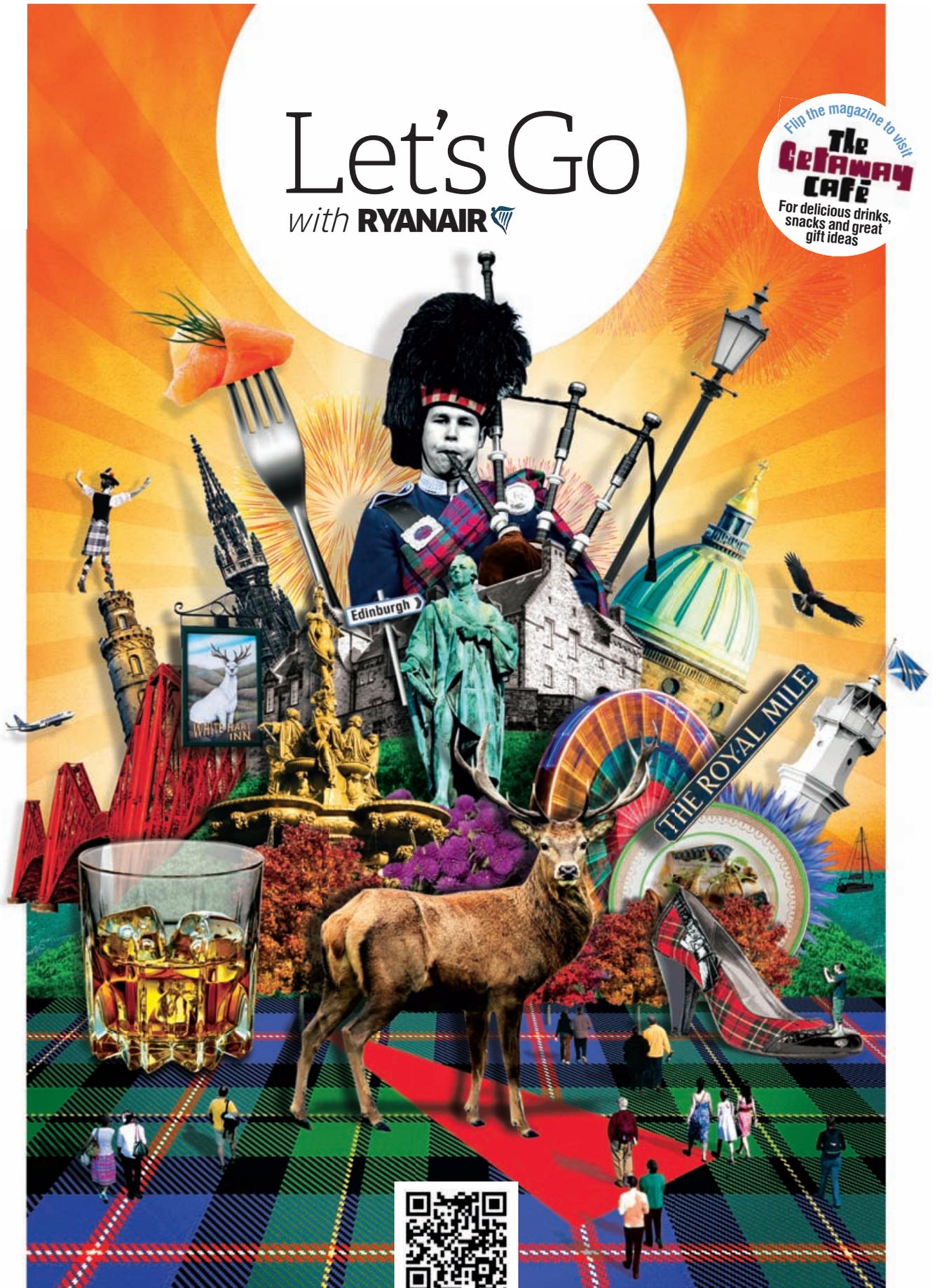


Let's Go

with **RYANAIR** 

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WE COULDN'T HAVE MADE THIS WITHOUT YOU

Some of the many people who helped put our March issue together



LAURENT GADEN

Laurent Gaden graduated from Spéos Photographic Institute, Paris and moved to Biarritz to work within his passions of surfing and snowboarding. Fitting, then, that he snap our ski/surf feature on page 86. Laurent's sense of curiosity and desire to capture real life moments, as he sees them, is what guides his work. When not behind the camera, he's in the water, catching waves.



