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ITALIAN CHAMBER OF COMMERCE OF ONTARIO (ICCO)

Since its inception in the 1930s, and recognized officially in 1961, the Italian Chamber of Commerce of Ontario (ICCO) has been a facilitator of business, a seeker of investment, and a builder of commercial relationships. The ICCO is an independent, non-profit organization whose aim is to enhance and promote investments, business, trade and cultural relations among its members and network of contacts.

MISSION STATEMENT:

To be the primary provider of effective commercial support for trade and business relations between Canada and Italy.



INNOVATION



DESIGN



FASHION



FOOD

THE TRUE ITALIAN TASTE

The True Italian Taste project is promoted and financed by the Italian Ministry of Foreign Affairs and International Cooperation, carried out by Assocamerestero in collaboration with the Italian Chambers of Commerce abroad to strengthen and to protect the authentic Italian products. True Italian Taste is part of “**The Extraordinary Italian Taste**” program.

The Italian Chamber of Commerce of Ontario (ICCO) has been raising awareness for authentic Italian products in the past few years through various initiatives and programs such as *CENTItalia*, *Authentic Italian Table*, *Masterclasses* for media and industry representatives, delegations and influencer trips to Italy, and many more. It is the ICCO’s objective to highlight the authenticity, traceability, quality control, and certifications of authentic Italian foods with the goal of educating Canadian audiences on how to identify an authentic Italian product, in order to make informed purchases and enjoy the unrivalled quality of genuine Italian goods.

For more information on this project and a full calendar of events please visit italchambers.ca

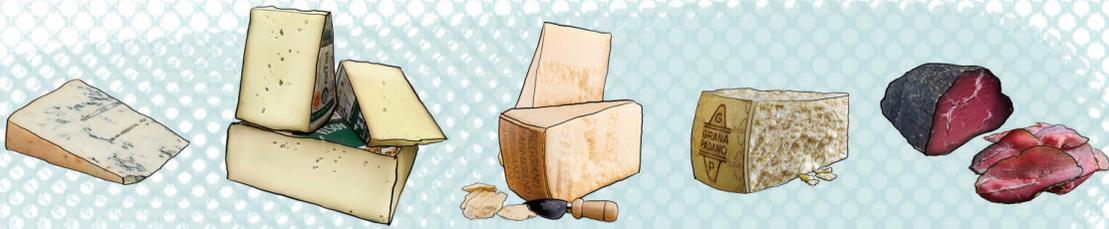


Ministry of Foreign Affairs
and International Cooperation



ASSOCAMERESTERO
ASSOCIATION OF ITALIAN CHAMBERS
OF COMMERCE ABROAD

ICCO
ITALIAN CHAMBER of COMMERCE
of ONTARIO



PDO & PGI

PDO and PGI products represent excellence in European food production and are both the result of a unique combination of human and environmental factors characteristic of a certain geographical area.

For this reason the European union dictates precise regulations for their safeguarding, providing for the institution of specific quality norms that protect consumers and provide producers with concrete instruments to better identify and promote products with specific characteristics and protect them from illegal practices.

Only those products that demonstrate a consolidated and codified production tradition, an inseparable tie with the area of origin, an appropriate socio-entrepreneurial fabric and which succeed in achieving high qualitative levels, certified by external bodies of control, may aspire to obtaining and retaining the sought-after European Community designations and inscription in European register of PDO and PGI products.



PROTECTED DESIGNATION OF ORIGIN

The PDO (Protected Designation of Origin) mark identifies a product originating in a specific place, region or country, whose quality or characteristics are essentially or exclusively due to a particular geographical environment with its inherent natural (raw materials, environmental characteristics, location) and human (traditional and artisanal production) factors the production, processing and preparation steps of which all take place in the defined geographical area and in line with the strict production regulations established.



PROTECTED GEOGRAPHICAL INDICATION

The PGI (Protected Geographical Indication) mark designates a product originating in a specific place, region or country whose given quality, reputation or other characteristic is essentially attributable to its geographical origin and at least one of the production steps of which takes place in the defined geographical area.

THE PRODUCTS





GORGONZOLA PDO

The Gorgonzola PDO is produced in two different typologies: "mild" (dolce) and "sharp" (piccante), with pasteurized milk; it's a raw-paste cheese with green variegations due to marbling (i.e. to mould formation) derived from addition of milk enzymes and selected moulds.

PRODUCTION AREA: Lombardy and Piedmont.

"MILD" TYPE

APPEARANCE: creamy and soft.

COLOUR: straw-white.

TASTE: particular and characteristic, lightly sharp.

MATURING: not less than 2 months.

"SHARP" TYPE

APPEARANCE: the paste appears more marbled, thick and crumbly.

COLOUR: straw-white with green/blue veins.

TASTE: particular and characteristic, sharper and stronger taste.

MATURING: more than 3 months.

(Source: origin-italia.it)

Gorgonzola is often added to salads. It is an ingredient of pizza ai quattro formaggi (four-cheese pizza) and is often used as a topping for steak, sometimes in the form of a sauce with Port or other sweet wines. It may be melted into a risotto in the final stage of cooking, or served alongside polenta.





