

# POLISH and ITALIAN ENO-GASTRONOMY

A practical guide for the development of  
Eno-gastronomy tourism.

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# Introduction

I invite you on a fascinating journey to two corners of Europe, which at first glance may seem different, but due to their heritage and passion for creating extraordinary flavors, form a perfect harmony. **Poland** and **Italy** - places where tradition meets modernity, and a love for nature is evident in every glass of wine, every slice of bread, the taste of cheese, or the delicate and crumbly biscuits. **Lublin Province** is a region that has been delighting tourists for years with its picturesque landscapes and rich culinary offerings. Here you will find not only nature and history but also enthusiasts who are dedicated to creating exceptional products. Wines, cheeses, yogurts, and homemade baked goods become the hallmark of this place. The soil and climate of this region favor the cultivation of grapevines, allowing the local vineyards to develop and gain increasing recognition both domestically and internationally.



Our journey will begin in **Janowiec**, where time seems to have stopped, creating a perfect backdrop for aromatic wines and local homemade products. Next, we will visit **Kazimierz Dolny** and its surroundings—a gem on the Vistula River, where works of art and natural beauty complement each other, and the scent of freshly baked bread is unmistakable. Finally, we will arrive in the vicinity of **Nałęczów**, known not only for its spa qualities but also for its closeness to nature and flavors that linger long in the memory.



Italy, particularly the area around **Novara**, is a region that, like Lublin Province, will enchant us with its diversity and love for traditional flavors. Those familiar with this region know it is worth delving into its culinary fascinations, discovering rich aromas and tastes. Here, the winemaking tradition is deeply rooted, and wines produced from local grape varieties reflect the spirit of the region. During our trip, we will visit picturesque wineries, each wine telling its own story.

We will savor cheeses that are the perfect complement to local wines, discovering the secrets of the local cuisine that have withstood the test of time. Finally, we will taste delicious, crumbly, melt-in-the-mouth biscuits that complete everything we have seen and tasted. This ebook is an invitation to explore the flavors and history of two fascinating regions united by a love for tradition, nature, and fine wine. We hope it will inspire you to embark on your own journeys and discoveries in the magical world of wine tourism.



# LUBLIN

## Enogastronomy

### Janowiec Vineyard

*The Treasure of Our Tradition and Nature*

In the heart of the picturesque Janowiec Hills, near the historic town of Janowiec, lies a unique vineyard that harmoniously blends tradition with modernity. Janowiec Vineyard, managed by Barbara and Andrzej Kwasek, has gained well-deserved recognition both in Poland and beyond since its establishment in 2014. Thanks to the excellent conditions of the Vistula riverbank, the products of this vineyard have captivated wine enthusiasts seeking authentic and high-quality flavors.

Janowiec Vineyard offers a wide range of wines, including white, red, and rosé varieties. The vineyards cultivate noble grape varieties such as Chardonnay, Pinot Blanc, Pinot Noir, Zweigelt, Guttedel, and Resler. What distinguishes these wines is not only their excellent taste qualities but also their closeness to nature, with each glass carrying the characteristics of the regional terrain. The first parcel of the vineyard, the oldest and most extraordinary, was located on the fertile alluvial soils near the Amber Route. This magnesium-rich land imparts a specific minerality to the wine, unique to this area.

The other two vineyards are situated on the southern slopes of Janowiec, characterized by glacial loamy-sandy soil with limestone marl as a substrate. These specific soil conditions and the microclimate provide ideal conditions for the development of grapevines that can withstand the challenges of the Central European climate.



Barbara and Andrzej Kwasek, as enthusiasts of traditional winemaking, place great emphasis on the quality and regional character of their products. They draw on the wisdom of ancient traditions but aren't afraid of modern innovations in winemaking technology. In this family vineyard, each stage of production—from harvesting through fermentation to bottling—is meticulously supervised to ensure the highest quality of each wine.

Janowiec Vineyard is not only a place for producing exquisite wines but also an attractive spot on the enotourism map of Poland. Its picturesque location enchants visitors, and the rich tourist offer allows for a deeper understanding of the secrets of winemaking. Guests can partake in tastings led by the owners themselves, who share their knowledge and passion for wine.

Additionally, the vineyard invites guests to explore its scenic corners and discover the fascinating history of Janowiec.

Janowiec Vineyard is a place where tradition, nature, and a passion for winemaking intertwine, offering exceptional experiences to anyone wishing to discover the true essence of the region.

