

Hotel and Catering High School  
“Dante Zappa”  
Bormio



**I.I.S. “PAOLO BAFFI” – Fiumicino  
IPSSAR “DANTE ZAPPA” – Bormio**

**“WHAT DO YOU EAT?”  
Traditions, cultures and eating habits:  
comparing two realities**

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## TOURISM IN VALTELINE

Tourism is a very important activity all over Valtellina for many places that offer, both in summer and in winter, opportunities to practice sports and outdoor activities such as: cross-country and alpine skiing, ice skating, walking on snow with snowshoes, ski touring, hiking or horseback riding, biking trails, spa treatments...

The most famous places are:

### Bormio

It is located at 1200 m about on the sea level and offers many opportunities to the tourist, from golf to ski, from the thermal water, cultural visits, museums to old villages.

The thermal waters that feed the thermal baths of Bormio, are located in the centre of the village and feed “Old Baths” and “New Baths”, with 30 different thermal services of which 7 outdoor tubs and swimming-pools.

The wide and magnificent valleys around Bormio offer many itineraries inside the Stelvio National Park, between pastures and snowy summits, with further 2000 kind of flowers and animals like deer, roebucks, chamois, marmots, real eagles and gypaetus.



### **Saint Spirit Church**

The building dates back approximately to the XI<sup>th</sup> century and it is one of the oldest found in Bormio. It was deconsecrated at the beginning of the century and used as a deposit for long time. In modern times the ex-church presents a very simple outdoor structure, in which the circular apse is still perfectly recognizable: by it, people came in through a portal that today doesn't exist anymore. An ancient rose-window is what remains today. On the walls are still present round windows.



### **Saint Vitale Church**

The Saint Vitale Church is located along Via Roma and has ancient origins dating back to XII century.



### **Saint Ignazio Church**

The church is located near the entrance of Via De Simoni from “Kuerc” square. In the 1674 were completed the construction works, started by the Jesuits in 1635.



### **Palace De Simoni**

The building belonged to the De Simoni noble family. The arm of family represents one monkey holding up a branch and an eagle, today it is located under the main door. In the building there is the civic museum.



### **Square Kuerc**

The square Cavour or of Kuerc is the main meeting place in Bormio, famous for the buildings that encloses. In the square is located the Main Church, the Tower of Hours and the structure from which it takes the name, the Kuerc.



### **Collegiate Church of Saint Gervasio and Protasio**

The Collegiate is the principal church in Bormio and it is dedicated to the Saints Gervasio and Protasio, twin sons of Saint Vitale and Saint Valeria, protect of village.

### **Livigno**

It is located in Northern Valtellina, at 1800 m height: its fraction Trepalle is located at 2000 m. and for this reason is the highest location inhabited all year.

It can be reached through the Foscagno or Forcola Pass, to proceed to the Switzerland.

Until 1950, during the long winter months Livigno was completely isolated due to the abundant snowfalls and people could get Livigno only on foot or by sleigh. For this reason



the county has obtained the tax benefit, that is a “free tax zone” and the V.A.T isn’t paid on goods.

Given the considerable height, snow remains for a long time on the slopes and skiing is possible until the month of April.

Furthermore in summer it is possible to practice the numerous walks-biking trails around the country that are 15 km long.

For its characteristic of isolated village, Livigno has retained many traditions.

### [The red train: from Tirano to Bernina](#)

In 2008, the red train was enclosed in the Unesco list as World Heritage Site and, in Italy it has the starting station in Tirano.

The Raethian Railways in 2010 celebrated 100 years of life. In recent years the numbers of passengers has increased and people come from all over Europe and the world to prove it.

The train leaves from Tirano and arrives to St.Moritz, over passing the Bernina pass, than Coira, over passing through the valley of river Albula.

Along the way there are 42 tunnels and covered galleries, 144 viaducts and bridges and it passes through villages and places of great beauty in both summer and winter.

In Tirano, the journey begins: it comes to Brusio and over passing in a spiral on a viaduct.

Poschiavo is the most important town in the valley.

Then it starts to climb up to the Bernina Pass: this is the highest railway station in Switzerland.

In the northern area of the pass they speak Roman and German, in the southern one they speak Italian.

The train starts again, along the banks of White Lake and Black Lake and over passing in front of the Morteracth glacier.

It gets to Pontresina and it finally arrives to St. Moritz, luxurious and famous resort all over the world.

In winter time is hooking the snow – plough with automatic motors that permit to the train to travel with abundant snow.

This train has helped our territory because it has increased the number of tourists who have come to Tirano and have taken advantage of this to know the city.



## [The sanctuary of the Virgin of Tirano](#)

The old chronicles of time tell us about Mario of Homodei, noble and man of faith, that in the morning of Sunday the 29th of September 1504, a mysterious force carried him to vegetable garden near the bridge of crowd. In this place the Virgin appeared to him with a light coat and promised him to stop the wide mortality of men and animals only if they had built a church in Her honour.

The construction began and in a few years was built a Basilica with a 54 m high tower. The dome was completed later. At the top of the dome was collocated the Saint Michael statue. The front, majestic and beautiful, is in a Renaissance style.

The main portal is enriched with many bas-reliefs of great beauty and each with its meaning. The tablet at the top of the portal represents Saint Martin on horseback dividing his mantel with the poor: this is to commemorate the patron Saint of Tirano.



On the south side of the building, sun-dial was painted, in fashionable of that time.

The most sacred place is the Chapel of the Apparition, with an altar dated 1800 (the original was stolen by the troops of Napoleon) and the crypt, where the Virgin rested his feet when she appeared to bless Mario.

