

Longing for indulgence – Mediterranean cuisine with a touch of Ticino

Recipes for recreating dishes from some of Ticino's greatest chefs

To eat well is to live well – trying out local specialities or totally new foods, or even eating in a Michelin-starred restaurant, are often the high point of visitors when they travel. And Ticino has a rich gastronomic tradition and history of viticulture. The region's cuisine is strongly influenced by the culinary features of the southern Alpine foothills, and in particular the region of Lombardy in Italy. However, its dishes still hold their own, and its delicacies can still be described as a distinct local cuisine based on regional products. So whether you're eating in one of Ticino's award-winning restaurants or one of its more rustic *grottos*, local chefs still insist on using only the very best local products. This Mediterranean cuisine with a Ticino touch is unique in Switzerland and is yet another reason why visitors are so attracted to spending their holidays in the Italian-speaking region of the country. The following recipes – put together by some of the region's leading chefs – will bring the local culinary delights to the kitchens of many a Ticino fan, and will also whet their appetites for when they can return to the “sun lounge of Switzerland” for their next holiday.

Mattias Roock – *risotto del nostro orto*

Mattias Roock has worked as head chef at the five-star hotel Castello del Sole Beach Resort & Spa in Ascona since 2017, and has drawn the attention of more than just visitors to his restaurant. It didn't take long at all for him to achieve his first Michelin star and 18 points in the French restaurant guide Gault&Millau for his gourmet restaurant *Locanda Barbarossa*. The Castello del Sole is surrounded by a 150-hectare farm – the Terreni alla Maggia – which belongs to the property. In addition to both wine and cereals, it also grows rice. *Loto* is the name of this small-grain rice which grows on Europe's (and therefore the world's) northernmost rice field. And Mattias Roock knows just how to make the best use of this stunning quality product in his kitchen. We present to you his risotto recipe using *loto* rice, fresh asparagus and Merlot from Ticino which can be ordered from terreniallamaggia.ch. The recipe can be found here: ticino.ch/r15, www.castellodelsole.com



Marco Campanella – tomato tartare, a light Mediterranean dish

Since summer 2017, head chef Marco Campanella has been delighting guests to the Restaurant La Brezza in the luxurious Eden Roc five-star hotel in Ascona with his light and clever Mediterranean dishes. Getting himself a name as an up-and-coming new talent in the kitchen, his cooking has already been awarded one Michelin star and 17 Gault&Millau points. For gourmets wishing to enjoy a Mediterranean dish in the comfort of their own homes which will remind them of the Lago Maggiore, Marco has put together a recipe for tomato tartare. ticino.ch/r12, www.edenroc.ch



Rolf Fliegauf – lamb with polenta from Ticino, peppers and a wild garlic jus

The Restaurant Ecco in the luxury Hotel Giardino in Ascona with its 18 Gault&Millau points and two Michelin stars has long been a choice destination for foodies. Head chef Rolf Fliegauf was once Europe's youngest 2 Michelin-starred chef, and his "purist aroma cuisine" delights and combines delicious craftsmanship with a mature individualism. And what is it that sets Rolf's cuisine apart? It offers a high-quality mix of craftsmanship and individuality, embodying a regional down-to-earth attitude with a certain flair that appeals to the diverse palettes of international guests. His suggestion is for a three-course menu to enjoy at home. As a starter, whitefish from Lago Maggiore ticino.ch/r18, as main course lamb with polenta from Ticino ticino.ch/r17 and to round off the dinner with a sweet dessert Ticino sheep's yoghurt with granny smith apples ticino.ch/r19, www.giardino.ch



Andrea Cingari – home-made *cappelletti*

Ticino has a few magical places to visit, and the traditional *grotti* restaurants should definitely be on your list. The Ristorante da Enzo (16 Gault&Millau points) in Ponte Brolla is one of them, and is both a Ticino institution and meeting point for foodies in one. Located at the entrance to the Maggia Valley, it is surrounded by a wild landscape combining a Mediterranean climate with the ruggedness of the Alps. It is the ideal place to enjoy a culinary flight of fancy bringing together Mediterranean cuisine with fresh products from Ticino. Andrea Cingari is a creative head chef, spoiling gourmets with the aromas of fresh seasonal products served outside on the restaurant's large terrace. His recipe for at home is home-made *cappelletti* filled with ricotta and refined with black pepper, both from the Maggia Valley. ticino.ch/r14, ristorantedaenzo.ch



Frank Oerthle – saffron scallops with pepper cream and calamansi lemon sherbet

Just a few steps from the Grand Hotel Villa Castagnola is the Restaurant Galleria Arté al Lago (1 Michelin star and 16 Gault&Millau points) which is part of the five-star hotel and offers a delightful view over the Gulf of Lugano. Located in unique surroundings, diners eat against a backdrop of works and sculptures from internationally renowned contemporary artists which change in a 6-monthly cycle. Just as artistic is the gourmet cuisine of head chef Frank Oerthle, who delights his guests with exquisite delights and delicate creations that treat more than just the taste buds. His most popular dishes are spectacular creations from the heavily fish and seafood-oriented menu. His home cooking recommendation is saffron scallops with pepper cream and calamansi lemon sherbet ticino.ch/r13 www.villacastagnola.com



Domenico Ruberto – *linguine di Gragnano*

I Due Sud is the name of the 16 Gault&Millau point winning restaurant run by Executive Chef Domenico Ruberto in the traditional Splendide Royal luxury hotel in Lugano which invites guests on a spectacular culinary voyage. The name also refers to the programme through which the Italian-born chef cleverly combines the traditional cuisine of his roots in Calabria with the dishes of Ticino where he has set up professionally. He places great value on using seasonal ingredients to create delicious recipes inspired by the Mediterranean. His recipe for cooking at home is *linguine di Gragnano* with tomato essence and smoked ricotta. ticino.ch/r16, www.splendide.ch



Ticino regional recipes for recreating at home

All these recipes – plus many more – can be found at ticino.ch/recipes. If you would like to order the typical Ticino ingredients, they can be found on several websites including terreniallamaggia.ch or genuinity.ch. Accompany your meal with the perfect wine from the online shop at ticinowine.ch which offers a wide range of Ticino wines for every occasion.

For more information:

TICINO TURISMO

Jutta Ulrich, Head of Communications

Tel: +41 91 821 53 34, E-mail: jutta.ulrich@ticino.ch

Via C. Ghiringhelli 7, CH – 6500 Bellinzona