

Unveiling the Rich Wine and Food Tours of Sicily & New Trends of Vinotherapy in Tuscany

SICILY

Discover the tantalizing flavors of Taormina on a food and wine tour that showcases the city's rich culinary heritage. Taormina is not only famous for its stunning landmarks and breathtaking natural beauty but also for its exceptional traditional cuisine. Influenced by Greek, Arab, and Norman cultures, the gastronomy of Taormina offers a unique and distinctive taste.

Immerse yourself in the charming center of Taormina, where you can easily find a restaurant or trattoria with panoramic ocean views. The coastline, accessible by cable car, is lined with well-equipped beaches, clubs, and beachfront trattorias. Fresh seafood takes center stage on the menu, with a wide variety of options to choose from.

Start your culinary journey with appetizers featuring raw, pickled, and cooked seafood, along with vegetable dishes like eggplant parmigiana and caponata. Pasta lovers will delight in the fish-based sauces and ragùs, including classics like spaghetti with clams or sea urchins. Don't miss out on pasta c'anciova, a delicious dish that combines sweet and savory flavors with raisins, salted anchovies, and toasted breadcrumbs.

Indulge in the must-try regional dish, pasta alla Norma, which features fried eggplant, fresh tomato sauce, salted ricotta, and fresh basil. Among the main fish-based courses, swordfish steals the show, prepared as exquisite Sicilian-style roulades filled with breadcrumbs, pine nuts, olives, capers, tomatoes, garlic, and basil.

If you prefer non-seafood options, Taormina offers excellent gourmet pizzas made with ancient Sicilian grains and locally farmed pork, such as sausages, stuffed chops, and salami. Each dish is generously seasoned with Sicily's outstanding PDO olive oil, a fundamental ingredient in the Mediterranean diet.

To complement your meal, indulge in the finest Sicilian wines. From red Nero d'Avola to Etna DOC, Cerasuolo di Vittoria, and more, the region offers a wide selection of premium labels. Don't miss the opportunity to explore the wineries located around Mount Etna and experience the fine hospitality and tastings they offer.

Take a stroll through Taormina and treat yourself to its famous street food. The arancino, a pointed-shaped fried rice ball, is a star of the show with flavors like meat sauce, norma, and pistachio from Bronte. Cunuzato bread, crêpes, and savory canapés complete the street food experience.

Indulge your sweet tooth with Taormina's renowned desserts. Breakfast calls for a creamy granita and brioche in flavors like lemon, strawberry, peach, and more. Try the "brioscia cu tuppù" filled with gelato for a delightful treat. Don't miss out on the world-famous ricotta-filled cannoli, filled with sweetened ricotta cheese, candied fruit, pistachios, or chocolate chips.

For a grand finale, savor the richness of cassata, a soft sponge cake filled with ricotta and chocolate chips, covered in icing and decorated with vibrant candied fruit and marzipan. Also, don't forget to sample traditional cookies made with almond paste, Bronte pistachio paste, and classic piparelle. For a unique souvenir, consider the exquisite martorana fruit, made with fine almond paste and beautifully shaped to resemble fruits and vegetables.

Taormina's food and wine scene is not complete without aperitifs. Sip on excellent local sparkling wine accompanied by Sicilian olives, savory canapés, and "hot table pieces" while enjoying the city's main street, alleys, or a sea-view terrace.

In Taormina, every meal is an opportunity to explore the rich flavors of Sicily. Don't miss the chance to embark on a culinary journey that will leave your taste buds craving for more.

TUSCANY

Tuscany is the land of wine par excellence, from the rows of its rolling hills are born precious jewels such as Chianti, Brunello, Nobile di Montepulciano to name only the best known... what perhaps not everyone knows is that the precious nectar of the gods, not only lends itself to be tasted, savoring its thousands of scents from the goblets, but in Tuscany it is used as a true elixir of beauty. It is called Vinotherapy and exploits the properties of vine fruits, such as linoleic acid, polyphenols and bioflavonoids contained in grape skins and seeds, which, thanks to their high antioxidant power, ensure immediate anti-aging effects. It also stimulates microcirculation and strengthens capillary walls; it is precisely because of these characteristics that it is used for both facial and body treatments.

A journey to discover the benefits of wine can certainly start from one of the most famous Tuscan spa towns: Bagno Vignoni. We are in the beautiful Val d'Orcia, on the slopes of Mount Amiata, a now extinct volcano that has made special the waters that flow here hot from underground and rich in powerful beneficial and healing elements. In addition to harnessing the potential of the thermal water, Adler Thermae recognized in 2022 as the best wine spa in the world-offers multi-sensory rituals that combine beauty treatments performed with exclusive wine-based products from the spa's cosmetic line, baths in Vino Nobile, massages, and many other treatments with relaxing, regenerating and antioxidant effects.

Long hot thermal baths and wine therapy treatments can also be combined at the Terme di Saturnia, precious waters known since antiquity, whose origin is shrouded in legend that they were sent by the gods as a gift to men. The "Idravitis" ritual offers a series of treatments based on nuggets and oil extracted from grape seeds that give hydration and shine to the skin.

In addition to spas, several wine resorts also offer their guests corners of paradise where they can enjoy wine tastings, haute cuisine experiences and overnight stays among the vineyards and wellness "pampering" based on the nectar of Bacchus. A few names: the Fattoria del Colle in Trequanda, Borgo Scopeto Relais in the municipality of Vagliagli, the Relais Borgo San Felice in Castelnuovo Berardenga, Borgo Casa al Vento and Spaltenna Castle in Gaiole in Chianti. In Upper Valdarno Il Borro. The Falconiere Wine Resort in the Cortona countryside, Hotel di Sor Paolo in San Casciano in Val di Pesa, Monsignor della Casa in Borgo San Lorenzo, and the Tenuta di Artimino, with its Villa La Ferdinanda, a Unesco heritage site, in Carmignano.



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