

LAZIO: MAP OF EXCEL- LEN- CES

LAZIO: LA MAPPA
DELLE ECCELLENZE



- 1. Abbacchio Romano PGI:** a lamb born, raised and slaughtered in the Latium region, characterised by a delicate flavour, hints of grass and milk. Popular recipes: abbacchio allo scottadito (grilled lamb ribs), abbacchio alla cacciatora (boned lamb in wine sauce) and oven roasted lamb with potatoes.
- 2. Guarcino spring water:** known already to the Romans, Filette water flows in the land of Guarcino (FR) and is considered one of the purest Italian mineral waters.
- 3. Anguillara Sabazia spring water:** Claudia water gushes from the thermal springs of Emperor Claudius. Its balanced sodium content

14. Romanesco broccoli PAT: a traditional vegetable of the Roman countryside, it is distinguished by its pointed shape, bright green colour, sweet taste and delicate flavour. A famous recipe is "pasta e broccoli in brodo di arzilla" (pasta and broccoli in skate broth).

15. Cacio Fiore PAT: forerunner of Pecorino Romano cheese, it is produced from ewe's milk and vegetable rennet obtained from artichoke or thistle flowers. It is square shaped and with a sharp aroma and intense flavour.

16. Cacio Magno PAT: retrieved from an ancient oral tradition and historical records, this cheese produced from ewe's milk and is typical of the Lower Sabina area. It has a soft texture, a sweet and aromatic flavour.

17. Cacio Romano PAT: this cheese, traditional of the Roman countryside, is produced from ewe's and cow's milk. Excellent served with pears and broad beans, it has a compact and slightly eyed texture.

18. Caciotta Genuina Romana PAT: a table cheese produced from ewe's milk, cylindrically

28. Celleno cherry PAT: the production of this local cherry in the Celleno (VT) area dates back to the Middle Ages. It is characterised by a tender pulp and a pleasant flavour.

29. Ravenna della Sabina cherry PAT: this cherry is grown in the Roman Sabina area, between the towns of Palombara and Montelibretti, and it is very sought after for its pink pulp and its sweet and persistent flavour.

30. Conciato di San Vittore PAT: this cheese, traceable to the Samnite civilization, is still produced in the Lower Ciociaria area. Made from ewe's milk and cylindrically shaped, it is seasoned using a blend of 15 aromatic herbs.

31. Corallina Romana PAT: a sausage of rural farming tradition with a sweet and mildly seasoned taste, and a distinctive aroma. It is a must on the Easter morning breakfast.

32. Coregone freshwater whitefish PAT: introduced in the Lake Bolsena at the end of the 19th century, this fish has an elongated shape, a silvery colour on its back and a whitish belly.

shaped, with a straw-yellow coloured and slightly eyed paste. It may be either sweet or slightly salty.

19. Sezze artichoke PAT: this vegetable was introduced 25 years ago in the Sezze (LT) area. It has a delicious taste and beneficial health properties that make it stand out among Lazio products and regional recipes.

20. Carciofo Romanesco del Lazio PGI: also known as *cimarolo* or *mannola*, this artichoke has a spherical and compact shape, green-purple thornless leaves, a soft and tender core, a strong grassy aroma.

21. Maremmano beef PAT: the Etruscans were already acquainted with this breed leaving in the wild in the Lazio Maremma area. The meat is lean, with a high vitamin B and iron content.

22. Viterbo rabbit PAT: the Etruscan were already acquainted with rabbits, but this specific species was introduced in 1978 for free-range breeding. The meat is flavourful and with a good texture.

23. Castagna di Vallerano PDO: the oldest proofs of chestnut growing in the

Viterbo area date back to the 1500s. It was granted the PDO designation in 2009. Its flesh is white and has a pleasantly sweet flavour.

24. Priverno broccoli rabes "Chiacchetegli": growing close to the Amaseno River, this broccoli rabes variety has a characteristic purplish colour and a delicate flavour. The Chiacchetegli festival takes place in February in the town of Priverno (LT).

