

Untold Italy Episode 206: Barolo - King of Wines and its wonderful region

This is the Untold Italy Travel podcast, and you're listening to episode number 206.

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

Buongiorno everyone! Happy New Year Buon Anno . I hope you've all had a great start to the year and are excitedly planning your trips to Italy in 2024.

On this episode, we're starting a series about Italian wine regions because, apart from being a delicious accompaniment to your meal, wine is such an important part of Italian culture, whether you drink it or not. Over 450 recognized grape varieties are grown across Italy's 20 regions, to create beautiful blends of wine that are designed to match perfectly with local dishes.

And apart from the grapes, some other things are important to winemaking - the terroir or landscape, the soil, climate and more. So having an appreciation of local Italian wines is to also delve deep into what makes each micro-region so special and it's also a great touchpoint and way to travel around the country.

We're going to start this series off with the variety known as the King of Italian wines - Barolo. Found in the beautiful northern region of Piedmont which borders France and Switzerland, this wine region is very special and one of the most celebrated in Italy.

Our Italian wine experts, Olivia Windsor and Andrea Mitti Rua from Italian Wine Tales are joining us to tell us all about Barolo and I can't think of a better couple to do that. Andrea was born and raised in Piedmont and in fact, when I was in Piedmont last year we visited a winery where his grandmother had played with the winemaker's children when she was small. Olivia also has strong wine connections in Piedmont having taken part in vendemmia or the wine harvest there and she also leads our food and wine-focused small group tours of Piedmont which of course features many tastes of Barolo.

So I'm very excited to chat about Barolo with them - let's dive in.

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Katy

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

Olivia

Ciao, Katy.

Andrea

Ciao.

Katy

Hi, everyone.

Katy

It's so good to have you back again. This time we're going to be chatting with you about the Barolo wine region. It feels quite fitting that we start with Barolo. Can you tell our listeners why and a little bit about you and Italian Wine Tales if they're listening to you for the first time?

Andrea

Italian Wine Tales is this blog that we created this year. It's a way to approach Italian wines in a comprehensive way, but without being too snobbish about it. Sometimes Italian wines and wine world in general can be a bit overwhelming to approach if you are new to it. So we want to give you an easy way into the wine so that you can learn more about it.

Olivia

Yeah. And why Katy mentions that Piedmont is a fitting region to start with is because Andrea is actually from Piedmont.

Andrea

I am.

Olivia

So you can tell them where you're from exactly.

Andrea

Well, for everyone that is listening and has not good understanding of where Piedmont is, we're talking about west of Venice and Milan and north of Roman and Florence. So the North West of Italy. It's a beautiful hilly region nestled between the mountains and these beautiful hills. Barolo, where the wine takes the name from this beautiful little village on top of a hill, it's the heart of this hilly region called Le Langhe. It's a beautiful, romantic, fairytale place. I really suggest you to go and visit.

Olivia

Andrea's got some family history from around the region. He was born in Turin, but on his mum's side of the family, everyone was from La Morra, which is another beautiful town nearby.

Katy

It's so pretty, and it was so wonderful exploring Barolo with you last year, Liv and Andrea's mum. I just love the landscape and the Northern Italian atmosphere. It's so different to the south. Not better or worse, just different. It's refined and it's elegant and it's got a little bit of, I don't want to say French flavor because Andrea won't talk to me ever again. It's got a more Northern European aspect about it, and it's very different to Southern Italy. Now, so everyone can picture what it's like. Can you describe the area and place it for people so they can imagine what it's like?

Andrea

So the area is about 2,000 hectares of vineyards. Imagine this beautiful scenery of hills covered with vineyards, as I said, 2,000 hectares. To give you an idea, the Burgundy region of France, which is very famous, is 29,000 hectares of vineyards. It's quite small compared to others.

Olivia

Very small and compact.

Andrea

It's quite compact. But it's beautiful because since it's so compact and it's so full of vineyards, you can really lose yourself in this beautiful landscape of vineyards, like little towns, sitting on top of these hills. These towns are very small, they're little villages, but they're full of history. And each little town, it's famous because they produce a different wine often times. Even if they're very close to each other, they produce different kinds of wines and they're all very good. We're going to talk about it now, but really they're very, very good.

