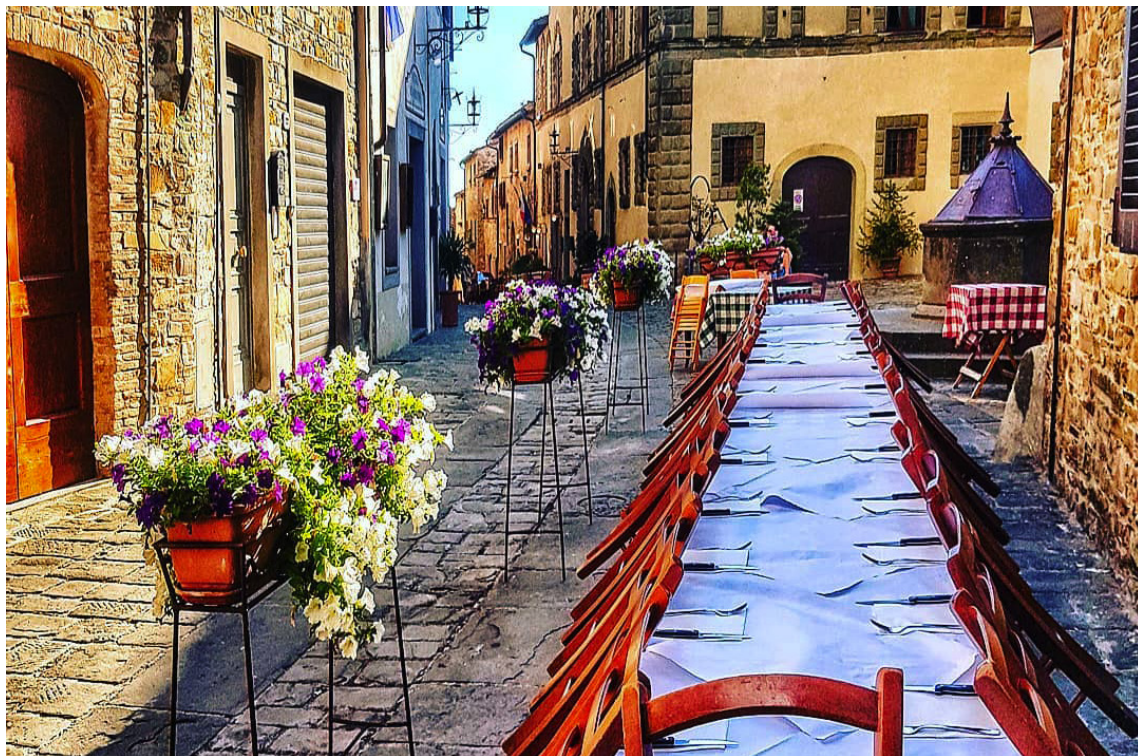


Atlas of food itineraries in Tuscany

Discovering dishes, products and local areas





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every moment
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Vetrina Toscana

Tasting local food is a one-of-a-kind experience, a true ‘journey within a journey’. To navigate the extraordinary biodiversity of Tuscan products and dishes, you need a compass. Vetrina Toscana, the Region’s project promoting food and wine tourism, will help you on this ‘treasure hunt’. Vetrina Toscana is a valuable ally in discovering authentic flavours: when you see this logo on a restaurant, wine shop, cellar or grocery store, but also on a hotel or a farmhouse, you know that is a place where Tuscan culinary tradition is passionately preserved and passed down. Vetrina Toscana guides travellers toward genuine experiences, where they discover not only what Tuscans eat, but how they experience their relationship with food: convivial, respectful of seasonality, and inextricably linked to the surrounding area. Through events, themed itineraries, and collaborations with museums and institutions, Vetrina Toscana makes food culture accessible and engaging. Throughout the year, over 350 events take place throughout the region to let visitors discover even the most hidden corners of the culinary trail.

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Traditional Tuscan Dishes

Tuscany's culinary tradition has made simplicity its strength and popular ingenuity its wealth, a cuisine rooted in the land, the seasons and everyday needs



1 “Se non è zuppa, è pan bagnato”

The bread is the star ingredient in soups and dishes that rely on its ability to keep its texture even when ‘wet’. Peasant cuisine uses leftover bread as an ingredient and combines it with produce from the garden to create healthy, tasty flavours. **Ribollita** is a warm soup where bread is blended with vegetables, shaping a dish that is both nourishing and comforting. In Maremma, there is **acquacotta**, while Florence claims to be the birthplace of **carabaccia**, a historic onion-based soup that is said to have been a favourite of Leonardo da Vinci. Stale bread is given new life in dishes such as **bruschetta**, **pappa col pomodoro** and **panzanella**, a fresh summer salad.