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*The vineyard sells wines*

*The vineyard invites guests by prior arrangement*



# Kazimierskie Hills

## *Heart of Lublin Wine Culture*

In the heart of the Lublin region, the Kazimierskie Hills represent not only the beauty of the Central European landscape but also the heart of the region's wine culture. This picturesque area is home to several vineyards where a passion for winemaking meets local tradition and the unique features of the terrain, giving rise to wines with unique character and history.

Kazimierskie Hills Vineyard, named after its location in the Kazimierz Landscape Park, is the fruit of dreams of people who, leaving corporate offices, decided to immerse themselves in the world of wines. They were inspired by their travels and studies with the best winemakers from Italy, Austria, and Hungary, which allowed them to develop skills they now use to create their wines. Their goal was not only to create high-quality products but also to convey the culture and tradition of winemaking to others.

The vineyard consists of three different parcels totaling six hectares, located in places such as Wylągi (190 m above sea level), Skowieszynko (205 m above sea level), and Jeziorszczyzna (180 m above sea level). Each of these locations offers unique climatic and soil values, which are crucial for quality wine production.



The Kazimierskie Vineyard offers more than just wine. It is a place that promotes local culture and provides a space for relaxation and leisure. The vineyard owners passionately talk about their work, the wine production process, and organize wine events that allow for a closer understanding of the history and development of winemaking in the Lublin region.

Visitors can truly feel the emotions and dedication of the owners in every bottle of wine produced. Kazimierskie Hills offers wines that are not only for connoisseurs but also for those who want to taste something authentic and full of local character. Additionally, during the annual grape harvest, guests can personally engage in the grape-picking process, which is an extraordinary and unforgettable experience.

The magical location of the vineyard within the buffer zone of the Kazimierz Landscape Park and the fertile loess soils create ideal conditions for organic and caring cultivation of grapevines. Traditional winemaking techniques here harmonize with the modern processing facility, equipped with professional equipment that allows for precise sealing of aromas and flavors in each bottle. This unique balance between tradition and modernity has made the wines from Kazimierskie Hills increasingly recognized among wine enthusiasts worldwide.

For those who want to discover the true heart of Lublin's wine culture, Kazimierskie Hills offers an unforgettable experience, where each glass of wine is like a new chapter in a fascinating story about what really matters in life - living in harmony with oneself, living in love, and each moment woven with passion.





## Dymek Vineyard

### *Tradition Meets Modern Winemaking*

Located in the picturesque landscape between Puławy, Kazimierz Dolny, and Nałęczów, in the village of Kolonia Karmanowice, Dymek Vineyard is a family endeavor that combines tradition with a modern approach to winemaking. Its location by a pond and unique microclimate create ideal conditions for cultivating various grape varieties.

The history of Dymek Vineyard dates back to 2018, when the owners decided to plant the first grapevines on land that had been in the family for five generations. The idea sprang from a passion for wine and resulted in significant development of the initial concept. What began as a small, hobby vineyard with 150 Pinot Blanc vines has grown to 750 vines on the first parcel. The second parcel is considerably larg-



er, providing ample space for realizing ambitious winemaking plans.

The true energy of this vineyard comes from dedicated family members, friends, and acquaintances who help with harvesting and planting. This commitment and passion, rooted in tradition, create an authentic atmosphere that reflects in the quality of the produced wine.

Dymek Vineyard places special emphasis on selecting grape varieties that suit the properties of the local soil. The plot where Chardonnay grows is characterized by a high pH, comparable to limestone soils in France, which benefits this variety. Meanwhile, the more clayey soils near the house enable the successful cultivation of other varieties.

In addition to Pinot Blanc, since 2019,

the vineyard has enriched its offerings with Chardonnay and Zweigelt, demonstrating dynamic development and openness to diversity. Soil analysis played a key role in selecting these varieties, resulting in the production of wines with deep taste and character.

Dymek Vineyard invites you to discover its three exquisite white wines. Pinot Blanc is a delicate and aromatic wine that enchants with subtle notes. Chardonnay, full of character, is a more expressive option, complemented by the refreshing blend of Chardonnay & Pinot Blanc. The red Zweigelt, slightly tannic and smooth, won a silver medal at the wino.pl 2023 competition for its 2021 vintage, highlighting the rising quality and reputation of the vineyard. This award is particularly significant as it was the first red wine produced in the vineyard's history. This achievement attests to the continuous pursuit of excellence and the tremendous potential of this family vineyard.