Olivia

And the Barolo region specifically is obviously producing the Barolo wine, but some other varieties like Nebbiolo and some other ones that we'll talk about a little bit later. But yeah, it's a very, I think, different to Chianti, which is quite spread out. Piedmont's Barolo region is really close together. So you can actually visit a lot when you're there and see a lot of different wineries in a short amount of time. And esthetically speaking, it's very different because you can see the beautiful rolling hills and the Alps in the background. You've got the beautiful rolling hills and the Alps, which is amazing.

Katy

It really is amazing. When I was there with you last year, all I was going, Wow! Look at those mountains and the snow. You can see the snow on the mountains. I've got all this video footage of out the car window looking at the beautiful Alps in the background. That's something that you probably don't see too many other places, and I think that's very special. Also, I was a little bit surprised because everything is so close together, because maybe having that experience in Chianti, but also at home here in Australia, where you have vast, vast vineyards, but it's not. There's very tiny small clots of vines. What is completely amazing about it is you can make a wine from the grapes on one side of the hill, and it will taste completely different to the wine made from the grapes on the other side of the hill. I find that really fascinating.

Olivia

It is. We've got some tips about which side of the hill is for who as well later on.

Katy

Okay, so let's go into some detail. We've got a bit of an overview. We understand about the region. So what is it famous for? What's the big one?

Olivia

Barolo wine, the king of Italian wine. So this is the big one. It can be confusing because Barolo is the name of the wine and also the name of the town itself. Both are worth visiting/trying. But where Barolo wine is produced is not just the town of Barolo. So there are 11 towns or villages, and that area is where it's produced. So the most important towns would be Barolo, La Morra, Verduno.

Andrea

Serralunga d'Alba, Castiglione Falletto, and Alba, of course, which is not strictly in the Barolo wine region, but is the biggest town in the area, and it's also very famous for truffles.

Olivia

Yeah, that region doesn't produce Barolo wine, though, but it is definitely a town worth visiting. It's the capital of Le Langhe.

Katy

Yeah, but you can obviously try. This is what I liked about that area as well. In each town, they've got little wine-tasting rooms. So even if you didn't really want to go to a winery, don't worry, you can taste everything there. They are the wine-tasting rooms everywhere that you go. Okay, so let's talk about the wine. We know Barolo is made in Le Langhe, which is like a region, part of Piemonte. What is this wine? Why is it so special?

Olivia

Well, it's a really full-bodied wine made from the Nebbiolo grape. Nebbiola, I always really like this because the word comes from nebia, which means fog. If you've ever been to Piedmont, you'll know that it's often very foggy. That's where it took the name from because the grapes were growing in the fog. It's this really special microclimate with the weather, the soil that allows the Nebbiola grape in Piedmont to create such a special wine that we know as Barolo. You can grow Nebbiola in Australia. In fact, we do. I'm sure in America they grow it as well. It will definitely not taste like the Barolo wine that you have in Piedmont. It's a really quite difficult grape to work with. The soil conditions, the nebia, the fog, everything- It's about the soil. Yeah, it's just perfect in Piedmont. It produces this really amazing wine. To be considered a Barolo is very strict rules and regulations, of which probably the most important

is that it needs to be aged for at least 38 months, a very long time. 18 of those months are aged in wood to be a Reserva. So the most important precious wine, it has to be aged for a whopping 62 months.

Olivia

So it's a long, long time, and it must have a high alcohol content of at least 13 %, or oftentimes higher, especially with the weather at the moment being quite hot summers, wine is just naturally a higher alcohol percentage. So they're the rules about Barolo and how long it has to be aged. And it's delicious in terms of the flavors. You would expect cherry, violet, rose, even tobacco, licorice. I think the really special thing about Barolo wine is that it's a wine that gets better with age. You don't want to open a Barolo.

Andrea

Right. Put away.

