Food in Brescia

Six tours, a region full of variety

BRESCIA

Your (kind of) tourist guide



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There is no single Brescian cuisine.
There's one that is all about fresh water, fish and oil. Another winds its way up to the mountain pastures and embraces the robust flavours of cheese, polenta and meat. Yet another takes root and grows in the fields of the plain, where even a sprig of garlic or a chicory plant can tell the story of an entire landscape.
And then there's the city cuisine: the trattorias, the elegant bistros, the ethnic restaurants... but also Sunday family meals, dishes that need no introduction because everyone in Brescia knows them.

To help you find your way, we've selected six tours that combine fine dining with the local scenery.
These are walking trails, cycle routes, footpaths and roads that criss-cross the province and connect its different culinary traditions. You can do the whole route, tackle them in stages, or simply use them as a guide. They aren't meant to get you to the nearest restaurant as quickly as possible. On the contrary: they encourage you to take the long way round, look around you, and understand where the food on your plate comes from. These are often stories that are very close in space but far apart in time.

Are you hungry?
That's a good place to start.

Reflections of the lake

THE VIA DELLE SORELLE AND THE DELICACIES OF LAKE ISEO

1

The Via delle Sorelle winds through rows of vines. It is more than a walk: it is a journey through landscapes and scents.

The Via delle Sorelle is a route of around 130 kilometres linking Brescia and Bergamo, passing through more than thirty municipalities. It has been designed in six stages, is bidirectional and can be adapted to suit your time and fitness level. It starts in the heart of Brescia, winds its way up through the hills, passes through Gussago and Franciacorta, and features sanctuaries, abbeys, vineyards, art installations and minor roads. It seeks out green spaces and avoids tarmac whenever possible.



VIA DELLE SORELLE © ALESSIO GUITTI

We use it as a long approach route to Lake Iseo, to be covered on foot or by bike.

You can follow just a few sections of it and then turn off towards **Iseo**, **Clusane**, **Sulzano**, **Sale Marasino** and **Monte Isola**. Alternatively, you can cycle to the lake and carry on along the shore, through the olive groves and past the little harbours.

In Clusane, the star of the show is **tench** stuffed with a mixture of breadcrumbs, Grana Padano, butter, parsley and seasoning, baked slowly in the oven and served with polenta. The recipe has been awarded De.Co. status (Municipal Designation of Origin) and has become the signature dish of a village that was once inhabited mainly by fishermen. Every chef



↓ A simple yet delicious dish? Grilled Monte Isola sardines with olive oil, parsley and toasted polenta.



CLUSANE © VISIT LAKE ISEO



© FIORELO TURLA

↑ The peaceful waterfront of Clusane d'Iseo, an old fishing village.

↑ Hung out in the breeze, lake sardines are left to dry. Time itself becomes flavour.

swears by their own blend of seasoning. Each dish has a slightly different flavour. The polenta soaks up the butter and the cooking juices.

Further north, and particularly around Monte Isola, the fish, on the other hand, learn to wait.

What is known as '**dried sardine**' is actually agone from the lake. It is caught, cleaned, salted and left to dry according to strictly local tradition. The result captures the essence of water, air and time. It can be grilled and drizzled with oil, always served with polenta, or used in more contemporary

dishes, without losing its distinctive flavour.

To really understand this 'sardine', you need to see the nets, the little harbours and the rows of fish left to dry. You need to think back to a time when preserving food wasn't a culinary choice, but a necessity. There were no fridges. But there was ingenuity.



A glimpse of Lake Iseo: with a little imagination, you can almost feel the pleasure of its unique microclimate.



Lake Iseo olive oil has golden hues and fruity aromas.

Then there's the **oil**.

That's right, olive trees growing near the Pre-Alps, on the shores from which snow can be seen not far away in winter. This miracle occurs thanks to the unique microclimate of Lake Sebino. The extra virgin olive oil produced in this area falls under the 'Laghi Lombardi DOP' designation, with the 'Sebino' geographical indication.