Dymek Vineyard embodies passion, determination, and an unending pursuit of quality. Thanks to tradition and an innovative approach to winemaking, the wines from this vineyard offer not only unique taste experiences but also the story and soul of the region.

If you wish to immerse yourself in the world of exceptional wine experiences, visit Dymek Vineyard and let yourself be enchanted by its offerings. This is a place where every bottle of wine is the result of the heart and hard work of people passionate about what they do. Discover this extraordinary vineyard and experience how tradition intertwines with innovation.

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*The vineyard sells wines*

*The vineyard invites guests by prior arrangement*





# Maćkowa Chata

## Heartfelt Polish Flavors & Hospitality

Maćkowa Chata is a small yet charming restaurant located in the heart of picturesque Janowiec, a place that magnetically attracts tourists seeking authentic flavors and a homely atmosphere. It is truly a gem of the region, offering unique culinary experiences reminiscent of a family home.

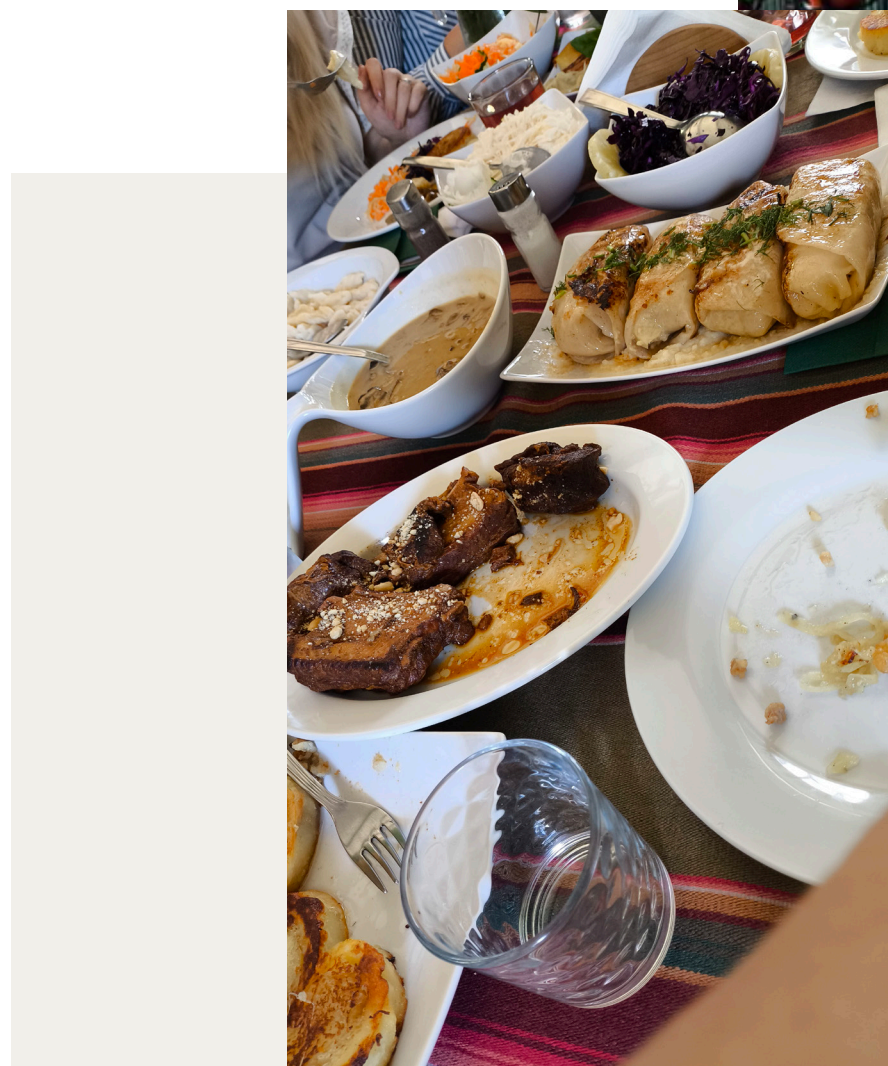
In its over 22 years of existence, Maćkowa Chata has earned the reputation of a cult spot that not only caters to the tastes of its guests but also cultivates the tradition of Polish hospitality. From spring blossoms to autumn harvests, the restaurant opens its doors every day of the week to present the best of local cuisine.

