

*Food · Wine*  
*The Italian Riviera & Genoa*

{ *a Terroir Guide* }

**T**HE ITALIAN RIVIERA, HOME TO GENOA, THE CINQUE TERRE, AND OVER 200 miles of winding coastline, is among the most distinctly local regions of Italy, with its own tastes, smells, and traditions. The cuisine, full of genuine, delicate flavors, exalts freshness and lightness, favoring local ingredients and artisanal methods. Regional favorites such as focaccia, farinata, and pesto differ from valley to valley and from one trattoria to the next. *Food Wine The Italian Riviera & Genoa* guides you to the most authentic restaurants, cafés, and specialty food shops, for unforgettable meals and local products, including wine, cheese, and olive oil. The book also contains a glossary of regional dishes, ingredients, and preparations, and maps to help you navigate from village to village.



DESIGN BY:  
LOUISE FILI LTD.

THE LITTLE  
BOOKROOM  
NEW YORK

\$24.95 US | \$27.95 CAN | \$16.99 UK

ISBN 978-1-892145-64-2



9 781892 145642

52495



THE  
T E R R O I R  
GUIDES

FOOD

WINE

*The Italian  
Riviera & Genoa*



{ BY }

**DAVID DOWNIE**  
PHOTOGRAPHS BY ALISON HARRIS

**TERROIR** [teh-RWAHR] French. Literally "terrain." Figuratively "a sense of place." Originally used to refer to the particular qualities that soil and climate bestow on wine, terroir now also describes more generally the way local influences—not only geography but culture, history, tradition, and individuals as well—are uniquely expressed in the character of a region's food and wine.

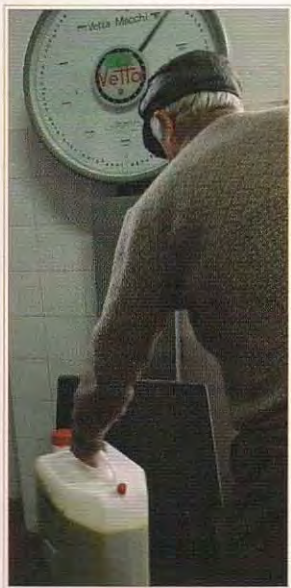


## OLIVE OIL MAKER

*Frantoio Bo*

**S**ESTRI LEVANTE IS SURROUNDED BY TIERED OLIVE GROVES AND VINEYARDS. FAMILY OWNED AND OPERATED SINCE 1867, Frantoio Bo is where locals take their olives to be pressed and bottled. The premises are on the edge of town, about 300 yards east of the main *caruggio*, an easy walk. The Bo family also owns hundreds of olive trees near the mill, and makes some of the finest extra virgin oils on the Riviera. They've won awards everywhere, in Italy and Germany in particular, plus a gold medal at the Los Angeles County Fair. The top of the line is called *Le Due Baie*—the two bays, a reference to the town's topography—and it's composed 100 percent of handpicked Lavagnina, Razzola and Pignola olives from Liguria. The acidity is a low 0.2-0.3 percent. Also excellent is *La Ginestra*, which is made from “net” olives that have been knocked off or fallen from the trees into nets stretched from trunk to trunk. The

acidity is higher—around 0.5 percent—but still low enough to allow the sweetness of these delicate, flowery oils to shine through. The current scion of the Bo dynasty is Carlo, flanked by his wife and son. Though the mill has been around for over 140 years, don't expect to see ye olde stone wheels and hemp mats; the equipment here is state of the art, manufactured by Alfa Laval. The olives are cold-crushed, pressed and centrifuged rapidly at precisely twenty-seven degrees Celcius. You can taste and buy Bo oils in the spacious boutique, and also pick up very good brined, bottled whole olives.



VIA DELLA CHIUSA 70 ♦ TEL: 0185 481605  
WWW.FRANTOIO-BO.IT ♦ CLOSED SUNDAY

