

# Untold Italy Episode 196 - Beyond Chianti: The Wonderful World of Italian Red Wine

This is the Untold Italy Travel podcast, and you're listening to episode number 196.

Ciao a tutti and Benvenuti to Untold Italy, the travel podcast, where you go to the towns and villages, mountains and lakes, hills and coastlines of Bella Italia. Each week your host Katy Clarke takes you on a journey in search of magical landscapes of history, culture, wine, gelato, and, of course, a whole lot of pasta. If you're dreaming of Italy and planning future adventures there, you've come to the right place.

## **Katy**

Cin Buongiorno everyone! Cin cin! Today we're joined again by Italian wine experts, Olivia Windsor and Andrea Mitti Rua from Italian Wine Tales to delve deep into the history, culture and varieties of red wines in Italy that you'll find on your travels.

This is the third in our series on Italian wine. We've previously covered sparkling and white varieties but I guess red wine is what Italy is best known for and wow do we need to cover a lot of ground. Italy produces the most wine of any country in the world and most of those are in fact red varieties. There's a huge diversity in the wine thanks to the terroir or environment in which it's grown to the methods used so wherever you go in Italy you're bound to discover something new.

Most of us are familiar with Chianti and perhaps Barolo or the Super Tuscans but Olivia and Andrea are here to open your ears and tastebuds of the opportunity to taste different varieties on your travels and perhaps discover some new favorites to ship home.

So let's raise our glasses and dive in.

## **Katy**

Bentornati. Welcome back to The Untold Italy Podcast, Olivia and Andrea.

## **Olivia**

Ciao, Katie.

## **Andrea**

Ciao

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**Olivia**

Ciao, everyone.

**Katy**

I'm so excited to chat with you today about Italian red wines. We've covered the sparkling and the white, but I think Italy is best known for its reds, so I'm really keen to learn more about them and perhaps find a new favorite. Before we get started, in case some of our listeners haven't heard your voices before, can we do a quick introduction to let them know all about you and you and Italian Wine Tales?

**Andrea**

Ciao A Tutti. I'm Andrea. I'm from Torino in the Piemonte region, and I'm now living in Rome with Liv. I am the co-founder of Italian Wine Tales, your one-on-one guide to Italian wines.

**Olivia**

Exactly. And I'm Olivia. I'm an Australian woman. I've been living in Italy for the last four years, and I'm the host of many of the Untold Italy tours all around the country. We're taking our Italian Sommelier certificate at the moment, and this has really inspired a love for Italian wines and the launch of our project, [Italian Wine Tales](#).

**Katy**

Such a great resource to learn about Italian wine. We're going to explore some more today, and I can't wait, because this is the thing that Italy is best known for is the red wine. I think we have covered the sparkling and the white. But when push comes to shove, if we think about Italian wine, we do think about red wine, and especially Chianti, I think, because everyone knows Chianti, and it's one of the world's most popular wines, let alone, in Italy. But what are some of the other famous red wines our listeners might be familiar with?

**Olivia**

Besides Chianti, you probably heard of Barolo, the king of Italian wine. This is produced in the region where Andrea is from. There's also Barbaresco, there's Super Tuscans, there's Brunello di Montalcino, Montepulciano di Abruzzo.

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**Andrea**

Primitivo, Nero d'Avola, many different varieties of wine.

**Olivia**

Yeah, that you might have heard of.

**Katy**

And Andrea, you've got Barolo running in your veins, I think, from Piemonte.

**Andrea**

Yes, of course, I'm a bit biased, but you can imagine Barolo is probably my favorite red Italian wine. So if I have to choose one wine, I would definitely go for Barolo.

**Katy**

Yeah, and it's really interesting, I think, because I haven't had that much experience with Barolo in the past. And in Australia, we are really fans of big, big, bold, hearty red wines. And I think what's really surprising to me for Italian wines are not that feisty compared to Australian wine. Barolo is actually, I don't want to say it's light, but it's not the bold like Shiraz or Cabernet Sauvignon that we're used to in Australia, is it? It's very different.

