

1824



2024

THE
ATHENÆUM
PALL MALL LONDON

ITALIAN WINE LUNCHEON

to be held on

Wednesday 5th June 2024

at 12:30pm

The wines and cuisine of Friuli-Venezia Giulia

Presenters: Dr Jonathan Punt & Professor Charles Watkins

Chaired by: Professor James Crabbe



Hillside Collio vineyards overlooking the town of Cormòns.

MENU e VINI

Aperitivo

Ribolla Gialla 2022, Friuli Colli Orientali DOC, Grillo Iole. ABV 12%.

Primo Piatto

**Persut di San Daniele cui Fics e Formadi di Montasio
(Prosciutto di San Daniele, Fig Confit, Montasio DOP)**

Friulano 2016, Friuli Colli Orientali DOC, Grillo Iole. ABV 14%.

Ribolla Gialla 2018, IGT Venezia Giulia, Radikon. ABV 11.5%.

Secondo Piatto

Gòlas (Beef Gulasch in the style of Gorizia)

Refosco dal Pedunculo Rosso 2020, Friuli DOP, Visintini. ABV 14%.

Schioppettino di Prepotto Riserva 2017, Friuli Colli Orientali DOC, Grillo Iole. ABV 14%.

Dolce

Pita di Mele (Friulian Apple Cake), Apricot Sorbet

Picolit 2017, Colli Orientali del Friuli DOCG, Grillo Iole. ABV 15%.

Caffè/tè, Cioccolatini, Digestivi

Amaro, Quintessentia di Erbe, Nonino. ABV 35%.

OR

Grappa Monovitigno Riserva da Prosecco, Nonino. ABV 41%.

ITALIAN WINE REGIONS



FRIULI-VENEZIA GIULIA - TOWNS AND RIVERS



FRIULI-VENEZIA GIULIA - WINE REGIONS

Wine Regions of Friuli-Venezia Giulia



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HISTORICAL FACTS

The autonomous region of Friuli-Venezia Giulia takes its compound name from Friuli, (derived from the Latin *Forum Julii*), and Venezia Giulia, (derived from the Latin *Venetia et Histria* - a Roman Province).

The region has been occupied variously over the last 2,200 years by Romans, Lombards, Alpine Slavs, Carolingians, the Holy Roman Empire, Venice, the Habsburgs, the Napoleonic Kingdom of Italy, and the Austro-Hungarian Empire. The region suffered terribly in World War I. In 1920 the region was annexed to Italy through the Treaty of Rapallo. The multicultural nature of Trieste displeased Mussolini's desire to Italianise all persons and every structure, and the city's minorities were relentlessly persecuted under Fascism.



***Pietro d'inciampo [Stolpersteine], La Famiglia Marcheria.
Piazza della Borsa, Trieste.***

Further devastation followed in World War II. Trieste was seized by Tito. It was not until border disputes were settled by the Memorandum of London on 5 October 1954 that Trieste, Gorizia, and a small portion of the Carso were assigned to Italy. The Autonomous Region of Friuli-Venezia Giulia was established on 31 January 1963.

WINE FACTS

For the purposes of viticulture and viniculture, Friuli-Venezia Giulia may be subdivided both by landscape and by climate.

In terms of landscape, the most Northern part is mountainous, snowcapped and forested, descending to a central plain providing ample water supplies favouring growth of agricultural crops. The most Southern part includes lagoons and the Adriatic Sea.

With respect to climate, there are three macroclimates. The Northern mountainous part lying beneath the Julian and Carnic Alps is a temperate mountain zone. The central plain is a sub-oceanic temperate zone. The Carso and Eastern Hills range from temperate warm sub-continental to Mediterranean.

Today's Luncheon focusses on the vineyards of the Eastern part, categorised as the Colli Orientali and the Collio Goriziano.

Across the whole region there are 28,000 hectares under vine, rendering a total production of 1.6 million hectolitres of wine *per annum*.

As to the ampelography, the region takes the advantage of hosting both red and white Native, (*aka* autochthonous, *aka* indigenous), grape varietals, in addition to International and Traditional varietals.

Grape Varieties: Autochthonous - 12 (5 red & 7 white).

Others - 9 (5 red & 4 white).

The Native grapes are set out *below*, [****denotes grapes featured in today's luncheon**]:

RED Refosco dal Pedunculo Rosso.**

Schioppettino.**

Pignolo.

Tazzelenghe.

Terrano.

WHITE Tocai Friuliano.**

Picolit.**

Ribolla Gialla.**

Glera.**

Verduzzo Friuliano.

Malvasia Istriana.

Vitovska.

The most important International varieties grown are:

RED Cabernet Franc.

Cabernet Sauvignon.

Merlot.

WHITE Chardonnay.

Pinot Bianco.

Pinot Grigio.

Sauvignon Blanc.

In terms of quality, there are 12 sub-regions producing wines classified as Denominazione d'Origine Controllata (DOC) and 4 classified as Denominazione d'Origine Controllata e Garantita (DOCG).