25. Ciambella and Gran Cacio di Morolo PAT: produced in the town of Morolo (FR), to the right bank of the Sacco River, it is a cow's milk pasta filata (span curd) cheese that acquires its unique flavour after a long ageing process.

26. Campodimele chickling pea PAT: the medieval hamlet of Campodimele, located on the Monti Ausoni hills, preserves this rare legume, characterised by a flat and angular shape, and a slightly bitter flavour.

27. Gaeta Catalogna chicory (puntarelle) PAT: tender, crunchy and with a bitter taste, according to Roman tradition the "puntarelle" are dressed in an oil, garlic and anchovy sauce.

43. Kiwi Latina PGI: this fruit, whose cultivation was introduced, in 1970, in the Pontine Marshes, has attained excellent results over time and the PGI designation.

44. Signorinella di Formia lettuca PAT: grown between the towns of Formia and Gaeta, this vegetable has typical light green leaves with radish-red edges. It is named after its appearance similar to a woman wearing a skirt and lace.

45. Tuscia legumes: traditional legumes, such as the Fagiolo del Purgatorio di Gradoli (beans), Cece del Solco dritto (chickpeas), Lentichia di Onano (lentils) and Fagiolo Secondo or della Stoppia di S. Lorenzo Nuovo (beans) are grown in the area surrounding the Lake Bolsena.

46. Rascino lentil PAT: its pleasant taste and integrity after cooking make this lentil a valuable niche product in the Rieti area.

47. Ventotene lentil PAT: introduced into the island around the year 1800 by farmers from Campania, this lentil thrives on rainwater and rich volcanic soil. Hand-grown, it is one of the finest lentils in Italy.

48. Segnino chestnut PAT: The Monti Lepini hills are the most suitable habitat for producing this chestnut, of large dimensions and with a crisp compact pulp, also used in the preparation of marron glacé (candied chestnuts).

49. Arsolana bean PAT: cultivated since the 16th century along the Aniene River, this rustic and early-growing bean species is characterised by its pearly white colour and its delicate buttery texture.

50. Eucalyptus honey from the Pontine Marshes PAT: the cultivation of eucalyptus in the Pontine Marshes has fostered the development of beekeeping and the production of excellent honey.

51. Mistrà PAT: a dry liqueur made from star anise, alcohol, water and natural flavourings. Mistrà was invented during the 1800s as a decoction against malaria for shepherds living in the Maremma area, but in fact has established itself as an extraordinary tonic.

52. Mortadella Romana (or Spianata) PAT: an example of raw mortadella owing its name to the pressing stage performed after

preparation in order to obtain its classic flat shape.

53. Mortadella di Amatrice PAT: produced for over three centuries in Amatrice, it is easily identifiable because of a stick of lard running through the middle. It has a roundish shape, intense flavour and a slightly pungent taste.

54. Amaseno buffalo's milk mozzarella: exclusively produced with raw milk, this mozzarella cheese is tastier and richer in proteins, minerals, iron and vitamins compared to one made from cow's milk.

55. Buffalo's milk mozzarella and Fiordilatte from the Pontine Marshes PAT: produced with cow's or buffalo's milk, it is characterised by a sweet and delicate flavour, hints of freshly-mowed grass and unripe fruit, or with a slight aroma of fresh cream.

56. Nocciola Romana PDO: the presence of hazelnuts and the Tonda Gentile Romana variety in the Cimino and Sabatino area dates back to ancient times and nowadays represents an important market niche.

57. Extra virgin olive oil Canino PDO: olive produced in the Viterbo area with one of the lowest acidity content in Italy. It has an emerald-green colour with golden hues, a fruity aroma and a sharp slightly pungent taste.

58. Extra virgin olive oil Colline Pontine PDO: the properties and distinguishing qualities of this oil, produced in the province of Latina, are recognized by historical documents dating back to 1872.

59. Extra virgin olive oil Sabina PDO: olive growing in the Sabina area boasts millennial roots, as proved by its oil production being one of the first to have been granted with the PDO designation.

60. Extra virgin olive oil Tuscia PDO: produced, extracted and bottled in 52 municipalities in the Viterbo province, this oil is characterised by very low acidity, a green colour and a strong flavour.