**Andrea**

It's different. You're right. The main peculiarity, the main characteristic of it is, of course, it's tannin. So this astringent feeling that you have in your mouth and this very beautiful notes and hints of tobacco or leather due to its long aging.

**Katy**

I think as well, you have the Barolo, and then you can't even compare that to a Chianti because it's very, very different. How would you describe a Chianti, Liv?

**Olivia**

A Chianti wine, I think, is easier to drink as a daily wine. There's different kinds of Chianti, the Chianti Classico, where you can get different aging and that thing. But it can be more of an everyday drinking wine. The tannins aren't as stringent. It's a little fresher. It's juicy, red

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fruits. Again, you can get some spicy notes in there, so that can be really lovely, too. But yeah, it's totally different. I think it's more... For me, it's a more approachable wine than a Barolo. A Barolo is quite intense. Even if it's not like a Shiraz that we're used to in Australia, it's really tannic, whereas a Chianti is softer in the tannin. So yeah, it's easier drinking.

**Andrea**

I agree, yeah.

**Katy**

So, take us on a journey because I think a lot of us are going to Italy on our trips, and we might be going to regions that we've mentioned, especially Tuscany. A lot of people going to Tuscany, and we will do a deep dive into the Tuscany regions later on. I think it's worthwhile... I mean, there are so many amazing wine regions in Tuscany that we could spend hours just talking about that. But how can we characterize the wines differently from north to south in Italy, the red wines?

**Olivia**

So generally speaking which I think we spoke about on the white wine episode too, is that the wines in the north of the country are generally a lower alcohol percentage, and that's because they're a cooler climate. The wines in the southern part of Italy, it's a much hotter climate, which means that the grapes get more sunlight, so there's more sugar content inside the grapes, and that converts to alcohol when it's made into wine. So if you're looking at Sicilian wine, for example, you can get even 15 %, 16 %, which is huge, whereas up north you can have a much lower alcohol content in the red wines. That is, of course, changing, as we mentioned previously, we were chatting about the effects of climate change. That's something that is even when we're in Tuscany on our Tuscany tour this year, chatting to some winemakers, they're quite worried about what's happening with climate change from a wine perspective as well as for other obvious reasons, because of the increase in the alcohol content, even in Chianti Classico, which is really going to change the wine that they've been producing for generations upon generations.

**Andrea**

I think good examples of this can be, for example, Primitivo, typical of Puglia, which by the way won the best wine in the world award last year from Taste Atlas, and it's a beautiful wine you should definitely try if you have the opportunity. But as Liv was mentioning, since it's

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from Puglia, so in the southeast of Italy, it's very rich, it's full-body and it has a very high alcohol percentage. Or even from Sardinia, there's a bit less known wine called Cannonau, which is typical of the region. Again, red wine, high in alcohol percentage because of the region she was mentioning.

**Katy**

Yeah, I think there's such a massive variety, isn't there? Even just comparing... Well, it's obvious really, when you think about it, the terrain up in the north compared to down in Puglia. I always love to contrast Piemonte and Puglia because it's not that far in distance, but my goodness, the contrast is so huge. You've got the mountains in Piemonte, and then you got this flat red earth in Puglia, which is just incredible.

**Olivia**

And the ocean.

**Andrea**

The sea.

**Olivia**

Sorry, I should say the sea.

**Katy**

Sorry. We always say the ocean because we're used to it, aren't we? So Puglia is one of the biggest wine-producing regions in the world. I guess for a long time, it was considered mixing wine, wasn't it? It wasn't considered to have its own varieties that people would seek out. But I think people used it as base wine.

**Olivia**

Yeah, exactly. To cut wines in the rest of it. It was very bulk wine. It didn't have a very good reputation. It was cheap. But that's changing. It's absolutely an up-and-coming wine region now. As Andrea mentioned, Primitivo is the number one grape in the world, according to Taste Atlas. But especially if you're from the US, you've probably tried Primitivo, but it has another name in the States, which is?

