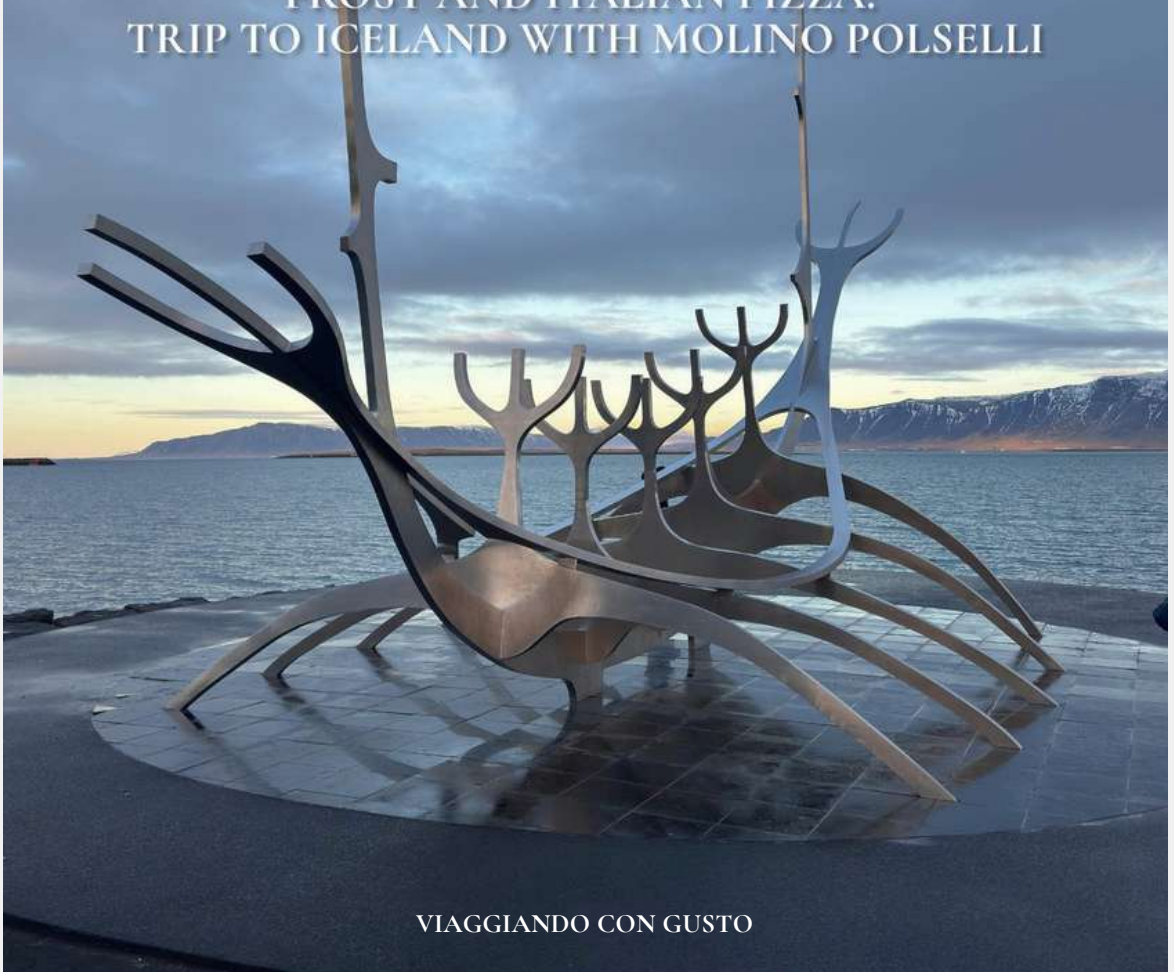




REYKJAVÍK

FROST AND ITALIAN PIZZA:
TRIP TO ICELAND WITH MOLINO POLSELLI



VIAGGIANDO CON GUSTO



...bilanciata, adatta in preparazione
...possi avere un pane ed una pizza che
...tutti i sensi, dalla vista grazie al
...amato all'odore con un profumo unico
...bile, dal tatto per la morbidezza d
...il sapore antico di un tempo...

...desiderio di esultanza prima
...ranciare al palato
...alla... di...
...stile...

