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Rome, Capital of Food

Rome never ceases to amaze. Browsing through this gourmet guide to the capital, it is no surprise to find once again that our city is truly rich, complex, multifaceted, multi-cultural and many flavoured, a reality still largely unexplored even by its own inhabitants.

Hence our guide to wine and food in Rome today. We needed a ‘compass’ to help us navigate the veritable sea of dishes, traditions, recipes, flavours, products, trattorias, restaurants, pizzerias, wine bars, ice-cream parlours and new trends in food and drink in Rome. Importantly, this is the first pocket guide to wine and food published by the City authorities, and the involvement of Roma Capitale is a mark of quality, a guarantee for everyone, citizens and tourists alike.

Rome is enjoying a true renaissance in the field of food and wine. The Guide documents this extraordinary social and cultural phenomenon – which has instantly been taken up by the foreign press – carefully seeking out, listing and describing the forces behind Rome’s new food and wine scene, without neglecting the noble traditions and ancient establishments of Roman cuisine that still enjoy enormous popularity.

Four words suffice: Rome Capital of Food.
A city on the go

Rome, world capital of food and wine, according to the ‘New York Times’, that is. When times are hard, food tourism is a good way to revive a local area and economy Rome leads the field here. We were in the middle of our final preparations for the first gourmet guide to Rome published by the Campidoglio when an article appeared in the New York newspaper announcing a new online guide ‘The Rome Digest’, created by five world experts to help tourists discover authentic Roman cuisine. We looked at each other and burst out laughing – such a release! It meant that we were right and that in the past few years, as we compiled the column on food and drink for the magazine ‘L’Evento’ and watched a major phenomenon take shape, we had picked up on an amazing trend, a spectacular rise in the quantity and quality of Roman food and wine. To us, the words in the NYT just confirmed our early intuition.

Putting together the pieces of this cultural ‘movement’ has been fun and exciting. Rome has undergone a regeneration and a renewal, focusing more and more on quality, originality and innovation, reviving ancient culinary traditions and combining them with other cultures and influences. This Guide is unique in this respect, too. It is not a list of places selected by some great expert or team of professionals, it reports the honest opinions of those who have tested first hand the reality of Rome’s contemporary gastronomic revival, seeking out trattorias, restaurants, wine bars, pubs, pizzerias and ice cream parlours.

‘Rome Gourmet Pocket Guide’ is a journey of discovery among the best places in the city to eat, drink and be merry, packed with insights, curious facts and often obscure details about good food, the art of cooking and the secrets of the table – from city centre to suburbs.

There is also a section on the match between food and film, including interviews with Roman actors, artists and comedians of yesterday and today, who tell us about their recipes, their likes and dislikes, and their favourite dishes.

Enjoy.

Gian Paolo Pelizzaro
A comprehensive guide

Over one hundred pages divided into eight sections (Michelin-starred restaurants; popular cuisine and new trends; gourmet neighbourhoods offering quality and style; pizzerias, alehouses, wine bars, bakeries, brunch and aperitif; seasonal and holiday traditions, dishes and specialities; local markets; traditional and innovative recipes by some of the city’s leading chefs; Rome, food and film; Rome’s magical water sources) describe gourmet Rome in the 21st century.

The idea for the ‘Rome Gourmet Pocket Guide’ came to us almost by chance, looking over the extraordinarily rich variety of Roman traditions and the vast pool of information that we had built up, like an immense fresco, during these years of publishing the monthly magazine ‘L’Evento’. We decided to put everything together in an easy-to-use pocket guide where you can find, at a glance, details of old traditions, new trends and unusual facts about today’s food scene in Rome.

This is the first food and wine guide to Rome published by the city authorities. In the course of our research we discovered an unexpected side of Rome as the driving force of national gastronomic culture, a place where great chefs as well as less well-known but equally creative cooks and restaurateurs are unwittingly writing a new page of the city’s history.

This is Rome, capital of food – a city where Michelin-starred restaurants flourish alongside genuine trattorias, gourmet pizzerias and street food, creative bakeries and typical products, historic wine shops and craft beer bars.

Enjoy.

Francesca Cellamare
Marco Dall’Asta
Roman cuisine is experiencing a great revival at the moment, attracting attention from gourmets the world over. While restaurants offering menus of traditional Roman dishes are springing up everywhere, particularly in the United States, several of the world’s leading newspapers, the latest being the *New York Times*, are publishing articles about some of the city’s iconic dishes (like pasta carbonara) and about the restaurants frequented by real Romans.

For all the tourists visiting the city every year, and for those Romans not in the know, here is a list of some places where you can taste the real thing, i.e. traditional Jewish-Roman dishes and recipes using offal (known as the ‘fifth quarter’), including, for starters, pasta ‘alla gricia’ (with cured pork), ‘alla carbonara’ (with bacon and eggs), ‘all’amatriciana’ (with tomato and bacon), ‘cacio e pepe’ (with caciotta cheese and pepper), pasta with chickpeas, soup of broccoli and ray, and for main course, tripe, ‘coda alla vaccinara’ (oxtail), ‘coratella’ (lamb innards), lamb, meat balls in sauce, saltimbocca, ‘puntarelle’ salad, and artichokes ‘alla giudia’. For the perfect Roman dish try restaurants Arcangelo, Armando al Pantheon, Felice, Quinto Quarto, Palatium, Matricianella, Osteria del Velodromo Vecchio, Checchino dal 1887, L’Antica Pesa, Sora Lella, Paris and Perilli.

There is the haute cuisine version, too, from master chefs like Heinz Beck, Antonello Colonna, Angelo Troiani and Luciano Monosilio, whose menus include some of the classic dishes of Roman cuisine, often re-worked in a creative vein, such as ‘pasta alla carbonara’ (at Pipero al Rex, Roscioli, Open Colonna and La Pergola del Rome Cavalieri), ‘pasta all’amatriciana’ (at Arcangelo and Il Convivio Troiani) and ‘pasta cacio e pepe’ (at Open Colonna and Roscioli).
WHERE TO GO

Arcangelo via Giuseppe Gioacchino Belli 59, tel. 06 3210992
Armando al Pantheon salita dé Crescenzi 31, tel. 06 68803034
Felice via Mastro Giorgio 29, tel. 06 5746800
Quinto Quarto via della Farnesina 13, tel. 06 3338768
Palatium via Frattina 94, tel. 06 69202132
Matricianella via del Leone 4, tel. 06 6832100
Osteria del Velodromo Vecchio via Genzano 139, tel. 06 7886793
Checchino dal 1887 via di Monte Testaccio 30, tel. 06 5743816
L’Antica Pesa via Garibaldi 18, tel. 06 5809236
Sora Lella via di Ponte Quattro Capi 16, tel. 06 6861601
Paris piazza di San Callisto 7a, tel. 06 5815378
Perilli a Testaccio via Marmorata 39, tel. 06 5742415
La Pergola del Rome Cavalieri via Cadolo 10, tel. 06 3509215
Pipero al Rex via Torino 149, tel. 06 4815702
Il Convivio Troiani via dei Soldati 31, tel. 06 6869432
Open Colonna via Milano 9a, tel. 06 47822641
Roscioli via dei Giubbonari 21, tel. 06 6875287
They have served generations of Romans in family-style surroundings, with traditional cooking, large portions, local produce and wine, and reasonable prices. Rome’s trattorias and osterias are gastronomic and cultural symbols of the city, on a par with its celebrated monuments. It's not easy to spot the difference between ‘neo’, ‘contemporary’ and ‘traditional’ and all the venues that are ‘trattorias’ only in name and appearance. The location of the genuine places where you can enjoy tasty Roman dishes is a well-kept secret passed among gourmets, enthusiasts and the faithful. But we’ll let you into that secret with a short list of some of the genuine trattorias where you can eat at a reasonable price (€25-30 at most).

**WHERE TO GO**

**Settimio** via del Pellegrino 117, tel. 06 68801978
**Felice** via Mastro Giorgio 29, tel. 06 57 46800
**Flavio al Velavevodetto** via di Monte Testaccio 97, tel. 06 5744194
**Quinto Quarto** via della Farnesina 13, tel. 06 3338768
**Tanto pe’ Magnà** via Giustino de Jacobis 9, tel. 06 51607422
**Osteria di Monteverde** via Pietro Cartoni 63, tel. 06 53273887
**Da Cesare** via del Casaletto 45, tel. 06 536015
**Qui se magna!** via del Pigneto 307, tel. 06 274803
**Osteria Bonelli** via Acquedotto Alessandrino 172, tel. 329 8633077
**Da Carlone** via della Luce 5, tel. 06 5800039
**Enzo al 29** via dei Vascellari 29, tel. 06 5812260
**Gino** vicolo Rossini 4, tel. 06 6873434
**Lo’steria Ponte Milvio** via Prati della Farnesina 4, tel. 06 33218749
**Osteria dell’Angelo** via Giovanni Bettolo 24, tel. 06 3729470
**Ragioniere dal 1922** via Gerardo Mercatore 7, tel. 06 24303599
From Paris’s neo-bistros to Rome’s neo-trattorias, the most exciting trend of recent months brings a breath of fresh air that everyone is enjoying. Creative young chefs who honed their skills in top restaurants, simple but smartly furnished premises, a small menu of dishes that change with the seasons with no frills or expensive ingredients, natural wines and little-known labels, and above all affordable prices: cooking is returning to its roots, bringing back the pleasure of food enjoyed in company at the right price, of regional dishes revived and reinterpreted with an imaginative twist using only local ingredients. In the historic centre are Coromandel, No.Au, Urbana 47, Caffè Propaganda and Zoc. Close to Piazza Fiume is the recently opened Marzapane dolce&cucina and l’Osteria Boncompagni. The area bounded by Trastevere, Testaccio, Portuense and Monteverde is where we find the highest concentration of neo-trattorias: Brò, L’Invincibile, Osteria La Gensola, Le Coq, Osteria Fernanda, Moli, Osteria Pistoia and le Tre Zucche. Elsewhere in town try Spazio Officina Biologica, Inopia, Osteria Giuda Ballerino, Tram Tram, Primo al Pigneto and Salotto Culinario.

WHERE TO GO

Coromandel via di Monte Giordano 60, tel. 06 68802461
No.Au piazza di Montecelvio 16a, tel. 06 45652770
Urbana 47 via Urbana 47, tel. 06 47884006
Caffè Propaganda via Claudia 15, tel. 06 94534255
Zoc via delle Zoccolette 22, tel. 06 68192515
Marzapane dolce&cucina via Velletri 39, tel. 06 64781692
Brò largo Alessandro Toja 2, tel. 06 5813500
L’Invincibile via degli Stefaneschi 3, tel. 06 68892925
Osteria La Gensola piazza della Gensola 15, tel. 06 5816312
le Coq viale di Villa Pamphili 35c, tel. 06 58335146
Osteria Fernanda via Ettore Rolli 1, tel. 06 5894333
Moli via Rubattino 22, tel. 06 57289587
Osteria Pistoia piazza Madonna delle Salette 13, tel. 06 58203381
Le Tre Zucche via Guglielmo Mengarini 43, tel. 06 5560758
Inopia via del Fontanile Arenato 155, tel. 06 66030551
Osteria Giuda Ballerino largo Appio Claudio 346, tel. 06 71584807
Tram Tram via dei Reti 44, tel. 06 490416
Primo via del Pigneto 46, tel. 06 7013827
Salotto Culinario via Tuscolana 1199, tel. 06 72633173
Osteria Boncompagni via Boncompagni 83, tel. 06 45554413
More and more restaurants are specialising in a single type of cuisine, either meat or fish, or serve only vegetarian menus. This may be the result of a natural tendency to concentrate on one type of cuisine or of an increasing demand by the public for high quality, but the fact is that Rome is experiencing a real boom in themed establishments. While the current fashion may be for panini and quality burgers, meat of every type, from salami to sauces to the best cuts, is served to devotees at butcher-restaurant Maxelà, in the form of Tuscan mixed grills at Girarrosto Fiorentino and Dal Toscano, a vast selection of origins and cuts at La Pampa, Bisteak, T-Bone Station, Carnivori and Vitelloni. Vying for the prize of best fish restaurant in the city are Acquolina Hostaria, Il Sanlorenzo and La Rosetta. Fabulous raw fish and excellent ingredients are the boast of Chinappi, Osteria La Gensola, Ottavio, La Tellina, Trattoria del Pesce, Aroma di Mare, Quinzi e Gabrielli, Tempio di Iside-Cottura Zero Gradi and Assunta Madre. For top quality totally vegetarian menus try Il Margutta RistoArte, Arancia Blu, Taverna Vegetariana, Bibliothè, La capra campa, Rewild and L'insalatiera.
FISH
Acquolina Hostaria via Antonio Serra 60, tel. 06 3337192
Il Sanlorenzo via dei Chiavari 5, tel. 06 6865097
La Rosetta via della Rosetta 8, tel. 06 6861002
Chinappi via Augusto Valenziani 19, tel. 06 4819005
Osteria La Gensola piazza della Gensola 15, tel. 06 5816312
Ottavio via Santa Croce in Gerusalemme 9, tel. 06 7028595
La Tellina via Amiterno 60, tel. 06 96040184
Trattoria del Pesce via Folco Portinari 27, tel. 06 95945393
Aroma di Mare via Natale del Grande 41, tel. 06 5881670
Quinzi e Gabrielli via delle Coppelle 5, tel. 06 6879389
Tempio di Iside-Cottura Zero Gradi via Labicana 50, tel. 06 7004741
Assunta Madre via Giulia 14, tel. 06 68806972

