

## Region profile: Valle d'Aosta

Valle d'Aosta is an Italian region with a special status in north-western Italy, with the capital Aosta from which it takes its name. Regarding viticulture, pergolas are often still used here. They are structured in such a way as to allow the dispersion of heat from the ground and to withstand the weight of winter snowfalls.

In recent decades there has been a constant qualitative and quantitative increase in productions, which have obtained numerous national and international awards.

### Best white wines from Valle d'Aosta

- **Müller-Thurgau:** it is an intense white wine, pleasant, aromatic, and harmonious on the palate.
- **Priè Blanc:** it is a native white grape of Valle d'Aosta. It is grown in the area of Morgex and Salle. It is characterized by a yellow straw color with green reflections and it has a scent of mountain herbs and hay on the nose.
- **Muscat:** it is a wine with a yellow straw color and very intense, characteristic on the nose but delicate and harmonious on the palate.
- **Chardonnay:** a yellow straw wine with an intense, fruity aroma. On the palate it is characteristic, it is sapid, full-bodied.

### Best red wines from Valle d'Aosta

- **Merlot:** a red wine with a ruby red color. It is intense, characteristic with a slightly herbaceous scent on the nose, full-bodied on the palate.
- **Nebbiolo:** this is a ruby red wine with garnet reflections. Its olfactory profile is characteristic, and on the palate, it is full-bodied, tannic.
- **Mayolet:** it is a ruby red wine with garnet reflections. Fine, delicate, and soft and pleasant on the palate.
- **Cornalin:** it is a particular and intense wine, characteristic. On the palate it is harmonious and a little tannic.
- **Petit rouge:** Petit Rouge is considered by many to be the best black grape variety in Valle d'Aosta. The wine obtained from the Petit Rouge grape is colored. On the palate it is warm, vinous, tannic.

### Valle d'Aosta's food

Each recipe is linked to a centuries-old tradition of hunting and breeding. Here people needed to face the low temperatures of the region.

Obviously, in the Valle d'Aosta cuisine, a high-calorie preparation based on fontina, D.O.P., the traditional cheese born in 1200 and the undisputed king of the regional cuisine of this region.

- **Fonduta (starter/street food):** a typical and delicious dish based on fontina cheese, characteristic of the Alpine area. The cheese is melted to eat it with croutons. The combination with this dish is a Sauvignon or a Pinot Grigio.
- **Zuppa alla Valdostana (main):** made with simple and genuine ingredients. is a soup made from cabbage, bread, butter, and broth. A bottle of Müller-Thurgau or Prié Blanc is perfect with this dish.
- **Carbonada (main):** meat dish with nutmeg, pork belly and butter. it is a kind of meat stew that is often served with polenta and a bottle of red wine (Merlot or Nebbiolo)
- **Polenta alla valdostana (main):** dish made with corn flour, butter and fontina, the typical cheese of the Aosta Valley. This dish goes well with both an important white wine and a structured red wine (Chardonnay or Mayolet)

- Tegole(dessert): “tegone” means “roof tiles”. They have a round thinned shape and they are regional biscuits made with hazelnuts, almonds, and vanilla. A bottle of Muscat is the wine that best suits this dessert.

### **Valle d’Aosta’s Viticulture**

The Valle d’Aosta vineyard consists of just about 400 hectares of which over 300 of them are destined for the production of wines with a designation of origin for a total of 1.8-2 million certified bottles.

A peculiarity of the Valle d’Aosta viticulture is the fragmentation of the cultivated area into plots of modest surface. In the last thirty years, Valle d’Aosta wines have had a notable qualitative growth, as evidenced by the numerous national and international awards it has received.

About 70% of the production is consumed locally thanks to the tourism that visits this region throughout the year.

The 20% are destined for sale in other Italian regions, while the remaining 10% is destined for export.