**Andrea**

Which is Zinfandel.

**Olivia**

Zinfandel, that's right.

**Katy**

Oh, Zinfandel. Obviously, that's a German name, which you probably find in Germany as well. I'm sure it tastes very different when they grow it in Germany than if they grow it in Puglia, because again, the terrain is very different. It's almost such a huge topic, isn't it? Italian red wine, because you've just got every single region will produce its own variety. So if you're going and traveling around, you're going to be finding so many opportunities to taste the wine. How about some of your favorites? What are they?

**Olivia**

Shall we start with Piemonte?

**Katy**

Well, all right.

**Andrea**

Starting from the north. Starting from the north and going south. The Nebbiolo grape is one of the absolute best because this grape is the one that originates both Barolo and Barbaresco. This is one of the things I learned in the Sommelier course because I didn't know it, but these two famous and very good wines originates from the same grape. As Liv was saying, Barolo is the king of wines and originates from the town of Barolo and the surrounding areas. There is a little town called Barolo, and we would suggest you to go to Borgogno there - the winemaker. They have a beautiful tasting spot on the top of the...

**Olivia**

It's on a terrace. Can look out all over the rolling hills. It's beautiful. It's a really nice experience, and they speak English.

**Andrea**

Helpful.

**Olivia**

So it's a great one to visit.

**Andrea**

It's my favorite wine. It has a long aging period, and you will find this in the notes of tobacco, leather. You will have a long finish in the mouth. It's very tannic. You will have hints of red fruits, such as sour cherry. And it's perfectly paired with truffle, especially white truffle, which is another delicacy of the region.

**Andrea**

Barbaresco, it's also derived from Nebbiolo. It's a beautiful wine as well. A bit easier to approach than Barolo because it's aged one year less. So maybe that's the wine to start from if you want to learn more about these wines. We would suggest you to go to Ceretto, this wine producer just outside of Alba, which is a very good producer. We've been there and we like it very much. A little hint, a little tip could be, was given to us by a wine producer in the the region, that since they both derive from Nebbiolo, when you go to a restaurant and you see a Nebbiolo on the wine list, which is maybe old or a bit aged and it doesn't cost as much as a Barolo or a Barbaresco, you can go for it because Barolo or a Barbaresco are just Nebbiolo which are aged more.

**Andrea**

So that could be also a good tip for not spending much, but having a very good wine on your table.

**Olivia**

Yeah, it's a good tip, but I think as as the reason that that has that price tag as well as as is also the soil and the terroir. Terroir. So it might be the same, great, but don't expect it's going to be exactly the same as a Barolo or exactly the same as a Barbaresco. There's obviously a reason for that price tag as well.

## **Katy**

Well, I mean, what I found really interesting when we were there earlier this year, Liv, was just the size of the vineyards. They're not very big, are they? Again, like we were talking about with the white wine varieties and particularly in Liguria where they don't have much land, is maybe there's something to be said for having small production because it forces you to be really focused on the quality. It did force me to have a think because typically, if you ever visit France in the Bordeaux region, for example, it's just like vines, as far as the eye can see. I don't know that I was expecting that when we went to that region, but it's not what I was expecting to see all these tiny little vineyards dotted around. But I just found it really fascinating to learn about that and to understand. In some places, they make wines, and it's based on where the vines have been planted on the hills, and they compare which side of the hill the vines have been planted to create their different wines. I just thought, Oh, wow, that's an attention to detail - that's like taking it to a whole other level that we couldn't even imagine.

## **Olivia**

Yeah, and it's interesting because even Nebbiola is growing in Australia, too. And it tastes completely different to a Barolo when you're having one in Piedmont because, again, we're talking about different weather conditions, different soil, the Terroir. That's, as Katy is saying, even within the Langhe region, which is where Barolo and Barbaresco are, it's a tiny area, but just having one vineyard here and another vineyard 10 minutes down the road, completely different.