61. Gaeta olive: the Itrana olive, most commonly known as Gaeta olive, is characterized by its red-purplish colour, crispy pulp and savoury taste.

62. Genzano homemade bread PGI: produced in the municipality

of Genzano, a town in the Roman Castles, it is the first homemade bread in Italy to receive the PGI designation. Tasty and crunchy, it has a characteristic round loaf shape.

63. Lariano homemade bread PAT: produced in the Colli Albani area, its dark colour and sweet aroma are due to the use of wholemeal flour and ovens fired by chestnut wood.

64. Allumiere bread PAT: its origin dates back to 1825 when Pope Leo XIII favoured the opening of several bakeries in Tolfa and Allumiere. This bread is soft, thin, without salt and it is the protagonist of a festival held in October.

65. Saints Cosmas and Damian bread: for the past few years, the tradition of homemade bread, in this small village, has been passed on to local artisan bakeries that successfully make a crispy and fragrant product.

66. Veroli bread PAT: the tradition of bread making in this Ciociarian town is as old as the bakeries that tourists encounter during their walks through the alleys. This bread is renowned in Rome and the entire Lazio region.

67. Pangiallo PAT: a Roman cake with a typical roundish shape, amber colour and an almond, walnut and chocolate flavour. A Christmas gift since the times of Imperial Rome.

68. Upper Viterbese potato PGI: a variety of potato cultivated north of the Lake Bolsena, with yellow skin and light-yellow flesh; however, some varieties might even have white or pink flesh.

69. Leonessa potato PAT: thanks to the good climate and farming technology, these tubers from Leonessa are tasty and do not absorb excess water during cooking. It is protagonist of a festival held in October.

70. Pecorino di Picinisco PDO: ewe's milk cheese with an ancient taste, produced by flocks grazing freely in the Comino Valley. It is a staple ingredient for many traditional recipes from the Ciociaria area.

71. Pecorino Romano PDO: traditional cheese of the Lazio countryside, it is produced using ancient techniques. An unmistakably pungent flavour is combined to its classic sheep scent.

72. Pontecorvo bell pepper PDO: better known as corno di bupe (ox horn) for its shape, it is distinguished by a thin cuticle and sweet flavour. A product of the Ciociaria area rich in potassium and highly digestible.

73. Pizza Bianca di Roma: once produced by bakers and housewives, it is a flat dough prepared with white flour, water, natural yeast and salt, then sprinkled with extra virgin olive oil after baking.

74. Spagnoletta tomato from Gaeta Gulf and Formia PAT: an early ripening tomato with a typical wedged shape, acidic taste and juicy consistency. It is very much appreciated in cooking because of its flavour.

75. Porchetta di Ariccia PGI: its fame dates back to 1950, the year of the first festival in Ariccia, in the Roman Castles area. It is made with pork, properly seasoned with spices and other natural flavourings.

76. Prosciutto Amatriciano PGI: a typical product of the Rieti area, mentioned in the Farfa Abbey records dating back to the Middle Ages. It is sapid, slightly salted, with a pleasant, sweet and intense aroma.

77. Cori wine-cooked ham PAT: this cured ham, characterised by an aromatic scent of sage, rosemary and wine, is wrapped in herbs, marinated in white wine and then oven baked.

78. Bassiano cured ham PAT: the Lepini Mounts have an optimal climate for ageing cured meats and Bassiano boasts a centuries-old tradition in the production of hams with an intense flavour.

79. Pupazza frascatana PAT: a biscuit, symbol of the town of Frascati, made with honey as its main ingredient, reproducing the figure of a three-breasted woman, symbol of abundance during the grape-harvesting season.

80. Ricotta Romana PDO: it is characterised by a white colour, a distinguishing sweetish flavour, and a delicate acidity. Best served with PIZZA Bianca di Roma or honey.

81. Monte San Biagio coriander sausage PAT: the tradition of sausage of Longobard tradition (6th century) with a cylindrical or horseshoe shape, and a dark red and white streaked colour.

82. Rieti black pig cured meats: the most popular

product is the Guanciale (pork cheek), in its fresh or seasoned version, with a savoury flavour.