100%
GRANERO

ZEVO

ARINA NATURA

*farina di
no tenero tipo 1*

...oovo modo di interpretare l'Arte
...che esclude l'utilizzo di additivi,
...conservanti, che privilegia l'utilizzo di
...raccolti in coltivazioni di tipo estensivo,
...tibili con i processi naturali,
...intensive, lontano da fonti di
...mento escludendo l'utilizzo
...ni geneticamente modificati.

IL GUSTO DELLA
PIACERE DEL

Un prodotto unico
migliore qualità e
e Sali Minerali in
propriati organismi
macinazione
tabile in



TRAD

polSELLi®

LA FARINA ITALIANA

Inside this ebook

First Look: Reykjavík

Before the contest, before the dough, before the judging — I needed to walk. Reykjavík doesn't overwhelm you. It walks beside you, step by step, through its light, its sea, and its silence.



Everyday Flavors: Hot Dogs, Bakeries & Geothermal Bread

The real taste of Iceland isn't always in restaurants. Sometimes it's a late-night hot dog, a counter full of fresh bread, or rye loaf baked by the heat of the earth. This is flavor on the ground.



The Contest: Italian Pizza in the Heart of Iceland

Thirteen pizza makers. One Italian flour. And a tagline that says it all: "The frost gets you. Pizza gets you back." Inside the competition, technique met respect — and Iceland met Italy.



Blue Lagoon, Restaurant Moss & the Wine Cellar

Geothermal waters. A Michelin-starred kitchen. A cellar of rare bottles. At the Blue Lagoon, luxury never raises its voice. It speaks through silence, service, and a sommelier's memory.



The sea and the sweet: Fish & Chips and Neskja Chocolate

Two small stops. One honest. One delicate. Between the harbor's fried fish and a young chocolatier's dream, Reykjavík shows its range — from everyday to exquisite.





Introduction

I never planned to write a book. Then the Icelandic wind got hold of me. And an Italian pizza baked in the cold made me realise an article wasn't enough.

I left for Reykjavík thinking about a professional competition. A jury. Pizzas to taste. A piece for Ciociaria&Cucina. Nothing more.

In my bag: a notebook, a camera, the craft of someone who has told food stories for years. Then something unexpected happened.

Iceland isn't just a country. It's a different scale of sensation. The wind that reaches you before the city does. The light that changes every hour. The lava that stitches the landscape. The sea that enters every dish without asking permission. And inside all of this, our pizza – made by Icelandic hands, with Italian flour, in a land of frost and geothermal heat.

Walking through Reykjavík after the contest, smelling warm bread from a bakery full of young people working, I realised an article wasn't enough. What I had gathered was a journey inside a journey. Food as a key to understanding a people, a climate, an architecture, a way of welcoming.

This book comes from that moment.

From the people I met: Egger Jónsson, Paolo Parravano, Lorenzo Necci, chocolatier Kung, Valerio the Tuscan who has lived in Iceland for years. Because a journey of taste, when it's authentic, is always made of relationships.

And then there is the pizza. Better: how Italian pizza travels, adapts, is respected and reinterpreted far from home.

"The cold gets you. The pizza brings you back." The event's slogan wasn't just advertising. It was the summary of what I lived through.

This is not a tourist guide (though you will find places and addresses). It's not a pizza manual (though you will read about dough). It's a personal story. For those who love food as cultural experience. For those curious about how Italian taste is received in Northern Europe.



Enjoy the read. And if you ever go to Iceland, order a hot dog "with everything". Walk into any bakery. Let the bread tell you the rest.

Alfio Mirone,
Editor Ciociaria&Cucina -
di Origine



Reykjavík. The cold, the pizza and the Italian flour

Chapter 1

The wind arrives first.

Before the noise. Before the city reveals itself. It slips through Reykjavík's orderly streets, cuts across the old harbour, brushes against the colourful houses. And it carries something else: that northern light. The kind that keeps changing the face of everything it touches.

I came to Iceland with **Molino Polselli – La Farina Italiana**. Thank you for bringing me into this project. Pizza. Dough. The craft of baking.