Olivia

Put it away when you buy it. Right when you buy it. Right now you can buy the 2019 Barolos. You probably don't want to open that one right now.

Andrea

Put it aside for a bit of time and opening maybe on a special occasion. Not only. It's always good to open, but it's good to age it for a bit. And 2024, we can have the 2020s Barolo. In 2025, we can expect the 2021 2021 to hit the market.

Katy

So me, what's the oldest Barolo you've ever tried?

Andrea

That is a very good question. I think, if I'm not wrong, we tried one from,

Olivia

I think, 2016.

Andrea

2016, probably.

Olivia

Definitely, we tried. And 2016 is is considered one of the best years of Barolo.

Andrea

Yeah. If you're interested, since we're talking about it, the best vintages, the best years.

Olivia

In recent times.

Andrea

In recent times, of course, you can buy 2010, 2013, and 2016. And also 2019 is considered a good vintage for the good weather that they had.

Katy

It's all about these conditions, isn't it? It? And just so delicately balanced. You can have one thing go wrong and it's it's off I just love how when we went to the wineries there and they're constantly just monitoring the weather, the environment, environment, everything, got their finger on the pulse. It's really incredible to me, just how how in they are not just with the land, but with the whole environment. It's so symbiotic to what's happening in their lives and what they're producing. Just the passion behind it is incredible, really.

Olivia

Oh, absolutely. Yeah, it's very inspiring, I think, especially when you look at even organic producers in the Barolo and they're making things even more difficult because they can't use any of these pesticides or things to help with all the problems with climate change and the weather. It's just back-breaking labor and they're really, really reliant on Mother Nature. So it's quite inspiring, I think, when you visit some of these wineries.

Andrea

It really is. I agree.

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Katy

Yeah. It's scientific, but there's also a little bit of an art to it because you've got to know when to move and when not to move. When people have got so much passion and have so much knowledge about something deep, deep knowledge, it is really inspiring. It's not - in Italy what love about drinking wine is it's not just a standalone activity. It's something that's really in tune with the local culture and the food. So tell what do we eat when we drink Barolo.

Andrea

Thanks to the high acidity of this wine, you can pair it easily with fatty cuts of meat like duck or veal or rich sauces. Sauces. Like example, in Piedmont, we have the agnolotti, which is the typical pasta, and you usually eat it with a roast beef sauce. Another typical dish you can eat while you're there is Brasato al barolo, which is braised veal, lamb or wild boar. Or another very good thing you can have, especially in autumn, is truffle dishes like traditional Tajarin pasta, which is similar to tagiatella, you could think about it like that, or rich mountain butter, Fonduta, or strong cheese. They pair very well with cheeses as well. Cheese pairing like Castelmagno which is typical of Piedmont or the blue cheese gorgonzola.

Katy

Cheese, Oh, my gosh. Gosh. A pasta and then Gorgonzola. Oh, my goodness. If I think about the dishes that I'll be like, Oh, craving, they're definitely some of it. You definitely need something that's got a little bit of acid to cut through. Somehow you can eat more when you're drinking Barolo. I don't know how.

Olivia

You'll love this as well. They describe Barola as a meditation wine. You can even just have it at the end of the meal. Curled up in front of a fireplace and have a little bit of meditation time with your glass.

Katy

But is it an emotional wine?

Andrea

It depends on what's making you drink.

Katy

Olivia and I always have a bit of a joke. In Italy, they have these new showers in spa hotels called emotional showers, which we're not 100% sure that's all about. For me, the emotion that the Barola evokes is a sense of comfort actually, and just a sense of being cozy and warm. I think it's not... I don't know if you'd be wanting to drink a Barola on a very hot day.

Andrea

It's not like an Apertivo wine.

Olivia

No, definitely not in an aperitivo wine. It's big-bodied and it's very tannic and high alcohol.

Katy

Yeah, but would you say... I don't find it as big-bodied as some of the wines that we have here in Australia.

Olivia

That's true.