You'll find it on sardines, on bread, and in fish dishes. But I'd recommend even trying it on its own. Just a few drops, no distractions. It tastes of grass, fruit and sun-drenched shores.

If you'd like to add another detour, take the boat to Monte Isola and cycle around the island – a route of about nine kilometres on roads where private cars are not permitted. You'll see villages, fishing nets, slopes covered in olive trees and the Shrine of the Madonna della Ceriola high above you. You can go all the way up there too, of course.

But not just yet... first, you must finish your polenta.

Flavours of Val Camonica

THE VIA VALERIANA AND THE PRODUCE OF THE CAMONICA VALLEY

2

The Via Valeriana starts in Brescia, passes through Franciacorta, reaches Lake Iseo and continues through the Camonica Valley. After Edolo, it splits in two: one branch climbs towards the Aprica Pass and Tirano, whilst the other leads to the Tonale Pass. The main route stretches for around 190 kilometres. It is a route that can be tackled on foot, following the signposts and marked trails. You'll need a bit of training for the climbs, descents and sections on the hillside: the mountains don't like to be taken lightly. Alternatively, you can explore the valley by bike along the Ciclovia dell'Oglio cycle route or use the Via Valeriana as a narrative thread, stopping by car in the villages it passes through or runs alongside.



⊙ The picturesque village of Case di Viso captures the essence of Valle Camonica: sweeping views, silence and peace.

As you follow the route, the food also changes with the altitude. Here, we focus on the tastiest produce from the Camonica Valley.

The **Rosa Camuna** is probably the easiest cheese to recognise. It features the ancient symbol found in prehistoric rock carvings (now a UNESCO World Heritage Site), which has become the official motif of the Lombardy Region. It is a soft yet firm cow's cheese with a mild flavour.

Silter, on the other hand, takes its name from the cell used for maturing cheese,

which is often hewn out of stone. A term of Celtic origin.

It is a hard PDO cheese, made from the milk of cows reared on the valley floor and on the mountain pastures. During the warmer season, the animals go up to the mountain pastures; when winter comes, they return to lower ground. It is transhumance captured in a cheese, matured for just the right amount of time.

The Bionda dell'Adamello goat gives us a prized smoked cheese with an intense flavour: **Fatulì**, now a Slow Food Presidium.

↓ **Silter and Fatulì, cheeses from Val Camonica: soft or mature, but always distinctive and delicious.**







↑ **The historic mill in Bienno, where the waters of Valle Camonica still turn the millstones, grinding flour and keeping traditions alive.**

Originating in Breno and now found throughout the valley, the **castrato sausage** tells a story of coexistence with the untamed elements of the mountains. The sheep's meat is processed and stuffed into casings, creating a product with a strong, distinctive flavour, which was once linked to the need to make wise use of every available resource.

Further north, in Corteno Golgi, sheep's meat is transformed into ***Cuz***. The oldest recipe is very simple: sheep's meat and fat, salt, butter and water, cooked slowly in a cauldron. It is patience and sharing that make all the difference. This dish is particularly associated with Ferragosto, when families, neighbours and people who have returned home for the holidays gather round the table. It is not merely a way of preserving meat. It's a way of bringing a community back together.

On your way back to the middle of the valley, a must-visit stop is between Esine and Piancogno, where you can try

‘Pà e strinù’: bread, embers and local sausage. The authentic taste of the area in just two ingredients.

the polenta made from the ancient variety ***mais nero spinoso*** (spiny black maize). Historical records show that it was cultivated between the late nineteenth and early twentieth centuries; today it is classified as one of the heritage varieties to be preserved.

The flavour is intense and rustic, making it ideal for accompanying cheeses, meats and dishes that do not require a decorative side dish, but rather a true companion.



Spiny Black Maize? Tradition becomes polenta! One of the most authentic varieties in the local culinary heritage.

Spongada: sweet at breakfast, savoury when served with local salami. That is how they enjoy it in Brescia!

Finally, there’s ***pà e strinù***: bread and grilled salamella. You’ll find it in the Camonica Valley, but also pretty much everywhere – in Brescia and the surrounding area, at festivals and fairs, or during an evening out with friends. Here, we often call it *salamina* as well.