2 Water, flour and imagination

The combination of water and flour gives rise to surprising varieties of shapes and flavours. Each place boasts its own delicacies: typical of Val d'Orcia and Val di Chiana, **pici** are thick, hand-rolled noodles. Stuffed pasta finds refined expressions in Tuscany, including **potato tortelli from Mugello**, **tortelli from Maremma**, filled with spinach and fresh ricotta, and **tordelli** from Lucca, Versilia and Massa Carrara, stuffed with meat and wild herbs. Further north, in Lunigiana, we encounter one of the oldest forms of pasta: **testaroli**. These are cooked thanks to the ‘testi’, traditional cast-iron pots. Finally, there are **gnudi**, gnocchi-like dumplings that effectively consist only of the filling without the pasta itself.



3 “Render pan per focaccia”

Let's start with an ancient saying, notably quoted by Dante and Boccaccio, an introduction to the sheer variety of Tuscan bread and flatbreads. There are over 600 different names alone to describe **schacciata all'olio**. This diversity is also clear in the names given to the chickpea pancake: it's called **torta di ceci** in Livorno, where it is the star ingredient of the famous **5 & 5** sandwich, it becomes **farinata** in the province of Massa Carrara or **cecina** in Versilia. Cornmeal (or 'Formenton') wheat flour is the main ingredient in polenta, but it also key in numerous soups such as **Mugello Tuscan kale farinata**, Livorno **bordatino** and Lucca **matuffi**. In the Lunigiana area, **Casola marocca** is a combination of chestnut flour and potatoes.



4 “Profondo rosso” - deepest red

If you prefer your meat well-done, don't order a Florentine steak. Preparing this classic demands a precise ritual and a specific cut perfected, and its exquisite flavour is easily ruined if overcooked. Long cooking times are essential for other local delicacies, such as **stracotto**, **peposo dell'Impruneta**, **San-giovannese stew**, and the traditional slow-braised **arrosto “morto”** ('dead roast'). Game and poultry are prepared using techniques that enhance their flavour. These dishes demonstrate how Tuscan cuisine has historically made the most of every available resource, a principle best seen in the use of offal, the protagonist of iconic dishes like **tripe alla fiorentina**, **lampredotto sandwich**, and **crostino nero** (chicken liver spread).





5 The art of preserving and cured meats

Among the foremost examples of the ancient art of meat preservation, we find **Prosciutto Toscano DOP** alongside exceptional local specialties such as **Bazzone della Garfagnana** and **Prosciutto del Casentino**. Further highlights include **Finocchiona IGP**, distinctly flavoured with fennel seeds; the internationally renowned **Lardo di Colonnata IGP**, celebrated for its delicate taste and its particular curing process in Carrara marble vats; and **Mortadella di Prato IGP**, whose mixture is flavoured with Alchermes liqueur. Finally, the expert use of every part of the animal is proven by cured meats such as **capocollo**, **lombo**, **sbriciolona**, **rigatino**, and variations of **sanguinaccio** (blood sausage), namely **buristo**, **mallegato**, **biroldo**.

6 “Clear, fresh and sweet waters”

In Tuscan fish and seafood cuisine, culinary wisdom intertwines with respect for the marine ecosystem. **Livorno's cacciucco** is the epitome of this tradition: a true gastronomic masterpiece that celebrates biodiversity through the resourceful use of less commercially popular fish species. From the Maremma comes **caldaro**, a humble dish made from less valuable, unmarketable fish, traditionally cooked in terracotta pots by fishermen returning from the sea. In Viareggio, **spaghetti alla Trabaccolara**, originated as a way to salvage fish that could not be sold at the market. Freshwater fish, particularly trout, and lake fish, such as **Chiusi's 'Brustico'** (meaning 'toasted' and boasting Etruscan origins), are also popular across the region.



7 “Al contadino non far sapere...”

In the 8th century BC, the Etruscans began producing cheese. Pliny the Elder mentions **pecorino cheese** as part of the ancient Roman diet. **Marzolino di Pienza**, the pride of the Val d'Orcia, represents the continuation of this age-old tradition. **Pecorino Toscano DOP** is available in both fresh and mature versions, whereas the Volterra region is home to **Pecorino delle Balze Volterrane DOP**. Dating back to the 16th century, **Raviggiolo del Mugello**, a fresh, soft cheese, was mentioned as a gift to Pope Leo X from the Medici family. Around Pistoia, local producers continue the heritage of making raw-milk pecorino, now recognised as a PAT and a Slow Food Presidium.