## **Katy**

It's so incredible just how people adapt what they're doing to the landscape and the soil and the weather conditions. I feel as I tap away on my keyboard that I adjust myself to the conditions of the internet. But it's a totally different thing to be looking at Mother Nature and adapting what you're doing to something that's completely uncontrollable, but you still want to put some level of consistency in what you're doing. I find these people quite astonishing and their tenacity and their commitment to what they're doing is just unbelievable because so much of it is outside of their control.

## **Olivia**

Absolutely. I think as well, especially in Piedmont, they are really blessed too, with the soil there. It must be something magical in that soil because they produce not just the Barolo and



Barbaresco, but the truffles, the white truffle of other things. It can't be farmed. So that's native to that area. Even the hazelnut trees, they're considered the variety that they have in the best in the world. So there's something magical in the soil up in Piedmont that also helps them produce these incredible wines.

**Katy**

Maybe it's the water from the snow. I don't know. Who knows?

**Andrea**

Oh, well, coming down from the mountains nearby. A bit yeah.

**Katy**

And so different. So if you take a trip east over to the other side and you've got towards Venice, you've got totally different wines as well, right?

**Olivia**

Yeah, absolutely. Yeah, the Amarone, big full bodies. If you like a full body wine - when you're in Venice, you can go for the Amarone. The alcohol content will be quite high.

**Andrea**

A bit higher than Barolo and Barbaresco. Yes.

**Olivia**

And the winemaking method of that we found really interesting when we were doing our wine course is that they actually lay out all the grapes flat and they crush them. So you get really concentrated flavor. And also it's very labor-intensive because you can only get like a drop maybe out of each grape. It's a very intensive process.

**Andrea**

That's why it's more alcoholic because once they dry, the sweetness and the sugar go up and that converts into more alcohol once the wine is made.

**Katy**

I had no idea that they dried the grapes first before they squished it, I mean, squished the juice out of it. Such a different process. I wonder what they do with the remainder. Do they make it into raisins or sultana?

**Andrea**

It's a good point. Yes, after they're done with generally with all wines, but once they are exhausted, you use them for the juice, use them for grappa or other alcoholic beverages.

**Katy**

And of course, the grappa is very, very popular in that part of the world.

**Olivia**

Yeah. And if you do like to have a glass of wine, you'll be in very good company in Veneto because they are considered probably the biggest drinkers of the Italians.

**Andrea**

Yes.

**Katy**

Is that right?

**Katy**

Yeah. Oh, that's why I feel at home there. Exactly. I just love the fact that you can try so many different varieties. That's the North, and we haven't even hit the middle yet. I guess, guess, like Lombardia, Emilia-Romagna, and obviously down to Tuscany. What are some of the interesting that you can find there in the red variety?

**Olivia**

Obviously down in Tuscany, Chianti which we absolutely have to talk about, even if it's quite well-known, Chianti Classico is well-known for an important reason. It's really drinkable, it's really really delicious, and based on the Sangiovese grape. Again, we grow Sangiovese in Australia and in America. But as we've been mentioning, the soil, it's everything, so going to

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be different when you taste it in Italy. It's generally blended with a mix of some other red grapes, but they're very strict on the rules. We'll get into that when we talk about the next wine variety in Tuscany too. What you can expect is cherry, violet, herbs, spices, a good freshness. It's a really good food wine too, which goes perfectly with all of the yummy wild boar pastas and all of the Tuscany cuisine. So yeah, we love County Classico, absolutely. And it's easy to spot too, when you're traveling in Tuscany. You've probably seen this on on the Wine bottles.

**Andrea**

Because it has a specific symbol, which is a black rooster.

**Olivia**

There's a nice story behind that.