FEATURED GRAPES

Ribolla Gialla.



Ribolla Gialla.

This Native Friulian grape derives its name from the Slovenian *Rébula*, which in the Friulian dialect became *Ribuele*. The earliest recorded mention was on 20 March 1226, upon Pope Boniface VIII settling a dispute between the Bishop of Trieste and the Venetian monastery of San Giorgio Maggiore concerning the selling of a wine called *Rabola* - the old synonym for Ribolla. On 3 February 1299 the Notary Ermanno di Gemano recorded that the city of Udine had gifted two *conzi*, [one *conz* = 85 litres], of *Rabiola* to Girado da Camino, in addition to one pig, one cow and some bread. Later references indicate that Ribolla Gialla was established widely in Friuli and in Istria. At the beginning of the 19th century, under the Austro-Hungarian Empire, the sweet filtered Ribolla Gialla wines were recorded as being greatly appreciated. In the past, Ribolla Gialla's characteristically high content of malic acidity was known to bring the wine to boil in its carboys. This ancient vine finds its best expression when grown on hillside sites, where its vigorous buds and late ripening, give excellent results which vary considerably according to the area of origin and the style of vinification deployed by the *vignaiolo*. Styles range from young, fresh and pleasantly delicate, to the more challenging effect of having undergone maceration on the skins. Furthermore, due to its high acidity Ribolla Gialla is suitable for production of sparkling wines by the long Charmat method.

Tocai Friulano.



Tocai Friulano.

This grape, the most emblematic in Friuli-Venezia Giulia, is now generally acknowledged as being Sauvignonasse, an old variety from the Gironde that was probably introduced into Friuli-Venezia Giulia in the early 19th Century. It is uncertain what grape, or grapes, were used to make wines in the 12th Century that were referred to as being vinified from *Tokay*. A legal dispute as to the use of the name *Tokay* was determined by the European Court in 1995 in favour of the Hungarian *Tokaj*, to the disadvantage of Italy, and also of Alsace where Pinot Gris had been labelled *Tokay Pinot Gris*. In Italy the grape is still called *Tocai Friulano*, although the wine derived therefrom may no longer be called *Tocai*. Friulano is the wine most usually preferred in the *osterie* and *trattorie* of Friuli-Venezia Giulia when referring to a *tajut* - the local dialect for a glass of wine. The local *vignaioli* dispute the use of oak on the grounds that Friulano wines are sufficiently muscular unaided, and can be too easily overwhelmed by excess of vanillin. Good examples have aromas of white flowers, almonds and green apple.

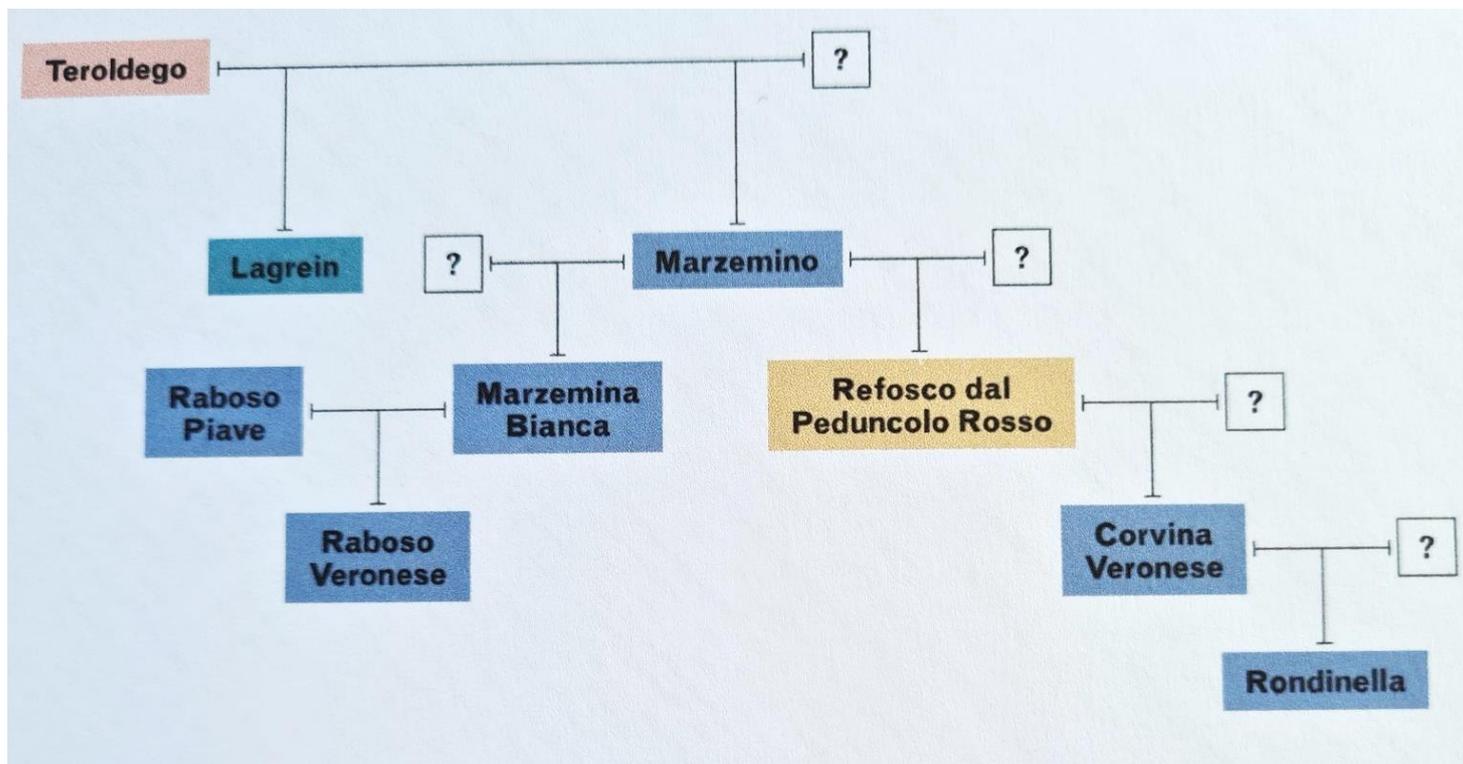
Refosco dal Peduncolo Rosso.