VEGETARIAN
Il Margutta RistoArte via Margutta 118, tel. 06 32650577
Arancia Blu via Cesare Beccaria 3, tel. 06 4454105
Taverna Vegetariana via Trionfale 94, tel. 06 39742975
Bibliothè via Celsa 5, tel. 06 6781427
La capra campa via Lonato 62, tel. 329 6656085
Rewild via Giannipoli 18, tel. 06 97613910
L’insalatiera via Trionfale 96, tel. 06 39742975
Food is the culture, history and heritage of a civilisation and so it’s no surprise to find that Rome offers an extremely wide and varied range of flavours and cuisines from every corner of the globe. It’s been a characteristic of the city for over two thousand years, since the time it was Caput Mundi and a diversity of peoples and tastes coexisted within its walls. Today, Rome is the only city in the world that is the capital of two states (the Italian Republic and the Vatican City State), home to 180 foreign communities and the widest range of ethnic restaurants, take-aways and food shops in the country. We have selected a few that not only represent the full culinary traditions of their country of origin, but are also known for the high quality of the ingredients used. Among the Chinese restaurants Green T. stands out, alongside Court Delicati, Mr Chow, Hang Zhou, and Dao. Japanese specialties and fresh fish can be enjoyed at Zen Sushi, Hamasei, Hasekura, Sushi Ko, Somo, Doozo, Hayashi Sushi and Taki. Delicious Vietnamese cuisine is the speciality of Mekong and Thien Kim. Spicy Thai dishes are served at Salathai and Sukhothai. For Indian food and spices try Guru, Jaipur, Maharajah, Sitar, and Tiger Tandoori. Korean cuisine is served at Bi Won and I-Gio, Eritrean at Taverna del Mossob, Moroccan at Riad Nour, Egyptian at Kebab, Lebanese at Mandaloun, Iranian at Kabab, Turkish at Topkapi, Syrian at Zenobia, Argentine at Baires, and Mexican at Bistro by Linda. French specialities, like snails, foie gras and boeuf bourguignon are on the menu at Josephine Bistrot, Charly’s Saucière and L’escargot.

WHERE TO GO

Green T. via Piè di Marmo 28, tel. 06 6798628
Court Delicati viale Aventino 41, tel. 06 5746108
Mr. Chow via Barberini 94, tel. 06 486818
Hang Zhou via Principe Eugenio 82, tel. 06 4872732
Dao viale Jonio 328, tel. 06 87197573
Zen Sushi via degli Scipioni 243, tel. 06 3213420
Hamasei via della Mercede 35-36, tel. 06 6792413
Hasekura via dei Serpenti 27, tel. 06 483648
Sushi Ko via degli Irpini 8, tel. 06 44340948
Somo via Goffredo Mameli 5, tel. 06 5882060
Doozo via Palermo 51, tel. 06 4815655
Hayashi Sushi via Faleria 36, tel. 06 7000906
Taki via Marianna Dionigi 56, tel. 06 3201750
Mekong via Enea 56a, tel. 06 7825247
Thien Kim via Giulia 201, tel. 06 68307832
Thien Kim via Cassia 927, tel. 06 30365002
Salathai via Topino 33, tel. 06 85302284
Sukhothai via Andrea Busiri Vici 48, tel. 06 55263993
Guru via Cimarra 4, tel. 06 4744110
Maharajah via dei Serpenti 124, tel. 06 4747144
Jaipur via San Francesco a Ripa 56, tel. 06 5803992
Sitar via Cavour 256a, tel. 06 89026710
Tiger Tandoori via del Pigneto 193, tel. 06 97610172
Bi Won via Conte Verde 62, tel. 06 4457605
I-Gio via Roma Libera 26, tel. 06 58310269
Sahara viale Ippocrate 43, tel. 06 44242583
Taverna del Mossob via Prenestina 109, tel. 06 21701907
Riad Nour via Giuseppe Gioacchino Belli 140, tel. 06 45423075
Kebab via Augusto Valenziani 14, tel. 06 4745296
Mandaloun via di Porta Pinciana 16b, tel. 06 64824507
Kabab via di Grottarossa 52, tel. 06 30310231
Topkapi via Nomentana 81, tel. 06 44292408
Zenobia piazza Dante 23, tel. 06 70490488
Baires corso Rinascimento 1, tel. 06 6861293
Bistro by Linda via Eleonora D’Arborea 15c, tel. 06 44244889
Josephine Bistrot via Leonida Bissolati 34, tel. 06 97274546
Charly’s Sauciere via di San Giovanni in Laterano 270, tel. 06 70495666
L’ escargot via Appia Antica 46, tel. 06 5136791
Ginza Gold via Barberini 53, tel. 06 42011005
Ginza Gold via Emanuele Filiberto 251, tel. 06 7005739
Lots of novelties in town

The arrival of the world’s largest Eataly, novelties such as Caffé Propaganda, Pipero al Rex, Magnolia, Baccano, No.Au, Rosti, ParmAroma, Coromandel and a record 14 Michelin-starred restaurants, making Rome the most award-winning city in Italy were just starters! In the last few months they have been joined by a whole series of other delicious newcomers. Urban regeneration, diversity and a large range of functions characterise the two multi-purpose spaces at Porto Fluviale and Romeo Chef & Baker. The first is located in a former industrial building of 900 square metres in the Ostiense district and features a popular restaurant, pizzeria with two ovens for Roman and Neapolitan pizzas, a counter, a sitting area, and street food. The second is housed in a former Alfa Romeo garage in Prati and serves pizza and bread from Roscioli’s bakery combined with the creative cuisine of Cristina Bowerman, chef at Glass Hosteria. Not far away, the Michelangelo of pizza, Gabriele Bonci, has just opened his bakery making bread with natural yeast, pizza, sandwiches by the metre, biscuits and cakes. Also in the area of Prati and Trionfale are Splendor Parthenopes, 800 square metres of café, cocktail bar, bakery, pizzeria and trattoria serving traditional food from the Campania region, Circolo Ricreativo Caracciolo, with live performances, cocktails and brunch, the restaurant-deli-grocer Bancovino and Spazio Officina Biologica, a three-storey building two steps away from the Vatican where you can find cocktails, natural wines, restaurant and pizzeria dedicated to organic food.

Another newcomer is Marzapane dolce&cucina, a youthful neo-bistrot open from breakfast to dinner, all at fair prices. The kitchens of Vivavoce at the Hotel Gran Melià on the Janiculum Hill welcome the prize-winning chef Alfonso Iaccarino with his Neapolitan haute cuisine, while another Michelin-starred chef, Riccardo Di Giacinto, has just moved his restaurant All’Oro from Parioli to the roof garden of The First Luxury Art Hotel in the city centre.
WHERE TO GO

Eataly piazzale XII Ottobre 1492, tel. 06 90279201
Caffè Propaganda via Claudia 15, tel. 06 94534255
Pipero al Rex via Torino 149, tel. 06 4824828
Magnolia del Grand Hotel via Veneto via Sicilia 24, tel. 06 487881
Baccano via delle Muratte 23, tel. 06 69941166
No.Au piazza di Montevecchio 16a, tel. 06 45652770
Rosti via Bartolomeo D’Alviano 65, tel. 06 2752608
ParmAroma via Pozzo delle Cornacchie 36, tel. 06 68806729
Coromandel via di Monte Giordano 60, tel. 06 68802461
Porto Fluviale via del Porto Fluviale 22, tel. 06 5743199
Romeo Chef&Baker via Silla 26a, tel. 06 32110120
Panificio Bonci via Trionfale 34, tel. 06 39734457
Splendor Parthenopes via Vittoria Colonna 32/c, tel. 06 6833710
Spazio Officina Biologica borgo Angelico 30, Tel. 06 6833897
Bancovino via Pietro Borsieri 27, tel. 06 87673864
Circolo Ricreativo Caracciolo via Caracciolo 23a, tel. 06 39733293
Marzapane dolce&cucina via Velletri 39, tel. 06 64781692
Vivavoce Gran Meliá Villa Agrippina via del Gianicolo 3, tel. 06 92590201
All’Oro The First Luxury Art Hotel via del Vantaggio 14, tel. 06 45617070
Eataly has arrived in Rome. This is the gourmet temple created by Oscar Farinetti, owner of 19 stores around the world, including 9 in Italy. The megastore is located in the former air terminal of the Ostiense train station, in a post-modern building designed by architect Julio Lafuente. In an area of 17,000 square metres spread on four floors all the best Made in Italy products are gathered in an undisputed gastro-nomic triumph. The formula is simple but effective: inside you can eat, do your shopping and learn more about issues relating to food, indulging in an all round sensory experience.

As soon as you enter you are surrounded by delicacies, refrigerators full of milk, natural organic yogurts and dairy products, fruit and vegetable stalls with the best produce from the Lazio region, and a wide assortment of pastries, biscuits, chocolates, honey and dozens of types of bread made with organic stone milled flour and natural yeast. There is also focaccia from Genoa, piadine from Romagna, gourmet sandwiches from Florence and magnificent pastries to complete the ground floor selection.

Upstairs continues with pizzerias, the fried food department, cured meats and cheeses with over 150 varieties of high quality Italian products and 200 types of cheese from Italy and Europe, the open pasta-making workshop and the brewery producing more than 1000 litres of 3 different types of beer a day. Don't miss the Osterie Romane, a section taken over every month by one of the top local restaurateurs where you can taste the typical dishes of Lazio.

On the third floor are the fishmonger and the butcher, with restaurants attached where you can enjoy the very best fresh fish and meat, the area set aside for an aperitif with organic wines and a great cellar of labels from leading Italian and foreign producers. On the same floor is the gourmet restaurant ‘Italia’ run by Gianluca Esposito, a creative young chef who infuses his dishes with all the culinary diversity of Italy.

There is a large space for courses on food and wine and other subjects, with lessons for beginners and connoisseurs held by the top cookery schools, sommelier associations and professionals. The programme ranges from themed tastings to lessons in the best pairings of food and drink, from DIY methods to make food attractive to cake design workshops and even talks for those who want to learn how to eat a healthy and balanced diet.

Piazzale XII ottobre 1492
Information: 06 90279201
www.roma.eataly.it
Beat the crisis with low cost eateries

Take your pick from a wide choice at low cost eateries. This is the answer that many Roman chefs and restaurateurs have found to overcome the recession and counter the drop in business. Never before has the city seen so many new openings and creative solutions combining high quality, if less sophisticated, ingredients, informal service and good prices. Let’s begin with the new Eataly in the former Ostiense air terminal, where you can eat a gourmet sandwich, a genuine ‘piadina’ or fried fish served with a glass of wine for only €15, and more besides. Fans of fresh fish can keep the cost down by opting for self-service, a formula successfully introduced by Fish Market at Pietralata - indeed so successfully that a new branch of the restaurant has opened in Trastevere, where you choose at the counter fish from the Roman coast that is then cooked on the spot by the chefs. At Fiumicino Povero Pesce serves more economical varieties of fish fresh caught.

Newly opened in Pigneto is Rosti, a large multi-purpose space with a garden, a children’s area with games and bowling green, open from breakfast to after dinner. Large tables seating twenty are set out and you can enjoy local meat cooked in the oven or on the great spit, locally grown vegetables and pizzas, all at affordable prices. Wide open spaces and menus for all budgets can be found at the brand new Porto Fluviale, combining restaurant, pizzeria, lounge, street food and a choice of ‘cicchetti’ (small samples for little more than a euro), half portions and three pizzas ‘to beat the crisis’ at €4.50. For craft beers, natural wines and a small menu of creative dishes – the ‘flattened’ squid (using an iron!) is already a cult dish – try the new neo-bistro No.Au. The innovative and tasty menu at Salotto Culinario includes a hearty gourmet cocktail-cum-dinner that includes eight ‘Tapas de Noantri’ accompanied by a glass of sparkling wine or a cocktail for €16. Tradition and history are the speciality of trattoria Il Quagliaro, where the main attraction is quail cooked in a wood oven served with ‘ciriola’, mushrooms and black olives for €6.50.
Michelin stars in Rome

After Bolzano, Rome is the province of Italy with the largest number of stars. According to the French red guide beloved by gourmets and feared by chefs, this is an exciting time in the city with lots going on in the wine and food industry. In fact in the past year three new restaurants run by dedicated young chefs (Pipero al Rex with the duo Alessandro Pipero and Alessandro Monosilio, Metamorfosi with the eclectic Roy Caceres and La Terrazza dell’Hotel Eden with chef Fabio Ciervo) have been awarded their coveted first star, joining an already large range of addresses of the same level (Imàgo at the Hotel Hassler, Convivio Troiani, Glass Hostaria, all'Oro, Open Colonna, Agata e Romeo, Acquolina Hostaria, Giuda Ballerino, Pascucci al Porticciolo in Fiumicino and The Cesar at the Hotel la Posta Vecchia at Ladispoli). Promise of great things to come and pleasant reaffirmation of the quality of restaurants Il Pagliaccio run by Anthony Genovese and the restaurant of the Hotel Androvandi run by Oliver Glowig, both still flashing their two bright stars.