FONTINA PDO

The Fontina PDO is a fat cheese at medium-cooked paste, of cow's whole milk.

APPEARANCE: cylindrical shape (from 35 to 46 cm diameter) typically flattened with flat faces and rim of 7/10 cm (not always detectable at maturing), from 7,5 to 12 kg weight; the rind appears thin, compact, brown coloured from light to dark, soft or medium hard, depending on maturing conditions and seasoning period; paste, elastic and soft, depending on production period, appears with characteristic holes dispersed in the whole cheese.

COLOUR: from ivory to straw yellow, more or less intense.

TASTE: typical, sweet and agreeable more or less intense depending on maturing.

MATURING: 80 days minimum.

PRODUCTION AREA: Valle d'Aosta region.

(Source: origin-italia.it)

Young Fontina has a softer texture and can be suitable for fondue. *Fonduta alla Valdostana* is a traditional dish of Fontina whipped with milk, eggs, and truffles. A good accompaniment is Nebbiolo, a red wine with flavors of wild cherry and truffles.





PARMIGIANO REGGIANO PDO

Parmigiano Reggiano PDO is a medium-hard cheese with a cooked and not pressed paste. It is completely natural as it is made without additives nor preservatives. It is characterized by its high digestibility, its high calcium content.

APPEARANCE: cylindrical shape with slightly convex or nearly straight vertical sides, slightly rimmed flat faces; minimum weight 30 kg; natural straw coloured; Parmigiano Reggiano breaks into slivers when cut.

COLOUR: yellow.

TASTE: it depends on the maturation: balanced and mild, tasty or prominent.

MATURING: minimum 12 months; 18 months, 22 months or 30 months

PRODUCTION AREA: Emilia Romagna region and Mantova area in the Lombardy region.

(Source: origin-italia.it)

Parmigiano Reggiano is recommended by Italian pediatricians as a “first food” for babies: a lactose-free, easily digestible and tasty source of protein and vitamins. The cheese’s rich calcium content benefits children by building strong bones and helps adults (especially women) minimize bone loss as they age. Parmigiano Reggiano is orbiting the earth as part of the International Space Station crew’s official diet. Athletes depend on a chunk of Parmigiano Reggiano for a quick and satisfying energy boost - and, it’s an ideal between-meal snack for anyone. Parmigiano Reggiano is also used on pastas, pizzas, sauces.





GRANA PADANO PDO

Grana Padano PDO is produced from fresh raw cow's milk, partially skimmed by allowing the cream to rise naturally.

APPEARANCE: cylindrical, wheel shaped with flat bases, slightly edged. The diameter is between 35 cm to 45 cm. The slightly convex sides have a height ranging from 18 cm to 25 cm. The hard and smooth rind has a thickness between 4 mm and 8 mm and is dark or natural golden yellow. The structure of the cheese is granular and breaks into flakes when cut.

WEIGHT: between 24 kg and 40 kg.

COLOUR: white or straw-yellow.

AROMA AND FLAVOUR: characteristic, fragrant and delicate.

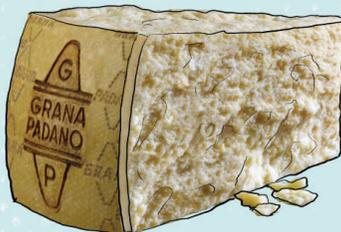
AGEING: from a minimum of 9 months to 20 months or more.

PRODUCTION AREA: Northern Italy

(Source: origin-italia.it)

Rich in nutrients and very digestible, Grana Padano is a healthy choice for children, the elderly and athletes.

A one-ounce serving provides about 30% of the recommended daily intake of calcium, important for bone growth. It is also a high-quality source of protein, as well as numerous vitamins and antioxidants. Due to lengthy aging, Grana Padano is lactose free and easy to digest.





BRESAOLA DELLA VALTELLINA PGI

The typical production area of the Bresaola della Valtellina PGI coincides with the whole Sondrio Province in the Lombardy Region. The province contains two main valleys located in the heart of the Alps: Valtellina and Valchiavenna.

Today the Bresaola della Valtellina is guaranteed by the Community PGI Trademark that can exclusively be used by producers of the Sondrio Province. Credit goes to the experience acquired over a centuries-old tradition, and to the safety guaranteed by the PGI Regulations. Only top-category cuts are used for the production of Bresaola della Valtellina PGI. The selected cuts are highly valuable and tender, and they are only cut from the beef round of selected breeds of cattle of 18 months to 4 years of age.

It is a very nutritious deli meat, by far the most low-fat, high in protein, iron, vitamins and minerals, and highly digestible. Ideal for those who love lightness without sacrificing taste.

It is a multi-purpose ingredient, allowing creative combinations for refined dishes, appetizers and quick snacks.