**Andrea**

Yeah, it's interesting. Back in the day, Siena and Florence absolutely hated each other. So they had to define the borders. And in order to do so, they decided to send two riders to the point where they meet, that was the border. And Siena had a white rooster that was well-fed and when the rooster was meant to.

**Olivia**

They were meant to crow a dawn. But the Sienese rooster, he had a full belly, so he slept in a little bit.

**Andrea**

While the Florentine one was a black rooster was not well fed at all.

**Olivia**

He was starving.

**Andrea**

He crowed way before dawn. And that way the rider could leave before dawn and before his opponent. And when they met, they were just 12 kilometers outside of Siena. In that way,

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Florence engloved or took the Chianti hills- and the Chianti region. That's why it's a black rooster.

**Katy**

I knew there was a good reason to get up early.

**Olivia**

Exactly.

**Katy**

You snag the wine region well as everything else. Oh, I love it. That's such a good story. I mean, just around that area, you've got so many different red varieties. I mean, it's a little bit outrageous. I mean, they do a very good job of marketing there wares in Tuscany. But I think most people would just go for Chianti but what else can we try in Tuscany?

**Olivia**

There's Super Tuscans, which you might have heard of. They became really popular in the '80s, especially. I guess if you're Australian or American, you'll be really familiar with the great varieties that go into making a Super Tuscans. We're talking about Cabinet Sauvignon or Cab Sav if you're an Aussie, Merlot and Cabernet Franc. They're mixed with Sangiovese, which at the time when the wine producers started doing this, some of them, it caused a big amount of controversy because they weren't following the disciplinarian rules for Chianti Classico. They really turned the wine on its head, I guess, and it's totally different to a Cianti Classico because they're using these other varieties. So probably the most famous Super Tuscan is from the Antinori winery, which sure many of you have heard about if you come to Tuscany, it's a very popular winery to visit and really worth visiting as well. Obviously, it's in English and it's a beautiful site to visit. And you can try both Chianti Classico as well as Super Tuscans there too. So you can compare and contrast as you stare at over the Tuscan Hills.

**Katy**

It's a pretty spectacular site there too, isn't it? It's a very modern building. I think if you're familiar with maybe touring different wine regions in the United States or in some of them in Australia, that will feel very familiar to you, actually. We don't go to places like that on our tours. We tend to go to much smaller establishments, and it's a different vibe. It's always

good to have a contrast of these different experiences as well, because I guess these guys are really good at giving you a very premium experience and probably one that you're more used to, especially if you've been to the Napa Valley in California or the Hunter Valley in New South Wales and Australia. You're very used to that style of wine experience, we're kind of like the other one, other style, don't we Liv? We like it all, but we prefer the smaller producers.

**Olivia**

Yeah, exactly. Where you get to meet the winemaker himself. It's just a different experience. Super Tuscans, that's another one to look out for. Then if you're in the car traveling further south, still in Tuscany, you get to the Val d'Orcia, which is beautiful.

**Andrea**

Beautiful, place.

**Olivia**

And they've got really great wine there too. The most famous is the Brunello di Montalcino, which is also based on Sangiovese grapes.

**Andrea**

It's, as she said, in the southern part of Tuscany, and it takes around 50 months to be made. It takes long, long time.

**Olivia**

That's including the like the aging process, how long it stays in the barrique.

**Andrea**

Usually two or three years, depending on the wine. But of course, this long aging period gives birth to beautiful scents of spices, tobacco, wood. It's very, very good. If you want to have something to have with meat, for example, with heavy meat or have in winter, this is definitely the perfect wine.

**Katy**

And to nearby to that region as well, also got Montepulciano. I think people get a little bit confused with that wine, don't they?

**Olivia**

Yeah. Because Montepulciano is also the name of a town in Tuscany. So when we're talking about comes to the wine, Montepulciano di Abruzzo, it's from Abruzzo. So just don't get confused with that one.

**Andrea**

Exactly.

**Katy**

Because the wine that's producing Montepulciano in Tuscany is more the...