The first is a sophisticated restaurant inspired by French cuisine located in the historic centre of Rome, the second is a perfect blend of haute cuisine and large Roman hotel on the edge of Villa Borghese. Still at the very top for its superb cuisine, exceptional cellar and flawless service is La Pergola at the Hilton, where executive chef Heinz Beck can still boast a third Michelin star, the only one in Lazio.
Where to Go

1 Star

Pipero al Rex (Alessandro Monosilio), via Torino 149, tel. 06 4815702
Metamorfosi (Roy Caceres), via Giovanni Antonelli 30, tel. 06 8076839
La terrazza dell’Hotel Eden (Fabio Ciervo), via Ludovisi 49, tel. 06 47812752
Giuda Ballerino (Andrea Fusco), largo Appio Claudio 346, tel. 06 71584807
Pascucci al Porticciolo (Gianfranco Pascucci), viale Traiano 85 (Fiumicino), tel. 06 65029204
Imago dell’Hotel Hassler (Francesco Apreda), piazza Trinità dei Monti, tel. 06 69934726
Il Convivio Troiani (Angelo Troiani), vicolo dei Soldati 31, tel. 06 6869432
Glass Hostaria (Cristina Bowerman), vicolo Dè Cinque 58, tel. 06 58335903
All’Oro (Riccardo di Giacinto), via del Vantaggio 14, tel. 06 97996907
Open Colonna (Antonello Colonna), scalinata di via Milano 9a, tel. 06 47822641
Agata e Romeo (Agata Parisella), via Carlo Alberto 45, tel. 06 4466115
Acquolina Hostaria (Giulio Terrinoni), via Antonio Serra 60, tel. 06 3337192
The Cesar dell’Hotel La Posta Vecchia (Michelino Gioia), Palo Laziale, tel. 06 9949501

2 Stars

Aldrovandi Villa Borghese (Oliver Glowig), via Ulisse Aldrovandi 15, tel. 06 3216126
Il Pagliaccio (Anthony Genovese), via dei Banchi Vecchi 129, tel. 06 68809595

3 Stars

La Pergola dell’Hilton (Heinz Beck), via Alberto Cadlolo 101, tel. 06 35092152
Stores of taste

Stores filled to the brim with gourmet delights, flagships of a unique gastronomic heritage that is admired the world over – these are the food emporiums where you can find many of Italy’s culinary delights as well as the output of small local producers. They are treasure troves for enthusiasts and gourmets, where the owners have put great passion into finding and selecting the best artisans and produce, from bread to pasta, cheese and cold meats, and including preserves, oils, sweets and honey. Some of the oldest delicatessens include Castroni, which this year celebrates its 80th anniversary and boasts eleven shops around the city, Franchi, Ercoli dal 1928 and Fratelli Ciavatta. A wide selection of national cheeses, cold meats, homemade pasta, preserves, wines and spirits is also available from Roscioli, Paciotti and Volpetti.

Alongside the various delicacies are dozens of cheeses from all over Italy, many of them aged on the premises, at La Tradizione, Beppe e i suoi formaggi and Antica Caciara Trasteverina. As well as fine produce you can find fruit and vegetables at Pomarius, a butcher counter at Bottega Liberati and the best of French food and wine at Comptoir de France. While at Eataly, with its three floors of delicacies, you can buy specialties from every region of Italy, in the shop DOL – Di Origine Lazio the focus is on small, often hard to find produce from the Lazio region, including fresh goods from the Roman countryside, rare meats like Bassiano ham and Monte San Biagio sausage, as well as traditional cheeses like Cacio Fiore and the recently discovered ‘concio’ di San Vittore recommended even by ‘Time Magazine’.
A TOUR OF THE BEST GOURMET NEIGHBOURHOODS AND SOME ADDRESSES TO NOTE DOWN
The Ghetto, heart of Roman-Jewish cuisine

Not everyone knows that Roman cuisine has a dual origin, popular and Jewish, owing to the presence of a community that already flourished in Imperial Rome. The Ghetto, where the Romans of Jewish faith were confined from 1555 to 1870, and especially the area of the Portico d'Ottavia where the fish market was held up to 1885, is the centre of Roman-Jewish cuisine. This is where the dishes and recipes for which Rome is famous worldwide were born: zucchini flowers stuffed with mozzarella and anchovies, fillets of cod, anchovies with endive, pasta and broccoli soup with ray, slices of dried meat, artichokes, and for sweet, cherry and ricotta pie. Today, these few hundred metres are home to historical restaurants and ‘nouvelle vague’ Roman kosher cooking. Traditional bastions of Roman flavours are Piperno and Pompier. In Via del Portico d'Ottavia, the historic bakery Boccione and long-standing restaurants Giggetto, Nonna Betta and La Taverna del Ghetto, have been joined by mouth-watering newcomers Ba 'Ghetto, which also offers Middle Eastern specialties, and Ba' Ghetto Milky. In Via Santa Maria del Pianto the Kosher Bistrot Cafe, a bar-restaurant-cocktail lounge, has pioneered a formula also adopted successfully by Sheva and by fast food venues Kosher Bocconcino and Shilo. Kosher burgers and pastrami can be found at Fonzie, while Beppe e i suoi formaggi has cheese aged on the premises and a winebar. Do not miss the ‘focaccia con concia’ (Roman zucchini fried with basil and vinegar) at Yotvata in Piazza dei Cenci.
WHERE TO GO

Piperno via Monte Cenci 9, tel. 06 68806629
Pompiere via Santa Maria dè Calderari 38, tel. 06 6868377
Boccione via del Portico D’Ottavia 1, tel. 06 6878637
Giggetto via del Portico D’Ottavia 21, tel. 06 6861105
Nonna Betta via del Portico D’Ottavia 16, tel. 349 6671620
La Taverna del Ghetto via del Portico D’Ottavia 8, tel. 06 68809771
Ba’ Ghetto via del Portico D’Ottavia 57, tel. 06 68892868
Ba’ Ghetto Milky via del Portico D’Ottavia 2, tel. 06 68300077
Kosher Bistrot Caffè via Santa Maria del Pianto 68, tel. 06 6864398
Sheva via Santa Maria del Pianto 1b, tel. 06 68801518
Kosher Bocconcino via Santa Maria del Pianto 65, tel. 06 68192968
Shilò via Santa Maria del Pianto 63, tel. 06 6861267
Fonzie via Santa Maria del Pianto 13, tel. 06 68892029
Beppe e i Suoi Formaggi via Santa Maria del Pianto 9a, tel. 06 68192210
Yotvata piazza Dei Cenci 70, tel. 06 68134481
The historic centre - heart of the world

It is the heart of Rome, the hub of over two thousand years of history, site of celebrated monuments, famous squares, historic buildings, churches and cathedrals, museums, fountains and statues that coexist with the modern city and its rhythms, making it a favourite international tourist destination. The historic centre is also a magnet for food lovers, who can find a variety of great places in different price ranges while avoiding the well-trodden routes of mass tourism.

Some good value trattorias include Armando al Pantheon, Ditirambo, Gino, Matricianella and Settimio al Pellegrino. For wine bars serving food try Roscioli, Cul de Sac, Palatium, and Enoteca Provincia Romana. Some of the best multi-purpose venues offering something for everyone are Baccano, Open Colonna, Gusto Osteria and Caffè Propaganda. For a bistrot serving organic fruit and vegetables, go to Ginger in Via Borgognona.

Traditional restaurants include Sora Lella, San Teodoro and Filippo La Mantia. Two of the best fish restaurants are Il Sanlorenzo and La Rosetta. For haute cuisine in large hotels choose Aroma, Le Jardin de Russie, Vivendo del St. Regis Grand Hotel. Michelin-starred chefs can be found at Il Convivio Troiani, Il Pagliaccio, Imàgo all’Hassler, Pipero al Rex and newcomer All’Oro.
WHERE TO GO

Armando al Pantheon salita de’ Crescenzi 31, tel. 06 68803034
Ditirambo piazza della Cancelleria 74, tel. 06 6871626
Gino vicolo Rosini 4, tel. 06 6873434
Matricianella via del Leone 2, tel. 06 6832100
Settimio al Pellegrino via del Pellegrino 117, tel. 06 68801978
Roscioli via dei Giubbonari 21-22, tel. 06 6875287
Cul de Sac piazza Pasquino 73, tel. 06 68801094
Palatium Enoteca Regionale via Frattina 94, tel. 06 69202132
Enoteca Provincia Romana Foro Traiano 82, tel. 06 69940273
Baccano via delle Muratte 23, tel. 06 69941166
Open Colonna via Milano 9a, tel. 06 47822641
Gusto Osteria via della Frezza 16, tel. 06 3211482
Caffè Propaganda via Claudia 15, tel. 06 94534255
Ginger via Borgognona 43 Tel. 06 96036390
Sora Lella via di Ponte Quattro Capi 16, tel. 06 6861601
St. Teodoro via dei Fienili 49-51, tel. 06 6780933
Filippo La Mantia via Veneto 50, tel. 06 42144715
Il Sanlorenzo via dei Chiavari 4-5, tel. 06 6865097
La Rosetta via della Rosetta 9, tel. 06 6861002
Aroma via Labicana 125, tel. 06 77591380
Le Jardin de Russie dell’Hotel de Russie via del Babuino 9, tel. 06 32888870
Vivendo del St. Regis Grand Hotel via Vittorio Emanuele Orlando 3, tel. 06 47092736
Il Convivio Troiani vicolo dei Soldati 31, tel. 06 6869432
Il Pagliaccio via dei Banchi Vecchi 129a, tel. 0668809595
Imàgo all’Hassler piazza Trinità dei Monti 6, tel. 06 69934726
Pipero al Rex via Torino 149, tel. 06 4815702
All’Oro The First Luxury Art Hotel via del Vantaggio 14, tel. 06 45617070
Blend of tastes in Trastevere

For decades Trastevere, the historic district across the Tiber (hence the name), has attracted a diverse group of Romans and foreigners who like to wander through the narrow mediaeval streets, especially on weekends, trying out some of the dozens of restaurants, pubs and cocktail bars scattered throughout the neighbourhood. Among the many tourist traps there are plenty of long-established eateries and some pleasant new ones. Crowds of young people gather for cocktails at Freni e Frizioni and in the summer garden of Il Baretto.

Classical Roman pizza, thin and crunchy, can be found at Ivo, Panattoni ai Marmi, better known as ‘The Morgue’ for its marble tables, and Dar Poeta. Traditional Roman cuisine is served in the ‘genuine’ taverns Enzo al 29, Lucia, Paris, and the elegant L’Antica Pesa. Via Benedetta has recently become the mecca of beer thanks to the pizzeria and pub Bir & Fud and the pub Ma Che Siete Venuti a Fà, elected the World’s Best Beer Bar 2010 by a trade magazine. The quality of the cuisine at Glass Hostaria has earned it a place among the elite of the best restaurants in town, while for a great cocktail bar and restaurant try the food & wine shop Enoteca Ferrara.

For fish at an affordable price there are Aroma di Mare and Fish Market. Among the ethnic restaurants, Indonesian cuisine is served at Bali, Indian at Jaipur and fusion-Japanese at Somo.
WHERE TO GO

Freni e Frizioni via del Politeama 4, tel. 06 45497499
Il Baretto via Garibaldi 27f, tel. 06 5896055
Ivo via San Francesco a Ripa 158, tel. 06 5817082
Panattoni viale Trastevere 53, tel. 06 5800919
Poeta vicolo del Bologna 45, tel. 06 5880516
Enzo al 29 via dei Vascellari 29, tel. 06 5812260
Lucia via del Mattonato 2b, tel. 06 5803601
Paris piazza San Callisto 7a, tel. 06 5815378
L’Antica Pesa via Garibaldi 18, tel. 06 5809236
Bir&Fud via Benedetta 23, tel. 06 5894016
Ma Che Siete Venuti a Fà via Benedetta 25, tel. 06 97275218
Glass Hostaria vicolo De’ Cinque 58, tel. 06 58335903
Enoteca Ferrara piazza Trilussa 41, tel. 06 58333920
Aroma di Mare via Natale del Grande 41, tel. 06 5881670
Fish Market vicolo della Luce 2, tel. 347 0095009
Bali via del Mattonato 29, tel. 06 5896089
Jaipur via San Francesco a Ripa 56, tel. 06 5803992
Somo via Goffredo Mameli 5, tel. 06 5882060
Testaccio, discovering ancient Rome

A combination of ‘real’ Rome and contemporary spirit, tradition and cultural vitality, Testaccio is the most authentic and youthful neighbourhood of the historic centre. History and modernity mingle in creative and unusual ways. The former slaughterhouse, which has produced some of the most famous dishes of Roman cuisine such as the ‘quinto quarto’ (offal), is home to avant-garde art in the restored premises of Macro Future and La Pelanda. Behind the renovated pavilions of the Campo Boario in the former slaughterhouse is the ‘Città dell’altra Economia’ with its market for organic farm produce and fair trade goods, a bio-bar and a new refreshment area, Stazione di Posta, run by the owner of Pipero al Rex.