Among deli meats, Bresaola is one of the products that best meet the nutritional needs of consumers who care for their healthy diet. Bresaola is also an excellent ingredient for gourmet cuisine. Bresaola della Valtellina PGI provides branched-chain amino acids in similar proportions to those recommended for athletes' food supplements. It is naturally rich in vitamin B1, B6 and B12. It has a significant content of dietary elements, especially iron, zinc, phosphorus, and potassium. It has no carbohydrates, calcium and vitamin D, which can be provided by accompanying Bresaola with bread, Grana cheese flakes and lemon juice drops.





WHAT IS PIZZA AL PADELLINO?

“PIZZA AL PADELLINO” (OR “AL TEGAMINO”) IS A TYPICAL SPECIALTY FROM THE CITY OF TORINO (PIEDMONT). THIS TYPE OF PIZZA IS DIFFERENT BECAUSE OF THE DOUBLE LEAVENING OF THE DOUGH AND BECAUSE IT IS COOKED IN THE OVEN IN A SMALL PAN (PADELLINO). THE DOUGH IS SPREAD IN A ONE-PORTION PAN, THE TOMATO SAUCE IS PARTIALLY APPLIED, AND THEN IT IS LEFT TO REST UNTIL IT IS TIME TO COOK IT.

PIZZA AL PADELLINO HAS A THICK SOFT CRUST, THAT GETS SLIGHTLY BROWNED ON THE OUTSIDE WHEN BAKING. A PIZZA THAT GETS CRUNCHY AND GOLDEN ON THE BOTTOM BUT STAYS SOFT AND CHEWY ON TOP.

IT CAN BE TOPPED WITH A VARIETY OF INGREDIENTS. THE TOPPING IS ADDED JUST BEFORE COOKING THE PIZZA, AND ARE USUALLY MOZZARELLA CHEESE, OREGANO AND A VARIETY OF OTHER INGREDIENTS.

RECIPE:

INGREDIENTS FOR PIZZA QUATTRO FORMAGGI (QUANTITIES FOR 1 PIZZA):

DOUGH 250 G

MOZZARELLA 44 G

FONTINA PDO 20 G

GORGONZOLA PDO 30 G

GRATED PARMIGIANO REGGIANO PDO 23 G

BLACK PEPPER 1 G

INGREDIENTS FOR PIZZA WITH BRESAOLA, GRANA PADANO & RUCOLA (QUANTITIES FOR 1 PIZZA):

DOUGH 250 G

BRESAOLA DELLA VALTELLINA IGP 50 G

OLIVE OIL 5 G

GRANA PADANO PDO 5 G

ARUGULA 15 G

BEFORE MAKING PIZZA, LET DOUGH SIT AT ROOM TEMPERATURE FOR APPROXIMATELY ONE HOUR TO WARM UP. PREHEAT OVEN TO 450°F (230°C).

IF COOKING IN A PAN: DRIZZLE A SMALL AMOUNT OF OIL IN PAN, AND PLACE PIZZA IN MIDDLE OF PAN. PLACE THE DOUGH BALL ON A LIGHTLY OILED PAN AND FLATTEN IT SLIGHTLY BY PRESSING DOWN ON IT WITH THE PALMS OF YOUR HANDS. BEGIN PRESSING INTO THE DOUGH WITH YOUR FINGERTIPS, GENTLY WORKING YOUR FINGERTIPS OUTWARD AND GENTLY PULLING THE DOUGH WITH IT.

IF COOKING ON A PIZZA STONE: FLOUR A PIZZA PEEL AND STRETCH THE DOUGH IN A SIMILAR MANNER. ONCE DOUGH IS FORMED, EVENLY ADD ALL FOUR CHEESES TO PIZZA AND TOP WITH BLACK PEPPER.

PLACE THE PAN IN THE MIDDLE RACK OF THE OVEN OR SLIDE THE PIZZA ONTO A PIZZA STONE AND BAKE FOR 12-15 MINUTES OR UNTIL THE DOUGH IS NICE AND BROWN. WAIT 5 MINUTES TO LET THE PIZZA COOL, THEN BUON APPETITO!

FOR THE BRESAOLA PIZZA, FOLLOW THE SAME RECIPE: BRESAOLA, GRANA PADANO AND RUCOLA HAVE TO BE ADDED AT THE END (OUT OF THE OVEN).



THANK YOU TO OUR PARTNERS:



CHEF ROBERTO FRACCHIONI

CHEF ROBERTO HAS BEEN AN EXECUTIVE CHEF FOR 20 YEARS AND IS NOW THE CANADIAN BRAND AMBASSADOR FOR PROSCIUTTO DI PARMA, A PROFESSOR AND A FOOD CONSULTANT.



CHEF MATTIA PAGLIARA

ITALIAN BORN, CHEF MATTIA HAS WORKED ALL OVER THE WORLD, FROM AUSTRALIA TO VIETNAM, AND IS NOW THE CHEF OF LA SCUOLA DI EATALY TORONTO.



EATALY TORONTO

THE FIRST EATALY OPENED IN TORINO IN 2007. SINCE THEN EATALY HAS EXPANDED WITH MORE THAN 35 LOCATIONS THROUGHOUT ITALY AND THE WORLD. EATALY TORONTO OPENED IN NOVEMBER 2019.



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