

BERGAMO ITALY

2019

加入網絡年份

YEAR OF DESIGNATION

意大利貝爾加莫



BERGAMO CITTÀ CREATIVA
PER LA GASTRONOMIA

城市介紹 | INTRODUCTION OF THE CITY

The City of Bergamo is characterized by an original structure composed of two levels: the Upper Town, with its ancient medieval core guarded by the circle of walls, UNESCO World Heritage Site since 2017 and the Lower Town, the modern business centre, rich in cultural outlets. In the last twenty years Bergamo has become a destination for significant national and international tourist flows.

Bergamo's geographical position at the centre of a land which features flatlands, hills, lakes and mountains mirrors the administrative and economic centrality of the City. Bergamo's territorial peculiarity and biodiversity, combined with hundreds of years of knowledge and tradition and enhanced by the consciousness of importance of sustainable production are the key factors that led to the development of prestigious agri-food businesses.

The uniqueness of Bergamo's gastronomic landscape is exemplified by the production of several local certified products: wine, olive oil, cured meat. Bergamo's dairy sector represents a case of excellence, and boasts a continental record thanks to the production of 9 PDO-certified cheeses. The local gastronomy is furtherly enriched by traditional recipes and dishes, such as polenta and stuffed pasta (Casonsei; Scarpinocc).



Morris Sigismondi

Chef Morris Sigismondi has been studying the art of cuisine since his teenage years, starting in the historic cooking institute in San Pellegrino Terme. During the years, he became specialized in Bergamasque local cuisine, working in different restaurants. He's currently serving as the vice-president of the Bergamo Cooks' Association (Associazione Cuochi Bergamaschi) and was recently appointed as international ambassador of polenta, a dish he is very passionate about and which became his signature recipe. Sigismondi became "Chef Ambassador" of Bergamo Creative City of Gastronomy in 2024, and since then has participated in different local and international events. Sigismondi takes great pride in exporting all over the world the flavours and recipes of Bergamo's tradition. He is also passionate about helping the community, he's a volunteer firefighter and provides free service to the local soup kitchen.



菜品 | DISHES

Casoncelli Alla Bergamasca (Casonsèi de la Bergamasca)

Fresh stuffed pasta similar to ravioli, traditionally served with melted butter, bacon, garlic, sage and grated cheese, Casoncelli were invented in order to use the leftovers of the roast and appeared successfully on the middle-class and aristocratic tables during the 18th Century. Historical documents cite 1386 as the certain date that allows us to identify the first mention of this dish.

With their particular "bird's wing" shape of closure, seasoned with sizzling butter, bacon and sage, Casoncelli have a deep connection with the territory of the province of Bergamo, also demonstrated by the capillary diffusion of production in traditional fresh pasta laboratories, by the constant presence in the menus of local restaurants and by the persistence of home-made preparations.

Thanks to the presence of such artisan processes and the widespread use of traditional processing methods, the Casonsèi de la Bergamasca has retained the title of "King of Bergamo cuisine".



Polenta Contadina

Polenta is certainly one of the most popular recipes in Bergamo's territory. It has very ancient origins and, thanks to its ability to combine nutritional value and simplicity, it has been the main dish in the meals of the peasant families of Bergamo for many centuries.

Polenta as we know it today was born around 1500, when corn arrived from America, which gives it its typical yellow color.

There are numerous varieties and recipes of this traditional dish, based on the flour, the added ingredients, the cooking methods and the combinations.

This recipe, called "Polenta contadina" (Peasant polenta) combines the peculiar taste of polenta and with that of cheese and meat, creating a unique combination of Bergamo's typical flavours.