The ancient cellars of Monte Testaccio, built out of the remains of Roman amphorae, have been converted into nightclubs, trendy bars and restaurants. Taverns such as the historic Checchino dal 1887, Augustarello, Bucatino and Felice sit happily alongside new ventures re-interpreting traditional Roman cuisine like Flavio al Velavevodetto and Angelina, or creative Mediterranean style cuisine like Moli. Remo and Nuovo Mondo are home to crunchy Roman-style pizza, while at 00100 pizza has been reinvented with typical Roman flavours such as oxtail or chicken cacciatore. For a rich aperitif or dinner with hundreds of beers from around the world and a good wine try Oasi della Birra-Palombi; for take-away gourmet dishes and for the best Italian delicatessen go to Volpetti, haven of Made in Italy products.
WHERE TO GO

Stazione di Posta Campo Boario, entrance near via di Monte dei Cocci tel. 06 5743548
Checchino dal 1887 via di Monte Testaccio 30, tel. 06 5743816
Augustarello via Giovanni Branca 100, tel. 06 5746585
Bucatino via Luca della Robbia 84, tel. 06 5746886
Felice via Mastro Giorgio 29, tel. 06 5746800
Flavio al Velavevodetto via di Monte Testaccio 97, tel. 06 5744194
Angelina via Galvani 24, tel. 06 57283840
Moli via Rubattino 22, tel. 06 57289587
Remo piazza Santa Maria Liberatorice 44, tel. 06 5746270
Nuovo Mondo via Amerigo Vespucci 9, tel. 06 5746004
00100 via Giovanni Branca, 88, tel. 06 43419624
Oasi della Birra-Palombi piazza Testaccio 41, tel. 06 5746122
Volpetti via Marmorata 47, tel. 06 5742352
Lying between the Roman Forum, the Colosseum, the Basilica of St. John and the Quirinale, Monti is the first district of Rome. Over the years, the maze of narrow streets between Via Nazionale and Via Cavour has become one of the most vibrant areas of the city, with restaurants, bars, boutiques and shops of modern young designers. Piazza Madonna dei Monti is the meeting point of students and bohemians for a drink in the open air, while professionals and night owls gather at Bottiglieria 3 Scalini in Via Panisperna. Via dei Serpenti is dotted with a succession of historic locations from coffee-roasting shop Antico caffè del Brasile, to wine shop Al vino al vino and to some of the best ethnic restaurants in the capital. For traditional Indian cooking there is Maharajah and Mother India, while spicier Indian flavours are on the menu of Guru; for high quality Japanese cuisine there is Hasekura, and for Asian-Mediterranean fusion cuisine go to Fish. Wine, especially champagne, and food are served at wine shop La Barrique, open from lunch to dinner and serving zero kilometre organic products, regional wines from Lazio are the speciality at Urbana47 and Umbrian cuisine at the restaurant L’Asino d’Oro.

New entries in the district include Tricolore, producing excellent breads and croissants, gourmet sandwiches and offering cooking classes; Gaudeo also serving gourmet sandwiches; Zia Rosetta which has re-invented the traditional bread of the Romans with ever-changing seasonal toppings and zero kilometre ingredients; and near Colle Oppio is OS Club, a multi-function space that combines lounge bar, restaurant and tavern, all set in a large park surrounded by the ruins of the Baths of Trajan and ideal for a delightful brunch or cocktail.
WHERE TO GO

Bottiglieria Tre Scalini via Panisperna 25, tel. 06 48907495
Antico caffè del Brasile via dei Serpenti 23, tel. 06 4882319
Al vino al vino via dei Serpenti 19, tel. 06 485803
Maharajah via dei Serpenti 124, tel. 06 4747144
Mother India via dei Serpenti 148, tel. 06 4740777
Hasekura via dei Serpenti 27, tel. 06 483648
Fish via dei Serpenti 16, tel. 06 47824962
Guru via Cimarra 4, tel. 06 48904656
La Barrique via del Boschetto 41b, tel. 06 47825953
Urbana47 via Urbana 47, tel. 06 47884006
L’Asino d’Oro via del Boschetto 73, tel. 06 48913832
Tricolore via Urbana 126, tel. 06 88976898
Gaudeo via del Boschetto 112a, tel. 06 98183689
OS Club via delle Terme di Traiano 4a, tel. 06 48919876
Zia Rosetta via Urbana 54, 06 31052516
Esquilino, melting pot of cultures and flavours

It is the city’s most cosmopolitan and multi-ethnic district, spread around the late 19th century arcades of Piazza Vittorio. In the streets of the neighbourhood Roman accents mingle with Mandarin, Hindi, Bengali and various dialects of Africa and South America. This vibrant melting pot of people and cultures is reflected in the new Mercato Esquilino in Via Principe Amedeo, where you can find products from the Roman countryside sold alongside fruit, vegetables and spices from distant countries, and in the shops and restaurants of the neighbourhood, where different smells and flavours blend.

Traditional places (Fassi dal 1880, Rome’s original ice cream parlour, or Panella, king of bread and bakery products, and Pasticceria Regoli famous for its buns and traditional sweets with ice cream), award-winning restaurants (Agata e Romeo, a safe gourmet choice for many years, Trattoria Monti serving specialities from the region of Le Marche, Trimani wine bar serving snacks and select wines), renowned seafood restaurants (Tempio di Iside-Cottura Zero Gradi) and famous Roman trattorias (Da Danilo serving high quality traditional Roman dishes) live side by side with some of the best local ethnic restaurants like Hang Zhou, where you can enjoy authentic Chinese cuisine, the Indian Himalaya’s Kashmir, Middle Eastern flavours at Zenobia and Lebanese take-aways at Shawarma Station, or Bi Won Korean restaurant with barbecue.
WHERE TO GO

Palazzo del Freddo Fassi via Principe Eugenio 65, tel. 06 4464740
Panella via Merulana 54, tel. 06 4872344
Pasticceria Regoli via dello Statuto 60, tel. 06 4872812
Agata e Romeo via Carlo Alberto 45, tel. 06 4466115
Trattoria Monti via San Vito 13a, tel. 06 4466573
Trimani wine bar via Cernaia 37b, tel. 06 4469630
Tempio di Iside-Cottura Zero Gradi via Labicana 50, tel. 06 77204025
Da Danilo via Petrarca 13, tel. 06 77200111
Hang Zhou via Principe Eugenio 82, tel. 06 4872732
Himalaya’s Kashmir via Principe Amedeo 325, tel. 06 4461072
Zenobia piazza Dante 23, tel. 06 70490488
Shawarma Station via Merulana 271, tel. 06 4881216
Bi Won via Conte Verde 62, tel. 06 4457605
Pasticceria D’Amore via dello Statuto 37, tel. 06 44363205
Monteverde is the new trendy gourmet district. Lying within a stone’s throw of the centre on the right bank of the Tiber and dotted with early 20th century villas and historic places (Janiculum Hill and Trastevere) and green areas (Villa Pamphili, Villa Sciarra and Valle dei Casali), it is currently experiencing a gastronomic revival with a series of newly opened bars, bistros and taverns alongside traditional places such as Antico Arco and pizzeria Gatta Mangiona. The leading lights of this vibrant culinary scene are the enthusiastic young chefs and restaurateurs (Federico Circiello, Stefano Preli, Roberto Campitelli) who offer different products ranging from traditional Roman cuisine (Osteria di Monteverde, Da Cesare, Osteria Pistoia) to creative cooking (Le Coq, Trattoria del Pesce), but all share a passion for top quality food and ingredients served in an informal manner and affordable to all. There are also excellent bakeries (De Bellis, Dolci Desideri and Cristalli di Zucchero), ice-cream parlours (La Gourmandise and Otaleg), a bar that becomes tavern for lunch only (Osteria Vitali), a small Middle Eastern bistro (Mezé) and a gourmet nightclub with natural wines and craft beers (Cheese and Cheers).
WHERE TO GO

Antico Arco piazzale Aurelio 7, tel. 06 5815274
La Gatta Mangiona via Federico Ozanam 30, tel. 06 5346702
Osteria di Monteverde via Pietro Cartoni 163, tel. 06 53273887
Le Coq viale di Villa Pamphili 35c, tel. 06 58335146
Da Cesare via del Casalletto 45, tel. 06 536015
Trattoria del Pesce via Folco Portinari 27, tel. 06 95945393
Osteria Pistoia via Madonna delle Salette 13, tel. 339 6347321
Cristalli di Zucchero via di Valtellina 114, tel. 06 58230323
Dolci Desideri via Anton Giulio Barrili 56, tel. 06 5897709
De Bellis circonvallazione Gianicolense 56a, tel. 3459037707
Mezé via di Monteverde 9b, tel. 06 58204749
Cheese and Cheers via Paola Falconieri 47b, tel. 06 96039525
La Gourmandise via Felice Cavallotti 36b, tel. 3774116621
Otaleg via dei Colli Portuensi 594, tel 3386515450
Osteria Vitali via Lorenzo Valla 38, tel. 06 5810813
This district is the latest favourite of Roman students, artists, designers and young professionals. Pigneto is a working class district beyond Porta Maggiore, between Via Prenestina and Via Casilina and thanks to directors such as Roberto Rossellini and Pier Paolo Pasolini it is also the setting of some of the most unforgettable films of Italian neorealism. Having fallen into decay until recently it has now become the centre of a lively cosmopolitan nightlife. Without losing its village atmosphere, the pedestrian area of Via del Pigneto and its surroundings are now teeming with art galleries, bookstores, restaurants and clubs.

In Via Perugia, for example, there are multi-function spaces like the cinema Kino and the library-bistro and wine bar Yeti. Don’t miss the popular restaurants Primo al Pigneto serving new-style local cuisine, Pigneto 41, Necci dal 1924 a bar, bakery and restaurant with a lovely summer terrace, wine bar-restaurant L’Infernotto, the pub Cargo, the new bistrot-snack bar La Santeria and newcomer Rosti offering popular cuisine in a former mechanics workshop with communal tables seating 20 and a large garden. Traditional taverns like Antichi Sapori al Pigneto and Qui se Magna are found side by side with ethnic restaurants such as Kalapa, for take-away Greek, Yakiniku for Japanese fusion, and Tiger Tandoori, the best Indian fast food in Rome. Fanfulla 101 is open until the early hours with concerts, DJ sets and film clubs, as is Circolo degli Artisti, a historic Roman nightclub.
WHERE TO GO

Kino via Perugia 34, tel. 06 96525810
Yeti via Perugia 4, tel. 06 7025633
Primo al Pigneto via del Pigneto 46, tel. 06 7013827
Pigneto 41 via del Pigneto 41, tel. 06 70399483
Necci dal 1924 via Fanfulla da Lodi 68, 06 97601552
L’Infernotto via del Pigneto 31, tel. 06 70304040
Cargo via del Pigneto 20, tel. 06 97617820
La Santeria via del Pigneto 213, tel. 06 64801606
Rosti via Bartolomeo D’Alviano 65, tel. 06 2752608
Antichi Sapori al Pigneto via Macerata 87, tel. 06 70300298
Qui se Magna via del Pigneto 307a, tel. 06274803
Kalapà via Ascoli Piceno 17, tel. 06 83081997
Yakiniku via del Pigneto 207, tel. 06 98937730
Tiger Tandoori via del Pigneto 193, tel. 06 97610172
Fanfulla 101 via Fanfulla da Lodi 101, tel. 349 7497304
Circolo degli Artisti via Casilina vecchia 42, tel. 06 70305684
The districts in the area running from the Vatican City along the River Tiber and northwards are witnessing a culinary revolution unparalleled in the rest of the city. In the past year dozens of restaurants, cafés, delicatessens and gourmet ice cream parlours have opened along the tree-lined avenues of the Prati district close to St. Peter’s, amidst the early 20th century buildings of Trionfale and in the streets around the historic Milvian Bridge. Old neighbourhood favourites like Taberna de’ Gracchi, Dal Toscano, Il Matriciano and La Fiorentina and one of the best restaurants for traditional regional cuisine, l’Arcangelo, have been joined by a new generation of venues attracting Romans and tourists in search of quality. One of the first all-round venues, combining coffee bar, tea-room, wine bar, cocktail bar and restaurant, is Settembrini, which has recently been joined by mixed bakery, wine bar, gourmet snack bar and creative restaurant Romeo Chef&Baker, Neapolitan bar, pizzeria, restaurant Splendor Parthenopes, pizzeria, restaurant, bar serving fine wines and craft beers Spazio Officina Biologica and restaurant-deli-shop Bancovino. Excellent fish specialities can be found at piero e Francesco, top quality burgers at Quarto, wine and food at Sorpasso, Il Simposio and Del Frate. For traditional Roman dishes try Cacio e pepe da Gianni, Osteria dell’Angelo and among the new trattorias Quinto Quarto and Lo’steria. Gabriele Bonci, the most famous pizza chef in the city, has set up his headquarters in the Trionfale district at Pizzarium and Panificio Bonci. For the best ice cream in town there is Gelateria dei Gracchi, Settimo Gelo and newcomer Vice Caffè, a combined ice cream parlour, delicatessen, bakery and coffee bar.
WHERE TO GO