For **Ciociarìa&Cucina**, this was a milestone. Day after day, we followed the journey. Articles. Social posts. Storytelling. We watched pizzaioli at work. We walked the city. We met people. And we collected everything that happens when food becomes culture, connection, discovery

The Contest took place in Reykjavík on 28 and 29 April. Italian pizza. Molino Polselli. I sat on the jury for **Ciociarìa&Cucina**, alongside **Paolo Parravano**, Polselli's technical expert. The man who reads dough. Who understands flour, fermentation, baking and the hands behind the pizza. A journey, if it wants to become a story, cannot stop at the competition. Before you judge a pizza, you have to look at the place that welcomes it. The climate. The city. How people work, eat, serve and build hospitality. That's why this Icelandic journey became part of "**Viaggiando con gusto**" – my way of crossing Iceland through food. But also through its light. The sea. The lava stone. The ovens. The restaurants. The small workshops. The ability of this country to turn nature into an experience.



The ability of this country to turn nature into an experience.

INSIGHT - The Contest

When: 28-29 April 2025

Where: Reykjavík

Participants: 13 Icelandic pizzaioli

Organised by: Molino Polselli + local distributor Ó.J&K - ISAM stóreldhús

Each pizzaiolo presented pizzas judged by an Italian-Icelandic panel.



Chapter 2

Reykjavík – first look

Before the contest, I wanted to walk.

Reykjavík has a particular measure. It doesn't overwhelm. It accompanies. You discover it step by step. Clean streets. Low houses. Colour. The sea nearby. And that northern light that never stops changing.

Our small tour started from the centre, from the hotel, with precious help from Valerio. A Tuscan who has lived here for many years. He let us see the city with less of a tourist's eye and more of a daily-life gaze. I had only a few days. Many work commitments tied to the contest. So every stop was chosen carefully. Essential. No racing.

First stop: Ráðhús, Reykjavík's city hall, near Lake Tjörninn. A strategic place to start understanding the city. On one side, institutional order. On the other, water, birds,

silence and a daily life that moves without hurry. Close by, the National Gallery of Iceland opens a window to the country's art, memory and creative spirit.

Then the climb up to Hallgrímskirkja, the great church that dominates Reykjavík. Its vertical architecture echoes columns of basalt. Solidified lava. Landscape turned into form. One of the city's symbols. From there, you understand how Iceland brings nature into its architecture. As if the land kept speaking through stone, lines and heights. Onwards to the Sun Voyager, the steel sculpture facing the sea. It looks like a ship. But it speaks of the idea of travel. Of the horizon. Of departure. In front of that work, wind on your face, water just metres away, Reykjavík shows its deepest connection to the North.



A city always looking beyond. Towards the sea. Towards the light. Towards what remains to be reached.

A few steps away, the Harpa Concert Hall adds another face. Its glass structure, facing the water, reflects sky, sea and light. Inside Harpa we also found Volcano Express – an immersive experience dedicated to Iceland's volcanic force, placed inside the concert hall itself, designed to bring visitors into the country's landscape of fire and ice.

The old harbour naturally joins this route. It is the area that connects Reykjavík to the sea. Departures. Fishing. Bars. Contemporary experiences. From here you also reach the Grandi district, today one of the most interesting areas for those who want to combine walking, food and attractions.

Lava Show and FlyOver Iceland are here. Two different ways to get close to Icelandic nature when time is short but the desire to understand is strong. Lava Show brings the visitor close to Iceland's living matter: lava, heat, geological power. A curious stop because it makes physical a force we often only imagine from a distance. FlyOver Iceland works on the emotion of flight – an immersive experience that lets you cross landscapes, waterfalls, mountains, coasts and territories difficult to reach in just a few days.

INSIGHT – Lava Show

Reykjavík has two Lava Shows: one in the city and one in Vík. The one described here is in the Grandi district. During the show, real lava (cooled) is reheated to over 1000°C and poured in front of the audience. A unique way to understand Iceland's geological force.





Chapter 3

Everyday Icelandic flavours

One of Reykjavík's first gastronomic images was also one of its most popular symbols: the famous Icelandic hot dog, called pylsa. We found it near the hotel. It was late. We wanted to taste something authentic immediately. A simple taste only in appearance. Different from many hot dogs tried elsewhere. Quality. Flavour. Character.

To the ritual question, "complete?", the answer could only be yes. Crispy onion. Dark, delicious mustard. Remoulade. Ketchup. Various sauces. In that warm bun, eaten without ceremony, Reykjavík gave us a first lesson in everyday taste.