Bread, grill, *salamina*.

We’ll finish with something sweet, the ***Spongada***, which actually isn’t just a dessert: in fact, it’s traditional to eat it with a slice of salami or to dip it in your milky morning coffee.

Do you need anything else?

Perhaps a view. But there are plenty of them along the Via Valeriana.





The deep roots of the plain

THE SANTA GIULIA TRAIL AND THE CUISINE OF THE BASSA BRESCIANA

3

The thousand-year-old Monastery of Santa Giulia, founded by King Desiderius and his wife Ansa in AD 753.

The Cammino di Santa Giulia is a historical and spiritual nature trail. In its full form, it connects Livorno to Brescia, following the route of the churches dedicated to the saint in the Lombard tradition, to reach her remains, which are preserved in the city. Here, we are interested in the section of the route that enters the Brescia plain, passing through countryside, embankments, small villages, parish churches and farm tracks, until it reaches the complex of Santa Giulia, in the heart of Brescia. The Bassa Bresciana is worth a closer look. Only then do you realise that the seemingly uniform terrain is full of variety. The crops, the water, the farmyards – even the way polenta is made – all vary. The cuisine of the plains stems from abundance, but also from the habit of never wasting anything.





Loertis are a perfect example of this. These are the young shoots of wild hops, harvested in spring along hedgerows, ditches and riverbanks. Before hops make you think of beer, here they find their way into risotto, omelettes or simple dishes that bring out their herbaceous and slightly bitter flavour.

To find them, you need to be able to recognise them, know where they grow and arrive just at the right time. Their season is short. And in a world accustomed to having everything readily available at all times, loertis remind us that nature still has its own laws.

Quarantino maize too is the result of a close relationship with the weather. It is a short-cycle variety, traditionally grown after the main harvest, when the field seemed to have yielded everything it could. It grew quickly and offered a second chance. Its name conjures up the idea of rapid growth, but the value of the product lies above all in the work required to preserve the seeds and replant them. Here's another example of why polenta is never just polenta. The maize changes, the grinding process changes, the water changes, as does the hand of the person making it.

Chicory, with its distinct, slightly bitter taste, also grows in the fields of the plain.

It is a vegetable that has been a staple of rural cuisine for generations and is now once again in demand precisely because of its simplicity. It can be served as a side dish, a filling, or an ingredient in soups and savoury tarts.

↑ The famous Robiola from Brescia, also known as 'strachì bianch'.

The Brescia lowlands are also a land of milk, where **Grana Padano** reigns supreme – a cheese that is much more than just a 'grating' cheese. It's used in the filling for *casoncelli*, in baked tench and in *polenta pasticciata*. It melts, binds, completes. It often works behind the scenes, but it's also perfect when it takes centre stage, to be enjoyed on its own or accompanied by cubes of traditional quince jelly.

Alongside the large, mature cheeses is the **Robiola Bresciana**. It is made from cow's milk and can be eaten fresh or matured. When young, it is soft, white and delicate; over time, the flavour gets stronger and it changes in texture and colour. Its production area includes the Bassa Bresciana, Franciacorta and the Sebino area.

As the route approaches the border with Mantua, you enter the land of ***Chisöl***, a rustic borderland dessert, with traditional recipes that vary from village to village. It may remind you of a doughnut or a sweet focaccia; it is made from simple ingredients and hails from a region where culinary identities blur the boundaries.

Finally, in the fields and vegetable gardens sprout the ***bigoi d'ai***. The name can be misleading: they aren't a type of pasta, but garlic shoots. They are harvested whilst they are still tender and can be boiled, dressed, made into a sauce or served with eggs. They have a garlicky aroma, but a milder flavour, suitable for all palates.

↓ Art in the form of a sweet treat: like every product born on a borderland, Chisöl is a delicacy that defies boundaries.