Taberna de' Gracchi via dei Gracchi 266, tel. 06 3213126
Dal Toscano via Germanico 58, tel. 06 39725717
Il Matriciano via dei Gracchi 55, tel. 06 3212327
La Fiorentina via Andrea Doria 22, tel. 06 39733173
L'Arcangelo via Giuseppe Gioacchino Belli 59–61, tel. 06 3210992
Settembrini via Luigi Settembrini 25, tel. 06 3232617
Romeo Chef&Baker via Silla 26a, tel. 06 32110120
Panificio Bonci via Trionfale 34 tel. 06 39734457
Splendor Parthenopes via Vittoria Colonna 32/c, tel. 06 6833710
Spazio Officina Biologica borgo Angelico 30, Tel. 06 6833897
Bancovino via Pietro Borsieri 27, tel. 06 87673864
Piero e Francesco via Fabio Massimo 75, tel. 06 3200444
Quarto Burgers & Drinks via Crescenzio 52, tel. 06 45432249
Sorpasso via Properzio 31, tel. 06 89024554
Il Simposio Costantini piazza Cavour 16, tel. 06 32111131
Del Frate wine bar via degli Scipioni 118, tel. 06 3236437
Cacio e pepe da Gianni via Avezzana 11, tel. 06 3217268
Osteria dell’Angelo via Giovanni Bettolo 24, tel. 06 3729470
Quinto Quarto via della Farnesina 13, tel. 06 3338768
Lo’steria via Prati della Farnesina 61, tel. 06 33218749
Pizzarium via della Meloria 43, tel. 06 39745416
Panificio Bonci via Trionfale 34, tel 06 3973445
Gelateria dei Gracchi via dei Gracchi 272, tel. 06 3216668
Al Settimo Gelo via Vodice 21a, tel. 06 3725567
Vice Caffè via Fabio Massimo 64, tel. 06 31051733
Elegant cuisine in Parioli

Created at the beginning of the 1900s on the hill of the same name, surrounded by large green spaces (Villa Ada, Villa Giori, Villa Balestra and Villa Borghese), it has always been the neighbourhood of the bourgeoisie, home to embassies and synonymous with chic. In recent years, the arrival of young and capable chefs and the opening of some of the city’s most interesting restaurants along the tree-lined avenues and small streets have turned it into a gourmet magnet, with fashionable young bars such as Molto and the bistro and pizzeria La Pariolina, traditional meat and fish dishes at Pagaroma, the cuisine of Campania at Tale e Quale and the new pizzeria and steakhouse Opè. But above all, the magic trio in the kitchen, now also starred, consists of German chef Oliver Glowig, Colombian chef Roy Salomon Caceres and Riccardo Di Giacinto from the Abruzzi region with their restaurants Aldrovandi Villa Borghese, Metamorfosi and All’Oro, now in the process of moving to the city centre.

The newcomers sit alongside traditional safe havens like Al Ceppo, with its quality seasonal cuisine, Ai Piani and Gallura, specialising in fresh fish, Ciccia Bomba, traditional Roman restaurant, and Neapolitan pizzeria Gaudi.
WHERE TO GO

Molto viale Parioli 122, tel. 06 8082900
La Pariolina viale Parioli 93c, tel. 06 8086002
Pagaroma viale Bruno Buozzi 33, 06 8070267
Tale quale come l’Ortica via Archimede 80, tel. 06 3338709
Opè-Officine via Guidobaldo dal Monte 8, tel. 06 8075050
Oliver Glowig all’Aldrovandi via Ulisse Aldrovandi 15, tel. 06 3216126
Metamorfosi via Giovanni Antonelli 30, tel. 06 8076839
Sm’all via Eleonora Duse 1, tel. 06 97996907,
Al Ceppo via Panama 2, tel. 06 8419696
Ai Piani via Francesco Denza 35, tel. 06 8075412
Gallura via Giovanni Antonelli 2, tel. 06 8072971
Ciccia Bomba via Ruggero Fauro 2, tel. 06 80692020
Gaudì via Ruggero Giovannelli 8, tel. 06 8845451
Hungaria piazza Ungheria 7, tel. 06 8551432
North, South, East, West - gourmet suburbs

The historic centre is not the only site of Rome’s broad culinary renaissance, in which many different locations are involved. The neighbourhoods outside the walls have become the city’s new culinary centre.

Let’s begin with the northern part of the city. In the Trionfale neighbourhood we find a craft brewery offering excellent cuisine at Atlas Coelestis, while in the Fleming area is one of the best fish restaurants in the city, famed for the freshness of its food and inventiveness of its dishes: Acquolina. In the Africano district seafood and traditional cuisine can be found at Mamma Angelina. At Pietralata vintage decor and creative dishes are the hallmarks of Lanificio Cucina, while raw and fresh fish are on the menu at Pescheria Osteria del Sor Duilio.

To the west, in the direction the sea, at Ponte Galeria there is a local restaurant serving excellent meat and fish dishes, Centomolliche; in the Portuense area a neo-bistro offering incredible value for money, Le Tre Zucche; and in the Aurelio district a new take on local cuisine at Inopia. Ostiense is the new foodie district with Eataly, Porto Fluviale and Doppiozero.

To the south, in the Appio neighbourhood, great fish can be had at Ottavio and La Tellina. In the young and lively San Lorenzo district, excellent restaurants are Tram Tram, Said and Pastificio San Lorenzo, as well as the long-standing Pommidoro.

In the neighbourhood of Tuscolano the stars of great cuisine are Cru.Dop and Tramonti e Muffati serving wine and food; Giuda Ballerino! a gourmet restaurant with adjacent tavern; and Salotto Culinario bistrot and tapas bar. Typical Roman dishes are on the menu at Osteria del Velodromo Vecchio, Dal Ragionere at Torpignattara and Quagliaro at Quarticciolo.
WHERE TO GO

Atlas Coelestis via Malcesine 41, tel. 06 35072243
Acquolina Hostaria via Antonio Serra 60, tel. 06 3337192
Mamma Angelina viale Arrigo Boito 65, tel. 06 8608928
Lanificio Cucina via di Pietralata 159, tel. 06 4501384
Pescheria Osteria del Sor Duilio via delle Cave di Pietralata 44, tel. 06 41787439
Le Tre Zucche via Guglielmo Mengarini 43, tel. 06 5560758
Centomolliche via Arzana 66, tel. 06 65004761
Inopia via del Fontanile Arenato 155, tel. 06 66030551
Porto Fluviale via del Porto Fluviale 22, tel. 06 5743199
Doppiozero via Ostiense 68, tel. 06 57301961
Cru.Dop via Tuscolana 898, tel. 06 76909916
Tramonti e Muffati via Santa Maria Ausiliatrice 105, tel. 06 7801342
Giuda Ballerino largo Appio Claudio 346, tel. 06 71584807
Salotto Culinario via Tuscolana 1199, tel. 06 72633173
Osteria del Velodromo Vecchio via Genzano 139, tel. 06 7886793
Ottavio via Santa Croce in Gerusalemme 9, tel. 06 7028595
La Tellina via Amierzo 60, tel. 06 96040184
Tram Tram via dei Reti 44, tel. 06 490416
Said via Tiburtina 135, tel. 06 4469204
Pastificio San Lorenzo via Tiburtina 196, tel. 06 972773519
Pommidoro piazza dei Sanniti 44, tel. 06 4452692
Dal Ragioniere via Gerardo Mercatore 9, tel. 06 24303599
Il Quagliaro largo Mola di Bari 17, tel. 06 25210875
Along the coast, the sea’s in the pot

The ingredients are basic but essential, warm weather and a table overlooking the sea. Whether under the sun or beneath the stars, seafood savoured just a few steps from the sea is the Roman summer ritual par excellence. Undisputed king of both traditional dishes, like spaghetti with clams and fresh caught fried fish and of sophisticated and creative recipes, is the fish that arrives fresh every day from the ports of Lazio such as Fiumicino, Anzio and Civitavecchia.

Here is a small selection of the many restaurants along the coast that guarantee fish of the highest quality and freshness. For high level gourmet cuisine, but also high prices, there is the charming Relais & Chateaux La Posta Vecchia. At Fregene a happy combination of food and sea can be found at Rosario Albos Club, La Baia, and Locanda dei Pescatori. At Fiumicino the best places are L’Orologio and Pascucci al Porticciolo. Il Tino, Mediterranea, La Vecchia Pineta are safe culinary harbours at Ostia. Anzio has the highest concentration of world-class restaurants of the coast: Da Romolo Al Porto, Pierino, Alceste al Buon Gusto and Al Turcotto.

WHERE TO GO

La Posta Vecchia Palo Laziale, Ladispoli, tel. 06 9949501
Rosario al Albos Club lungomare di Levante 54, Fregene, tel. 06 66560539
La Baia via Silvi Marina 1, Fregene, tel. 06 66561647
Locanda Dei Pescatori lungomare di Ponente 123, Fregene, tel. 06 6685529
L’Orologio via Torre Clementina 114, Fiumicino, tel. 06 6505251
Pascucci al Porticciolo viale Traiano 85, Fiumicino, tel. 06 65029204
Il Tino via dei Lucilii 17, Ostia, tel. 06 5622778
Mediterranea via Litoranea Km 8, Ostia, tel. 06 56470041
La Vecchia Pineta piazza dell’Aquilone 4, Ostia, tel. 06 56470282
Da Romolo Al Porto via Porto Innocenziano 19, Anzio, tel. 06 9844079
Pierino piazza Cesare Battisti 5, Anzio, tel. 06 9845683
Alceste al Buon Gusto piazzale Sant’Antonio 6, Anzio, tel. 06 9846744
Al Turcotto riviera Mallozzi 44, Anzio, tel. 06 9846340
PIZZERIAS, ALEHOUSES, WINE BARS, CAKE SHOPS, BRUNCH AND APERITIF: THE BEST PLACES FOR A RICH AND VARIED GOURMET SELECTION
Surviving every food fad and fashion, street food is once again trendy, thanks to the economic crisis and the rediscovery of local gastronomic traditions. In Rome, street food, now synonymous with quality and freshness, is an ancient custom originating two thousand years ago with the ‘tabernae’. The modern ‘tabernae’ come in a variety of shapes - kiosks, stalls, fried food stands, pizzerias - where you can eat on the go traditional Roman specialities such as Ariccia pork, ‘supplì’ rice balls and cod fillets, or food from other regions like pizza and ‘arancini’. White pizza fresh from the oven, imaginatively filled, can be found at Forno di Campo dé Fiori, Antico Forno Roscioli, Antico Forno Urbani and Serenella; the legendary fried cod fillets from Filettaro; fried take-aways from Cartoccio and I Fritti de Sora Milvia; one of the best suckling pigs in the city is sold at Annibale, a butcher’s shop open since 1898; tasty trapizzini, triangles of pizza stuffed with classic Roman dishes like ‘coda alla vaccinara’, tripe and offal with artichokes can be found at 00100 Pizza; pizza slices made with a long rising dough and select ingredients from Acquolina, Pizzarium and Zaza; for the best ‘arancini’ and ‘supplì’ go to Sisini, Rosticceri, Franchi, Mondo Arancina, Antica Focacceria San Francesco and Nobel.
WHERE TO GO

**Forno Campo de’ Fiori** piazza Campo dei Fiori 22, tel. 06 68806662

**Antico Forno Roscioli** via dei Chiavari 34, tel. 06 6875287

**Antico Forno Urbani** piazza Costaguti 30, tel. 06 68803012

**Serenella** via Salaria 70, tel. 06 64781660

**Filettaro** largo dé Librari 88, tel. 06 6864018

**Cartoccio Via Falisci** corso Vittorio Emanuele 200, tel. 3297657219

**I Fritti de Sora Milvia** via Cassia 4, Ponte Milvio, Tel. 06 33220828

**Annibale** via Ripetta 236, tel. 06 3612269

**00100 Pizza** via Giovanni Branca 88, tel. 06 43419624

**Acquolina** via Enrico Fermi 102, tel. 06 5599801

**Pizzarium** via della Meloria 43, tel. 06 39745416

**Florida** via Florida 25, tel. 06 68803236

**Zazà** piazza Sant’Eustachio 49, tel. 06 68801357

**Sisini** via San Francesco a Ripa 137, tel. 06 5897110

**Sisini** piazza Re di Roma 20, tel. 06 70491409

**Rosticcerì** corso Rinascimento 83, tel. 06 68808345

**Rosticcerì** piazza Testaccio 24, tel. 06 60656157

**Franchì** via Cola di Rienzo 200, tel. 06 6874651

**Mondo Arancina** via Flaminia 42, tel. 06 3611069

**Mondo Arancina** via Marcantonio Colonna 38, tel. 06 97619214

**Antica Focacceria San Francesco** piazza della Torretta 38, tel. 06 68308297

**Nobel** via Appia Nuova 457, tel. 06 7022667
Renaissance of the pizza

From popular food sold on street stalls to gourmet speciality, this is the story of pizza in the new millennium. The basic ingredients of the most famous Italian dish in the world are the same, but what has changed is the creative approach and the choice of toppings. A new generation of pizza chefs of the likes of Gabriele Bonci, Stefano Galligari and Antonio Praticò have added to the classic thick, soft Neapolitan pizza and the thin crust Roman pizza a new alternative, the gourmet pizza, made of a mix of stone-ground organic flours, natural yeasts, long rising, refined products and new combinations. For pizza ‘to go’ there is Pizzarium and Panificio Bonci, where Gabriele Bonci displays his infinite inventiveness, or 00100 Pizza, birthplace of ‘trapizzini’, triangles of pizza stuffed with ingredients from typical Roman dishes. True gourmets flock to Sforno with its new classics like ‘Cacio e pepe’, ‘Tortellino’ and ‘Greenwich’, Stilton cheese and reductions using port, or to La Gatta Mangiona, where the new wave of pizzerias began, and La Funcina with its ‘delicatessen’ pizzas made using carefully selected ingredients, or again L’Antica schiacciata Romana, offering a modern version of the ancient Roman flat pizza, La Pratolina serving oval-shaped ‘Pinsa’ in 37 versions, Tonda, a newcomer also making trapizzini and creative pizzas, and Pizzeria Life, the first organic pizzeria certified Aiab. Dough left to rise at length is the speciality of Bir & Fud, Fermentum, Lazzaroni and La Pariolina. For lovers of Roman pizza, some of the best are baked by Remo, Panattoni ‘Ai Marmi’, Baffetto, San Marino, Giacomelli and Nuovo Mondo.
WHERE TO GO