Fish remains central to Icelandic cuisine. Cod.

Haddock. Herring. Salmon. Halibut. Shellfish. Seafood soups. They tell the continuous bond between the island and the North Atlantic. Next to fish, lamb holds an important place in local gastronomic tradition. Soups. Heartier dishes. And then skyr. Rye bread. Products born from climate, preservation and a direct relationship with nature.

In just a few hours, Reykjavík had already given us a key. Here, taste passes through large restaurants, ovens and contests. But also through a kiosk open late. A warm bun eaten while walking. The sea entering dishes. An essential, concrete cuisine built around what this land truly offers.



INSIGHT - THE ICELANDIC HOT DOG

The most famous kiosk is Bæjarins Beztu Pylsur ("the best hot dogs in town"), open since 1937. The classic recipe uses lamb sausage (with pork and beef), three sauces (ketchup, sweet Icelandic mustard, remoulade), raw onion and crispy fried onion. American politicians and movie stars helped make it world famous.



Chapter 4

Bakeries, young bakers and geothermal bread

Reykjavík also tells its story through its bakeries.

Entering some of the city's bakeries, I was immediately struck by the care at the counter. The smell of bread. The precision of gestures. So many young people at work. Young men and women who do not just serve or prepare. They participate in the identity of the place. Its aesthetic. The way bread is presented, explained and made part of the experience. Here, baking has an important role. Daily. Orderly. Disciplined. You perceive a clean, direct work culture. No excess. The counter becomes part of the image of the place. Bread is not just a product to sell. It is a gesture repeated with attention. A small daily scene that speaks of care, method and respect for the ingredient.

By asking questions, I also discovered more about so-called volcanic bread. It is not bread baked in lava, as the name might suggest. It is

rye bread prepared using the earth's natural heat. An Icelandic tradition linked to geothermal energy. Steam. Hot springs. That continuous relationship between cooking and landscape that you truly feel here. Even from a loaf of bread, you can understand a lot about a place.

This first contact with Reykjavík and its bread culture was fundamental. Before entering the intense days of the Polselli contest – tasting, dough, pizzas to judge, jury work – I needed to understand at least a little of the city that would host us. Reykjavík immediately gave me a key. Here, food never arrives alone. It brings with it water, wind, lava, sea, cold, geothermal heat and daily work.

With this outlook, I then entered the heart of the event. Ready to read Italian pizza in Northern Europe not as a simple competition, but as a meeting of cultures, techniques and places.



INSIGHT - GEOTHERMAL BREAD

Rúgbrauð" (Icelandic rye bread) is traditionally baked in metal pots buried near hot springs or geysers. The heat of the ground (between 100 and 110°C) cooks the dough for 12-24 hours. The result is a dark, sweet, dense bread. Perfect with butter and smoked fish.



Chapter 5

Italian pizza in the heart of Iceland

Inside this scenario, The Contest took on an even stronger value. The event's slogan was direct and perfect for Reykjavik: "The cold gets you. The pizza brings you back!" Light. Immediate. Capable of joining the Icelandic imagination with the heat of the Italian oven.

Thirteen pizzaioli competed. Every pizza presented showed commitment, attention and respect for the dough. Some had an extra gear. Balance. Baking. Personality. Technical management. Others revealed room for growth. But the general level showed a living, curious movement. Eager to improve. Eager to confront an important tradition.

Coming from the homeland of pizza, the gaze is inevitably demanding. For this very reason, I appreciated the work of the Icelandic pizzaioli. Well-managed dough. Interesting fermentation. Good baking. A search for balance. A desire to measure themselves against a product that for us Italians is identity,

technique and memory.

Pizza, when it arrives so far from its places of origin, also becomes a cultural test. You have to respect it. Understand it. Adapt it without emptying it.

In Reykjavik, this respect was visible. Italian pizza was studied, interpreted, worked with seriousness. And Polselli flour played a central role in this journey. Accompanying different hands. Different sensibilities. A shared desire: to bring the authentic aroma of Italian baking to Northern Europe.