Maćkowa Chata offers a rich selection of dishes that pay homage to local ingredients and family recipes. The menu includes traditional Polish cuisine with regional accents, featuring dishes prepared from local products such as fresh cheeses, juicy vegetables, and orchard fruits. Attention to quality ensures that each plate is not just a meal but a memorable culinary experience.

Guests can savor dishes distinguished by simplicity and authenticity and enjoy local wines and beers. Whether you are

a fan of meat specialties or vegetarian delicacies, Maćkowa Chata will surely meet your expectations. No one leaves here hungry, a commitment that the owner and her team take very seriously. Maćkowa Chata is not only about delicious food but also a friendly atmosphere that makes every guest feel at home. The interior radiates warmth and tradition, and the family ambiance from the moment you enter invites

Maćkowa Chata



a calm and relaxed meal. This place is also unique due to its openness to four-legged friends—Maćkowa Chata is pet-friendly, and every furry companion is welcome here.

Maćkowa Chata is more than just a restaurant—it is a place where every guest is treated like a family member. Serving dishes prepared with love and respect for tradition, it evokes the best childhood memories. It is a true celebration of the taste and culture of this beautiful corner of Poland. Visiting Maćkowa Chata, you discover more than just new flavors—you discover warmth, passion, and history rooted in every detail of this charming place. We invite you to this enchanting spot, where every bite is a journey into a world of unforgettable tastes and memories.

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*"After dining at the restaurant, it's worth taking a moment to explore the surrounding attractions. Janowiec offers not only breathtaking landscapes but also a wealth of history."*

*Nearby stands an impressive castle that majestically overlooks the area, attracting lovers of history and architecture."*



# Sarzyński Bakery

## *A Taste of Tradition*

Kazimierz Dolny is not only a picturesque town with a rich history but also a culinary mecca where tradition meets the unique flavors of the region. One of the most important stops on the map for any food lover visiting this place is the Sarzyński Bakery. Renowned primarily for the local specialty—kogut (rooster), this bakery has gained the status of a symbol, attracting tourists and locals alike with its extraordinary charm and excellent baked goods.

Founded by Master Baker Cezary Sarzyński, Sarzyński Bakery continues a century-old family tradition, preserving recipes passed down through generations. It is a place where every piece of bread or cake combines passion, heritage, and master craftsmanship, paying tribute to the legacy of ancestors.

The kogut from Sarzyński Bakery is more than just a baked good. It's a symbol of Kazimierz Dolny, holding a place in the hearts of both residents and tourists. The exquisite recipe, based on natural ingredients and traditional preparation methods, makes this rooster unique. It serves as a perfect gift or souvenir from a visit to this charming town.

In the bakery, you can also taste other traditional sweets and regional delights that stand out for their quality and authenticity. Every product prepared by the bakery carries a story worth knowing and appreciating. Sarzyński Bakery has become an inseparable part of the landscape of Kazimierz Dolny, just like the Renaissance townhouses, cobblestone streets, and the Vistula river landscapes. Its existence is proof of the importance of preserving tradition and passing it on to future generations.

This place attracts guests with its



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Kazimierz Dolny, a cultural epicenter of the region, found another point of pride when Sarzyński Bakery appeared on its map.

From its early days, the bakery captured the hearts of locals with its quality and authenticity. Visiting Sarzyński Bakery, you enter a world where a wealth of flavors is accompanied by the aroma of freshly baked bread and cakes. In addition to a wide range of diverse bread, the bakery is famous for making the local symbol—kogut. This regional delicacy is not only delicious but also offers a near-cultural experience for every visitor.



warm, family-friendly atmosphere, making everyone feel at home. It's a spot where it's worth stopping, if only for a moment, to rest and savor extraordinary flavors with a cup of aromatic coffee.

A visit to Sarzyński Bakery is more than just a culinary experience—it's a journey through time where tradition intertwines with the present in every taste and scent. It's a place that never ceases to amaze and inspire, showing that true wealth lies in simplicity and the history handed down through generations.

If you want to taste truly regional specialties and feel the atmosphere of Kazimierz Dolny, you cannot miss Sarzyński Bakery—the true heart of flavors in this picturesque town.