PIZZERIA ‘TO GO’

Pizzarium via della Meloria 43, tel. 06 39745416
Panificio Bonci via Trionfale 34, tel. 06 39734457
00100 Pizza via Giovanni Branca 88, tel. 06 43419624

GOURMET PIZZA

Sforno via Statilio Ottato 110, tel. 06 71546118
La Gatta Mangiona via Federico Ozanam 30, tel. 06 5346702
La Fucina via Giuseppe Lunati 25, tel. 06 5593368
Antica schiacciata romana via Folco Portinari 38, tel. 06 536112
La Pratolina via degli Scipioni 248, tel. 06 36004409
Tonda via Valle Corteno 31/33, tel. 06 8180960
Pizzeria Life via Cassia 701, tel. 06 33265318
Bir & Fud via Benedetta 23, tel. 06 5894016
Fermentum via Lemonia 214, tel. 06 45481454
Lazzaroni via Tommaso Fortioccia, tel. 06 7811772
La Pariolina viale Parioli 93, tel. 06 8086002
Capraecavoli via Capraia 64, tel. 06 87179428

ROMAN PIZZA

Remo piazza Santa Maria Liberatrice 44, tel. 06 5746270
Panattoni “Ai Marmi” viale Trastevere 53, tel. 06 5800919
Baffetto via del Governo Vecchio 11, tel. 06 6861617
San Marino corso Trieste 163, tel. 06 86203479
Giacomelli via Faà di Bruno 25, tel. 06 3725910
Nuovo Mondo via Amerigo Vespucci 9, tel. 06 5746004
From symbol of junk food and quick lunch break to cult object, the humble sandwich has come a long way in the third millennium. Using homemade bread, sophisticated ingredients, a pinch of creativity and low prices, several bars offering gourmet sandwiches have sprung up all over the place since last year. There are two versions: the gourmet burger and the new-style Italian panini. Meatballs made with beef from domestic herds and Slow Food suppliers, including Chianina and Piedmont ‘podolica’ cattle, seasoned and combined with DOP ingredients, for the burgers; imaginative and sophisticated re-creations of the classic sandwich for the new panini.

There are several variations of the original burger to choose from: America in Rome for beef burgers served with carbonara or cheese and pepper sauce (from Quarto Burgers); burgers with Naga Jolokia sauce using the spiciest chilli pepper in the world (The Perfect Bun); Piedmontese burgers made with Italian DOP cheeses like ‘caciocavallo’ or ‘piacentino di Enna’ (Ham Holy Burger); or just simple Slow Food beef burgers (Open Baladin, Hamburgeseria). Gourmet sandwiches include panini using bread flavoured with squid ink and filled with tuna sausage or rye bread filled with apple and foie gras (Tricolour), panini with spicy beef and lamb pastrami (Rosti), and panini with a choice of dozens of fillings and ingredients (‘Ino il panino, La Sandwicheria, Gaudeo, 200° and Knick Knack Yoda). Don’t miss the French version, the filled baguette at Paulette, and the version using the classic Roman ‘rosetta’ (Zia Rosetta). Only in the morning, during market opening times, you can enjoy panini filled with classic Roman dishes such as boiled ‘picchiapò’, tripe, fried meatballs and chicory, for just €3 (Mordi e Vai).
WHERE TO GO
Quarto Burgers & Drinks via Crescenzio 52, tel. 06 45432249
The Perfect Bun largo del Teatro Valle 4, tel. 06 45476337
Ham Holy Burger via Brescia 24, tel. 06 89562939
Open Baladin via degli Specchi 6, tel. 06 6838989
Hamburgerseria-Burger Bar via Teatro Pace 35, tel. 333 9631319
Tricolore via Urbana 126, tel. 06 88976898
Rosti via Bartolomeo D’Alviano 65, tel. 06 2752608
‘Ino il panino Eataly Roma piazzale XII Ottobre 1492
La Sandwicheria largo del Nazareno 16, tel. 06 69797805
Gaudeo via del Boschetto 112, tel. 06 98183689
200° piazza Risorgimento 3, tel. 06 39754239
Knick Knack Yoda piazza Risorgimento 11, tel. 06 39031327
Paulette viale Aventino 35, tel. 06 5754526
Zia Rosetta via Urbana 54, tel. 06 31052516
Mordi e Vai mercato Testaccio, via Benjamin Franklin 12E Box n° 15, tel. 339 1343344
Sunday brunch

Quietly introduced a little over ten years ago by two trendy bars, the weekend brunch has completely won over the Romans, becoming almost a fixed routine. Young people, professionals and families in particular love the informal breakfast-lunch, at which a selection of sweet and savoury dishes is served at a fixed price (usually around €20 per person).

There are many options to choose among, from traditional American specialties to vegetarian and organic buffets and ending with the Mediterranean style or typical Roman brunch. The original American brunch is served at Perfect Bun and a vegetarian and organic version at Margutta RistoArte and Salotto 42. Art and food combine for brunch at Café des Arts (in the Modern Art Gallery), at the roof garden of the Open Colonna (Palexpo) and at Macro 138. A wide choice of buffet dishes is served at Doppiozeroo, Rec 23, Said, Fabrica, Mavi and Rosti.

For atmosphere and unusual dishes try Doozo serving sushi and Japanese specialities; Sweety Rome for a combination of American and Italian flavours; Bocca di Dama, a pastry shop serving soups, casseroles and pies; or Baylon Café, where the many dishes on the menu are seasoned with live music; Vivi Bistrot for organic specialties enjoyed in a park; Circolo Ricreativo Caracciolo and Lanificio Cucina for a gourmet brunch in the loft of a post-industrial building against a background of vintage objects and music; or Os Club to spend Sunday in a garden in the centre of ancient Rome.
WHERE TO GO

Perfect Bun largo del Teatro Valle 4, tel. 06 45476337
Il Margutta RistoArte via Margutta 118, tel. 06 32650577
Salotto 42 piazza di Pietra 42, tel. 06 6785804
Caffè delle Arti via Gramsci 73, tel. 06 32651236
Open Colonna via Milano 9, tel. 06 47822641
Macro 138 via Nizza 138, tel. 06 8548274
Doppiozero via Ostiense 68, tel. 06 57301961
Rec 23 piazza dell’Emporio 2, tel. 06 87462147
Said via Tiburtina 135, tel. 06 4469204
Fabrica via Gerolamo Savonarola 23, tel. 06 39725514
Mavi via Enrico Fermi 71, tel. 06 5584801
Rosti via Bartolomeo D’Alviano 65, tel. 06 2752608
Doozo via Palermo 51, tel. 06 4815655
Sweety Rome via Milano 48, tel. 06 48913713
Bocca di Dama via dei Marsi 4, tel. 06 44341154
Baylon Cafè via San Francesco a Ripa 151, tel. 06 5814275
Vivi Bistrot Villa Pamphili, entrance in via Vitellia 102, tel. 06 5827540
Circolo Ricreativo Caracciolo via Francesco Caracciolo 23a, tel. 06 39733293
Lanificio Cucina via di Pietralata 159a, tel. 06 4501384
Os Club via delle Terme di Traiano 4a, tel. 06 48919876
Panella via Merulana 54, tel. 06 4872344
A sweet tooth

The Roman art of pastry making does not have a symbol like the Milanese ‘panettone’ or Neapolitan ‘struffoli’ but it is now experiencing a new lease of life. This revival involves both the quality of the product and the supply and has been commented on recently by the only guide to the industry, ‘Pasticceri e Pasticcerie’ published by Gambero Rosso. This year’s guide awards the bar-bakery Cristalli di Zucchero a place among the best in the country. Here is a brief up-to-date list of some of the best shops for those with a sweet tooth, including traditional bakeries and creative newcomers.

Among the long-established bakeries we have Regoli, selling traditional Roman sweets and cakes since 1916; Andreotti, open since 1931 and making the very best mini pastries, cream puffs and speciality cakes; and Valzani, an ancient bakery in Trastevere making traditional desserts like Roman ‘pangiallo’, ‘mostaccioli’ and nougats. For classic pastries and cakes for special occasions go to Marinari, Mondi, Nonna Carla and Dolci Desideri. People queue up for the famous millefeuille at Cavalletti, for tiramisu from Pompi, and for the Jewish specialties and famous ricotta cheese and sour cherry pie from Boccione. The new pastry artists bring creativity, research and unusual combinations and their temples are Dacri, Perle and De Bellis. For delicious handmade biscuits try Il Mondo di Laura and Panificio Bonci, while cupcakes inspired by British and American cooks can be found at Bocca di Dama, Cake and the City and Sweety Rome.
WHERE TO GO

Cristalli di Zucchero via di Val Tellina 114, tel. 06 58230323,
Cristalli di Zucchero via San Teodoro 88, tel. 06 69920945,
Cristalli di Zucchero piazzale Filippo il Macedone 47, tel. 06 50911064
Regoli via dello Statuto 60, tel. 06 4872812
Andreotti via Ostiense 54b, tel. 06 5750773
Valzani via del Moro 37b, tel. 06 5803792
Marinari piazza Santa Emerenziana 20, tel. 06 86219332
Mondi via Flaminia Vecchia 468, tel. 06 3337466
Nonna Carla viale Eritrea 88, tel. 06 86206227
Dolci Desideri via Anton Giulio Barrili 56, tel. 06 5897709
Cavalletti via Nemorense 179, tel. 06 86324814
Pompi via Albalonga 9, tel. 06 7000418
Pompi via della Croce 82, 06 69941752
Boccone via del Portico d’Ottavia 1, tel. 06 6878637
Dacri via Elio Chianesi 96, tel. 06 5081192
Perle via Appia Nuova 1220b, tel. 06 45421748
Pasticceria De Bellis circonvallazione Gianicolense 56a, 345 9037707
Il Mondo di Laura via Tiburtina 263, tel. 06 5880966
Il Mondo di Laura via della Reginella 18b, tel. 06 68806129
Panificio Bonci via Trionfale 34, tel. 06 39734457
Bocca di Dama via Arenula 17, tel. 06 68803136
Cake and the City via Orazio 15, tel. 06 3232607
Sweety Rome via Milano 48, tel. 06 4885861
Sweety Rome via Eurialo 5, tel. 06 7824930
Ice cream, a year-round passion

With classic flavours like pistachio, cream, lemon, strawberry or experiments with new or unusual ingredients such as spices, wine and exotic fruit, ice cream is now being enjoyed by both Italians and tourists beyond the summer season. It has become a popular treat all year round. 4000 new ice cream parlours have opened in Italy in the past 5 years, and with them there has been an increase in the use, sometimes excessive, of industrial preparations in the manufacture of chilled desserts.

In Rome, as elsewhere, alongside the holy temples of ice cream such as Palazzo del Freddo Fassi, founded in 1880, and traditional places like Gelato di San Crispino, Giolitti, Petrini dal 1926, a new generation of ice cream makers has emerged, focusing on method, quality ingredients and a good dose of creativity to produce gourmet ice cream. Among the leaders of this new wave is Gelateria dei Gracchi, while the use of organic fruit and a relentless search for high quality ingredients are the boast of Neve di Latte owned by Ermanno Di Pomponio.

Original combinations - almonds and cardamom, black rice and rose buds – are produced at Fatamorgana, while a hundred flavours, both sweet and savoury, offer a memorable experience at the various locations of Il Gelato di Claudio Torce. Try unusual Brazilian fruit at Corona, sophisticated ingredients and natural flavours at Mela e Cannella, Al Settimo Gelo, Gelateria del Teatro and Vice. The latest master ice cream makers to open are La Gourmandise, DaRe and Otaleg.
WHERE TO GO

Palazzo del Freddo Fassi via Principe Eugenio 65, tel. 06 4464740
Gelato di San Crispino via della Panetteria 42, tel. 06 6793924
Giolitti via Uffici del Vicario 40, tel. 06 6991243
Petrini dal 1926 piazza dell’Alberone 16a, 06 786307
Gelateria dei Gracchi via dei Gracchi 272, tel. 06 3216668
Neve di Latte via Luigi Poletti 6, tel. 06 3208485
Famatorgana via Lago di Lesina 9, tel. 06 86391589
Famatorgana piazza degli Zingari 5
Il Gelato viale dell’Aeronautica 105, tel. 06 5128948 - viale Aventino 59
Corona largo Arenula 27, tel. 06 68808054
Mela e Cannella via Oderisi da Gubbio 71, tel. 06 55301622
Al Settimo Gelo via Vodice 21a, tel. 06 3725567
Al Settimo Gelo via Aurelia 452, tel. 06 632379
Gelateria del Teatro via di San Simone 70, tel. 06 45474880
Vice via Gregorio VII 385, tel. 06 631779
Vice via Gregorio VII 385, tel. 06 631779
La Gourmandise via Felice Cavallotti 36b
DaRe via Bisagno 19, tel. 06 64012423
Otaleg via dei Colli Portuensi 594, tel. 06 338 6515450
While the popularity of beer has risen dramatically throughout Italy despite the crisis, with a 26% increase in consumption, Rome and the Lazio region are experiencing a real boom, with fans now reaching the three million mark, making beer the favourite tipple of the under 40s. More than 20 micro-breweries have been opened recently by young entrepreneurs with a passion for the art of brewing. The latest of these are Alta Quota, Birrificio Aurelio, Birrificio Castelli Romani, Birrificio Pontino, Cerevesia Vetus, Ecsit Ventidodici, Birreria Artigianale Morlupese, Macbiera, Stavio and Tower Beer.