Molino Polselli and the value of training

The presence of Molino Polselli in Iceland confirmed how Italian flour is today one of the great ambassadors of our way of cooking in the world. Exporting professional flour abroad does not just mean exporting a product. It means building relationships. Accompanying pizzaioli. Creating training. Listening. Correcting. Helping them grow.



**BORN
TO
COOK**

poliselli
CONTEST
2







In this sense, the work of Paolo Parravano was fundamental. Paolo personally follows most of the pizzaioli involved in the project, thanks also to the work of the Icelandic distributor. His presence gave the competition a very strong technical value. Reading a pizza means tasting it, yes. But also understanding its structure. Maturation. The dough's response. Balance in baking. Coherence between the flour used and the final result.

Inside every pizza there was not just flour, water, yeast and salt. There were tests. Comparison. Training. Method. The quality of a flour is also measured by this: its ability to support different hands, different climates, different ovens, different interpretations - while remaining reliable and recognisable.

In Reykjavík, Molino Polselli showed exactly this value. The strength of an Italian raw material capable of travelling, adapting, speaking with distant professionals and

remaining recognisable. A flour that does not arrive as a simple ingredient, but as part of a technical, human and professional journey.

INSIGHT - Molino Polselli

Molino Polselli is an Italian milling company based in Rome. It produces professional flours for pizza, bread and pastry. Its strength lies in attention to flour strength (W value) and dough stability - essential qualities even in extreme climates like Iceland's.



Chapter 6

The jury and the winners

A jury with different, complementary competences evaluated the pizzas. Next to me, for Ciociaria&Cucina, and Paolo Parravano, Polselli's technician, were Remo Nafra, an expert pizzaiolo, and an Icelandic journalist from the food section of the daily MBL. An important presence. It allowed us to observe the contest from multiple points of view: technical, journalistic, gastronomic and territorial.

The final ranking was announced by Ó.J&K - ISAM stórelldhús, the leading distributor in Iceland.

- First place: Ismail from Pizza Popolare - winner of the Polselli pizza contest
- Third place: Logi from SV veitingum Alvotеч

Three awards that speak to the level of the competition and the growth of the pizza movement in Iceland. The podium showcased convincing interpretations. Distinguished by balance, technique and personality. A competition that showed widespread attention to dough and work quality.

The role of Ó.J&K - ISAM stórelldhús deserves a separate mention. The company, which will reach 120 years of history in September, made an enthusiastic impression. Organisation. Hospitality. Attention to detail. Over these days, we saw a solid, kind, prepared reality. Capable of working with great precision even in managing staff and events. Behind a successful contest is an organisational machine made of people, method, respect and care.



INSIGHT Ó.J&K ISAM stórelldhús



Leading distributor in Iceland for professional food products, with a focus on restaurants and baking. Their 120 years of activity (reached in September 2025) makes them one of the longest-running and most respected companies in the sector. They brought Molino Polsellì to the country and managed every logistical detail of the contest.





Apotek – dinner as relationship

That sense of care, seen during the contest, did not stop at the competition. That evening, Ó.J&K - ISAM stórelldhús wanted to continue the hospitality by organising dinner at Apotek Kitchen + Bar, in the heart of Reykjavík's historic centre.

Accompanying us was Egger Jónsson, the company's commercial manager. An exceptional person. Human. Generous. Capable of making us feel like guests before work contacts. With him, two of his colleagues and Paolo Parravano, dinner took on the value of a real meeting. More than a simple stop at the table. After the contest, the tastings, the jury work and the intense days dedicated to pizza, sitting together allowed us to transform the schedule into relationship.

Chapter 7

Apotek Kitchen + Bar is at Austurstræti 16, in one of the most recognisable historic buildings in the centre. Designed in 1917 by Guðjón Samúelsson, a central figure in Icelandic architecture. The building housed from 1930 to 1999 the historic Reykjavíkurapotek – Reykjavík's pharmacy. The name Apotek comes from this memory, which the restaurant preserves without turning it into nostalgia. Wood. Marble. Original details. A contemporary atmosphere. Elegant. Alive. International.

The cuisine confirms the character of the place. Contemporary. Precise. With Icelandic and European echoes. Strong attention to ingredients. Our three-course dinner showed technique, measure and aesthetic taste.