Katy

I was expecting something like a big Shiraz, but it wasn't really like that. It's a little bit more subtle and complex, I think. It's not hitting you in the face like a Shiraz or a Sauvignon from the New World.

Olivia

That's true. Yeah, still an old-world wine. A little bit more elegant, maybe a little bit more refined.

Andrea

Yes.

Olivia

Absolutely. And depends as well, as as talking about which side of the hill you get your Barolo.

Katy

Right. Tell us about that.

Olivia

So we look at, I guess, some of the different soil types, that's what influences the flavor. OK? So two main soil types in Barolo. One is mostly clay mixed with a bit of sand and limestone, and that's from La Morra and Barolo the town itself. So you want a wine that's a little elegant, a little easier to approach, a little less tannin, softer, fruity, you'd pick the Barolos coming from Barolo the town or La Morra. Instead, the other soil type is really rich in iron. It's comprised mainly of sand, stone and sand. These are producing more austere Barolos, a little bit more tannic, a little harder to approach. They need time. They need a lot of time to soften with age and then they can be really round and delicious too. And so if like that, you'd be looking at Monforte d'Alba, and Serralunga d'Alba, as the Barolos where you choose your Barolo from.

Andrea

And the wine produced in this kind of soil are easy to age. You can easily age them for 12-15 years even. Yeah, big aging potential. Yes, exactly. Barolo is a good wine to cellar. It gets better with age. So cellar well, thanks to its high acidity and powerful tannins.

Katy

And is there a tradition, Andrea, like when you're born that they buy a nice bottle and cellar it?

Andrea

It's always a nice thing to do. I remember my grandma had a little cellar where she had wine from when I was born and years of special occasions for example, something special that happened with her husband or the graduation of her son. So yes, it's definitely a good thing to do. You buy, you store it away, and after some years you open it when it's aged and refined.

Katy

Lovely. I love those traditions. I think that's really nice. I mean, why not? Just, Oh, hang on a minute. Let's go grab my bottle of Barolo from the cellar.

Andrea

You celebrate it twice. When you buy for the special occasion, when you open it, you celebrate it.

Olivia

Yeah, exactly. That's true.

Katy

You Piedmontese - you love a party, I don't know. And a very nice glass of wine, which is... I found it a very nice place to visit. Now, I know people are thinking, This is sounding really good. Where can we go in Le Langhe and the Barolo wine region to taste these amazing wines?

Olivia

There's so many delicious wineries. However, just as a disclaimer, with wineries in Italy, we've mentioned it before, you always need an appointment, don't just turn up.

Andrea

Exactly.

Olivia

As long as you know that, you're good to go. Three wineries that we wanted to recommend to you. The first one is a really famous one called Borgogno and it's in the town of Barolo itself. This is quite an easy one to visit. However, you'll be visiting the cellar door, so it's not a working winery, obviously, because it's right in the middle of town. But it's a beautiful experience. We've gone for a tasting there because they have a panoramic terrace that looks out over all the hills. It's just lovely scenery as you sit on your Barolo.

Andrea

They show you also the cellars. They have huge cellars. It's beautiful.

Olivia

Yeah, that's true.

Andrea

Beautiful wooden caskets.

Olivia

Underground. Yeah, beautiful. Beautiful. And you can visit the castle after in Barolo.

Andrea

Yeah, it's literally opposite of the castle and it's close by.

Olivia

Yeah. So that's the first one. The second...

Andrea

Then we have Cantina Mascarello, which is a really historic and famous producer, and it's as well in Barolo. So if you want to visit the town itself and have more than one visit, you can book them both. They're in the same place. Otherwise, the last one is in Serralunga, so this other village, and it's called Massolino.

Olivia

That's a really nice winery too. And Serralunga is a beautiful town to visit because they also have a castle. So in Piedmont, there's no shortage of good wine and castles.

Katy

And good restaurants, too. It's one of those places where you could easily spend a weekend or several days exploring because there's a lot of beautiful sights to see, castles, and there's a very colorful chapel there too, right?