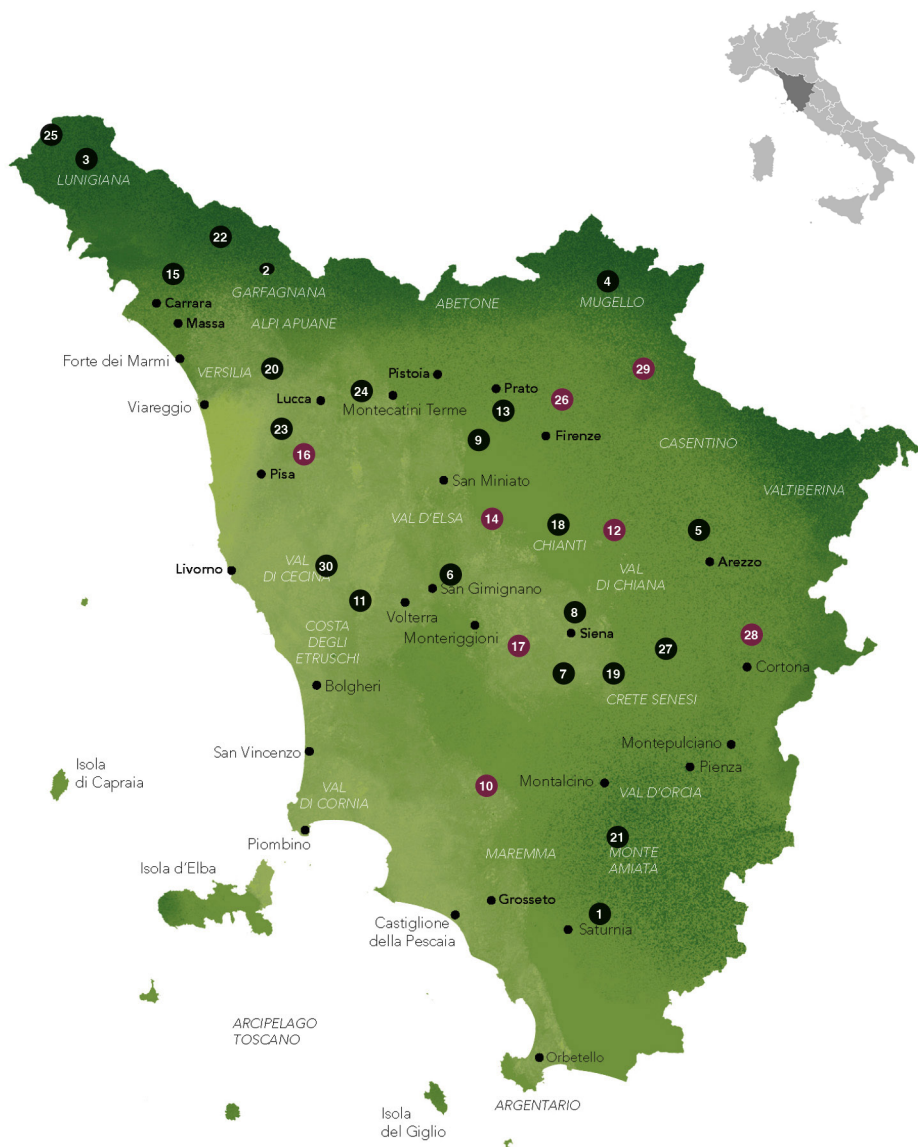


8 “Dulcis in fundo”

Tuscan desserts offer delights for every season, starting with the iconic **Cantuccini IGP**, traditional almond biscuits. **Torta co' Bischeri**, from the Pisa area, takes its name from the shortcrust pastry tips that decorate its edge, whereas Lucca is renowned for its **Buccellato**. Many rustic cakes are made with chestnut flour, including **necci**, **sweet fritters**, and **castagnaccio**. Carnival offers **Schiacciata Fiorentina**, **Berlingozzo**, and **cenci**. In spring, we find **San Giuseppe rice fritters**, **Pan di Ramerino**, and **Easter focaccia**. Summer features **zuccotto**, while autumn delivers **Pan co' santi** in Siena; and finally, Christmas brings a flurry of delights, ranging from **Siena panforte IGP** to **ricciarelli IGP**, **cavallucci**, and **copate**. The festive season concludes with **Befanotti**, shortbread biscuits celebrating Epiphany.