KATHRYN TOMASETTI

US-born, Italian-raised Kathryn Tomasetti pens travel stories from across Europe, and her articles and photos have featured in the likes of *National Geographic*, and *The Independent*. This month, we sent her back to her native Italy to get the scoop on the world's first Slow Food university (see page 66), in Bra. A dedicated foodie, she has already planned a return trip to the town's wine museum.



CLARE MALLISON

Working with a mixture of pen and ink, markers and some pencil, Clare Mallison creates illustrations that evoke a world of charm and playfulness found in moments of everyday life. Clare studied illustration at Kingston University and has since worked with a broad range of clients from her studio base in Hackney, East London. Check out her work in our Five of The Best list on page 32.

WHAT YOU TOLD US

Travellingesther says you must venture for a soak in Tuscany's Saturnia hot pools, p18

Muhamad Kazar Abdul Razak raves about Samsung's new Galaxy camera, p29

Garry Orr sings the praises of Flavours of France cooking courses, p32

@steve_mellor reckons you should learn a few tricks at a London magic shop, p37

Camille Georges recommends hitting the slopes at the BRITS fest, p38

Jyri Forsstrom always books a room at Hotel Telegraaf when in Tallinn, p99

@Sara_Dsouza loves Marseille's Panorama art gallery, p101

Christine Macaulay says to try the fresh gnocchi at Hamburg's Jolie, p103

Una Haugh recommends a visit to Sherkin Island, p105

Tomas Mensi suggests a beer at Milan watering hole Birrificio Lambrate, p107

Spinda Kaufmann rates Casa Velha in Faro, p109

Vicki McLeod chills out on Palma's Mood Beach, p111

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We want to know what's happening where you are, what you think of our magazine and what you'd like to see in it. So get in touch with us below!

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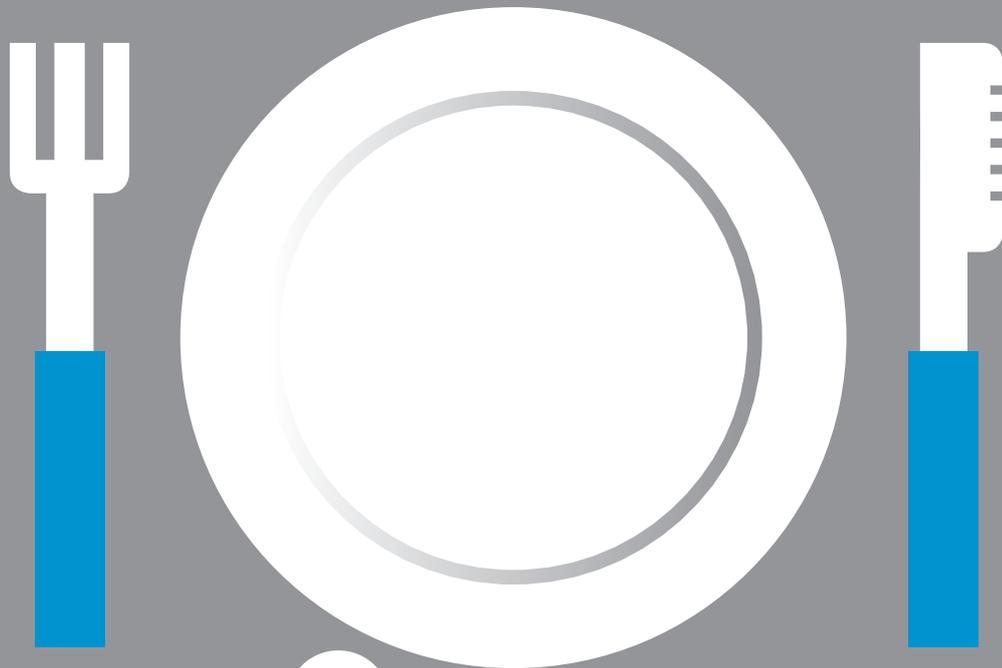
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SLOW FOOD

