

Benessere Totale



From thermal treatments to good cooking



**Dear guests,
I wish you
a very “good day”!!**

It's my great pleasure to welcome you at Antoniano, the hotel that gives you a feeling of total well-being. I represent the third generation of the Bernardi Family and I am dealing with the hotel management from 10 years now, but I was born and grew up here!!

With our chef Franco we decided to write this booklet, because many guests who took part to the “Open doors in the kitchen” afternoons and learned from Franco gourmet recipes and useful advice, have expressed a great interest in the products, their place of origin, their preparation.

For us the concept of quality is top priority.

Therefore we want to explain to you how we take our decisions before buying the products you find in your dishes, in order to let you enjoy simple, healthy and tasteful meals.

Therefore we want to explain to you how we take our decisions before buying the products you find in your dishes, in order to let you enjoy simple, healthy and tasteful meals. Our positioning in terms of quality is in perfect agreement with an increasing consumer demand for natural products.

This regards also the thermal cures: we offer healing therapies from more than 50 years, based on our thermal mud and thermal water,

natural products with a strong anti-inflammatory action, an alternative medicine without side effects.

Since the vocation of the Antoniano hotel is to extend the total well-being to every sphere of its offer, we decided to enlarge this concept to the food area too. The last two seasons represented a stepping-stone to giving you healthier and lighter dishes.

Now we devote ourselves with eagerness and passion to the project “0-km-products”, i.e. alimentary products of our province and region. The products can move faster from the producer to the consumer. In this way you can enjoy a greater freshness and a better quality, by protecting the environment, reducing unnecessary transport emissions.

We eliminated hydrogenated fats and margarine, because they have negative effects on our organism (they raise the LDL cholesterol, they interfere with the metabolism of Omega 3 essential fatty acids and so on.)

Below you can find some information about the seasonal products, the 0-km-products and a couple of recipes from the Veneto region.

Thank you for your attention. I hope to see you soon on the occasion of “Open doors in the kitchen” at the Antoniano hotel!

Marika Bernardi



The Seasons

**Here are the products in the different seasons,
a gift of our land:**

In **winter** red chicory, pumpkin, Savoy cabbage, cabbages, cauliflower, cardoons, turnip greens, fennels, leeks, spinaches, oranges, kiwi, mandarin oranges and grapefruits, apples and pears.

During the **spring** asparagus, artichokes, chicory, spring onions, fennels, various lettuces, broad beans, spring salads, peas, rocket salad, radishes, loquats, apricots, cherries, strawberries.

With the arrival of the **summer season** cucumbers, beans, French beans, egg-plants, tomatoes, peppers, zucchini, raspberries, melons, blueberries, blackberries, peaches, plums, figs, watermelons.

Autumn brings us: mushrooms, artichokes, cardoons, fennels, clementines, avocados, chestnuts, persimmons, jujubes, pomegranates, grapes, pears, apples.



Wine

The Euganean Hills rise suddenly from the flat land, with their profile sometimes steep sometimes gentle; from hill to hill we can discover a landscape of vineyards with their perfect geometrical shape, as well as villages, medieval castles, monasteries and hermitages. The Mediterranean-continental climate and the volcanic origin of the Euganes Hills contributed to the growth of vineyards, that boast about a millenary tradition of great prestige. So you can meet the warm Red Colli Euganei; the fragrant Cabernet Franc; the mighty Cabernet Sauvignon; the international Chardonnay; the citrus scented Fior d'Arancio; the noble Pinot Blanc; the intense Muscat; the cheerful Novello; the elegant Merlot; the sparkling Serprino; the delicate Tocai italico and the classical White Colli Euganei. We must not forget that in the Veneto region the winemaking is an ancient tradition and it can boast about its supremacy in the production of D.O.C. ("Controlled origin denomination") wines in Italy. There are indeed no less than 17 zones of D.O.C. wines production, where 17 Voluntary Associations of Protection operate actively and dynamically to safeguard quality and typicality. But we are also proud to show a Wine card presenting the wines of all Italian regions.

For our food preparation we use only extra-virgin olive oil from our Euganean Hills or from Apulia. They have different flavours, in order to satisfy every palate. They are both produced with olives from their region of origin and are cold pressed.

Oils



Milk

The milk for your breakfast as well as the cream we use in our recipes, the mozzarella and other fresh cheeses that you can find on your table come from the farm association “Affresco” that is uniting the milk producers of our province. The peculiarity of this milk is that it comes from cows nourished almost exclusively with hay, in order to obtain a high quality milk.



Cheeses



The absolutely most famous cheese in the tradition of the Veneto region is Asiago; it comes from the plateau near Vicenza bearing the same name and is produced from whole milk with a delicate and sweet taste, like fresh milk from the cow. Other cheeses from the Italian tradition that we put on your table are: Parmigiano Reggiano (Parmesan), dating back to the Middle Ages; the production techniques are still the same, as well as the places and the passion to produce it; Gorgonzola, very much appreciated by our foreign guests, originates from the Lombardia region, Taleggio belongs to the Stracchino-cheeses, whose name comes from “stracch”, a word in the Lombard dialect meaning tired, because it was produced at the end of the summer season, when the cows were tired after the long way back from the high pastures. Today this cheese is produced during the whole year. The Montasio that you find on your table is produced in the Friuli Venezia Giulia region with the same recipe of the 13th century. You enjoy the fresh cheese (about 4 month maturation), but you can choose between half-matured or matured.



Meat, Fish and Vegetables

For these three products of fundamental importance, in order to give an added value to our cooking, we mostly use Italian seasonal products. Due to the collaboration with local farmers we can offer some 0-km-products and we are particularly proud about it, because even if sometimes the number of our guests is high, the producers always manage to satisfy our demand.



I just invite you to take a look at our website

www.termantoniano.it

*where you will find fine recipes, some news and good advices
for an healthy and correct lifestyle!*