Two valleys and no half-measures

THE SCENERY AND CUISINE OF THE TROMPIA VALLEY AND THE SABBIA VALLEY

4

The Greenway Valli Resilienti is not a single route, but a network of trails that criss-cross the Trompia Valley and the Sabbia Valley. It includes routes of varying levels of difficulty, multi-day itineraries and numerous points of interest: museums, scenic views, parks, accommodation, local producers and places serving traditional cuisine. The project has a strong focus on cycling, ranging from touring bikes to mountain bikes, but many areas can also be explored on foot by choosing footpaths, historical routes and short local walks.



© COMUNITÀ MONTANA DI VALLE SABBIA

↑ Rocca d'Anfo on Lake Idro is one of the historic treasures along the Valli Resilienti Greenway.

You can follow the River Mella northwards and venture into the Trompia Valley, passing through Gardone, Tavernole, Pezzaze, Bovegno and Collio. Or head towards Valle Sabbia, Lake Idro, Vestone, Casto and the mountains that separate this area from Lake Garda.

These wooded landscapes do not immediately reveal their secrets. Mushrooms spring up when humidity, temperature and soil conditions all come together. The precious truffles lie even deeper, hidden beneath the surface: searching for them means training your

Mushrooms, cheeses and the flavours of Valle Sabbia.





The famous Brescia-style spit-roast, served on a bed of soft polenta.

eye, relying on experience and accepting that a walk might end with a basket full – or with nothing at all.

That's all part of the experience, too.

In Valle Sabbia, **mushrooms and truffles** are used in risottos, served with polenta, added to meat dishes for their aroma and used as condiments.

Then comes the **spit-roast**.

It is one of the most characteristic dishes of Brescian cuisine, and in Valle Sabbia it is seen as a veritable ritual.



Bagoss cheese, patiently matured, conceals a secret ingredient: saffron.

The meat is threaded onto long skewers, alternating according to customs that vary from place to place, and turns slowly over the fire. Butter, salt and a slow cook do the rest.

Roasting on a spit takes hours, care and experience. The steady hum of the mechanism accompanies the conversations; the aroma fills the air long before anyone announces that it is ready. The polenta waits. The diners, perhaps, a little less so.

But as the saying goes: *la boca l'è mai stràcä, se la sa mìa de aca* ('the mouth is never really tired until it tastes of cow'): in Brescia, a meal always ends with cheese!

The **Bagoss**, the most iconic of them all, is a mature cheese and a Slow Food Presidium, produced exclusively in the 22 mountain pastures surrounding Bagolino using raw cow's milk and a small amount of saffron.

And then there's the **Nostrano Valtrompia DOP.** A cheese matured in a mine, which forms part of the local identity. To enjoy it, we recommend heading to **Pezzaze,** where it is celebrated every year, along the same road that leads to the Greenway trails and takes you to mountain pastures, farms and dairies where milk is still processed using methods handed down through the centuries.

The many faces of Lake Garda

THE CHANGING FOODS FROM THE SHORES TO THE HILLS

5

From the heights of the Rocca di Manerba, one of the many views of Lake Garda.

The Brescia side of Lake Garda cannot be confined to just one route. You can explore the Lower Garda area by bike, taking in Desenzano, Sirmione, Lonato, Padenghe and Manerba. You can drive along the coastal roads towards Salò, Gardone Riviera, Toscolano Maderno and Gargnano. You can explore the trails and mountain bike routes, heading up towards Tignale, Tremosine, Valvestino and Magasa. In Limone, you can take a leisurely two-kilometre outing along a cycle and footpath that runs along the lake. But of course, for those with well-trained legs, there are much more challenging cycle routes, with significant elevation changes between the shore and the inland areas.



© VISIT BRESCIA

Do you prefer a simple walk? Then there are the **routes through the lemon houses**, the **trails in the Alto Garda Bresciano Park**, the **Rocca di Manerba** and **through the villages**. The lake remains visible almost all the time. Sometimes it lies far below you. At other times, it's so close you can almost touch it.

The local food also differs between the lake shore and the mountains.

Near the water, you'll find pesce in carpione (marinated fish). This dish uses a sweet-and-sour marinade which not only adds flavour but, historically, also helped to preserve the fish. Vinegar, herbs, onion and other ingredients vary depending on the recipe. The result has a vibrant and unmistakable character.