Refosco dal Peduncolo Rosso.

Refosco dal Peduncolo Rosso takes its name from its red stem (*pedunculo*) which reddens once the grapes are fully ripe. It is the best known red varietal in Friuli-Venezia Giulia and of the *Refoschi* group which has been mentioned as being from the Karst plateau on the Italo-Slovenian border from 1409 onwards, but only distinguished from the many members of the *Refoschi* in 1877.

Refosco dal Peduncolo Rosso has interesting relations extending across Trentino, Alto Adige, the Veneto and Lombardia, as demonstrated by DNA parentage studies, [see *below*]. Refosco dal Peduncolo Rosso is the grandchild of Teroldego, [Trentino], the child of Marzemino, [Trentino and Lombardia], the niece/nephew of Lagrein, [Alto Adige], the parent of Corvina Veronese, [Veneto], and the grandparent of Rondinella, [Veneto].



Refosco dal Peduncolo Rosso - Pedigree.

The grapes ripen notoriously late which may result in high acidity, green vegetal aromas and flavours. Copious air is required after fermentation. The optimal zone for Refosco dal Peduncolo Rosso is the Colli Orientali.

Schioppettino.



Schioppettino.

The name Schioppettino, (local name *Sclopetin*), is said to derive from the explosive sensation of its thick-skinned berries in the mouth, [*scoppiare* - to explode or to burst, as with a bomb]: or alternatively, from the slightly fizzy nature of its wines in times past, [*scoppietto* - crackling, as with a fire]. The earliest accurate description was in 1877 as being a grape variety from Udine, under the synonym *Ribolla Nera*. Phylloxera in North-East Italy in the early 20th Century caused the near extinction of Schioppettino, as with two other autochthonous red varieties - Pignolo and Tazzelenghe. Schioppettino was saved by Paolo and Dina Rapuzzi, who in 1970, both with degrees in Food Sciences, founded the Ronchi di Cialla *vigneto*, near Prepotto, with the intent of exclusively growing indigenous Friulian grapes, and producing age-worthy wines. By 1972, after an extensive search in old *vigneti* in Friuli and in Slovenia, the Rapuzzi had acquired 100 vines clandestinely grafted in the Rauscedo nursery. They then faced an administrative and legal battle to overturn the local law that impeded planting

of Schioppettino in Prepotto, and even imposed fines for transgressions. Happily, the Rapuzzi were successful and in 1976 their efforts were recognised by the receipt of the First Nonino *Risit d'Aura Award*, [see below]. In 1983, the Italian Ministry of Agricultural Resources recognised and established the geographical demarcation *Cialla* for Schioppettino di Cialla, Refosco dal Peduncolo Rosso di Cialla, Verduzzo di Cialla, and Picolit di Cialla. In 1989 Schioppettino was classified as a DOC Colli Orientali del Friuli wine.

Prepotto and Albana, and Cialla, are regarded as being the *grand crus* for Schioppettino. The wines are deeply coloured, perfumed and peppery, with wild fruit flavours. Fresh acidity and fine tannins provide elegance. Some authorities identify differences between the wines made in Prepotto and those in Albana that they attribute to soil being more alluvial in the former and more marly in the latter.



La Famiglia Rapuzzi.

Picolit.



Picolit.

