

A Food As  
Medicine story,  
from the Italian  
Alps.

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Two stars are born..  
Oliver Piras & Alessandra Del Favero



“Don't miss a taste of ‘Old Man's Beard,’ a salad of greens and herbs picked from mountain slopes— it's enough alone to make the trip.” - *Saveur*

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Image and quote: *Saveur*





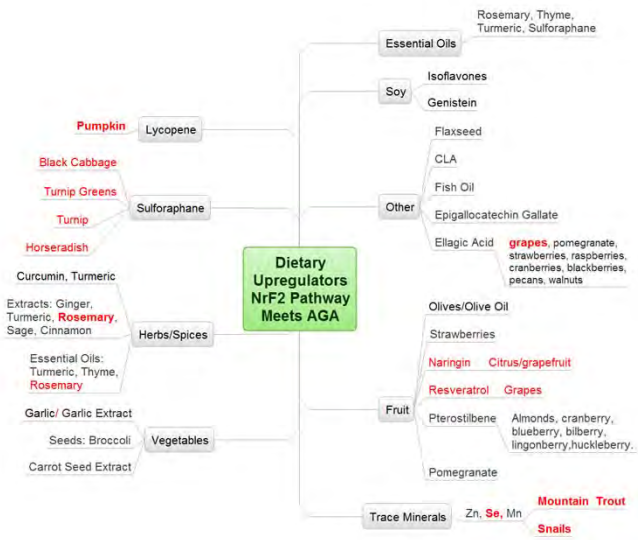




Trout, horseradish, laurel	16,00
Turnip Chioggia, green apple, coriander and caviar	18,00
<b>First course</b>	
Pumpkin, humeboshi, pork ravioli and "amaro del Cadore" (bitter)	18,00
Barley, snails, licorice and black truffle	22,00
Risotto San Massimo, citrus and spruce	18,00
<b>Main course</b>	
Artic char, rose and elder	20,00
Beef heart, katsobushi, black cabbage and Sichuan pepper	18,00
Guinea fowl, turnip greens and "stropacu" broth (min 2 pax.)	20,00
Saddle of roe, mashed potatoes with yogurt, rosemary and juniper	28,00

Is it possible that  
AGA's menu can  
talk to your genes?

Well...yes it does...  
and by the end of  
this course, you  
will know how  
and why!



## Listen to my interview with Oliver Piras

- In the course folder for this session: "An interview with Chef Oliver Piras"
- We talk about how his menu has evolved and what the foods he uses mean to him and his health







Next Session: What do we know about living a long life?