83. Sambuca PAT: liqueur made with star anise, alcohol, water, natural flavourings, coriander and elderberry. Produced since the early 1900s, its alcoholic content is 40%.

84. Sperlonga white celery PGI: celery has found its favourite habitat in the clay and sandy soils rich in minerals located in the Fondi and Sperlonga area, from where it gets its sapid, sweet and aromatic taste.

85. Susianella PAT: a traditional Viterbo cured sausage made from heart, liver, bacon, cheek and lean pork trimmings. Typical dark red colour and tangy flavour.

86. Roman Coastline tellina clam PAT: rare and sought after, it is a bivalve with an unmistakable flavour that can be enhanced with a simple dressing or used as the main ingredient for a popular spaghetti dish.

87. Gaeta tiella PAT: a popular seafood dish, it is a round-shaped homemade pizza stuffed with seafood, vegetables, ricotta or cheese. It is very liked and sought after especially by tourists.

88. Rieti trout PAT: many documents prove trout raising in the Rieti area. It is fished between 12-36 months of age and is characterized by a minimum weight of 300 grams.

89. Pizzutello di Tivoli PAT: a grape variety called corna, for the elongated shape of its berries. Known since Roman times, it is the protagonist of a festival held in September in the town of Tivoli.

90. Aleatico di Gradoli DOC wine: produced in the area surrounding the Lake Bolsena, this wine is unique in the Lazio region since it is produced almost exclusively from Aleatico grapes.

91. Anagni IGT wine: this geographical indication was granted in 2010 to wines produced in the entire Anagni territory, available white or red.

92. Aprilia DOC wine: wine produced between the provinces of Latina and Rome: the white wine from Trebbiano Toscano grapes, whereas Sangiovese and Merlot grapes for red and rosé.

93. Bianco Capena DOC wine: produced in the Capena (RM) hilly area, it has a light or intense straw-yellow colour,

a slightly aromatic odour and a dry or sweetish flavour.

94. Atina Cabernet DOC wine: a wine of ancient origin, produced in the heart of the Ciociaria area, it has an intense ruby-red colour and a strong odour, combined to a balanced, full and dry flavour.

95. Cannellino di Frascati DOCG wine: produced in the Roman Castles area, it is a straw-yellow wine with golden hues, a scent reminding of ripe fruits, a sweetish taste, and sapid and fruity flavour.

96. Castelli Romani DOC wine: the Roman Castles area has a winemaking history dating back thousands of years and this wine, available as white, red and rosé, represents a summary of this land's potentials.

97. Cerveteri DOC wine: the morphology of the soil, with hills sloping down towards the sea, make this territory very suited for vine growing as proven by the quality of this DOC wine.

98. Cesanese del Piglio DOCG wine: a winemaking history dating back thousands of years and the intrinsic features of its autochthonous vines,

all contribute towards making this wine particularly liked.

99. Cesanese di Affile DOC wine: its exposure and ventilated climate make Affile a unique microclimate that has always conferred to the Cesanese di Affile vines their unmistakable characteristics.

100. Cesanese di Olevano Romano DOC wine: the hilly vineyards in the town of Olevano produce a wine milder than other Cesanese wines, with a beautiful ruby-red colour, sought after in wine shops.

101. Circeo DOC wine: the production area stretches along the coastline to the north and south of Mount Circeo. It is available white, red and rosé.

102. Civitella d'Agliano IGT wine: this wine is produced in the ancient area of southern Etruria between the cities of *Volsinii* (Orvieto) and *Nova Volsinii* (Bolsena).

103. Colli Albani DOC wine: this staple wine of the Roman Castles is produced in the normal, superior, new and spumante categories. Its vineyards stretch out between the Tusculan Villas and the Lake of Albano.

104. Colli Cimini IGT wine: there are many proofs on the vine-growing tradition of this area. This wine, of ancient origin, is available white, red and rosé.

105. Colli della Sabina DOC wine: in the Sabina olive-growing land, there are also vineyards located on the milder slopes, where white, red and rosé wines are produced.