FLY RYANAIR TO TURIN FROM 13 DESTINATIONS, INCLUDING ✈ BARCELONA (EL PRAT AND GIRONA) | ✈ BARI | ✈ BRINDISI | ✈ DUBLIN |



Food for thought

With its mantra of “good, clean and fair”, the Slow Food movement continues to inspire chefs the world over, including students at its own university. **Kathryn Tomasetti** pays a visit to its campus in Bra, Italy, to find out what’s next on the menu
Photography by **Boaz Rottem**

Bra, 50km south of Turin, may be little known outside Italy, yet this unassuming town – with a population of just 30,000 – is a place of Italian food pilgrimage. For here you will find the headquarters of the Slow Food movement, a grassroots organisation founded in 1989 by Bra-born Carlo Petrini that has since made ripples around the world.

With such an intense focus on food – where it comes from and how it tastes – Bra has cultivated a fanatical epicurean following. Ever since the 1997 launch of Cheese (*cheese.slowfood.it*), the world's largest artisanal cheese fair, thousands of tourists have been heading to Bra to immerse themselves in the town's sublime culinary scene. It takes place every two years, with the next event this September.

Those who are serious about their food kick off a visit to Bra with a blowout meal at Osteria del Boccondivino (*boccondivinoslow.it*). It was at a restaurant table here that Petrini first laid out the Slow Food manifesto. Sample *tajarin* egg pasta with Bra's unique veal sausage, or gnocchi piled high with spring's first asparagus. An equally authentic experience can be found at Ristorante Battaglino (*ristorantebattaglino.it*). Join locals for a plate of *agnolotti del plin* (Piedmontese ravioli filled with a meaty mix of pork, veal and herbs), or *crespelle* (crêpes) stuffed with Porcini mushrooms.

But for some visitors, chowing down is simply not enough. Food-lovers take note: Bra's Università degli Studi di Scienze Gastronomiche (*unisg.it*) may prove irresistible. Established in 2004 by Slow Food, the "University of Gastronomic Sciences" is the only university in the world where the entire curriculum is dedicated to studying food production, creation and styling – not to mention its glorious consumption.

If only all university campuses were like this. Folded under the shadows of the snow-capped Italian Alps, its classrooms and extensive food library are dotted throughout the Agenzia di Pollenzo, a summer palace constructed for King ▶



ABOVE BRA'S AWE-INSPIRING SETTING
RIGHT OSTERIA DEL BOCCONDIVINO



Those who are serious about their food kick off a visit to Bra with a blowout meal at Osteria del Boccondivino. It was here that Petrini first laid out the Slow Food manifesto

SLOW FOOD

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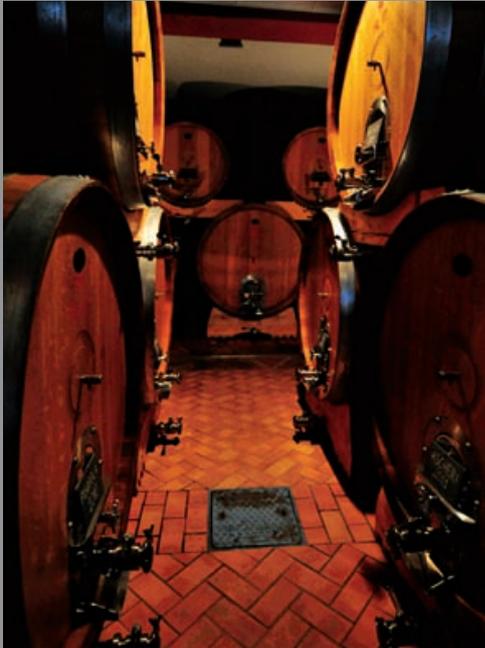
Carlo Alberto and the Savoy royal family in 1835. A five-minute walk away, the 19th-century farming estate Cascina Albertina houses additional lecture halls and the world's largest sensory analysis lab. In a word: "wow". Courses cover everything from nutrition and food technology to gastronomy and viticulture, with each module echoing the core tenets of Slow Food. Undergraduates need to be bilingual, as classes are conducted in English and Italian. Masters students need only know one of the two.