List of products with protected denomination of origin



● In red, production extends to the entire region, in addition to the indicated area

● In black, production is strictly localised to the indicated area

DOP and IGP products from the Region of Tuscany

CHESTNUTS AND CHESTNUT FLOUR

1 Monte Amiata Chestnut IGP

Sweet, delicate nut, available fresh or dried

2 Garfagnana Chestnut Flour DOP

Chestnut flour used for both sweet and savoury dishes

3 Lunigiana Chestnut Flour DOP

Ivory-coloured flour, traditionally used for local delicacies

4 Mugello Chestnut IGP

Very sweet, with a hint of vanilla and a fresh bread aroma

5 Caprese Michelangelo Chestnut DOP

Oval shape, with a unique fragrance and sweet taste

SPICES

6 San Gimignano Saffron DOP

Precious and pure, processed one flower at a time using organic methods

CAKES AND BISCUITS

7 Ricciarelli di Siena IGP

Sweet, soft, lozenge-shaped almond paste biscuits

8 Panforte di Siena IGP

Traditional Christmas cake made with candied fruit, almonds, spices and honey

9 Cantucci Toscani IGP

Traditional biscuits featuring flour, eggs, butter, sugar, honey and almonds

CHEESES

10 Pecorino Toscano DOP

Classic traditional Tuscan pecorino with a unique, delicate flavour

11 Pecorino delle Balze

Volterrane DOP

Produced with raw sheep's milk and plant-based rennet from thistle flowers

CURED MEATS

12 Finocchiona IGP

Soft, fragrant salami seasoned with fennel seeds/flowers and pepper

13 Mortadella

di Prato IGP

Presidio Slow Food

Large, cooked sausage from Prato, enhanced with Alkermes liqueur

14 Prosciutto Toscano DOP

After long dry curing, features a delicate flavour with just the right level of saltiness.

15 Lardo di

Colonnata IGP

Pork lard cured in marble vats with pepper, salt, sage, and rosemary

16 Italian salamini 'Cacciatore' DOP

Small, soft, sweet and flavourful salamis, rich in high-quality proteins

EXTRA VIRGIN OLIVE OIL

17 Tuscan Extra Virgin Olive Oil IGP

Unmistakable, fresh vegetable notes of olive, artichoke or almond

18 Chianti Classico Extra Virgin

Olive Oil DOP

Fruity aroma, with a slightly bitter and distinctly spicy taste

19 Terre di Siena Extra Virgin

Olive Oil DOP

Produced with different olive varieties, features bitter and spicy notes

20 Lucca Extra Virgin Olive Oil DOP

Fruity flavour, marked by pungent, bitter notes

21 Seggiano Extra Virgin Olive Oil DOP

Smooth, harmonious taste, blending bitterness and spiciness



CEREALS

22 Garfagnana Spelt IGP

A wholesome, ancient grain, perfect for summer salads and winter soups

MUSHROOMS

23 Borgotaro Mushroom IGP

Gathered in Tuscany, in the Pontremoli and Zeri areas

LEGUMES

24 Sorano Beans IGP

Presidio Slow Food
Tasty and digestible, grown organically on the Pescia hills

HONEY

25 Lunigiana Honey DOP

Appellation reserved for two varieties: acacia honey and chestnut honey

BREAD

26 Tuscan Bread DOP

Made with wheat germ, natural yeast and water; salt-free with no additives

MEAT

27 Cinta Senese DOP

Exceptionally flavoursome meat obtained from a particular breed of pig

28 Vitellone Bianco

dell'Appennino Centrale IGP

Fresh beef from three cattle breeds: Chianina, Marchigiana and Romagnola


29 Lamb from Central Italy IGP

Fresh, tender meat from lambs under 12 months old

FRUIT

30 Lari Cherries IGP

Locally-grown fruit with firm, crisp pulp and dark red skin





Atlas of food itineraries in Tuscany

A journey to discover flavours

Vetrina Toscana is a project that showcases Tuscany's innermost soul: the one discovered while sitting at the table or browsing through the markets, strolling among hills dotted with olive groves and breathing in the aromas of local cuisine. It's a diverse itinerary featuring restaurants, shops, producers, farmhouses, hotels and cultural routes that celebrate the profound connection between food, identity and landscape. It's more than just food and wine: it's a shared narrative in which cuisine becomes the language of the region, and each dish is a page in its history.

texts: Daniela Mugnai per Vetrina Toscana

photo: Giancarlo Bononi, Alberto Conti

Andrea Dughetti, Dario Garofalo

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