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Olivia

Yes, the Barolo Chapel. That is located just near Le Morra, actually. At the foot of the hill, yeah. Yeah, we go there on our tours for Untold Italy. You can't go inside the chapel, but it's like a photostop. It's this multicolored chapel in the middle of the vineyard. You cannot get more picturesque than the Barolo Chapel.

Katy

Is there a particular time of year that's good to visit? Because I know, Liv, you've done vendemmia there, which is the harvest. Imagine that's really, really busy at that time of year. Is there a better time of year or not a better time - but I'm sure it's a different experience depending on when you go.

Olivia

Yeah, we really like spring as a time to visit all the flowers are blooming. It's really pretty in the vineyards. There's less people. It's also less expensive. So fall is high, high season, as you mentioned, Katy. So prices are obviously at a premium. There's There's the white truffle season going on. So it's very expensive, gets booked out well in advance. So spring is a really great alternative. It's still crisp mornings and nice sunny days. I wouldn't really recommend summer just because, as we say, Barolo is a big wine and it does get really hot in Piedmont in the summertime too. So yeah, we might say spring.

Andrea

Absolutely.

Katy

I loved it. I was there in spring, wasn't I? I was just like, like, Oh, wine, wine, cute town's, chocolate.

Olivia

The snow was well on the Alps in the distance, which is pretty.

Katy

That is super pretty. I have to tell you, do you know what I found today in my desk drawer? This is just an aside. I found a little Gianduja.

Andrea

Ooooooh.

Katy

I thought I'd struck gold. For everyone that's listening, this is a special chocolate from Piemonte. I was cleaning up my drawer and they come in these tiny little nuggets and I found one. It was from Gobino. I was like, Yes!

Andrea

Good day.

Katy

It was a very good day indeed, I have to say. But now we were very lucky because we had Andrea's mom driving us around. You do need a car to get around this area, don't you?

Olivia

Oh, God, yeah. The only place that you can visit with the train is Alba. That's a city. You're not going to be out in the vineyards there. It's a very nice town, worth visiting. But if you want to go to the vineyards and to these little towns, you absolutely need a car, a driver. But that's the other thing is if you're going to be doing wine tasting, you don't really want to be driving either, right? You need a driver. A driver or going on a tour.

Katy

Actually I was talking to Corinna last week and she mentioned that the rules have changed about driving and having alcohol lately in Italy. I'm not sure if you're aware of that, but I need to look into it because I think it's 0.05. That sounds about right. Same as in Australia, which is really you can have one glass of wine and you need to sit on that for a couple of hours. It's just not fun. You don't want to be worrying about that. You want to be enjoying the scenery, enjoying the wine and not worrying about getting stopped by police because I don't think

that's very, very fun at all. Really, thanks to your mum, because because was a really big treat treat gave us.

Andrea

She's a perfect designated driver.

Katy

How did we manage to get these in our families? I think we're just very clever. But I think if you maybe were going to drive or someone was driving or you were doing a bit of a road trip, I do like to think a road trip through Piemonte, Liguria and through Southern France is just a very good idea. But if you were driving, you could stop in La Morra or one of these towns because they have these beautiful wine bars where you can try the cantinas, where you can try a lot of different producers there as well. It's just maybe not the same as walking in the vineyards and seeing the production methods.

Olivia

Yes, exactly. But that's true. They do have lots of enoteca, so you can pop in and buy a bottle of wine or do some wine tasting.

Andrea

Yes, exactly.

Katy

Do you remember the name? I think it's the one in La Morra that was really cute. I remember there's that big vista, Panoramic terrace, and then you just walk down a little bit and there's there's the enoteca there where they've got, I think it's a consortium.

Andrea

Yeah, it's the Cantina Communale. It's the city council-run cantina where you can buy the wine that are producing the area. It's very nice. As you said, it's beautiful because in La Morra one of these villages, you have this beautiful terrace overlooking all the hills and the Alps. And just walking down this narrow road, you find it on your left, this beautiful Cantina Communale where you can buy all the wine that you like.

Andrea

And if you're wondering about prices, since we're talking about buying bottles, to give you some examples. 2019 Barolo...