This year, a host of new courses includes La Scuola di Alta Cucina Domestica Italiana (School of Italian Domestic Haute Cuisine), for students to learn how to create timeless Italian dishes. One-year master apprenticeships (Italian only) for bakers, pizza-makers, brewers, butchers and cheesemakers also begin this year.

continued on page 71 ►

PART OF THE
HISTORIC CAMPUS





WHERE TO SLEEP

Tucked behind the railway station, family run Albergo Cantine Ascheri (ascherihotel.it), doubles from €140) is part winery, part sleek boutique hotel. In the industrial-chic cellars, wine buffs can sip their way through Ascheri's range of regional tipples (tastings from €7).

Travellers on a budget may want to check in to Albergo Ristorante Casa Badellino (ristorantealbergobadellino.it, doubles from €75). Perfectly positioned on Bra's main square, it lays out one of the tastiest (and Slow Food-approved) breakfast spreads in town.

CLOCKWISE FROM
TOP LEFT ALBERGO
CANTINE ASCHERI;
GIOLITO CHEESE;
BOTTEGA DELLE
DELIZIE DI GRANDI
LUIGIA; PASTICCERIA
CONVERSO

WHERE TO SHOP

Bra's cheese fair will be a hub of artisanal action come September, but a perennial cheesy favourite is Giolito Cheese (giolitocheese.it), a shop run by a family with a 100-year history of making the stuff. Pick up a vacuum-packed piece of the city's own Bra Tenero cheese, dip down into the subterranean cheese museum, or arrange a cheese tasting (€25, including wine).

For visitors with a sweet tooth, Caffè Pasticceria Converso (converso.it) opened in 1838, and is Bra's top spot for candied chestnuts, homemade ice cream and melt-in-your-mouth pastries. And be sure to drop into Bottega delle Delizie di Grandi Luigia (6 Via Pollenzo), which stocks its own exquisite chocolates ("Delizie di Bra"), giant jars of liquorice and hazelnut butter.



But perhaps most thrilling is the new Tavole Accademiche (Academic Tables) project. Legendary US restaurateur Alice Waters and ex-El Bulli chef Ferran Adrià will be among 25 renowned chefs from nine countries cooking alongside students in the university's canteen. Their goal? To revitalise the menu, create delicious meals on a tight budget (€5 per person) and eliminate food waste. Oh, for a school dinner here!

You don't need to be enrolled to taste the terroir at La Banca del Vino, or "Wine Bank" (*bancadelvino.it*). Located in the ancient royal cellars underneath the university, this "museum" currently houses over 100,000 wines. Tour the labyrinthine vaults for tastings of the precious Barberas, Barbarescos and Barolos, and be sure to purchase a bottle of fine Italian wine to take home. [📍](#)

Meet the alumni, page 72 ▶

STUDENTS AT UNISG
ARE HUNGRY FOR
KNOWLEDGE

SLOW FOOD

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UNISG's amazing alumni

A whopping 74%
of alumni find
employment
within a year of
graduating. Here
are just a few
success stories

THE LAB GEEK

Ben Reade, 28, was born in Edinburgh, Scotland. He has been cooking in professional kitchens since he was 15 years old, including stints at Aubergine in London and River Cottage in Devon.

"I was one of these chefs who would read reference books in bed," he says. "And UNISG seemed like the perfect place to combine some of my previous studies in social sciences with my knowledge and passion for food." Reade enrolled in the three-year BSc in Gastronomic Sciences in 2008, and cites UNISG's research trips (an element of every course here) as life-changing. During his time at the university, he visited almost every

region in Italy, as well as France's great wine territories, with additional travels through Spain, Japan and Brazil.

The Scot is now Head of Culinary Research and Development at Copenhagen's Nordic Food Lab (nordicfoodlab.org), which was founded five years ago by Rene Redzepi, chef at the city's world-renowned Noma restaurant. From a houseboat in Copenhagen harbour, Reade has the task of exploring the potential of Scandinavian cuisine – experimenting with its ingredients, including limpets, Dulse seaweed and reindeer, as well as techniques like brining, pickling and smoking. It's partly government-funded and all research is made available to the public for free.