**Andrea**

Vino Nobile di Montepulciano which is a different one.

**Katy**

A different one again.

**Andrea**

Yes, always made from Sangiovese, as you can imagine, which is the dominant grape in the area. But it gives birth to a different wine because the terroir and the method of production are a bit different.

**Olivia**

These are all the famous wines in Tuscany, and obviously there's other wine varieties too that are lesser known and something I really enjoyed when we were on our Tuscany tour with Untold Italy this year, even when we got to try Chianti Classico and the Brunello we were also introduced to other indigenous grapes. A really discovery for me was a grape called Ciliegolo, which is the name suggests. So ciliegola is cherry in Italian, and it really does taste like

you're drinking in a nice nice way. It's an alcoholic cherry juice, which was really unique and just something different to discover along with the better-known Tuscan grape varieties.

**Andrea**

It's beautiful by the way, Ciliegiolo because it usually was just used as a cut in the blend for Chianti, they use 80 % Sangiovese and 20 % of other grapes, and one of them was Ciliegiolo. But now they're starting to rediscover it a bit as a standalone grape. And it's beautiful. We tried it together and it's easy to drink for an everyday wine.

**Olivia**

Everyday wine.

**Katy**

Did our guests ship any of that one home? Just out of interest.

**Olivia**

The current record to beat, I think, is 12 cases of wine.

**Katy**

So good. I love it. That's the thing as well. You can't buy these in - these producers that we visit. You can't buy this stuff because they don't have an export license, so it has to be shipped individually over. You do have something very special and very unique to your experience in Italy because I know the export license process is pretty tricky. Most of these people are not geared up to do international trade or Amazon deliveries. They're just small producers doing their thing, and they're really happy to share it with the world, but on their own terms, right?

**Olivia**

Yeah. It's piano, piano.

**Katy**

Piano, piano. Exactly. Oh, my goodness. What about the further south? We spoke a little bit about Puglia, but have you got anything else you want to share?

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## Andrea

Yes, we have Sicily, of course, with the infamous Nero d'Avola, which is the main red wine when it comes to Sicily. It is again very alcoholic, being from the South, around 15 %, which is quite high. You can compare it to a Cabernet's Sauvignon, or Syrah. They started though to make a bit fresher version, a bit lighter on the the side with less tannins as well because these red wines used to be very important with tannins, so this astringent feeling in your mouth. You will have hints of blackberries, sour cherries, sweet spices and hummus. And it's quite salty because...

## Olivia

Mineral.

## Andrea

Mineral, yes. Being in Sicily, it takes a lot of sea breeze when it's growing and when it's harvested. And so you will find that in your glass as well. This is a red wine as well, so it can be aged if you like your wine to be a bit older with a bit of full body. Go for it of course.

## Olivia

More gentle tannins. That's the reason that we want to age red wines in the first place, to soften the tannins out so they're not so stringent in the mouth.

## Katy

It goes so nicely with the eggplant dishes as well, doesn't it? And the caponata. Oh, my gosh. I love a Nero d'Avola.

## Olivia

And if you want to go to a winery and taste this when you're in Sicily Planeta and Donnafugata are two really big and well-known wineries that offer a really nice tasting experience. Again, as we said, they're not a small family production, but they offer a good product and a good wine tour and in English, of course, which is obviously really important that that understand the tour.



## **Katy**

Yeah, and Planeta is quite widely available around the world, too. I've got a little sneaky bottle downstairs. You won't be surprised about that. But yeah, I know I'm definitely a salty type of person in terms of I love the savory things rather than sweet things. I totally get where you're coming from in the mineral, more dry flavor of that wine. Yeah, it's definitely something that appeals to me. Yeah, absolutely.

## **Olivia**

Then further south as well, or still in the south, in Basilicata and Campania, you might be familiar with Aglianico which is another really popular grape. That's really nice if you like spice, like licorice. There's a lot of licorice in that, leather, violets, even prunes. Again, we're in the south. It's full body. It's intense. If you're used to drinking the Shiraz in Australia or something really full on, then you're going to really like the Aglianico wine.