The paucity of grapes on a cluster of Picolit, [15 or less, *versus* 100 to 200 on a normal bunch], justifies its name, derived from *piccolitto* meaning small. Picolit's fame commences with its earliest documented reference, in 1682, appearing on the wine list for a celebration involving Alvise Contarini, 106th Doge of Venice, [Doge 1676 - 1684]. In the 18th Century Count Fabio Asquini (1726 -1818), a rural economist and agronomist who did much to promote silk culture, saved Picolit from extinction through many years of study of its breeding. Count Asquini exported the wine from his estate in Fagagna, near Udine. The first 14 green, blown-glass bottles containing the wine were made by master glassmakers in Murano, and were introduced to prestigious markets such as London, Paris, Genoa, Milan, Ancona. The following year more than 1,100 bottles were exported. Picolit was much appreciated and consumed not only in Italy, but also received admiration in the Court of France, the Papal Court of Clemente XIII, with the Kings of Sardinia, the Emperor of Austria and the Tsar of Russia. Thereby it was saved from extinction. The status of Picolit in the 18th Century was such that fakes were produced.

Picolit thrives only in Colli Orientali del Friuli. Production is restricted on account of floral abortion, that leaves the bunch scattered with smaller, but sweeter berries. The grapes are used exclusively to vinify a sweet, late-harvest wine. The grapes are either dried on mats, or in racks, or just left for longer on the vine. Development of *Botrytis cinerea* (*aka muffa grigia*) is variable. Some highly authoritative Italian wine experts regard Picolit as producing Italy's most noble wine, ahead of Barolos and Brunellos.

Prosecco (aka Glera).



Prosecco (aka Glera).

The flavours of Glera will be well-known to very many, even if the name of the grape is not: Glera being the grape from which the sparkling wine Prosecco DOC is made. Until 2009, Glera was called *Prosecco*, but at the request of the Prosecco Consorzio the name was changed to the official name of Glera. Prosecco is a small village, a few kilometres North of Trieste and is the alleged birthplace of Glera. The geographical name Prosecco is reserved for the Italian sparkling wine for the purpose of affording the wine a protected appellation, which was not possible for a wine given the name of its grape. Between 2000 and 2005, the plantings of Glera tripled in Italy, and Prosecco DOC production volume has become both the largest DOC in Italy, and leads that of the sparkling wines of France, Germany and Spain.

Glera is also known as Prosecco Tondo, on account of the round shape of its berries, as opposed to the ovoid Prosecco Lungo. Still dry wines may be made from Glera, either unblended or in combination with Verdiso or Boschera (*aka* Verdicchio Bianco). Glera can also be made in a passito style. Glera is made in still and sparkling styles, sometimes blended with Garganega, in Colli Euganei DOC where it takes the local name Serprina, or Serprino.

The finest quality sparkling wines made from Glera are to be found in the Veneto around Conegliano (Prosecco di Conegliano-Valdobbiadene DOCG) and around Asolo (Asolo Prosecco Superiore DOCG). When making Grappa da Prosecco, the selection of *vinacce*, (*aka* pomace), derived from grapes of the high quality employed for vinifying Prosecco di Conegliano-Valdobbiadene DOCG is an important step in ensuring an end-product that provides an enjoyable and interesting perspective of the Glera grape.



Glera vineyards in Valdobbiadene.

THE VIGNAIOLI

Azienda Agricola Grillo Iole.



Mattia, Anna, and Julia Muzzolini.

Azienda Agricola Grillo Iole is situated in the heart of the hills of the Colli Orientali del Friuli in Albana di Prepotto, right on the border with Slovenia. The winery is housed in a 16th Century historic country manor surrounded by eight hectares of vineyard extending onto the surrounding hills. It is a family cellar passionately run by Anna Muzzolini together with her son Mattia and daughter Julia. Wine production was first commenced in the 1970s by Anna's father, a doctor with a passion for good wine whose original desire was simply to share a great glass of genuine Prepotto wine, with family and friends. As time passed his production grew and he began selling wine on a commercial basis. Having originally embarked on a career in biology, Anna made the decision to leave behind her life in a laboratory, for a life amidst the vineyards, returning home to join her father at the estate in 1999.

Previously planted Pinot Gris, Chardonnay and Malvasia have been replaced with Native varieties such as Ribolla Gialla, Friulano, Schioppettino di Prepotto, Refosco, Picolit and Verduzzo, together with some Sauvignon and Cabernet Franc.

The vineyards are steeply terraced, nestling in surrounding forests.

The use of any chemical herbicides has been eliminated and any further treatments are avoided, unless absolutely necessary, and then in limited doses, with the effect that the vineyard has been pesticide free for more than 15 years.



Vigneti a terrazze - Azienda Agricola Grillo Iole.

Radikon.



The late Stanko Radikon and his son Saša Radikon.

