

# Don't Order Carbonara in Milan

A region-by-region guide to eating the right thing in the right place

Every Italian region has a short list of dishes it believes it does better than anywhere else on earth. They are almost always right. Order what's local.

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## Valle d'Aosta

Aosta

**Fonduta valdostana.** Melted Fontina with butter and egg yolk over polenta.

**Carbonade.** Beef braised in red wine. Built for Alpine winters.

**DOLCE Tegole.** Curved almond-hazelnut biscuits.

## Piemonte

Torino

**Tajarin al tartufo.** Thin egg pasta, shaved white truffle.

**Vitello tonnato.** Cold sliced veal under tuna-caper sauce.

**DOLCE Gianduiotti.** Chocolate-hazelnut pralines from Torino.

## Lombardia

Milano

**Risotto alla milanese.** Saffron, butter, gold. Pair with the ossobuco.

**Ossobuco.** Braised veal shank with marrow bone.

**DOLCE Panettone.** From a real bakery, the difference is huge.

## Trentino-Alto Adige

Trento, Bolzano

**Canederli.** Bread dumplings in broth. Alpine comfort.

**Speck.** Smoked ham. Belongs on every cheese board.

**DOLCE Strudel di mele.** Local tradition, not an import.

## Veneto

Venezia, Verona

**Cicchetti.** Venetian small plates at a bacaro.

**Risotto al nero di seppia.** Cuttlefish ink. Tastes like the Adriatic.

**DOLCE Tiramisù.** Yes, born here. Order with a clear conscience.

## Friuli Venezia Giulia

Trieste, Udine

**Frico.** Crispy pancake of Montasio cheese and potato.

**Jota.** Sauerkraut, beans, pork. Slovenian border in a bowl.

**DOLCE Gubana.** Spiral bread, nuts, grappa-soaked fruit.

## Liguria

Genova, Cinque Terre

**Trofie al pesto genovese.** Pesto's homeland. The reason you came.

**Focaccia di Recco.** Paper-thin, cheese-stuffed flatbread.

**DOLCE Pandolce genovese.** Genoa's dense fruitcake answer to panettone.

## Emilia-Romagna

Bologna, Parma, Modena

**Tagliatelle al ragù.** The real one. Will ruin "spaghetti bolognese" forever.

**Prosciutto + Parmigiano.** Torn cheese chunks, paper-thin Parma ham.

**DOLCE Zuppa inglese.** Custard, chocolate, alchermes-soaked sponge.

## Toscana

Firenze, Siena, Lucca

**Bistecca alla fiorentina.** Two-inch T-bone, rare, unapologetic.

**Ribollita.** Bread-thickened soup. Order it when it's cold.

**DOLCE Cantucci con vin santo.** Hard almond biscuits dunked in dessert wine.

## Umbria

Perugia, Assisi, Orvieto

**Strangozzi al tartufo nero.** Hand-rolled pasta, black truffle.

**Porchetta.** Herb-stuffed roast pork from roadside vans.

**DOLCE Cioccolato di Perugia.** Birthplace of Baci.

## Marche

Ancona, Pesaro, Ascoli

**Olive all'ascolana.** Stuffed, breaded, fried olives. Perfect aperitivo.

**Vincisgrassi.** The region's rich, elaborate lasagna.

**DOLCE Ciambellone.** Rustic ring cake, lemon and anise.

## Lazio

Roma

**Carbonara.** Guanciale, pecorino, egg, black pepper. Here. Only here.

**Cacio e pepe.** Two ingredients. Equally iconic.

**DOLCE Maritzo.** Brioche bun overflowing with whipped cream.

## Abruzzo

Pescara, L'Aquila

**Arrosticini.** Tiny lamb skewers, eaten by the dozen.

**Maccheroni alla chitarra.** Wire-cut pasta with lamb ragù.

**DOLCE Confetti di Sulmona.** Sugar-coated almonds since the 1400s.

## Molise

Campobasso, Isernia

**Cavatelli con ragù di maiale.** Hand-shaped pasta, slow-cooked pork.

**Pallotte cacio e ova.** Fried cheese-and-egg balls in tomato sauce.

**DOLCE Mostaccioli molisani.** Spiced biscuits, chocolate or grape glaze.

## Campania

Napoli, Amalfi

**Pizza Margherita.** Wood-fired oven, mozzarella di bufala. That's it.

**Spaghetti alle vongole.** Clams, garlic, white wine, the sea.

**DOLCE Sfogliatella.** Crispy ricotta-and-citrus shell. Order the riccia.

## Puglia

Bari, Lecce

**Orecchiette con cime di rapa.** Ear pasta, broccoli rabe, anchovy, chili.

**Burrata.** Invented here. Eat it warm, leaking cream.

**DOLCE Pasticcioetto leccese.** Custard-filled shortcrust. Breakfast of champions.

## Basilicata

Matera, Potenza

**Peperoni cruschi.** Fried sweet peppers that shatter like chips.

**Lucanica.** Pork sausage, chili and fennel. Roman-era recipe.

**DOLCE Strazate.** Cracked chocolate-almond cookies.

## Calabria

Reggio Calabria, Tropea

**'Nduja.** Fiery spreadable salami from Spilinga. Addictive.

**Cipolla rossa di Tropea.** Sweet red onions, in salads, pizza, jam.

**DOLCE Tartufo di Pizzo.** Frozen chocolate truffle, molten center.

## Sicilia

Palermo, Catania

**Arancini.** Fried rice balls, ragù or butter and cheese.

**Pasta alla Norma.** Fried eggplant, tomato, salty ricotta.

**DOLCE Cannoli.** Filled to order. Pre-filled is a cardinal sin.

## Sardegna

Cagliari, Olbia

**Culurgiones.** Ravioli with potato, mint, pecorino. Hand-pinched.

**Porceddu.** Spit-roasted suckling pig. Celebratory centerpiece.

**DOLCE Seadas.** Fried cheese pastry drizzled with warm honey.

### SPOT THE TOURIST TRAP

Photo menus · Anyone pulling you in · Empty at 8:30pm · "Authentic Italian" signs