Olivia

So this vintage.

Andrea

Exactly.

Olivia

What's just been on the market?

Andrea

It can be found around €50. That's a really good Barolo. If you go back to 2017, for example, for a good bottle of wine, you could spend up to €300.

Olivia

Yeah. So the trick is you buy it when it's first released and then you put it away for a couple of years, and then you can sell them or you can obviously pop them open and drink them.

Katy

That's why I'm getting my wine fridge. I'm excited about it. Yeah.

Olivia

Because you need to store it correctly too.

Katy

At this cantina, I'm sure this is possible, but there's not just Barolo is there? They have a lot of different varieties of wine the region. I think when we were there, we found a really nice Nebbiolo Liv - that we were like, Wow, this is amazing. So easy to drink and so delicious. What other types of wines are there?

Olivia

There's a lot in the area, which is great. Obviously, we'll start with the Nebbiolo one that you mentioned. It's called Langhe Nebbiolo It's just produced in the whole Langhe region, so extending the borders of where the Barolo region is. It's the same grape, but there's different rules and regulations not required to be aged for as long, a little bit more approachable, a bit more ready to drink now.

Andrea

It's a great wine by itself, by the way. I love it. It's easier to drink than Barolo. If you want to approach it, you want something something but still very tannic acid and good to pair with the food we mentioned before, Nebbiolo is a very good choice.

Olivia

I agree. Something a little bit easier would be the Barbera d'Alba. Again, it's like a medium to full-bodied, a much lower price point. It's still really fruity as well. So cherries, dark fruits, herbaceous. Yeah, I love a Barbera. That's more like a daily drinking wine.

Andrea

It's a typical drinking wine that you could have found on every Piemonte table for a lunch, for a dinner in every house. It's a typical drinking wine of every day. It's very very good, I love it.

Olivia

Something as well that I think it's overlooked and maybe isn't known, but definitely isn't known as much as Barolo. So if Barolo you consider it as the king, can think of the queen of the region as the Barbaresco. Barbaresco is just up from Barolo. So Alba is between the region of Barolo and Barbaresco. Those wines are made from Nebbiola as well, but they're a little softer. They're more elegant, less tannic. So again, a bit more approachable too. And generally speaking, a little more affordable than the Barolo.

Andrea

And again, it takes the name from the little village of Barbaresco itself. And to give you an idea, this wine is very good, but can be produced just in three little villages. So the Neive,

Barbaresco, and Treiso So it's a very, very small area, but it makes a beautiful wine, again from the Nebbiolo grape.

Olivia

And I think if you like white wine, Piedmont is not renowned for its white wines, although there are some that we absolutely love. But talking about this area specifically within the Langhe, the Arneis the white wine. They also call it the White Barolo It's quite tropical, stone-fruit flavours, honey, apple. So if you're more of a white drinker, you'd go for the Arneis but I mean, Piedmont is a red wine lover's region.

Andrea

Yes.

Olivia

Yeah.

Katy

And you know, funnily enough, I really struggle drinking the really full-body red wines from Australia, but I don't have any problem having the red wines from Italy, especially Piedmont because - I don't know, it's a different method, the soil. Who knows? But I'm definitely able to sleep and have a good night's rest on nice Barolo or Barbaresco, yeah, it's very interesting, isn't it? How these traditions have evolved around these specific varieties and how important they've been. I think there's definitely a connection between the Barolo being known as the King of wines and having that royal background in Piemonte and the history of the royal family being there.

Andrea

Absolutely, yes. In fact, it's called the King of Wine, and it was produced when there was the King - in Turin. Because in the region and in Turin, it was the first King of Italy. And the story goes, one of the two versions is that Barolo became produced as we know it today under the tutelage, we can say, of the first Prime Minister of Italy, which was very close to the King which was Camillo Count of Cavour which by the way has a castle that you can visit in the region.

Olivia

We visit it on our tours actually.

Katy

It's very pretty one, too.

