

From the *city centre* to the *countryside*



A few km from Florence you find the multiethnic city of Prato and its beautiful countryside. It's a highly diversified area that offers historical attractions such as an Etruscan path, Medici villas and contemporary museums. Prato is also famous for its textile industry and its fine food and wine. Once in Prato, take the road to the beloved Medici countryside and explore Carmignano, Poggio a Caiano and Artimino. Here are a few places where you should stop for a bite to eat and to pick up some delicious souvenirs.

Prato's cuisine is a simple one, based on traditions deriving from humble dishes. Among the most famous dishes, try stuffed celery (stalks of celery stuffed with ground beef and mortadella), Peaches (a local dessert made with flour, butter, eggs and sugar) and the Mantovana white cake. • www.vetrina.toscana.it • www.pratoturismo.it



BISCUITS OF PRATO

They are like Tuscan cantucci, but they don't contain any kind of rising agent or fat – there's no butter, oil or milk. They have been produced by Antonio Mattei's historical bakery since 1858. You can find "Biscotti di Prato" at the shop there or buy them online. The Biscottificio Antonio Mattei recently launched a new brand of biscuit: Chocolate cantucci.

• www.biscottimatteideseo.it

📍 *Biscottificio Mattei shop, Via Ricasoli 20, Prato*



MORTADELLA (OF PRATO)

Mortadella of Prato has been made in Prato since the sixteenth century, when it was a lot more popular than it is today. What makes it different is that it is made with special spices and a liqueur called Alchermes. This mortadella should be eaten warm or cold, sliced or cubed, and it goes perfectly with liver paté crostini and all the other classic Tuscan starters.

● Mortadella di Prato producers
• <http://www.slowfoodfoundation.com>



CARMIGNANO FIGS (protected by slow food)

These figs are famous across the country for their taste and their ancestral and natural drying technique. Dried figs from Carmignano are perfect with mortadella from Prato, but you can also have them as a light dessert.

● Carmignano figs producers
• <http://www.slowfoodfoundation.com>



CARMIGNANO DOCG REDWINE

Wine has been produced in the Prato countryside since Roman times. In 1716, Carmignano was chosen by Grand Duke Cosimo III to be one of only four areas dedicated to wine production. The award of the prestigious "Motu Proprio decree" and famous Florentine "contract" imposed precise rules and regulations governing production and geographical restriction on trade. This contract made Carmignano the first "DOC" in the world. The presence of Cabernet Sauvignon or Cabernet Franc in the wine is what makes the great reds of Carmignano exquisitely unique. Today, Carmignano is one of the top 11 wines in Tuscany.

● Carmignano wine producers
• www.consorziovinicarmignano.it/eng



Carmignano wine route shop

via Ricasoli 13/15, Prato, open every day, apart from Tuesdays from 10am to 1pm and from 4 to 7:30pm



Bottega Pecchioli historic winery and small shop

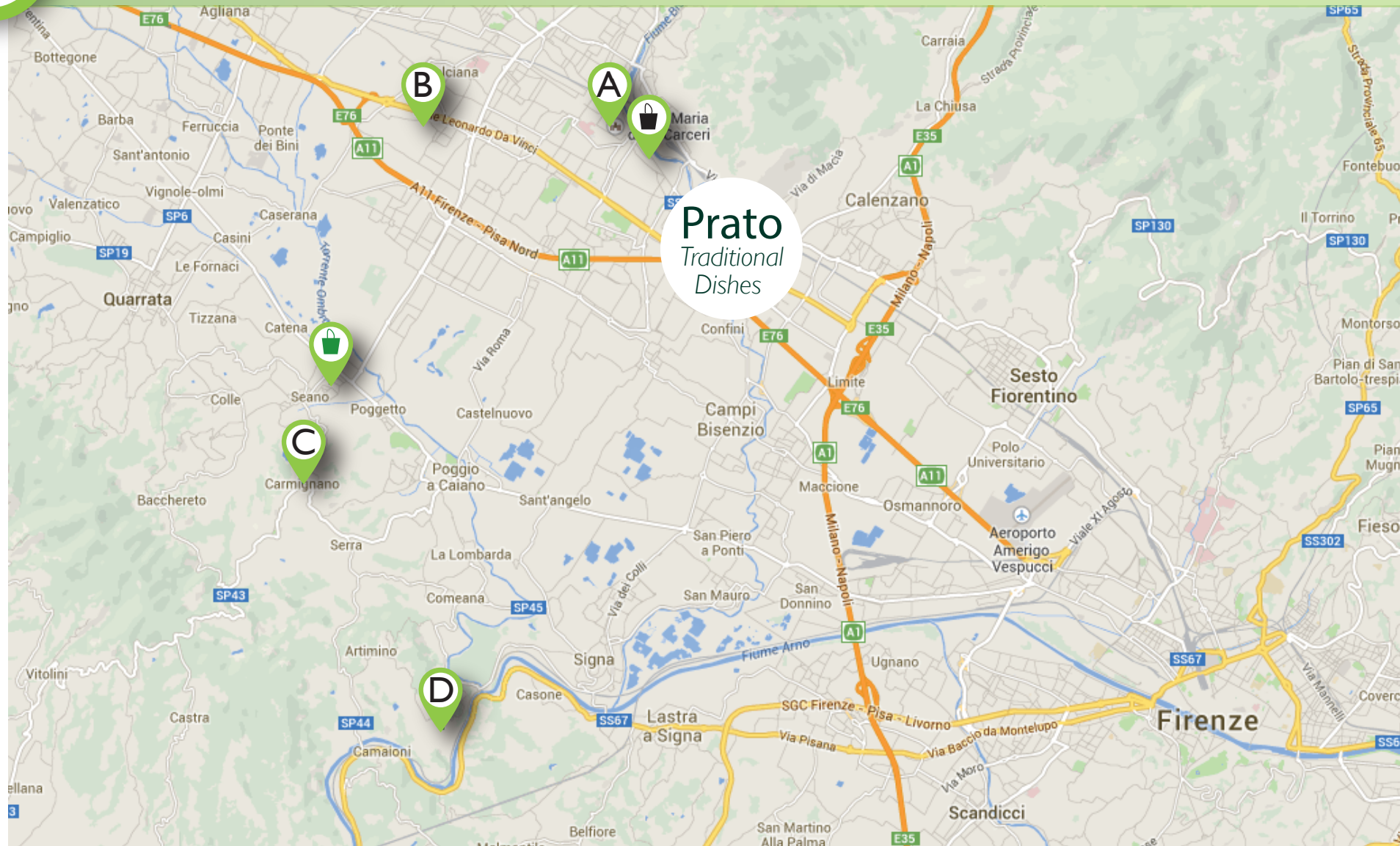
Piazza Ariodante Naldi 18 -

Loc. Poggio alla Malva, Carmignano

One of the most ancient bottegas in Tuscany. Here you can buy and taste the best local wines, extra virgin olive oil, cold cuts, cheese and spices.



Food tour in *Prato* MAP



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