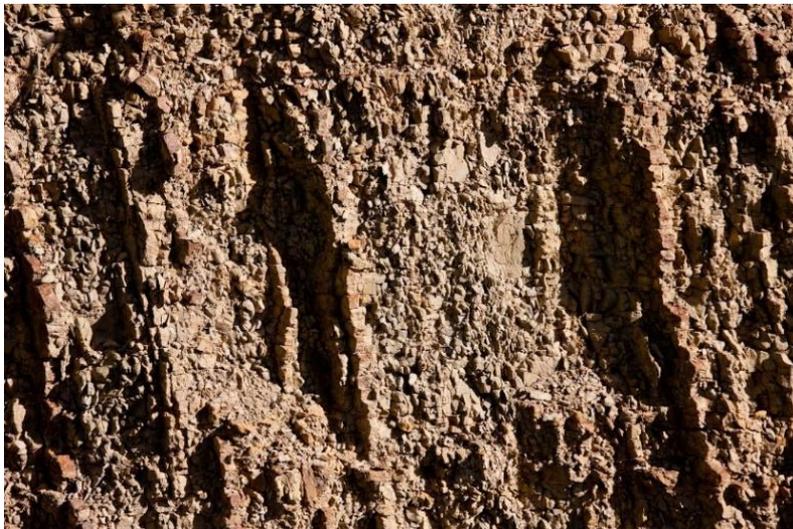
The estate has been in the hands of the family since 1861. Originally the land provided family subsistence farming: vegetables, animals, fruits and some bulk wine. In 1980 the late Stanko Radikon made the first bottling with the 1979 vintage: Pinot Grigio, Sauvignon, Ribolla Gialla, and Tocai Friulano made with low yields and use of some stainless steel tanks. In 1986 the first barriques were introduced.

The current 12 hectare estate comprises sloped, terraced vineyards in Oslavia, a district of Gorizia, in the heart of the Collio, on the border with its origins in Slovenia.



Vigneti - Radikon.

The vines grow on flysch, [*ponca* in local dialect]: soil comprising layers and mixtures of minerals derived from prehistoric sea bed, clay and sandstone.



Ponca.

In 1995 the late Stanko Radikon reverted to the vinification employed by his grandfather: seven days skin maceration to extract more colour and flavour from Ribolla Gialla. Further to considerable experimentation, and despite initial resistance from critics, the entire white wine production is now made employing extended skin contact, and ageing in barrel and bottle. Notably, it became appreciated that the extended skin contact resulted in wines that were so sufficiently robust that use of SO₂ could be reduced and finally, in 2003, dispensed with entirely.

A further innovation has been the design of bespoke thin-necked bottles, slimmer corks, and bottling in two sizes of bottle: 500ml and one-litre.



Cuvée “ I BLU” Ribolla Gialla in thin-necked bottles.

Today, wines derived from a range of grapes is produced deploying remarkably varying extents of skin maceration, [8 days to 3 months], barrel ageing, [3 to 8 years], and bottle ageing, [4 months to 10 years].

Azienda Agricola Visintini.



La Famiglia Visintini.

The *vigneto* has a history dating back to 1290. The estate was acquired by the Visintini family through the purchase of Gramogliano Castle by Domenico Visintini, the great-grandfather of the present family, in 1884. Agriculture was commenced in 1915. The modern viticultural concern was founded in 1973 by Andrea Visintini, and from 2002 has been controlled by the succeeding generation of Oliviero and his twin sisters Cinzia and Palmira.

The twenty-four hectare estate has vineyards in Collio, Collio Orientali and Grave del Friuli. In addition to the main autochthonous varietals, a number of international vines are cultivated and vinified, notably Merlot, Malvasia and Gewürztraminer.

From the 2014 vintage the family have deployed new labels for each of the wines, displaying botanical drawings of flowers or fruits that relate to the flavour profiles in each different varietal.



Friuliano.



Verduzzo Friuliano.



Ribolla Gialla.

Nonino.



***La Famiglia Nonino receiving the Oscar del Vino,
Italian Association of Sommeliers' Awards, 9 June 2002.***

In 1897 Orazio Nonino founded the first distillery in Ronchi di Pavia, Udine, prior to which the operation had been a traditional moveable still on wheels.

In 1928, the distillery moved to Percoto and Silvia Nonino, (*née* Milocco), became the first woman to produce Grappa in Italy.

In 1933 Antonio Nonino created "*Amaro Carnia*", an infusion of Friulian mountain herbs, using the grappa he distilled as the alcoholic basis: he also complied with a Royal Decree that required grappa to be bottled bearing a label and the State seal.



Antonio and Silvia Nonino and family.

In 1940 Silvia Nonino, by then widowed, became the first woman to manage a distillery and her great knowledge of botanicals led her to create the "*Aperitivo Bianco Nonino*".

In 1967 The Noninos introduced their "*Aquavitae Optima*", obtained from distillation of single varietal *vinacce* (pomace) from a prestigious grape grower leading to the creation of *Monovitigno* (single varietal) Grappa.

In 1973 Benito and Giannola Nonino created the first Cru Monovitigno Grappa for which they used the rarest and most prestigious vine of Friuli: Picolit.

IN 1975 The Nonino family established "*Il Premio Nonino Risit d'Aur - Barbatella d'Oro*", [The Nonino Gold Vineshoot Prize - a *barbatella* is a rooted cutting, otherwise known as a bench graft], an award to encourage Friulian *vignaioli* to persevere with endangered autochthonous varieties, notably Schioppettino, Tazzelenghe, Pignolo and Ribolla Gialla which, at that time, were forbidden. In 1977 Giannola Nonino successfully exhorted the relevant administrative bodies to acknowledge these wines, thereby securing a future for distinctive Friulian winemaking.