106. Colli Etruschi Viterbesi or Tuscia DOC wine: produced in a hilly area characterised by the mild climate favoured by the Lake Bolsena, this wine is available white, red, rosé, dry, sweetish and passito.

107. Colli Lanuvini DOC wine: produced in the heart of the Roman Castles, between the towns of Genzano and Lanuvio, this white wine is characterised by a straw-yellow colour, a delicate and pleasant smell, and a dry or sweetish taste.

108. Cori DOC wine: the hilly conformation of the land surrounding Cori (LT) is particularly suited for grape-growing, producing the homonymous wine with centuries-old tradition.

109. Costa Etrusco Romana IGT wine: produced along the

coastline in the province of Rome, this wine has been granted the IGT designation in 2011.

110. Est! Est!!! Est!!! di Montefiascone DOC wine: linked to the legend of Johannes Defuk, this wine is produced in 7 municipalities in the Viterbo province nestled on the slopes of the Lake Bolsena.

111. Frascati DOC and Frascati Superiore DOCG wine: a wine of very ancient tradition, the pride of Popes and poets, Frascati wine, classified as a DOC wine since 1966, has been granted the DOCG designation in 2011.

112. Genazzano DOC wine: available as white or red, this wine is produced in the Genazzano, Cave, Olevano and San Vito territories characterised by foothill lands with a rugged climate and significant temperature changes.

113. Lazio IGT wine: this designation embraces the various types of wines produced in the entire region, a great forge that best interprets the vine-growing and wine-producing heterogeneity of the Lazio region.

114. Marino DOC wine: produced in the homonymous

municipality, it is the protagonist of a historical festival held in October, it is a vigorous and intense wine generally served with savoury dishes of the Roman Castles cuisine.

115. Montecompatri-Colonna DOC wine: a white wine from the Roman Castles, it has a light or intense straw-yellow colour, a vinous scent, a delicate and pleasant harmonious flavour.

116. Moscato di Terracina DOC wine: produced in the province of Latina, this DOC wine can be sweetish, passito, dry, dry and sweet spumante.

117. Nettuno DOC wine: for centuries the Nettuno countryside has been an ideal habitat for the Caccchione, a native white grape thriving in soils rich in silicon, typical of this area.

118. Orvieto DOC wine: a wine produced mainly in Umbria, but also in the province of Viterbo; one of the most renowned white wines in Italy, it has very ancient origins.

119. Passerina del Frusinate IGT wine: produced with native grapes, it has a straw-yellow colour with golden hues, a lively and fruity odour, a dry and velvety flavour.

120. Roma DOC wine: the most recent DOC wine in the Lazio region, this designation embraces the extensive quality vine-growing and wine-producing potentials of the entire province, particularly suitable to viticulture.

121. Tarquinia DOC wine: vine-growing is one of the sectors of excellence and quality in the Tuscia area; this wine is available white, red and rosé.

122. Velletri DOC wine: produced in the municipalities of Velletri, Lariano and part of Cisterna di Latina, this wine was granted the DOC designation in 1972.

123. Vignanello DOC wine: on the eastern slopes of the Mounts Cimini, in the province of Viterbo, the production of this wine dates back to at least the 4th century B.C. It is available white, red and rosé.

124. Zagarolo DOC wine: normal and superior white wine produced in the Gallicano and parts

of the Zagarolo and San Cesareo territories.

125. Romanesco courgette with flower PAT: it is characterised by a fine downy aspect, a ridged surface, a light green colour, a distinct and slightly bitter taste and, naturally, its flower.



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LEGEND

- DOCG:** Denominazione di Origine Controllata e Garantita
- DOC:** Denominazione di Origine Controllata
- IGT:** Indicazione Geografica Tipica
- PDO:** Protected Designation of Origin
- PGI:** Protected Geographical Indication
- PAT:** Prodotto Agroalimentare Tradizionale

LEGENDA

- DOCG:** Denominazione di Origine Controllata e Garantita
- DOC:** Denominazione di Origine Controllata
- IGT:** Indicazione Geografica Tipica
- DOP:** Denominazione di Origine Protetta
- IGP:** Indicazione Geografica Protetta
- PAT:** Prodotto Agroalimentare Tradizionale



