

# The menu of the Bagna Caoda

**Starters:** roasted square  
peppers

**First course:** tajarin

**Second course:** polenta

**Dessert:** vanille ice-cream



All served  
with Bagna Caoda  
of course!

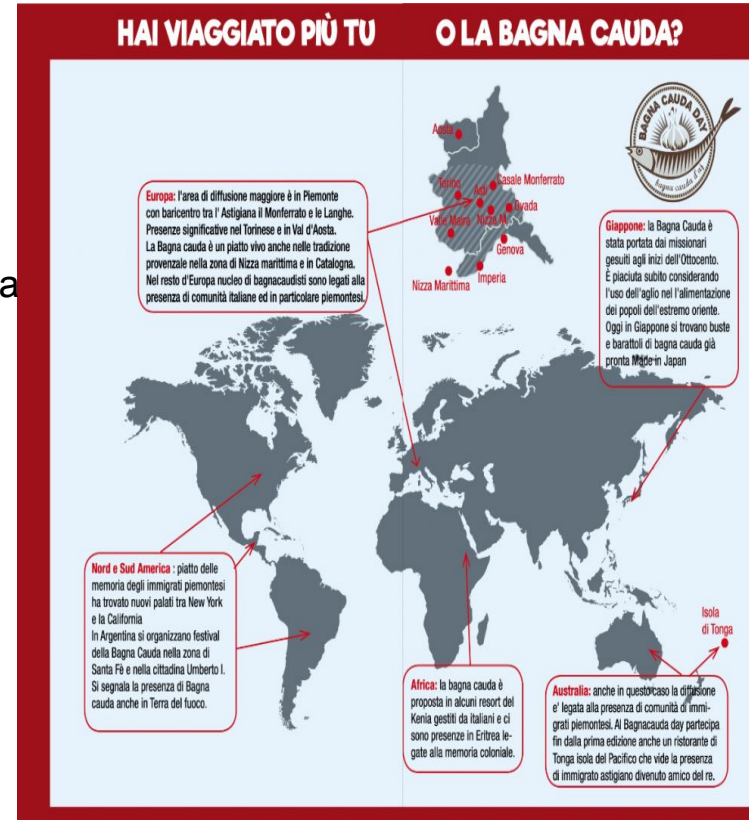
# THE HISTORY OF BAGNA CAODA

Oil, garlic and anchovies: these are the basic ingredients of the bagna caoda (also known as "bagna caoda"), one of the symbols of the Piedmontese cuisine. This sauce, in fact, is the ideal accompaniment for vegetables, so much so that it is no coincidence that we speak of a hot variant of the typical pinzimonio of the spring and summer seasons. The Middle Ages is the era in which this dressing was introduced for the first time. It is a custom of the Piedmontese peasants who needed to take shelter from the winter cold. In the northern region there were obviously no fishermen, but anchovies saw that salt cost a lot and from the mountains they traveled the roads that led to Liguria to buy it at lower prices. The salt was then hidden inside barrels and covered by anchovies.



# The Bagna caoda in the world

The bagna càuda is also very popular under the name of bañacauda in Argentina, where it arrived in the last years of the 19th century with the many Piedmontese who emigrated to South America. The Fiesta Nacional de la Bagna Cauda takes place in the town of Calchin Oeste, in the province of Córdoba. Introduced in Tokyo in the mid-1990s by a Braidese gastronome during local television broadcasts, bagna càuda quickly spread to become extremely popular throughout Japan. It is also famous in some areas of the United States: Clinton (Indiana), Rock Springs (Wyoming) and Benld (Illinois).



# THE BAGNA CAUDA DAY



The Bagna Cauda Day is the most widespread traditions to celebrate this typical Piedmontese dish.

The Bagna Cauda Day is organized in various Italian restaurants, and not only, it also become a known dish in other world's countries.

The menu of the day is obviously dedicated to bagna cauda, but also to other piedmontese dishes (like tajarin and other delicious dishes) to make them known to everyone; in a restaurant a bib is usually supplied with some drawings representing the bagna cauda on it.

