



# World Bound Educator: **ITALY**

## 2024 Food Tour

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# WELCOME | BENVENUTO

Welcome to Veneto, one of Italy's great food regions. During this trip, we'll eat from a menu that will introduce us to the diverse range of local, traditional dishes that were developed in this region's fields, mountains, and river valleys. All our food will be locally sourced from Italian producers within 100kms of us, giving a taste of just how delicious living locally and sustainably can be.

## Traditional Dishes of Cimbrian Cuisine

The culinary tradition of the Cimbrians is simple, connected to the environment, and rich in natural flavors. Cimbrian Cuisine makes use of the mountain fruits, grown in small gardens on the ledges of the mountain slopes facing the sun. These fruits are turned into dishes full of brilliant taste and simple wisdom. Some examples of Cimbrian dishes we'll eat are:

**Gnocchi of the Cimbrian shepherds**



**Bigoli (homemade pasta) with sausages**



**Zuppa d'orzetto (barley soup)**



**Beef stew**



**Buckwheat cake with almonds & jam**





## Traditional Dishes of the Dolomites

The traditional cuisine of the Dolomites is a 'poor' cuisine, based on simple but genuine dishes that incorporate the authentic and characteristic taste of the region's beautiful alpine valleys. The dishes that used to be cooked by the Italian grandmothers in the Dolomites are now being revisited, staying faithful to tradition, by local finest chefs in restaurants and mountain huts. Some dishes of the Dolomites that we'll try are:

**Casunziei (ravioli filled with pumpkin, spinach, or beetroots)**



**Pumpkin gnocchi**



**Canederli (bread dumplings with cheese or vegetables, served in broth or dry)**



**Crispy fried polenta**



**Polenta (with cheese, mushrooms, or deer)**



Desserts of the Dolomites are made with simple, natural ingredients that will warm your heart.

**Cakes and tarts with apples berries, dried fruit, nuts, ricotta**



**Apple strudel (apple pie)**



## Traditional Dishes of Venice

Venetian cuisine, a culinary icon of Northern Italy, boasts diverse flavors influenced by its proximity to the Adriatic Sea and fertile plains. Renowned for risotto, fresh seafood, and exquisite wines like Prosecco and Amarone, this cuisine delights palates from around the world with dishes that capture the region's rich and ancient gastronomic heritage. Some of the foods we'll sample include:

**Risotto con radicchio (rice with radicchio)**



**Soppresa polenta e funghi (Italian salami, polenta, and mushrooms)**



**Risotto ai gò (rice with small fish), typical of the island of Burano**





## Cicchetti



Venetian tapas, you'll find cicchetti at a b acaro, or wine bar. Typical Cicchetti dishes:

- Baccal  Mantecato (Traditional salted-cod smashed into a creamy paste and formed into balls)
- Sarde in saor (Sardines with a sweet and sour mixture of cured onions, raisins, and pine nuts)
- Crostini (Simple, toasted slices of local bread with various spreads)
- Tramezzini (Small crustless sandwiches, sometimes toasted)

- Polpette or Croquette fritte (Fried balls of meat, cheese, or potatoes)

## El scartosso de frito



Venetian takeaway par excellence, "el scartosso de frito" translates from the local dialect into "il cartoccio di fritto" which in turn translates to English as "bag of fried food". The "cartoccio" or "scartosso" is the cone-shaped paper wrap filled with calamari, often coupled with battered vegetables or a small slice of roasted polenta.

## Venetian Wines

As a wine region, Veneto brings heft and history to the table. Its importance is in part due to the volume of [Pinot Grigio](#) it produces, and the massive growth in demand for [Prosecco](#). However, continued recognition for other wines from the region, such as [Valpolicella](#), [Amarone](#), [Soave](#) and [Bardolino](#), help keep Veneto in the spotlight.