Bars, beershops and brewpubs are multiplying and already over a hundred restaurants offer a special beer list alongside the traditional wine list. In the wake of this success, 8 micro craft breweries (Atlas Coelestis, Birra del Borgo, Birra Turan, Birrificio Ostiense Artigianale, Free Lions, Itineris, Mister Malto and Turbacci) have joined forces to form the trade association Associazione Birra del Lazio. In addition to over 90 labels already produced individually, the micro-breweries belonging to the new association will create 'La Zia Ale', the first beer 100% Made in Lazio, using exclusively ingredients of regional origin. On the next page are some of the best breweries and brewpubs in town.
Why craft is best

The manufacture of craft beer is in a world of its own. If you want to get to know it, first you must forget some of the ideas spread about by the big industries.

To begin, ‘beer’ as such doesn’t exist. There are types of beer. With such a huge variety of malts, hops, yeast and other grains available, each with its own characteristics, the possible combinations are endless.

That’s why experts talk about ‘styles’ of beer.

Every country has its own culture, its own traditions and its own ingredients which it uses to produce varieties of beer so different that they need to be catalogued. This is done according to aspects such as colour, flavour, alcohol content, aroma and even historical origin – from India Pale Ale, produced for English settlers, to Russian Imperial Stout, designed for the palate of the Tsars.

Another myth to be dispelled concerns the best temperature at which to serve beer. Because each beer has an individual flavour and aroma, it should be drunk at the correct temperature, never below 6°C, often at 15°C, and on average between 8°C and 10°C. If the beer is too cold it can’t reveal its character or its aroma; whoever taught us to drink it cold obviously had some unwanted flavours to hide!

Another secret of craft beer is that it is alive! Yes, alive and well. The big industries want to store and transport their beers without substantial costs, so they pasteurise them. In craft beers, instead, the yeast continues to work inside the bottles, causing the beer to mature. This isn’t possible for all styles of beer because some have relatively short lives, but the right beer can mature for dozens of years, developing increasingly complex aromas.

Craft brewers pay great attention to the quality of the raw materials they use. With small-scale production everything can be checked, but beyond a certain threshold it becomes impossible to ensure perfection every step of the way, and that includes the first and most important stage of selecting the malts and hops.

Italy has only recently developed a tradition of brewing; consider that the Sumerians already produced a beverage similar to beer called Se-bar-bi-sag and that the Trappist monasteries brew beers according to ancient recipes. Still, craft beer is becoming increasingly popular in Italy and home brewing is on the rise, often using methods in no way inferior to those of the breweries themselves.

Craft beer is a fascinating subject, one that draws you in and enslaves you; once you’ve tried it there’s no going back.

Eugenio Gianetti ed Edoardo Rossi

Malto Misto
WHERE TO GO

MICRO-CRAFT BREWERS
Atlas Coelestis via Malcesine 41, tel. 06 35072243
Stazione Birra via Placanica 172, tel. 06 79845959
BOA, Birrificio Artigianale Ostiense piazzale dei Ravennati 1 Ostia, tel. 06 5640138

BREWRIES AND PUBS WITH REAL ALES
Brasserie 4:20 via Portuense 82, tel. 06 58310737
Ma che siete venuti a fà via Benedetta 25, tel. 06 97275218
Open Baladin via degli Specchi 6, tel. 06 6838989
Le Bon Bock Café circonvallazione Gianicolense 249, tel. 06 5376806
Palombi-Oasi della Birra piazza Testaccio 38, tel. 06 5746122
Mastro Titta via del Porto Fluviale 5b, tel. 339 8967490
Blind Pig via Gino Capponi 45, tel. 06 78345642
Sir Daniel Pub via Adige 80, tel. 392 3308074
Beer via Passaglia 1, tel. 06 39721153
Senza Fondo via Germanico 168c, tel. 06 3211415
Mad for beer via Federico Ozanam 62, tel. 340 5709150
Birrifugio via Federico Rosazza 6, tel. 06 58303189
Buskers Pub viale Leonardo Da Vinci 287/289 tel. 328 289 6366
La Gianicolense circ. Gianicolense 238, tel. 06 58233605

BEERSHOPS
Bir&Fud via Luca Valerio 41, tel. 06 5561677
Birra+ via del Pigneto 105, tel. 06 70613106
Fermento via Tigrè 4, tel. 06 86213697
Gradi Plato corso Trieste 113, via degli Scipioni 15
Off License via Trionfale 11, tel. 06 39917641
Off License via Veio 4, tel. 06 77250130
Malto Misto via Sant'Orsola 35, tel. 3405858029
Domus Birrae via Cavour 88, tel. 06 97997570
Lazio wines and wine shops

‘Nemo propheta in patria’. Until recently wine production was more about quantity than quality and the wines of Lazio were almost unknown to the public and not generally available in the city’s restaurants and wine bars. Now that several winemakers have invested in traditional wine growing areas and vines, the wines of the region are finally being rediscovered both in Italy and worldwide. Lazio has 4 IGT wines, 26 DOC wines and now also a DOCG wine, Cesanese Piglio. Cesanese, produced by growers like Casale della Ioria, Colletti Conti, Ciollì, Pileum and Giuliani, is the wine that is currently attracting most attention and recognition. It shares this success with other prestigious labels of the region produced in Viterbo by Falesco, Sergio Mottura and Trappolini; by Colle Picchioni, Casale Marchese, Fontana Candida, Fiorano, Tenuta Le Quinte, Pallavicini and Poggio Le Volpi, Co.Pro.Vi and Colle Gaio in the famous Castelli Romani area; by Casale del Giglio and Cantina Sant’Andrea in the zone of the Agro Pontino; and by Casale Centocorvi and La Rasenna in the Ceriti hills area. There is no shortage of good producers making ‘natural’ and organic wine, such as Carpineti La Visciola, Le Coste sul Lago, San Giovenale and Monastero Trappiste di Vitorchiano.

The best wines of Lazio can be found in many wine shops of the capital, including Arcioni, Bulzoni, Bernabei, Bomprezzi, Buccone, Costantini, Enoteca al Parlamento, Enoteca Balduina, Peluso, Rocchi and Trimani. To taste some of these wines go to Enoteca Regionale Palatium or Enoteca Provincia Romana.

WHERE TO GO

Arcioni via Nemorense 57, tel. 06 86206616
Bulzoni viale Parioli 36, tel. 06 8070494
Bernabei via San Francesco a Ripa 48, tel. 5812818
Bomprezzi via Tuscolana 904, tel. 06 7610135
Buccone via di Ripetta 19, tel. 06 3612154
Costantini piazza Cavour 16, tel. 06 3203575
Enoteca al Parlamento via dei Prefetti 15, tel. 06 8734469
Enoteca Balduina via della Balduina 204, tel. 06 35343486
Peluso via Sardegna 36a, tel. 06 42818995
Rocchi viale Somalia 178, tel. 06 86210887
Trimani via Goito 20, tel. 06 4469661
Enoteca regionale Palatium via Frattina 94, tel. 06 69202132
Enoteca Provincia Romana Foro Traiano 82, tel. 06 69940273
Enoteca Giansanti via Ostiense 34, tel. 06 5746768
Roman wine bars

Rome leads in two little-known areas: it is the only European capital where DOC wine is produced and is Italy’s leading wine market for both sales and consumption. The Roman love of wine has bred a new generation of enthusiasts and sommeliers, giving rise in recent years to the phenomenon of the Roman wine bar, the modern version of the traditional ‘fiaschetteria’. They sell quality wines by the glass, accompanied by home-made specialties, fine foods, hot and cold dishes, all served in informal surroundings at prices to suit all budgets.

Among the first to offer this formula are Cul de Sac, Il Goccetto and Cavour 313. In the historic centre try Antica Vineria, L’angolo Divino, Palatium Enoteca Regionale and Enoteca Provincia Romana, serving wines and gastronomic specialties from the Lazio region and the province of Rome, Trimani wine bar, Vinando, Casa Bleve, La Barrique and the exclusive Palazetto. In Trastevere you will find Enoteca Ferrara and in the Prati district Symposium Costantini, Del Frate wine bar and Sorpasso. Also worth a mention, at Città del Gusto there is the Wine Bar del Gambero Rosso and outside the city walls, Remigio, Tramonti e Muffati, Cantina Castrocielo and Cru.Dop.
WHERE TO GO

Cul de Sac piazza Pasquino 73, tel. 06 68801094
Il Goccetto via Banchi Vecchi 14, tel. 06 6864268
Cavour 313 via Cavour 313, tel. 06 6785496
Antica Vineria via Monte della Farina 37, tel. 06 68806989
L’Angolo Divino via dei Balestrari 12, tel. 06 6864413
Palatium Enoteca Regionale via Frattina 94, tel. 06 69202132
Enoteca Provincia Romana Foro Traiano 82, tel. 06 69940273
Trimani wine bar via Cernaia 37b, tel. 06 4469630
Vinando piazza Margana 23, tel. 06 69200741
Casa Bleve via del Teatro Valle 49, tel. 06 6865970
La Barrique via del Boschetto 41b, tel. 06 47825953
Palazzetto vicolo del Bottino 8, 06 699341000
Enoteca Ferrara via del Moro 1a, tel. 06 58333920
Simposio Costantini piazza Cavour 16, tel. 06 32111131
Del Frate wine bar via degli Scipioni 118, tel. 06 3236437
Sorpasso via Properzio 31, tel. 06 89024554
Wine bar del Gambero Rosso via Enrico Fermi 161, tel. 06 55112264
Remigio via Santa Maria Ausiliatrice 15, tel. 06 789228
Tramonti e Muffati via Santa Maria Ausiliatrice 105, tel. 06 7801342
Cantina Castrocielo viale degli Astri 35, tel. 06 5204979
Cru.Dop via Tuscolana 898, tel. 06 76909916
Ai Tre Scalini via Panisperna 251, tel. 06 48907495
Enoteca Giansanti via Ostiense 34, tel. 06 5746768
Ritual aperitif

The aperitif, evening ritual par excellence, served strictly after 6 p.m., is an opportunity to meet friends, have a drink and nibble on something, usually from a buffet. It's a winning formula because it offers value for money and can be enjoyed all year round. With its wonderful climate Rome adds another ingredient, for six months of the year you can enjoy the pleasure of an evening aperitif outdoors. In the squares or parks, in the villas or on the terraces of prestigious hotels, there are places to suit everyone in charming surroundings or with unique views where you can talk over a glass of wine or a cocktail, nibbling appetizers and small delicacies. For the best cocktails try the Stravinskij Bar at Hotel De Russie run by award-winning barman Massimo D'Addezio; Porto Fluviale with barman Pino Mondello; Salotto 42 reign of Alberto Caleffi; Settembrini Café with Matthew Zed; and Jerry Thomas Project, a real cocktail bar in speakeasy style with a password to enter. In the city centre, enjoy an aperitif at Bar del Fico, Panella, Caffè Propaganda, Baccano, Principe in the gardens of the bar of Hotel Locarno and Os Club. In Trastevere young people flock to Il Baretto, Freni e Frizioni and Il Bacocco. In the Ostiense area try Doppiozero and in Testaccio, Palombi-Oasi della Birra. In the northern part of the city you will find Tree Bar, PiquadroEmme and the many bars in the vicinity of the Milvian Bridge, from the legendary Chioschett to Charlie. In the Pigneto district go to Cargo, Rosti and Necci dal 1924, while for a ‘happy hour’ in nature there is Vivi Bistrot in Villa Pamphili and Limonaia at Villa Torlonia.
WHERE TO GO