In 1984, Benito and Giannola Nonino created the “*Grape Spirit ÙE®*” by distilling the skin, pulp and grape juice in a single operation, thereby combining the elegance of wine distillate and the character of Grappa.

In 1989, the Noninos planted 40 hectares of vineyard with Picolit, Ribolla Gialla, Fragolino, Schioppettino and Sauvignon grapes in Buttrio, Friuli, for the production of Grappa and ÙE® Grape Distillate of optimal quality.



Stages in Grappa production.

[see film @ www.grappanonino.it]

FOOD AND BEVERAGE FACTS

The complex admixture of geography, climate, turbulent history, and the ethnic influences of Italian, Austro-Hungarian, Slavic and Jewish foods has resulted in a cuisine with its own curiosities and richness, without forgetting its origins as a *cucina povera*.

Coffee and Trieste.

In 1719, the Free Port of Trieste was established by Austrian Emperor Carlo VI and developed by his daughter Maria Teresa into the only port of the Austrian Empire. Accordingly Trieste was ideally placed to be the major European entry point for coffee, the passion for which produced its own culture especially in the Austro-Hungarian Empire. A lasting legacy in Trieste has been its *caffès* and their traditions which have been the haunts of many, such as the *Irredentisti* of the late 19th and early 20th Centuries who sought to recover from occupying powers the lands lived in by Italian speaking people. Trieste's *caffès* were also favourite haunts of writers, including James Joyce who wrote "*The Dubliners*", [1914], and "*The Portrait of the Artist as a Young Man*", [1916], whilst in the city.



James Joyce, Canale Grande, Trieste.

Illy, founded in Trieste in 1933 by Francesco Illy, maintains a major presence in the city, importing 350,000 of the 2 million sacks of coffee beans shipped into Trieste annually and processing 100 tons each day. *Illy* also supports *L'Università del Caffè*. There are long-established *caffès* and also small providers who will roast to order. Crucially,

Trieste has its own coffee vocabulary:

<u>Usual Italian</u>	<u>Triestino version</u>
<i>Un espresso</i>	<i>Un nero</i>
<i>Un cappuccino</i>	<i>Un caffelatte</i>
<i>Un macchiato in a small glass</i>	<i>Un capo in b</i>
<i>Decaffeinated in a small glass</i>	<i>Un deca in b</i>
<i>Un macchiato with extra coffee</i>	<i>Un capo scuro</i>
<i>Un macchiato with less coffee</i>	<i>Un capo chiaro</i>
<i>Un caffè corretto</i>	<i>Un resentin</i>



Caffè Tommaseo, Trieste, Founded 1825.

Specialities.

Prosciutto di San Daniele DOP. This delicacy hails only from the small town of San Daniele del Friuli in the Province of Udine: a free town under the Patriarchs of Aquileia which paid its taxes in prosciutto. There are characteristic features that distinguish *Prosciutto di San Daniele DOP* from the better known *Prosciutto di Parma DOP*. Production is restricted to 31 *prosciuttifici*; the pigs for *Prosciutto di San Daniele DOP* are produced in a wider geographic area in Central North-Eastern Italy; the legs are compressed during the salting period and only dry sea salt is used; the minimal ageing time is shorter at 400 days; the local wind emanates from the Carnic Alps to the Adriatic; the trotter remains in place. Approximately 2.6 million legs are produced *per year*, compared to approximately 9 million legs of *Prosciutto di Parma DOP*.



Prosciuttificio, San Daniele.

Other preserved meats. These include *Prosciutto di Sauris* which is smoked and cured; *Prosciutto Carsolino*; and *Peta* sausage from Valtellina which includes beef, goat, pork and game. Breast of both goose and duck are smoked. *Musét* is a Friulian sausage made from pork shin, snout and skin, and is often served with pickled turnip (*brovada*) or horseradish (*cren*).

Frico. *Frico* is a Friulian species of *spuntino* (snack) made from pan-fried cheese, usually Montasio DOP. Made with aged cheese the result is crisp - *Frico Croccante*: with young cheese one gets a runny effect - *Frico Fondente*. Other ingredients may be added, such as speck (*Frico del Fattore*), onions (*Frico con le Cipolle*), even apples or pears (*Frico con I Melus* or *con I Pirus*).



Frico Croccante.

Pasta. Gnocchi, made from potato, pumpkin, ricotta, or stale bread predominate over flour-based forms of pasta. There are many unusual variants. Accompanying sauces may be savoury, such as with Montasio cheese and

poppy seeds (*Gnocchi con Crema di Montasio e Semi di Papavero*), or cucumber sauce (*Gnocchi di Pane con salsa di Cetrioli*). Fruit may be incorporated, notably plums (*Gnocchi di Susine*).