✈ FLY RYANAIR TO MALMÖ

THE ONLINE GURUS

Set up just over a year ago by UNISG graduates Luca Vaschetti, 29, Livia Ferrara, 32, and Elisa Mereatur, 25, Cucina-To (cucina-to.com) is an artisanal food business in Turin. Its soups, stews, and vegetarian and meaty mains are made using fresh ingredients from the Piedmont countryside, and customers can buy online in Turin, or from delis stocking their dishes in Turin, Milan, Alba, Bergamo and Monza.

Luca (the chef), Livia (the administrator) and Elisa (in charge of sales and communications) each brought their own unique experience to the business – from food internships in Tokyo to working at Michelin-starred restaurants. Talking about Cucina-To in Italian newspaper *La Repubblica*, Slow Food's Carlo Petrini said there are "advantages to the consumer, but also to the agricultural sector, which in response to a project like this could find the right incentives to produce quality vegetables".

So could they have done it without UNISG? "Unlike many other universities, UNISG teaches you how to approach life practically," says Elisa. "From the moment you begin your studies, the university gives you the tools to become your own boss and set up your own food-based project. Like us, many of our classmates have gone on to create their own companies. In fact, we sell some of our dishes in stores that are owned by our former classmates!"

✈ FLY RYANAIR TO TURIN



THE SPIRITED ONE

Vanessa Gürtler, 30, hails from Rum, just outside Innsbruck, Austria. Little wonder she went on to produce her own brand of booze, Wodka Wanessa (*wodka-wanessa.at*). Part of the first-ever batch of UNISG undergraduates, Gürtler completed her BSc in Gastronomic Sciences in 2007. “The research trips were hugely informative,” she says. “It was quickly evident that food not only nourishes you physically but also emotionally – even spiritually. It’s all about food and vodka!”



After working under food artists like Dutch quirky “eating designer” Marije Vogelzang, Gürtler returned to the subject of her thesis: ancient foodie visionary Saint Hildegard of Bingen. “She was an important figure in the Middle Ages,” she says. “Saint Hildegard had ‘visions’ on how to live life and what to eat. She said that spelt is a ‘happy maker’, and so my mother and I discussed the idea of producing spelt vodka – literally, a ‘happy’ vodka. It’s just what the world needs in times like these.”

Gürtler is now based in Styria, south-eastern Austria, where she produces Wodka Wanessa at her partner’s distillery in the town of Riegersburg. “My vodka, created with the best Austrian spelt, has a distinct, nutty taste,” she says. “I make vodka not so people get drunk. My happy-making spelt vodka is a means for people to loosen up a bit, enjoy life, fall in love, stop worrying, party. Life is too short to drink bad vodka.”

✂ FLY RYANAIR TO KLAGENFURT

THE BEER LOVER

Born in Clusone, near Bergamo, Italy, Valeria Giudici, 27, returned to her roots to create Ponte Nossola-based ArtigianBeer (*artigianbeer.com*). Both an online shop as well as an environmentally friendly boutique – from the furnishings to the packaging – ArtigianBeer purveys the finest Italian craft beers, as well as a small selection of high-quality, local foods. Valeria enrolled at UNISG in 2004, the year the university opened. “UNISG, in addition to providing unparalleled training, served to open my mind,” she says.



After graduating, she went on to train as a sommelier. But her attention turned not to Italian wine, but to beer. “I wondered how it was possible that everyone likes good beer and at the same time it was so hard to find,” she says. Visiting Italian breweries and meeting local producers, she soon built up a unique stock of little-known lagers. Last year, she launched ArtigianBeer, combining fine foods with top beers with a view to reviving tourism in her native Bergamo.

Yet Valeria credits her studies at UNISG with creating the person that she is today. “Everything I do, in my work, free time and otherwise, depends on that period. Whether shopping at the market, making bread at home or choosing the beers for my store, there is always a deeper meaning that comes from the knowledge I gained during those years.”

✂ FLY RYANAIR TO MILAN (BERGAMO)