An inscription in Latin: UBI STETERUNT PEDES MARIAE (here rested the feet of the Virgin). The left

wall is occupied since 1600 by a large organ (a carved wood one), supported by eight slender columns of pink marble.

This organ is adorned with decorations representing bunches of grapes, festoons, composition of fruit and flowers and golden musical instruments.

Some days of the year a large size sheet is lowered to cover it. This sheet represent the glorified Virgin in heaven.

In front of the organ there is the pulpit, that is the place where they sang.

On the walls of the church there are frescoes: the oldest one represents the Virgin, that indicates the exact place where the Blessed Mario build the sanctuary.

Another important painting is by Cipriano Balorsa, a painter who has been called "Raphael of Valtelline".

The painting represents the miracle of two new-born children who died and resurrected.

## THE VINEYARDS ON TERRACES IN VALTELLINE

In Valtelline the cultivation of vines goes back to medieval times and for many centuries has been the source of income for local people.

The vines were planted on the side of the mountain, on the slope of Rhaetian side, the most exposed to the sun through the creation of terraces about 500 Km long.

The vines are grown from Ardenno (260 m above sea level) to Tirano (900m above sea level).

The landscape of vineyards on terraces is characteristic and unique. It has been nominated in the Unesco list as World Heritage Site to be preserved in the future.

In our areas, the cultivation of vines is very difficult and expensive, because the work is done by hand since the agricultural machines can not be used in narrow passages existing in the mountainside.

The work in the vineyards begins in January and ends in October with the harvest.

To avoid the numerous sicknesses of the vine, that in ancient times provoked tremendous crisis, it needs to complete a series of manufactory operation.

The prevailing quality of the grape is Nebbiolo (80%) and the remainder is the Brugnola (20%).

The most famous and renowned wines of the Valtelline are : Grumello, Sassella, Valgella, Inferno and Sforzato.

Sforzato is obtained with raisins that are allowed to dry naturally, according to an ancient technique, to obtain a concentration of sugars and aromatic substances that make the wine very tasty and strong.



## THE CUISINE

The products derive from traditional Valtelline cuisine in a mountainous agricultural area.

It is defined "poor cuisine" because the ingredients used were those supplied from local agriculture and breeding of cows, pigs and goats.

The foods were simple and high-calories, also to protect oneself against the cold of winter.

In our areas grow cereals such as corn, buck-wheat, rye, potatoes, vegetables and animals are used for making butter and cheese.

The traditional dishes have become specialities of regional cuisine: pizzoccheri, polenta taragna, sciatt, sausages, local cheeses ( Bitto, Casera,...) cakes such as the panun and copeta.

## Pizzoccheri

INGREDIENTS for 8/10 people:

400 g. buck-wheat flour  
200 g. white flour  
600 g. cabbages  
300 g. potatoes  
250 g. Casera cheese  
250 g. Casera, low-fat cheese  
400 g. butter  
6 cloves of garlic  
a few sage leaves  
water and salt t.t.  
possibly: Parmesan t.t.  
1 or 2 egg whites



## PROCESS

Mix the two flours with salt, water and egg whites until the mixture becomes smooth. Roll out the pastry, not too thin (1/2 mm) and cut 5 cm long stripes about and 1 cm wide. Cut the potatoes and leaf the cabbage into small pieces and boil in salted water for 10 minutes.

Add Pizzoccheri and cook for another 10 minutes; in the meanwhile cut the cheeses into cubes and then fry the garlic with the butter and sage.

When the Pizzoccheri are cooked, strain them with a "spider", sauté pan with a little cheese and butter until the mixture is well blended (possibly add a little cooking water) serve, sprinkled with Parmesan and season with butter.

## Sciatt

INGREDIENTS for 4/5 people:

200 g. buck-wheat flour  
100 g. white flour  
mineral water t.t.  
2 tablespoons of grappa  
250 g. Casera, cheese  
salt t.t.  
possibly: 2 whisk egg whites until stiff



## PROCESS

Mix the two flours in one bowl, add mineral water, salt and grappa until the mixture quite thick and let stand at room temperature for 30 minutes. Cut Casera cheese into cubes and put them in refrigerator until ready to dip them in the dough; ; in the meanwhile heat oil for frying and whisking 2 egg whites.

Add the egg whites at the mixture, then the cheese cubes and fry.

Serve with salad chicory.

### **Buck-wheat cake**

#### INGREDIENTS

300 g. buck-wheat flour  
60 g. starch  
200 g. whit flour  
8 eggs  
500 g. sugar  
500 g. butter  
1 yeast flavored vanilla bag  
blueberries Marmalade t.t.  
syrup maraschino t.t.



#### PROCESS

Work with an electric whisk the sugar, then add the melted butter and mix until obtaining a light foam.

Add the flour mixed with yeast and starch; at the end add the well whipped egg whites.

Pour the mixture into two buttered deep round tins, put in an oven at about 170° for 30-40 minutes.

Unbake the cakes, remove from the deep round tin, let them cool and then wrap in transparent paper to prevent them to dry.

Prepare the syrup with water and sugar (400g. water and 200g. sugar) cut in half the cool cakes, dip with syrup and fill with blueberries marmalade or other wild berries.

Sprinkle with powered sugar and serve.

### **Bresaola (cured dried salted beef)**

The bresaola is a very popular product because it is a lean salami , also suitable for those people on a diet.

It is beef meat put in brine and dried in air.

It will keep for a long time in the cellar and can replace meat.



**Have a good meal!!**

From the students of Hotel and Catering High School  
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