Apotek Kitchen + Bar

- First course: visual elegance and attention to detail. Thin meat. Herbs. Creams. Crunchy textures.
- Second course: depth. Substantial meat. Intense cooking. Essential, well-calibrated accompaniment.
- Dessert: elegant in form, decisive in colour. Closed the meal with a modern, clean, almost graphic note.

INSIGHT – Guðjón Samúelsson

Icelandic state architect (1887–1950).

He designed some of the country's most iconic buildings: Hallgrímskirkja, Akureyri church, the national theatre and the University of Iceland building. His style merges European modernism with references to Icelandic nature (basalt, mountains, glaciers)





Blue Lagoon, Restaurant Moss and the wine vault

Chapter 8

Arriving at the Blue Lagoon after the tour with Egger Jónsson – between craters, lava fields, geothermal plants and roads marked by eruptions – gave the visit an even stronger meaning. The milky water.

The steam rising from the surface. The lava stone all around. Everything seemed the natural continuation of what we had encountered along the way.

Earth. Water. Heat. They coexist here. They build landscape. They become hospitality. The Blue Lagoon is known worldwide for its geothermal baths. But the most surprising part of the visit came when we entered the more reserved, refined dimension of the structure. At The Retreat at Blue Lagoon Iceland, the journey changes pace. Here, hospitality becomes architecture. Silence. Service.

Materia.

A structure designed for an international audience. Only suites. A level of welcome perceived in the details, without need for ostentation.

Inside this setting is Restaurant Moss, a Michelin-starred restaurant led by Icelandic executive chef Aggi Sverrisson. His cuisine interprets Iceland with a contemporary, international gaze. Starting from local ingredients. From a vision matured also outside Icelandic borders.

What made the visit special was meeting Lorenzo Necci, sommelier at Restaurant Moss. When Egger explained that with him was an Italian food and wine journalist, the structure opened its doors with great availability. They accompanied us to the wine vault.

There, the visit took on another dimension. A space dedicated to important bottles. Rare selections. Labels for true connoisseurs. Some belonging to a value bracket reserved for a very select audience. The strength of that vault lies in the competence with which it was built. Every bottle seems to come from a relationship. Research. Precise knowledge of the international market and producers. In a place dominated by lava, hot water and steam, wine enters the same grammar of hospitality. Care. Memory. Attention to the guest. The ability to turn a visit into an experience. Lorenzo Necci's competence made visible the work behind a wine list of this level. Study. Sensitivity. Access to rare labels. A vision capable of speaking to prepared, curious, international guests. For *Viaggiando con gusto fuori porta*, this stop at the Blue Lagoon showed an Iceland capable of combining extreme nature, wellness, fine dining and great wine culture.







INSIGHT – Restaurant Moss

Moss is the only Michelin-starred restaurant in the Blue Lagoon area. Aggi Sverrisson, Icelandic chef, worked in starred restaurants in Denmark and Norway before returning to Iceland. His cuisine is rooted in the territory but international in scope: local ingredients (shellfish, lamb, seaweed, underground herbs) worked with contemporary technique



Chapter 9

Fish & chips – the sea on a plate

After the Blue Lagoon, Reykjavík brought us back to a more direct, everyday, popular taste. Fish & chips. A simple stop, chosen also out of curiosity. Because in Iceland, fish belongs to daily life. It tells the continuous bond between the city and the sea.

The counter. The smell of frying. Hot fish. Immediate crunch. Everything arrives without need for many explanations. One of those dishes that works because it speaks clearly. No construction. In a journey born around pizza and flour, this stop added another piece. The popular taste of Reykjavík. The one that goes from the sea to the plate naturally





Chapter 10

Neskja – a young chocolatier built on a dream

Leaving the fish & chips shop, a few metres further on, we entered Neskja. An artisanal pastry shop specialising in chocolate. Born in Grindavík. Opened in November 2025. Founded by Kung, a chocolatier of great talent, and chef Ívar. Two splendid people who welcomed us with the warmth reserved for friends. In Iceland, Italy is truly loved. In certain encounters, you feel this sympathy immediately. Behind Neskja is the journey of Chidapha Kruasaeng, known as Kung. A professional with over ten years of experience in chocolate and pastry.

After studying at the French Pastry School in Chicago, she worked for a long time alongside Hafliður Ragnarsson, one of the most important names in Icelandic chocolate.