## Mleczna Droga

*Dairy Craft with Heart*

Nestled between the charming towns of Nałęczów and Kazimierz Dolny, Mleczna Droga is not just a farm but a true dairy gem that has captured the hearts of not only the residents of the Wąwolnica commune. It is a place where a passion for agriculture and dairy production transforms into a unique culinary experience for every lover of local delicacies.

Mleczna Droga is an endeavor guided from the beginning by the idea of biodynamic farming. Inspired by a holistic approach to agriculture, the owner decided to develop the farm into a self-sustaining organism.

The integration of animal husbandry, land cultivation, and dairy production allows for achieving harmony, which is key to preserving the quality and uniqueness of the products created at Mleczna Droga.

On the extensive 13-hectare farm, traditional methods of animal husbandry and milk processing are used. Thanks to this, the dairy products from Mleczna Droga are extremely fresh and free from preservatives and artificial flavorings. The key element here is the highest quality milk with exceptional composition and taste, which serves as the foundation for all products.

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Every product is crafted using artisanal methods, emphasizing attention to every detail in the production process. It is through such practices that Mleczna Droga has earned the recognition and trust of the local community, and its products enjoy growing popularity beyond the region. One of the key aspects of Mleczna Droga's operations is an ecological approach to agricultural production. The owner passionately develops the farm according to ecological standards, focusing on natural methods of land cultivation and animal husbandry. As a result, Mleczna Droga not only provides healthy and delicious products but also supports environmental protection and sustainable agricultural development.

In Mleczna Droga, everyone will find something for themselves. The farm offers a wide range of dairy products that entice with their unique taste and aroma. From traditional cheeses and yogurts to other dairy delights—everything is prepared with a love for the craft and nature. Each visit to Mleczna Droga is not only an opportunity to purchase fresh products but also a chance to learn the fascinating story of this place. Guests can see firsthand how the products they enjoy at their tables are made.

Mleczna Droga is more than a dairy farm—it is a place where tradition and modernity harmoniously converge, giving rise to products of unmatched quality. Every element of this endeavor, from ecological farming practices to artisanal production methods, highlights the owner's pursuit of perfection and sustainable development. If you are seeking authentic flavors and want to experience true passion encapsulated in each product, visit Mleczna Droga and discover the secret of its uniqueness.





# ITALY

## Novara

— Dome of Novara

**Novara** is considered the "most Lombard" of the Piedmont cities, because closer to Milan than to Turin, both geographically and culturally. History over the centuries has seen many armies and rulers from the Visconti to the Savoys, from the Austrians to the Spanish and to the French. From Piazza Martiri della Libertà, continuing along Via Rosselli, you will discover some valuable architecture: the Coccia Theatre, the Cathedral of Santa Maria Assunta, the Broletto, from which the Antonelliana Dome of the Basilica of San Gaudenzio is visible. Designed by the visionary architect **Alessandro Antonelli**, with its 121 meters of height, is the second tallest in Piedmont.

The province of Novara is one of the eight provinces of Piedmont, with an area of 1,340 km<sup>2</sup> and a population of approximately 366,000 inhabitants. The population density stands at 273 inhabitants per square kilometre.

01

### GORGONZOLA

The national production of Gorgonzola stands at over 5 million forms (aged 20 days) with greater peaks in 2021 and 2023, of which almost 25 thousand kilos exported all over the world, mainly to France and Germany, followed by other European countries. An interesting fact is that Japan and South Korea are among the top 20 importing countries.

Source: *Consorzio Tutela Gorgonzola, Chamber of Commerce MONTE ROSA LAGHI ALTO PIEMONTE, Strategic Planning and Economic Information Service.*

02

### RICE

2024 - 517 producers in the Province of Novara  
31 thousand hectares cultivated in the Province of Novara which correspond to almost 15% of the cultivated territory at a national level.

Source: *Ente Nazionale Risi Chamber of Commerce MONTE ROSA LAGHI ALTO PIEMONTE, Strategic Planning and Economic Information Service.*

03

### WINE

There are four **DOP** denominations produced in the province of Novara. First the **Ghemme DOCG**, then the **Sizzano DOC**, the **Fara DOC** and finally the **Boca DOC**. The DOP denominations of the province of Novara are characterized and defined by the presence of typical Novara vines and by a specific production area which belongs to its municipality. In addition to the above denominations, the Colline Novaresi DOC has also been present in the province of Novara since 1994, with seven types of wine.

