



# FRESH TRUFFLES

ITALYABROAD.COM GUIDE

## Fresh Truffles

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Truffles are fungi that flourish slightly beneath the surface of the earth, growing on the roots of different trees. Truffles are irresistible because of their aroma, eating, even sniffing a truffle brings about a euphoric dizziness that can be truly addictive. Fresh truffles are the quintessence of luxury and are widely used in high end restaurants.

Truffles are wild fungi, they are fruiting bodies that develops on a mycelium, the fine web of filaments that bonds itself to the roots of different trees. However, truffle cultivation is possible and is where almost all of the world's black truffle comes from.

Fresh truffles tend to pervade everything around them with their aroma, which is why they are used in combination with delicate ingredients where the truffle takes centre stage. Amongst them, fat works perfectly, typical combinations are fatty foods like butter, cheese, cream, and oils. Pasta, rice, potatoes, eggs are also brilliant to bring out the delicious flavour of the truffle. This is a general rule and applies to any type of truffle. Truffles are always sliced paper-thin using a truffle slicer.

Fresh truffles have a short shelf life and should be eaten as soon as possible, they are made of more than 70% water and will naturally lose 2 or 3 % of their body weight per day (moisture), so the best method to preserve is to wrap them in kitchen roll and store in the fridge changing the paper once a day, alternatively, a cotton towel. Black truffle can be stored up to 10 days, white truffle not more than a week.

There's a truffle for every season, delicate, heady, earthy, rich: each variety brings a spectrum of intense and subtle flavours.

Black Winter Truffles, *Tuber melanosporum*, season Dec-April.

Black Summer Truffles, *Tuber aestivum*, Season May-Sept

Black Autumn Truffles, *Tuber uncinatum*, Season Oct-Dec

White Winter Truffles, *Tuber magnatum*, Season Oct-Dec

White Spring Truffle, *Tuber borchii*, Season Jan-March

Truffle is also used as ingredient in a wide range of products, not only fresh truffles, discover our [selection](#) of artisan products.