

A glass of red wine, a plate of fried food, and a cheese platter on a wooden board.

TASTE
CIOCIARIA

WWW.COLLEBUONO.IT

CIOCIARIA

FOOD & WINE



CIOCIARIA

Land of Authentic Flavors and Enogastronomic Traditions

The Ciociaria region is a land of ancient traditions and unspoiled landscapes.

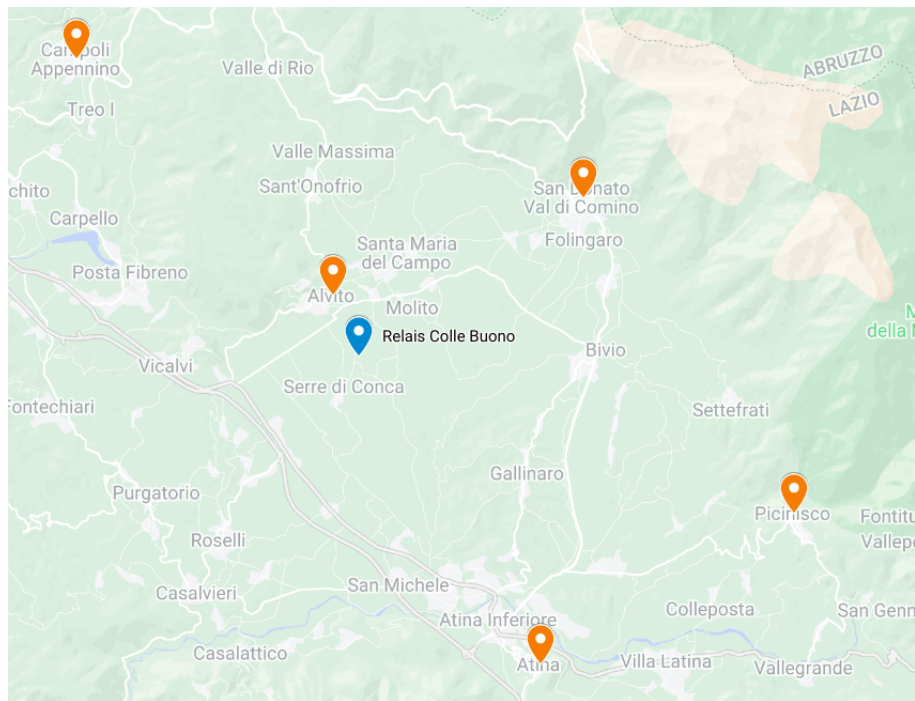
From charming villages like Alatri to Anagni, from the picturesque Isola di Liri to the renowned thermal baths of Fiumicino, the province of Frosinone welcomes you with the genuine flavors of yesteryears and excellent typical products.

Take a look at the enogastronomic routes that cross this historically rich land, where ancient recipes of the "nonna ciociara" blend with the creativity of chefs in traditional inns, refined restaurants, and welcoming agriturismos.

Explore the Flavors Roads of Ciociaria, immersing yourself in the goodness of the first DOCG of Lazio, among prestigious wines, extra virgin olive oils, cheeses, and much more.

A unique journey that celebrates the authenticity of a territory and its culinary traditions.





THE STAGES OF THE TOUR

- ☐ ATINA
- ☐ ALVITO
- ☐ CAMPOLI APPENNINO
- ☐ PICINISCO
- ☐ SAN DONATO VAL DI COMINO

CANNELLINO BEAN OF ATINA D.O.P.

The Cannellino Bean of Atina D.O.P. is a culinary treasure of Ciociaria, appreciated for its creaminess and unique flavor.

Grown in the fertile lands around Atina, this legume is the star of both traditional and innovative dishes. Its D.O.P. certification guarantees quality and origin, preserving ancient cultivation techniques.

Rich in fiber and protein, the Cannellino di Atina is versatile in the kitchen, perfect for soups, salads, and side dishes.

During your journey to discover the flavors of Ciociaria and the Valle di Comino, taste the authentic flavor of this precious ingredient, a symbol of the enogastronomic excellence of this land.





THE ARTISANAL TORRONE OF ALVITO

The Artisanal Torrone of Alvito embodies the art and confectionery tradition of Ciociaria.

Crafted with ancient recipes passed down through generations, this delightful sweet represents a unique culinary experience.

Alvito's torrone stands out for its soft texture and rich, enveloping flavor, achieved through the combination of local honey, almonds, and sugar.

Every bite is a journey through the authentic flavors of this picturesque town.

Address to remember: Pasticceria di Tullio, Alvito

THE PECORINO CHEESE OF PICINISCO D.O.P.

The Pecorino cheese of Picinisco D.O.P. represents the dairy excellence of Ciociaria.

Obtained from sheep's milk from the green hills of Picinisco, this cheese is an authentic delight for the palate. With its rich and bold flavor, Pecorino di Picinisco enchants cheese connoisseurs from around the world.

Its artisanal production and D.O.P. certification guarantee quality and authenticity, preserving the ancient dairy traditions of the area.

Perfect to enjoy on its own or paired with local honey or jams, this cheese is a true gastronomic gem to discover and appreciate.

Address to remember: Azienda Agricola Pacitti, Picinisco





THE OLIVE OIL OF SAN DONATO VAL DI COMINO

The Extra Virgin Olive Oil of San Donato Val di Comino is the result of centuries of passion and dedication in olive cultivation.

With its golden color and intense aroma, it captivates the senses and enriches every dish with its fruity and aromatic taste.

Thanks to cold-pressing techniques and artisanal care, it preserves the beneficial properties of the olives intact.

A true treasure of local gastronomy, the Extra Virgin Olive Oil of San Donato brings the authentic and genuine taste of Ciociaria to the table.

Address to remember: Frantoio La Marina, San Donato Val di Comino

THE TRUFFLE OF CAMPOLI APPENNINO

The Truffle of Campoli Appennino is harvested in the territory of the Monti Simbruini and is a gastronomic delicacy of the area.

With its intense and unmistakable aroma, the truffle of Campoli Appennino adds a unique elegance to both simple and refined recipes.

Its search is an ancient practice, passed down from generation to generation, which celebrates the magic and beauty of nature.

During your journey in Ciociaria, savoring the enveloping taste of this truffle is an unforgettable experience, a journey into the heart of the Appennino and its culinary tradition.

The cultivated varieties include the white truffle, the prized black truffle, and the summer black truffle.





THE WINES OF CIOCIARIA

The wines of Ciociaria are oenological jewels that narrate the history and passion of a unique land, the authentic expression of a territory rich in flavors and traditions to discover and appreciate.

For centuries, vines have climbed the hills, yielding prized grapes that transform into wines with vibrant and captivating character.

From fresh and aromatic whites to full-bodied and complex reds, every sip is a sensory journey through the picturesque landscapes and rich winemaking tradition of the region.

Among the excellences produced in the Valle di Comino, we find Passerina del Frusinate IGT, Cabernet di Atina D.O.C., Maturano IGT, and Cesanese del Piglio D.O.C.G.

Addresses to remember: Cantina Cominium in Alvito and Antica Tenuta Palumbo in Atina.