The production area, which forms a sort of quadrilateral, is represented by a hilly area that groups together 25 municipalities: Barengo, Boca, Bogogno, Borgomanero, Briona, Cavaglietto, Cavaglio

d'Agogna, Cavallirio, Cressa, Cureggio, Fara Novarese, Fontaneto d'Agogna, Gattico, Ghemme, Grignasco, Maggiora, Marano Ticino, Mezzomerico, Oleggio, Prato Sesia, Romagnano Sesia, Sizzano, Suno, Vaprio d'Agogna, Veruno.

The main grape variety of the Colline Novaresi is Nebbiolo, which predominates in all typologies and profoundly characterizes the territory. The vines making up the vineyard must be typical ones, with a prevalence, at least 85%, of the vine that gives its name to the individual typologies.

The **Nebbioli Alto Piemonte Protection Consortium** was created to protect, enhance and take care of the interests relating to the Designations of Origin of Boca, Bramaterra, Colline Novaresi, Coste della Sesia, Fara, Gattinara, Ghemme, Lessona and Sizzano wines. One of the major wine promotion events in the area organized by the Consortium is Taste Alto Piemonte.







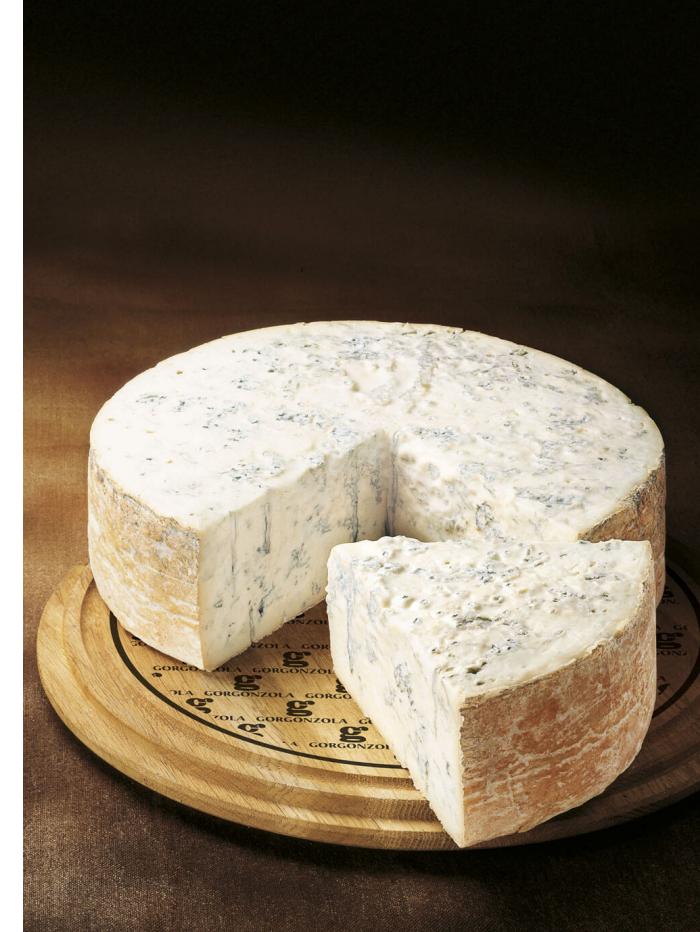
# Gorgonzola

*Gorgonzola cheese is a flagship product of the Novara area: sweet or spicy, to be tasted alone or as an ingredient in various "haute cuisine" recipes, it is one of the symbols of this city.*

Here resides the Consortium – since 1970 – dedicated to protecting and safeguarding this Protected Designation of Origin. The Gorgonzola "DOP" has a strict set of rules with a precise definition: **Gorgonzola** refers exclusively to a **"soft, fatty, uncooked cheese made solely with whole cow's milk."** Today, Gorgonzola is recognized and appreciated worldwide.

Among the three main producing provinces, Novara accounts for 45%, Pavia for 22%, and Milan for 15%. The remaining production is spread across other provinces within the designated production and aging area defined by "DOP" protection laws.

Various hypotheses, some linked to ancient folk legends, have been proposed regarding the origin of this iconic cheese from Novara. The most popular legend tells of a distracted cheesemaker, deeply in love, who accidentally mixed two different curds. The result was a peculiar cheese. His master punished him by paying him with the cheese born from his mistake, which turned out to be delicious and flavorful. In the end, the cheesemaker married the girl, and his wedding gift was a wheel of his very own cheese.