She also collaborated with the Icelandic national culinary team, creating chocolate sculptures. She was part of the team when Iceland won its first third place at the 2020 Culinary Olympics.

Entering Neskja means seeing a dream become a workshop. Chocolate as living matter. Clean shapes. Intense colours. Shiny surfaces. Careful pralines.



A very precise aesthetic idea. For Easter, they presented a collection of artisanal eggs inspired by Icelandic birds and their habitats. Homage to the arrival of migratory birds. A detail that speaks well of their working style.

Quality ingredients. Research into texture. Attention to taste. And a poetic link with the nature of the country.

On our Icelandic journey, Neskja was a small artisanal gem. After the sea on a plate from fish & chips, the journey found in chocolate another trace of taste. Young. Elegant. Welcoming. Built by competent hands and a dream finally turned into reality.

INSIGHT – Chidapha Kruasaeng "Kung"

Kung studied at the French Pastry School in Chicago and worked for over ten years alongside Hafliður Ragnarsson, Icelandic master chocolatier. She was part of the Icelandic national culinary team at the 2020 Culinary Olympics (third place). Neskja is her first personal artisanal workshop.



Chapter 11

What this trip meant

As a researcher of excellence and editor of Ciociaria&Cucina, I return from Reykjavik with gratitude. In a few days, I saw Italian pizza enter a distant country with respect, technique and curiosity. I saw Icelandic pizzaioli work on dough with seriousness. Italian flour support different hands. Attentive professionals build real relationships around food.

Pizza remains one of the most immediate languages of our cuisine. It arrives everywhere. But it only becomes credible when behind it there is study, technique, quality and respect for the raw material. In Iceland, it met a cold climate. And a warm, precise welcome. Capable of giving value to

work and to storytelling.

I thank Molino Polselli for involving me in this project and for giving Ciociaria&Cucina the opportunity to experience the contest from the inside. I thank Paolo Parravano for his technical work, his availability and his ability to read every dough with competence. I thank the people I met along the way: those who organised the contest, those who welcomed us in restaurants, bakeries, shops and the places we visited.

Reykjavik will remain in our memory as a city of wind, light, bread, lava, sea and lit ovens. A place where Italian pizza was able to speak its best language: flour, time, hands and emotion.

What this trip meant



The cold gets you. The pizza brings you back.
And sometimes, far from home, you understand even better the value of Italian taste in the world.

Acknowledgements

Thank you **Molino Polselli** for involving me in this project and for giving **Ciociaria&Cucina** the chance to live the contest from the inside.

Thank you **Paolo Parravano** for the technical work, your availability and your ability to read every dough with competence.

Thank you **Egger Jónsson** and the whole team at **Ó.J&K - ISAM** stóreldhús for the extraordinary welcome, the impeccable organisation and your human generosity.

Thank you **Lorenzo Necci** for opening the doors of the wine vault and sharing your

passion for wine.

Thank you Kung and Ívar from Neskja for your sweetness and talent. Thank you **Valerio**, the Tuscan from Reykjavík, for showing us the city with different eyes. And thank you to all the people we met along the way: those who organised the contest, those who welcomed us in restaurants, bakeries, shops and the places we visited. Reykjavík will stay in our memory as a city of wind, light, bread, lava, sea and lit ovens. A place where Italian pizza found its best language: flour, time, hands and emotion.

ABOUT THE AUTHOR



ALFIO MIRONE

Alfio Mirone is the editor of *Ciocciaria&Cucina* and *D'O - Di Origine*, journal projects devoted to Italian food and wine excellence, with a particular focus on traditions, producers, territories and the stories that give flavour its meaning.

For years, he has told food not simply as an ingredient, but as culture, connection and discovery. He collaborates with Italian and international organisations across the worlds of baking, restaurants and hospitality.

Tasting Iceland Off the Map is his narrative project bringing together travel, food and human encounters - never forgetting that behind every dish there is always a story.

CIOCIARIA & CUCINA

e x c e l l e n c e

Gelato artigianale: come scegliere quello vero

Aurora di Atina racconta la
differenza



Viaggiando con gusto
Reykjavik il gelo e la
pizza italiana

Golden Milk:
la tazza dorata alla curcuma
che porta benessere

Biancanaria Valeri
racconta Eugenio Cisterna
ad Anagni