## **Katy**

As we were saying in our earlier episode on white wine, you really just try the local wine and just maybe describe what you like. I know a lot of people prefer something fruity or something dry. And so you can describe or educate yourself a little bit on what your taste, your palate is like, or you know the wine that you like from where you're from, then you'll be able to help the Sommelier. Because it sounds like they've got more education on wine than I've got on maths, mathematics. They'll be able to point you in the right direction.

## **Olivia**

Absolutely, yeah. Just going to it with an open mind. There's so many delicious wines waiting to be discovered. Italy does red wine really, really well.

## **Katy**

Yeah. And you know, I've discovered is, especially in recent years when I've been traveling with you, I've come back and my confidence about ordering wine here in Australia is much higher because I have an understanding of what is happening. It's actually a really good feeling. You're like, Oh, I try that one. You can have a discussion with the Sommelier. Because I feel like sometimes it might be a bit daunting to talk to a Sommelier - if you feel like you don't know the baseline that you're coming from. I really appreciate these conversations as well because you're giving us the really easy-to-understand way to describe the wines that

we've been talking about. It's a really much appreciated because I guess it can be quite overwhelming and daunting for some people to think about wine.

### **Olivia**

Yeah, absolutely. There can be this element of snobbiness around wine, in the wine world. We really want to make sure that people are confident. At the end of the day, it's about drinking delicious wines and learning.

### **Andrea**

Learning. And finding what you like best.

### **Katy**

Yeah. Yeah. So to circle back just quickly on Chianti, if you were, like we mentioned that you can go into any supermarket in Italy and you can pick up a bottle of wine, and I'm sure you'll find Chianti there. What should we be looking for and the price that we can look for?

### **Olivia**

So highest quality is Chianti Classico, DOCG. So that's the strictest regulations. Again, we've mentioned it before, if you look for Reserva, that's going to be aged for an even longer period of time. So you want a really high quality Chianti, and just to pick off the shelf, look for a DOCG and a Reserva. That would be my two tips there.

### **Andrea**

My suggestion will be to go with a Chianti that we very much like and has a very good balance within the quality and the price, which is Laura from Querceto di Castellina, which is a place we recommend you to go to try a Chianti. They even do lovely dinners in the vineyard. So it's definitely a thing to experience. The Chianti is called Laura from the name of the mother of the producer. We found this in Melbourne as well. So if you're listening us from Melbourne, there you go. And it's very, very good wine.

### **Olivia**

You're not going to find that in a supermarket in Italy, but at an Enoteca, so that's an Italian wine store, you might find that there, especially if you're in Tuscany. But otherwise, if you're in Melbourne, we know where to get it too.

**Andrea**

Yes.

**Katy**

Well, you'll have to tell me that offline. Do you have any Enoteca that you recommend as you're living in Rome? I know you're very much frequented round to Testaccio but maybe not everyone's getting there, but maybe in the center or is there some places to go?

**Olivia**

In Trastevere, we really love Latteria Trastevere. They've got a really great selection of wines, not just from Lazio but all over Italy. So definitely recommend that one and you can pop in there too and have a glass of wine, have something to eat like a snack. As we mentioned, Italians will never drink wine on an empty stomach.

**Andrea**

Never.

**Olivia**

Which I think is a very good policy to follow. Definitely there. If you're in Testaccio, we've mentioned in the Testaccio Market, there's a really great wine shop.

**Andrea**

Called Da Corrado. It's a guy we usually go to. It's very friendly. You can sit down enjoy something to eat as well, and he will be able to explain the different kind of wines.

**Olivia**

He's got a lot of Piemontese wines. He loves Piemontese. So if you're specifically looking for Piemontese wines, go there.