Risotto. Friulian versions not found elsewhere include crabmeat and peas (*Grancevola e Piselli*); scallops, zucchini blossoms and multiple spices (*Risotto con Capesante, Fiori di Zucca, ed an Arcobaleno di Spezie*); and cinnamon and honey (*alla Cannella e Miele*). Risotto made with barley (*Orzotto*) has a venerable background, often made with herbs or mushrooms.

Soups. Friuli-Venezia Giulia has more soups than any other Italian region, reflecting the need for variation on a background of poverty. Beans are often the mainstay, supplemented by cabbage in the form of sauerkraut and smoked pancetta, as famously in Trieste (*La Jota Triestina*).

Meat. The distinguishing Friulian feature of many prepared meat dishes is the inclusion of spices such as nutmeg, cinnamon, paprika, and juniper berries. Grated horseradish is deployed as both an accompanying sauce and an ingredient, even with lamb (*Agnello al Cren*).

Fish. The chief fishing port is Grado which, as Venice, is set in a lagoon on the Adriatic Sea, and affording similar crustaceans and fish. Eels from the lagoon or from lakes may be grilled, fried or stewed as a component in Grado fisherman's stew (*Boreto Graisan*), or in the Triestino version (*Brodetto alla Triestina*).

Dolci. Pastries are unsurprisingly popular given the Austro-Hungarian connections, as they also are in Alto Adige. Traditional examples include: *Gubana* (a crusty strudel); *Putizza* (a yeasty roll stuffed with walnuts, pine nuts, raisins and chocolate); and *Pinza* - (a rum-laced Triestine Easter cake).

Formaggi (Formadi). Cow's, goat's and ewe's milk are all employed, especially in the mountain dairies where cheesemaking has an ancient history. *Malga* is the generic name given to cheeses from any of these milks in the mountainous parts of Udine and Pordenone. The flavour is tangy with a variably bitter note.



Malga di Sauris.



Monte Bivera, near Sauris, Carnia.

Formaggio Salato (aka Asino). First documented in 1659, a cow's milk cheese named from its origin, Monte d'As in Val d'Arzino, Carnia. Found in soft, smooth version, or mature harder version.



Formaggio Salato (Asino).

Val d'Arzino.

Montasio DOP. Originating in Carnia, taking its name from a group of mountains in the Julian Alps with a broad plateau overlooking the Southern slopes where herds are brought in the Summer months - *La Transumanza [aka transhumance]*. Produced uniquely from cow's milk produced by only 38 dairy producers, on farms in the territory of origin. A firm cheese, with sparse, uniformly distributed eyes when fresh, becoming flaky with few eyes when mature.



Montasio DOP: Young [on left] and Matured [on right].



La Transumanza.

Ribolla Gialla 2022, Friuli Colli Orientali DOC, Azienda Agricola Grillo Iole. ABV 12%.

Grape: 100% Ribolla Gialla planted 1996 to 2005.

Viticulture: Grown on grassy vineyard. Not irrigated.

Vinification: Meticulous grape selection followed by destemming. Soft pressing and cold stabilisation at 4 to 5°C for 5 days to preserve freshness and aromas.

Maturation: Aged on its fine lees in steel tanks for approximately 7 months with frequent pumping over (*rimontaggio*).



Character: Bright yellow straw colour with faint green tinges. Aromas of white roses, acacia and spring flowers. Full-bodied, accessible, balanced flavours.

Food pairing: Spring or Summer aperitivo. Seafood risotto or pasta.

Friulano 2016, Friuli Colli Orientali DOC, Grillo Iole. ABV 14%.

Grape: 100% Friuliano.

Viticulture: Vines more than 50 years old planted in the “*Rotonda*” vineyard in Prepotto. Single Guyot growing system.

Vinification: Grapes are harvested by hand and destemmed, before soft pressing followed by cold, static clarification.

Maturation: Maturation *sur lies* in steel tanks with frequent *batonage* until the following April or May. Aged in bottle in underground cellar until 2022.

Character: Mineral, citrus and peach scents on the nose. Savoury, lively, balanced on the palate with typical hint of almonds. Evolves with bottle age with development of exotic scents such as eucalyptus.

Food pairing: Perfect foil to *Prosciutto di San Daniele*, asparagus, risotto with Spring herbs. Remarkably can accompany a fresh herb omelette.



Anna Muzzolini and torchio.

Ribolla Gialla 2018, IGT Venezia Giulia, Radikon. ABV 11.5%.



The late Stanko Radikon (1955 – 2016).

Grape: 100% Ribolla Gialla.

Soil: Sloped, terraced vineyards The vines grow on *ponca* (flysch).

Viticulture: Organic and biodynamic.

Vinification: 2 to 3 months maceration on its skins.

Maturation: 3 years in barrel and 1 to 2 years in 500ml or 1litre bottles according to vintage.

Annual production: 0 to 5,000 bottles.

Ageing potential: Minimum 20yrs.

Character: Full bodied complexity with, profound flavours but immense freshness.

Food pairing: Includes blue cheeses, and spicy dishes.