Andrea

It is, yes. He asked a French oenologist called Louis Oudart to improve the quality of the wine and to create a dry version of Barolo similar to the one we have today. And then became popular with Piedmont aristocracy, and leading to the catch phrase, Barolo, the Wine of Kings, the King of Wines.

Olivia

Yeah, exactly. And I think something interesting to note that traditionally, Barolo wasn't how we had it today. It was sweet. It really just became the wine that we know it during the late 1800s. So that's the first version.

Olivia

But I like the second version of the story because it says that a woman was responsible for creating Barolo, which Katy and I love. Juliet, and you can say her name.

Andrea

Well, the original name is Juliette Colbert de Maulévrier but everyone in Torino call her Juliette de Barolo.

Katy

Yeah, that was the easier one.

Olivia

And she's known as the Marqués or the Marquesa of Barolo. And basically she was a noble woman. And when her husband died, she inherited the Falletti family vineyards. Her palate, she was used to drinking French wines a little bit more austere, thanks to the French nobility. So she didn't like the sweet Barolo, it wasn't to her palette. And so she called the same

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oenologist that Andrea mentioned before, Louis Oudart, and asked him to make a dry version, which was more to her palette. I quite like that version of the story, too.

Katy

Yeah, there's so many little stories behind it, but look what they've done. It's grown into this huge industry. People come from all around the world, especially wine connoisseurs, to experience the magic of Barolo.

Katy

Now, Olivia and thanks for sharing this beautiful region with us. I really did very much enjoy going to see it for myself and experiencing it. It's one of those places you're not going to see a lot of English-speaking tourists. Although, Olivia and I did go to a restaurant and bump into someone from around the corner in Melbourne. It was really quite strange. But typically speaking, you're not really going to bump into anyone from English-speaking countries. That's really part of the charm. I think you really have that beautiful experience of this long tradition. It's not a tourist zone. It's definitely a place where they're just doing what they're doing because they like doing it. It's a really lovely place because of that.

Olivia

Absolutely. We love Piedmont.

Andrea

I might be biased, of course, but yes.

Katy

Well, next time I have to go there with you, Andrea, because you were missing in action that day.

Andrea

Yes, I'll show you around.

Katy

I can't wait. All right. Liv and Andrea, thank you so much for sharing beautiful beautiful Piemonte, Le Langhe and Barolo with us. Would you let everyone know how they can stay in touch with you if they want to learn some more?

Olivia

Absolutely. You can find our website, italianwinetales.com. We're on Instagram, and we also have our Facebook group, Italian Wine Lovers.

Katy

Fantastic. Thank you so much, Grazie Mille. Are you going to be having a Barolo for Christmas dinner? Because we're recording this.

Andrea

You know it. It's ready to be popped.

Olivia

Yeah, we've got one. We've had it aging for a while, so I think it might be time to pop it open.

Katy

Yes. Well, thank you so much for coming back on Untold Italy, and we'll see you next time for another wine region, I think. We might be heading south this time.

Andrea

Thank you for having us, Katy.

Olivia

Grazie Mille. It's a pleasure, as always. Thanks, everyone.

Andrea

Bye. Ciao.

Katy

Ciao.

Katy

I hope you enjoyed our journey together into Piedmont via the very drinkable Barolo wine. As I mentioned earlier, it was my first trip to this region and I loved how genuinely passionate the winemakers we met were about not only their processes but also the way their wine built a deep connection to the local landscape and community.

Of course, you'll meet these locals and try the amazing Barolo wine on our [Spring and Fall tours of beautiful Piedmont](#) led by Olivia. Apart from trying this amazing wine we introduce you to elegant Turin where Andrea grew up and Liv spent two years getting to know. If you're someone who likes the finer things in life and European elegance, this trip is for you. It's a whole world away from the wonderful chaos of Italy's southern regions and offers refined dining, wine tasting and more. You can check out the itinerary on our website untolditalytours.com.

And as always we've provided a full list of the wines and places mentioned as well as a link to the Piedmont tours into our detailed show notes for this episode found at untolditaly.com/206. 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".