**Olivia**

Otherwise in the center, there's another enoteca called Il Gocchetto. They've got a really good offering of wines from all over Italy too. And again you can have something to eat there as well. It's a really nice enoteca.

**Andrea**

Yep

**Katy**

They're a great place to go. A beautiful resource and you can take full advantage of the expertise that's available there, as well as having a bite to eat. You probably find something that you like, definitely. Definitely. Oh, wonderful. I love it.

**Katy**

I just love talking to both of you about wine. You simplify it to a point where it does make you feel a lot more confident browsing a wine list at a restaurant or sauntering into an enoteca and saying Ciao. I really love to continue these conversations about wine. Would you come back and tell us about the various wine regions and how to explore them?

**Andrea**

Absolutely.

**Olivia**

We'd love that. Yeah, the biggest question will be which region first?

**Katy**

Maybe we should do a poll. Maybe we should put a poll up. If anyone's listening on Spotify, actually, I will put a poll up in the Spotify app. You can actually do a little little and we can maybe choose from some of the maybe Chianti, Barolo. What else could we throw in there? We'll brainstorm it and we'll put it into the show notes and also on Spotify. Spotify's got a ... it's actually really cool the way they're doing that now. It's quite interactive. Take advantage of that if you're listening. Until we get to that episode, which will be the new ones about the

regions, regions, how can listeners stay in touch with you and Italian Wine Tales. How can they do that?

**Olivia**

You can find our website, [Italianwinetales.com](https://italianwinetales.com). You can find us on Instagram and you can find us on Facebook. We've got a Facebook group called 'Italian Wine Lovers', so you can join there and ask questions if you're traveling, you want recommendations, wine tours, feel free to join them.

**Andrea**

Yeah, or join our newsletter where we update you with our most recent tips and share our insight on the wines that we love.

**Katy**

Amazing. And don't forget, if you're one of our lucky tour guests you can take advantage of Liv's expertise to help you order wines. Twelve cases was the record. I think we can beat that, don't you? Liv's in charge of choosing the wineries that we visit and she's so particular about where we go, and she does an amazing job of choosing some very special places. So, Grazie, Liv and Andrea, you for sharing your expertise with us on Untold Italy Italy today.

**Olivia**

Grazie mille, it's always a pleasure.

**Andrea**

Thank you for having us.

**Olivia**

Thanks, Katy.

**Katy**

Chin-chin. I'll see you soon. Ciao.

**Andrea**

Ciao.

**Olivia**

Ciao.

**Katy**

Are you feeling a bit more confident to read an Italian wine list and order something new in Italy. I really hope so. I love how Liv and Andrea break down the often daunting world of wine selection into something that's easy to understand.

Part of traveling, for me at least, is about stretching myself beyond what I'm comfortable with to learn and experience something new whether that's a new skill or tasting a different wine. It's easy to get stuck in a rut sometimes and I'd like to dedicate that statement to the delicious and very quaffable Fantini sangiovese from Abruzzo that's been a staple in our house for some time - haha But definitely try the local wine and ask some questions about it when you're traveling in Italy. You'll learn so much about the local traditions and culture and make a connection with the people who are so proud of their product.

As always we've provided a full list of the wines and places mentioned into our detailed show notes for this episode found at [untolditaly.com/196](https://untolditaly.com/196) Make sure you have a poke around our website while you're there. There are hundreds of articles designed to help you build your dream trip to Italy. We're very proud of the information we send out into the world. It's based on a love for Italy and checked regularly so you know it's up to date.

Thanks to all our wonderful listeners for your ongoing support of Untold Italy. I hope you enjoyed today's show. If you did then it would be amazing if you gave us a rating or review in your favorite podcast app. If you're using Apple podcasts then you need to go to the show page for Untold Italy - not the episode page - and scroll down until you see "ratings and reviews" You can leave your 5-star review and message there.

On next week's episode, we're taking another virtual trip to beautiful Italy to discover exactly what makes us want to return again and again.

But until then it's "ciao for now".