Saša Radikon.

Refosco dal Peduncolo Rosso 2020, Friuli DOP, Visintini. ABV 14%.



Azienda Agricola Visintini.

Grape: 100% Refosco dal Peduncolo Rosso.

Viticulture: Certified entirely Biodynamic. Not easy to ripen: uneven maturation of bunches necessitates removal of the bottom of the bunches.

Maturation: 30% aged in wood, 70% in inox (stainless steel).

Character: Dark crimson with violet tones. Peppery dark fruit on the nose. Aromatic savoury flavours with bare hint of oak and exciting natural acidity.

Food pairing: Oven-cooked meats, game, cotechino. May be served slightly chilled, especially in the warmer months.



Schioppettino di Prepotto Riserva 2017, Friuli Colli Orientali DOC, Grillo Iole. ABV 14%.

Grape: 100% Schioppettino.

Viticulture: Vines between 14 years and 34 years of age, planted in the “*Cente*”, “*Hilde*” and “*Panificio*” vineyards in Prepotto. Single Guyot growing system.

Vinification: Grapes are harvested by hand and destemmed, before fermentation in steel tanks. Two thirds undergo one or two *delestages* daily.

Maturation: One to two months in steel tanks followed by 24 months in *tonneaux* (oak barrels), and finally four to six months in bottle.

Character: Ruby colour. Elegant, balanced, spicy nose with black pepper and hints of red fruits. Elegant silky tannins on the palate complementing the spice on the nose.

Food pairing: Sufficiently versatile to accompany *antipasti*, and *secondo piatti*. Can go well with fish, either as a soup or as smoked salmon. If chilled, this wine can even be deployed as an *aperitivo*.

Picolit 2017, Colli Orientali del Friuli DOCG, Grillo Iole. ABV 15%.

Grape: 100% Picolit.

Viticulture: Vines between 41 years and 46 years of age, planted in the “*Panificio*” vineyard in Prepotto. Single Guyot growing system. Grapes left on the vine for 40 to 50 days to promote natural withering aided by the winds.

Vinification: Manual harvesting. Following pressing, fermentation is in steel tanks.

Maturation: In *barriques* for approximately 24 months.

Character: Complex, fruity bouquet of dried fruit, apricot, honey, broom and linden. On the palate there is a full sweetness that is harmoniously and elegantly balanced with the level of alcohol. Persistent fruity, aromatic aftertaste.

Food pairing: A real *vino da meditazione* for pairing with dry pastries or aged cheeses such as the ancient Friulian *formadi frant*.



Formadi frant from Carnia.

Amaro, Quintessentia di Erbe, Nonino. ABV 35%.

Ingredients and methodology: This unique bitter liqueur was released in 1992 and named after its inventor, 4th generation distiller Benito Nonino. *Grappa*, as the base spirit, is infused with the Nonino family recipe comprising a large variety of herbs, flowers, barks, and roots such as instance, thyme, bitter orange, gentian root, wormwood, galangal, quassia wood, and saffron.

The infusion is refined with aged *Nonino Grape Distillate* *ÙE*® and then aged for 12 months in *barriques* and small barrels.

Character: In appearance it is warm, golden, and reddish in colour with some viscosity. To the nose there is a fruity, sweet, herbal aroma with notes of orange, apricot, caramel, spice, and herbs. On the palate there is a bittersweet combination of honey, vanilla, caramel, orange, gentian roots, saffron, allspice and pepper. The overall effect is a subtle interplay of bitter and sweet fruit, herbs and spices.

Service: As an *aperitivo*, in the form of an *Amaro Nonino Spritz*, [3 parts Prosecco, 2 parts Amaro, and 1 part chilled soda]. As a *digestivo*, served neat at room temperature, perhaps paired with dark chocolate.



Amaro, Quintessentia di Erbe ageing in Barriques and small barrels.

Grappa Monovitigno Riserva Da Prosecco, Nonino. ABV 41%.

Grape: 100% Glera.



Glera vineyards in Valdobbiadene.

Methodology: Selected and destalked *vinacce*, [aka pomace], are sourced from Glera grapes grown in vineyards in the Veneto destined for the production of Prosecco Valdobbiadene DOCG, and are harvested fresh and soft.

Discontinuous distillation takes place very slowly in copper steam stills to give volatile components, responsible for the fragrances. The correct evaporation and consequent condensation with cutting of the “*head*” and the “*tail*”, to preserve unchanged the precious organoleptic characteristics of the grape variety chosen.

Further to distillation, with cutting of the “*head*” and the “*tail*”, the distillate is aged for 24 months in *barrisques* and small casks without addition of any colour additives.

Character: Slightly amber in colour on account of the months in *barrisques*. On the nose, it is soft, fragrant and floral with hints of vanilla and chocolate. On the palate, it is refined, elegant with flavours of bread, vanilla and pastry.

Service: At room temperature in a wide balloon glass.



Nonino Artisanal batch steam stills, Ronchi di Percoto.