The **aole**, small freshwater fish, are used instead in a more straightforward dish: coated in flour and deep-fried, you can pop them in your mouth one after the other, preferably without wasting time counting them.

Then there's the **perch**, with its more delicate flavour. It can be used in risottos, served as fillets or feature as the star ingredient in light dishes.

To accompany all the dishes, you'll find local **Garda olive oil**. An oil with a view of the Alps, now famous throughout the world, which shares its chosen terroir with the **lemon houses**.

Between Gargnano, Tignale and Limone, tall stone and timber structures bear witness to a form of agriculture that has been developed almost in defiance of the landscape. Pillars, walls and roofs protected the citrus trees from the cold and transformed the slopes into vast productive structures.

If you head up from the coast towards Tremosine, the menu changes again. The lake remains in view, but it is the cheeses from the mountain pastures that you find on your plate.

Formaggella di Tremosine is a cow's cheese typically produced on the highland farms. It has a soft or semi-hard texture, depending on how it is made and matured, and a flavour that can range from the delicacy of fresh milk to stronger notes.

↻ Lake Garda lemons are among the most northerly citrus fruits grown in the world, thanks to a microclimate sheltered by the mountains and tempered by the waters of the lake.





↺ The Torta Maderno cake, with a sweet centre of cream and lemon.

Higher up still, in the **mountain pastures of the Upper Garda region**, you'll find other local cheeses, often named after the area or the mountain dairy. They are the mountainous face of a land which, on postcards, loves to show off its sunny shores and stunning waters.

Shall we finish off with a dessert?

Well, we'll have to head back down again to Toscolano Maderno, home to the **Torta Maderno**, a light shortcrust pastry filled with fragrant cream made using local Lake Garda lemons.

And what's the food like in the city?

A STROLL THROUGH A KALEIDOSCOPE OF FLAVOURS

6

Brescia is very easy to explore on foot. From the Santa Giulia complex to Piazza della Loggia, and from the two cathedrals to the Castle, the compact old city centre invites you to step back in time in the space of a few minutes. But to understand the local cuisine, you need to take a slightly broader view.



↑ The dome of the Duomo Nuovo cathedral becomes part of the landscape, seen from the panoramic steps descending from the Castle.

From the centre, you can walk up to the **Castle** and **Cidneo Hill**, continue along the **Ronchi** and the **Monte Maddalena trails**, or head towards Urago Mella, Mompiano and Collebeato. The **Parco delle Colline** stretches across the northern part of the city, featuring woods, meadows, vineyards, vegetable gardens and scenic walks.

The beauty of it is that the city is always there below you. Sometimes you catch a glimpse of it through the trees. At other times, it disappears for a moment, and it seems impossible that Piazza della Loggia could be just a few kilometres away.

Brescia is modern, dynamic and fast-paced. But it still manages to embrace the unhurried pace of traditional rural cooking.

First and foremost are the ***casoncelli***. Filled pasta, shaped into a half-moon or other forms, with a filling that may include meat, bread, cheese, herbs and seasoning. The classic sauce is generous: melted butter, sage and Grana Padano.

This is the part on which almost everyone agrees.

Then the discussions begin.

Each area has its own variation. Every trattoria has its own proportions. Every family claims that the real *casoncelli* are the ones their grandmother makes.

That's why *casoncelli* are the perfect way to tell the story of Brescia. They have a recognisable shape and a filling that varies. They are traditional, but not set in stone. They look unassuming, but they take you by surprise at the very first bite.

A Sunday in Brescia isn't all about filled pasta. There's **rabbit, braised meat** and **stews**. These are dishes that require time, marinades, slow cooking, and sauces rich enough to be soaked up by the polenta.

At other times, however, there's no need to sit at the table for hours on end. Whether you're at a festival, a sports match, or an open-air concert, this is where the

Every 'casoncello' holds its maker's secret: in Brescia, each family has its own recipe for the filling.



In Brescia, autumn and winter are filled with the aroma of braised meat and polenta.