*IGOR is an Italian excellence in the production of Gorgonzola, renowned for its artisanal quality and rooted in the dairy tradition of Novara since 1935.*

# ENO Gastronomy

## Rice

In the Novara area rice grows in the countryside all around the city of Novara. The triangle between Pavia, Vercelli and Novara is the most important both for quality and quantity even in Europe. In this period it is wonderful to walk along the minor streets of the Novara plain surrounded by what is known as the "checkered sea".

Among the typical dishes, pride of the place, goes to the "paniscia

alla novarese": risotto with cabbage, borlotti beans and duja salami. The name Paniscia derives from the use of panico, a low-quality cereal similar to millet, which was used in times gone by, instead of rice.

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# In Novara Area WINES

The production of wine in the hills of the province of Novara has an ancient origin dating back to pre-Roman times.

Today there are four DOP denominations produced in the province of Novara. First, **Ghemme DOCG, Sizzano DOC, Fara DOC and finally Boca DOC.** The DOP denominations of the province of Novara are characterized and defined by the presence of typical Novara vines and by a specific production area which belongs to the mu-

nicipality itself.

**The main grape variety of the Colline Novaresi is Nebbiolo**, which is the main element of the wines of these areas and which characterizes the landscape. To protect, enhance and promote the image of these wines, the **Consorzio Tutela Nebbioli Alto Piemonte** was founded in 1999. The companies that join the Consortium represent almost all of the production, from those with brands of very ancient local tradition to those of recent birth and with very limited production.

## Boca *Podere ai Valloni*

The love for wines and for the land around Boca, in Upper Piedmont, started together this family business. The rural residence is located on a hill overlooking the vineyards. It is built around an 18th century observatory, renovated and subsequently expanded. The surrounding woods of the Monte Fenera Natural Park, the hills, the silence of nature are witnesses of the care taken in cultivating the land, to intentionally produce a limited number of 10,000 bottles per year.

## Ghemme *Cantina Rovellotti*

The Rovellotti brothers' agricultural company is based in Ricetto di Ghemme, a medieval village that flanks the ancient road that leads from Novara to Valsesia. The history of the place has experienced very important moments, first of all the disputes between the Guelphs and Ghibellines, up to the Visconti lordship and the battles against the Austrian army during the First War of Independence.



01

The vineyards of "Podere Ai Valloni"

02

The wooden barrels of the "Podere Ai Valloni" winery



03

The wine of "Cantina Rovellotti - Ghemme".



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# Novara Excellences



## Biscottini di Novara Camporelli

The "**Biscottini di Novara**" are made up of 3 simple ingredients: flour, eggs and sugar, and are cooked twice, first baked and then left to dry at a lower temperature.

Their history dates back to the sixteenth century, when they were made by nuns for festivities and used as gifts for the Roman clergy. In 1852 the Camporelli family took up the tradition and perfected it so much so that today we can still find Biscottini in Novara, in the historic headquarters in Vicolo Monte Aiolo, a few steps from Corso Cavour.

## Pane di San Gaudenzio Pasticceria Gramigni

Another typical dessert of the Novara tradition is the "**Pane di San Gaudenzio**". Particular dessert, consisting of a shortcrust pastry base and a filling reminiscent of the Margherita cake dough. The shape of the bread of San Gaudenzio is usually elongated, and is still prepared with the historical recipe by the pastry shop Gramigni, in Corso Cavour. It was initially cooked for the patronal feast, subsequently it became a dessert for all occasions.



## Blond Onion Cureggio and Fontaneto

Between **Cureggio and Fontaneto**, you can find the **blonde onion**, a *SlowFood* presidium. It is used for soups, risottos, stewed with salami, or as an ingredient in stews and braised dishes. Its characteristic sweetness adds a special touch to traditional local recipes.



## Salumi Cured Meats

Local cured meats are predominantly pork-based, such as "**salamini della duja**" and "**fidighine**" (made with liver), which are stored in terracotta jars called "**duje**" and covered with lard to preserve them and keep them soft.

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## POLISH & ITALIAN ENO-GASTRONOMY

**Fundacja Puławskie Centrum Przedsiębiorczości (FPCP)**

<http://www.fpcp.org.pl>

**PRO LOCO Novara**

<https://proloconovara.com>