④ Persicata is a peach-based sweet, rich, delicious and jelly-like.

salamina comes in, served in a panino and eaten on the go: the best-known example of Brescian street food.

And whilst the long-standing trattorias preserve recipes that have been passed down through the generations, young chefs are reinterpreting traditional regional dishes with a contemporary twist. In the city's neighbourhoods, Brescian cuisine coexists with foods from all over the world: flavours, ingredients and traditions that have travelled from afar and are now part of everyday life, as is the case in the most open-minded European cities. Because this is how tradition grows too: it embraces, it is enriched and it continues to evolve.

It's best to discover the rest by strolling around, following an enticing smell and letting your curiosity guide you, one dish at a time.

Just one final tip.

A little further north, Collebeato reminds us that Brescia also has a fruit that serves as its symbol: the peach, the star ingredient of *Persicata*, the traditional sweet treat with De.Co. status (Municipal Designation of Origin).

The peach orchards have shaped the agricultural history of the area and continue to be celebrated with the **Festa dei Pèrsech** on warm July evenings.



Ma tu guarda,
Brescia to listen to!

A podcast that takes you on a journey of discovery of the many cities within the city, revealing what's hidden in plain sight.

The Lake in a Jar



On Lake Iseo, fishing, salt, sunshine and patience are woven into a time-honoured craft – and one of the region's most authentic flavours.

In this episode of Ma tu guarda, Brescia da ascoltare!, we follow the journey of Lake Iseo's sardines from Monte Isola to tables across Brescia, in a story steeped in traditions dating back thousands of years – with polenta and glasses of Pirlo along the way.

Scan the QR code and listen to the episodes. Click 'follow' to make sure you don't miss a single episode – you'll get a notification every time a new one is released.

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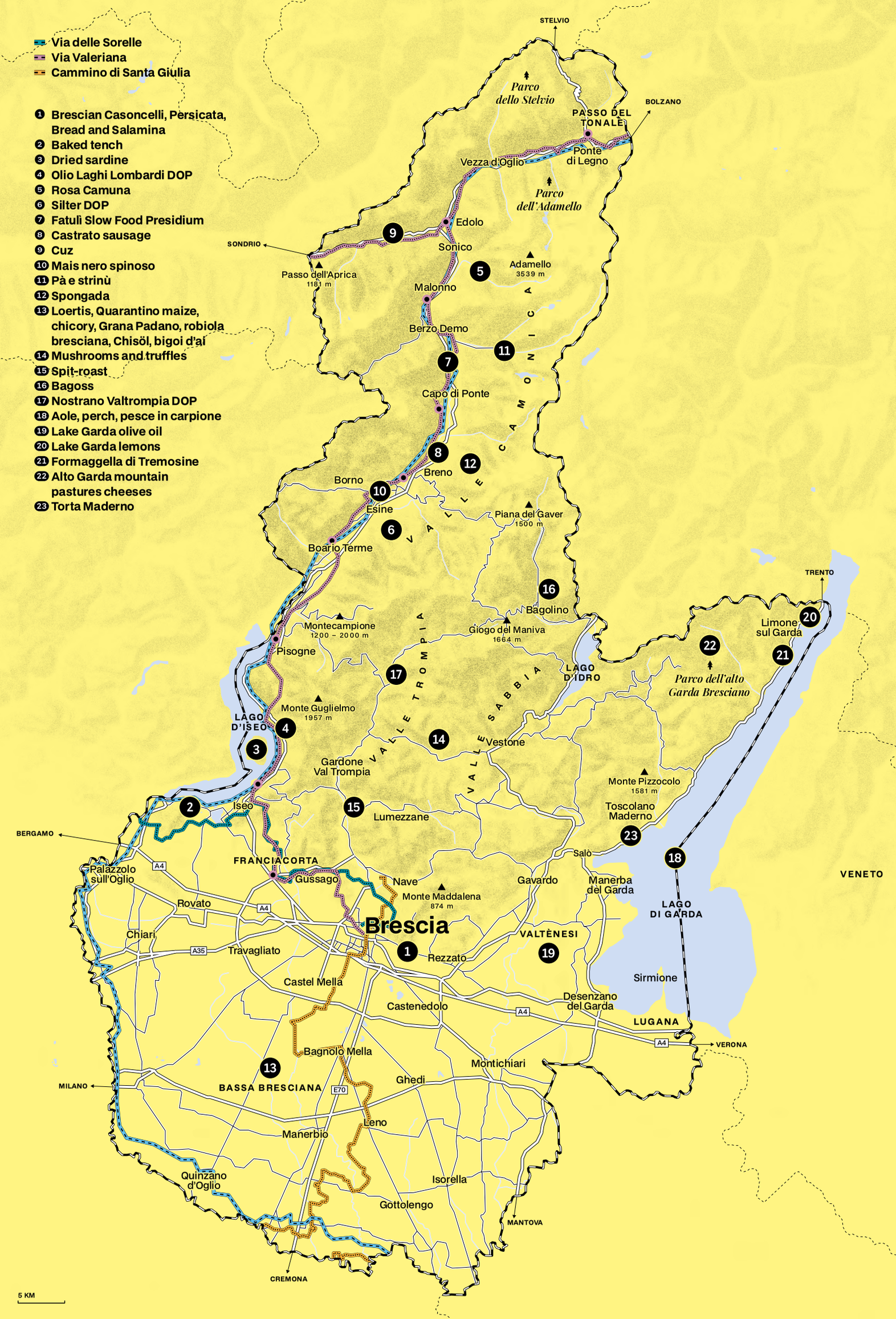
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BRESCIA

Your (kind of) tourist map

Food in Brescia

Six tours, a region full of variety


Via delle Sorelle
Via Valeriana
Cammino di Santa Giulia
1 Brescian Casoncelli, Persicata, Bread and Salamina
2 Baked tench
3 Dried sardine
4 Olio Laghi Lombardi DOP
5 Rosa Camuna
6 Silter DOP
7 Fatuli Slow Food Presidium
8 Castrato sausage
9 Cuz
10 Mais nero spinoso
11 Pà e strinù
12 Spongada
13 Loertis, Quarantino maize, chicory, Grana Padano, robiola bresciana, Chisöl, bigoi d'aí
14 Mushrooms and truffles
15 Spit-roast
16 Bagoss
17 Nostrano Valtrompia DOP
18 Aole, perch, pesce in carpione
19 Lake Garda olive oil
20 Lake Garda lemons
21 Formaggella di Tremosine
22 Alto Garda mountain pastures cheeses
23 Torta Maderno
STELVIO
Parco dello Stelvio
PASSO DEL TONALE
BOLZANO
Ponte di Legno
Vezza d'Oglio
Parco dell'Adamello
Edolo
SONDRIO
Sonico
Adamello 3539 m
Passo dell'Aprica 1181 m
Malonno
Berzo Demo
VALLE CAMONICA
Capo di Ponte
Breno
Borno
Esine
Piana del Gaver 1500 m
VALLE TROMPIA
Boario Terme
Bagolino
TRENTO
Montecampione 1200 – 2000 m
Giogo del Maniva 1664 m
Limone sul Garda
Pisogne
LAGO D'IDRO
Parco dell'alto Garda Bresciano
Monte Guglielmo 1957 m
LAGO D'ISEO
VALLE SABBIA
Vestone
Gardone Val Trompia
Monte Pizzocolo 1581 m
Iseo
Lumezzane
Toscolano Maderno
BERGAMO
Salò
FRANCIACORTA
Palazzolo sull'Oglio
Gussago
Nave
Gavardo
Manerba del Garda
VENETO
Monte Maddalena 874 m
Rovato
LAGO DI GARDA
Brescia
Chiari
VALTÈNESI
Travagliato
Rezzato
Sirmione
Castel Mella
Desenzano del Garda
Castenedolo
LUGANA
VERONA
Bagnolo Mella
Montichiari
MILANO
BASSA BRESCIANA
Ghedi
Leno
Manerbio
Quinzano d'Oglio
Isorella
Gottolengo
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E70
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