Stravinskij Bar dell’Hotel De Russie via del Babuino 9, tel. 06 32888870
Salotto 42 piazza di Pietra 42, tel. 06 6785804
Settembrini Café via Luigi Settembrini 21, tel. 06 97610325
Jerry Thomas Project vicolo Cellini 30, tel. 06 96845937
Bar del Fico piazza del Fico 26, tel. 06 68808413
Panella via Merulana 54, tel. 06 4872344
Caffè Propaganda via Claudia 15, tel. 06 4534255
Baccano via delle Muratte 23, tel. 06 69941166
Principe via Genova 36a, tel. 06 45582545
Hotel Locarno via della Penna 22, tel. 06 3610841
Os Club via delle Terme di Traiano 4, tel. 06 48919876
Il Baretto via Giuseppe Garibaldi 27f, tel. 06 58365422
Freni e Frizioni via del Politeama 4, tel. 06 45497499
Il Bacocco via Goffredo Mameli 61, tel. 06 5898587
Doppiozzero via Ostiense 68, tel. 06 57301961
Porto Fluviale via del Porto Fluviale 22, tel. 06 5743199
Palombi-Oasi della Birra piazza Testaccio 28, tel. 06 5746122
Tree Bar via Flaminia 226, 06 32652754
PiquadroEmme via Fabio Massimo 91, tel. 06 32111780
Chioschetto di Ponte Milvio piazzale di Ponte Milvio 44
Charlie via Flaminia 450, tel. 06 64010535
Cargo via del Pigneto 20, tel. 06 97617820
Rosti via Bartolomeo D’Alviano 65, tel. 06 2752608
Necci dal 1924 via FanFulla da Lodi 68, tel. 06 97601552
Vivi Bistrot Villa Pamphilj via Vitellia 102, tel. 06 5827540
Limonaria di Villa Torlonia via Lazzaro Spallanzani 1, tel. 06 4404021
Panamino parco Yitzhak Rabin (via Panama), tel. 06 8415561
August - al fresco dining under the stars

For Romans forced to stay in Rome for work and for the many tourists visiting the city, August is a magical month. The city is empty, there is little traffic and the pace of life is slower and more relaxed. What better time, then, to enjoy a nice dinner outside in the streets, alleys or terraces, caressed by a refreshing breeze? Dinner is served on the terrace at Angelina a Testaccio, overlooking the River Tiber at old-fashioned trattoria Biondo Tevere, and with a view of unique sights in some of the most picturesque streets and squares of the centre at Bacaro, Osteria la Quercia and Pierluigi. Enjoy the charming atmosphere of a small square at the foot of the Campidoglio at St Teodoro and traditional Jewish-Roman cuisine in Portico d'Ottavia at La Taverna del Ghetto and Ba'Ghetto. In the lively square of Campo de' Fiori you can eat at mozzarella bar Obikà, while in front of the mausoleum of Augustus you can choose between wine bar, pizzeria and restaurant at Gusto.

Drink or dinner in the picturesque garden of a five star hotel at Le Jardin du Russie; haute cuisine in the garden by chef Oliver Glowing at Aldrovandi Villa Borghese; breath-taking views at Casina Valadier and from the roof gardens of some of the capital's best hotels such as La Terrazza at the Hotel Eden, Imàgo at the Hotel Hassler, Roof Garden Grand Hotel de la Minerve and La Terrasse Cuisine & Lounge.

Outside the centre there are outdoor tables in the pedestrian area of Pigneto at Primo and pizza under the trees at Secchio e l'Olivaro and Fermentum.
WHERE TO GO

Angelina a Testaccio via Galvani 24a, Tel. 06 57283840
Bacaro via degli Spagnoli 27, tel. 06 6872554
Osteria la Quercia piazza della Quercia 23, tel. 06 68300932
Pierluigi piazza Dè Ricci, tel. 06 6861302
St Teodoro via dei Fienili 50, tel. 06 6780933
La taverna del Ghetto via del Portico d’Ottavia 8, tel. 06 68809771
Ba’ Ghetto via del Portico d’Ottavia 57, tel. 06 688922868
Obikà piazza Campo de’ Fiori 13, tel. 06 68802366
Gusto piazza Augusto Imperatore 9, tel. 06 3226273
Biondo Tevere via Ostiense 178, tel. 06 5741172
Le Jardin du Russie via del Babuino 9, tel. 06 328881
Casina Valadier piazza Bucarest, tel. 06 6992290
Oliver Glowing all’Aldrovandi Villa Borghese via Ulisse Aldrovandi 15, tel. 06 3223993
Terrazza de l’Hotel Eden via Ludovisi 49, tel. 06 47812752
Imàgo de l’Hotel Hassler piazza Trinità dei Monti 6, tel. 06 69934726
Roof Garden Grand Hotel de la Minerve piazza della Minerva 69a, tel. 06 69520719
La Terrasse Cuisine & Lounge via Lombardia 47, tel. 06 478022999
Primo al Pigneto via del Pigneto 46, tel. 06 7013827
Secchio e l’Olivaro via Portuense 962, tel. 06 6552192
Fermentum via Lemonia 214, tel. 06 45481454
You can enjoy eating outside all year round, but restaurant terraces really come into their own in summer. Those with views are a very special attraction of Rome, somewhere for a delightful lunch or dinner to remember forever. It's a small luxury, found mostly in the large hotels, where you can enjoy a pleasant evening outdoors admiring the skyline of Rome with its rooftops, turrets, towers, domes and ancient monuments. Start with an aperitif in the picturesque garden of Le Jardin du Russie, before moving up to the terrace. Enjoy finger food on the terrace of Hotel Locarno, an aperitif with a great view at Circus Bar del 47 Hotel, at the Bellavista Lounge of the Sofitel Villa Borghese and at the Terrazza degli Imperatori of the InterContinental De La Ville. Amazing views and great cuisine are on the menu at the roof gardens of some of the city's finest hotels: La Pergola at the Rome Cavalieri, kingdom of chef Heinz Beck and the only 3 star restaurant in Rome; La Terrazza at the Hotel Eden serving creative dishes by chef Fabio Ciervo; Imágo at the Hotel Hassler where you can enjoy the simple innovative dishes of chef Francesco Aprea; Aroma Hotel Palazzo Manfredi where haute cuisine is combined with a unique view of the Colosseum. Good food and a picturesque view are also to be found at Mirabelle at the Hotel Splendide Royal, at the restaurant Filippo La Mantia at the Hotel Majestic and at the Casina Valadier. Unusual terraces, mixing tradition and innovation, including in the architecture, are Open Colonna and the Wine Bar of Città del Gusto.

WHERE TO GO

Le Jardin du Russie via del Babuino 9, tel. 06 32888870
Hotel Locarno via della Penna 22, tel. 06 3610841
Circus Bar del 47 Hotel via Petroselli 47, tel. 06 6787816
Bellavista Lounge del Sofitel Villa Borghese via Lombardia 47, tel. 06 478021
Terrazza degli Imperatori dell’InterContinental De La Ville via Sistina 69, tel. 06 67331
La Pergola del Rome Cavalieri via Cadorlo 101, tel. 06 35092152
La Terrazza de l’Hotel Eden via Ludovisi 49, tel. 06 47812752
Imágo de l’Hotel Hassler piazza Trinità dei Monti 6, tel. 06 69934726
Aroma dell’Hotel Palazzo Manfredi via Labicana 125, tel. 06 77591380
Mirabelle dell’Hotel Splendide Royal via di Porta Pinciana 14, tel. 06 42168838
Filippo La Mantia all’Hotel Majestic via Veneto 50, tel. 06 42144715
Casina Valadier piazza Bucarest, tel. 06 9922090
Open Colonna via Milano 9a, tel. 06 47822641
Wine bar della Città del Gusto via Enrico Fermi 161, tel. 06 55112264
Lessons in the secrets of wine

The army of wine fans is swelling year by year with people of all ages and walks of life taking the plunge and enrolling in a course about wine and wine tasting. They hope to become, if not actual sommeliers, at least connoisseurs of the nectar of Bacchus, able to talk about wine with a little more knowledge of regions and production methods, bouquet, textures and tannins, aftertaste and appropriate pairings with food. Rome offers a wide range of courses, from the highly professional to the completely amateur.

For a proper diploma, every year the Italian Sommelier Association organises a professional course for sommeliers, divided into three levels, at the Rome Cavalieri Hotel (www.bibenda.it). The AIS also holds individual lessons and thematic courses at Eataly (www.roma.eataly.it). Training courses on wine are run by Fisar (www.fisar.com), by the Associazione Romana Sommelier (www.romanassommelier.it) and by the Roman section of Slow Food (www.slowfoodroma.it).

Lessons in Italian and in English on Italian and French wines, as well as tailor-made half-day courses and private tastings, are available at the Rome International Wine Academy School (www.romeinternationalwineschool.com).

Courses for beginners, advanced tasting, food and wine pairing or thematic courses on specific vineyards are offered by Gambero Rosso at Città del Gusto (www.gamberorosso.it). Wine tastings and lectures on specific areas and vineyards are held by well-known wine writers in the beautiful basement of Enoteca Costantini (www.pierocostantini.it), at Porthos (www.porthos.it) and at the association Atheneum-L’Ateneo dei sapori (www.ateneodeisapori.it).

WHERE TO GO

Associazione Italiana Sommelier Roma via Alberto Cadlolo 101, tel. 06 8550941
Eataly piazzale XII Ottobre 1492, tel. 06 90279201
Fisar Roma viale del Pattinaggio 100, tel. 06 54537446
Scuole del Gambero Rosso via Enrico Fermi 161, tel. 06 55112211
Enoteca Costantini piazza Cavour 16, tel. 06 3203575
Porthos via Laura Mantegazza 60, tel. 06 53273407
Atheneum-L’Ateneo dei sapori tel. 346 3727947, 06 4880601
Cooking classes

It’s the latest craze. Thanks to all the television cooking lessons, show cooking restaurants and talent shows that have transformed chefs into stars of the small screen, cookery classes have now popped up everywhere. The new generation of cookery schools offer something to suit all needs and preferences, from amateur to professional, from full training course to single lesson on how to prepare a particular dish or on a specific type of cooking. Everyone has caught the bug, people of all ages and professions as well as tourists wishing to learn the basics of Italian and Roman cuisine.

Monthly training courses for chefs, pizza chefs, ice cream makers and pastry chefs are held at ANPA (National Professional Hotel Academy). Some of the very first cookery classes in Rome are those organised by A Tavola con lo chef, Pepe Verde and Cordon Bleu. Master’s degrees, vocational courses and amateur courses on specific aspects of cooking, including for children, are held at the big training centres Coquis-Ateneo Italiano della Cucina, Gambero Rosso, Eataly and I Piaceri del Palato-Italian Chef Academy. Cooking lessons combined with gastronomic literature and history are organised by Cuochepercaso, and there are plenty of options to choose from at Officine Cucina, Tricolore, I colori el Faro and Les Chefs Blancs. Italian cookery lessons are held in English by chef Diane Seeds at Italian Gourmet.

If you want to learn the secrets of the maître and the sommelier, the association Noi di Sala runs professional courses with internships in the best restaurants of the city.

WHERE TO GO

ANPA via Orazio 3, tel. 06 99706945
A tavola con lo chef via dei Gracchi 60, tel. 06 3222096
Pepe Verde via Santa Caterina da Siena 46, tel. 06 6790528
Cordon Bleu c/o Sheraton Hotel viale del Pattinaggio 100, tel. 06 5414048
Coquis via Flaminia 575, tel. 06 33220082
Gambero Rosso via Enrico Fermi 161, tel. 06 55112211
Eataly piazzale XII Ottobre 1492, tel. 06 90279201
I Piaceri del Palato-Italian Chef Academy largo del Teatro Valle 7, tel. 06 35343310
Cuochepercaso via Fabio Massimo 107, Tel. 06 3216620
Officine Cucina c/o Officine Farneto via Monti della Farnesina 77, tel. 06 83396746
Tricolore via Urbana 126, Roma, tel. 06 88976898
I Colori del Faro via Virginia Agnelli 21 Roma, 06 6573025
Les Chefs Blancs via della Giustiniana 995, tel. 348 369695
Italian Gourmet via del Plebiscito 112, tel. 06 6785759
Noi di Sala www.noidisala.com
I t’s no secret that the Americans love Rome, but it’s a surprise to find that they adore traditional Roman cooking. It explains why, according to the New York Times the new gourmet guide ‘The Rome Digest’ has crowned da Cesare best trattoria for traditional Roman cuisine. The merit goes to owner Leonardo Vignoli and his business-minded wife Maria Pia. Together they decided in 2009 to buy out the more than 40-year-old business owned by the Santarelli family.

‘After working so long abroad I wanted to open a traditional restaurant in Rome. As soon as I walked through the door I fell in love with this place. You know the kind – the old-style trattoria with vines in the garden. It was like taking a step back in time into the kitchen of my childhood where my grandmothers spent the days cooking. The atmosphere was so familiar and genuine that I couldn’t turn away and so I bought it.’

And that was the start of a venture into restaurant ownership for Leonardo, passionate gourmet and qualified sommelier (AIS, 1967), with a diploma from the Rieti hotel management school and years of experience in Michelin-starred restaurants in France, Belgium and Luxembourg. It has taken four years of hard work, seasoned with a large dose of love for Roman food and a sprinkling of creativity, to achieve recognition even across the Atlantic.

‘It’s incredibly satisfying to receive such acclaim. Before the guide was published, we used to get the odd foreigner who had read good reviews on some blogs. Now, the number of Americans wanting to dine here has just shot up and every evening they fill half our tables. They’re in organised groups and they book even before leaving to come to Italy. They arrive on the number 8 tram, which stops nearby. I am truly grateful to the five bloggers who reviewed the trattoria, and I’m even more pleased about this international success, though the foreigners who come here are really enthusiastic gourmets and know all about my dishes.’

What do they like most?
‘The boiled meat balls, called “allesso” in Rome. It’s the sort of genuine flavour, re-created according to my own vision, that people like, not just tourists.’

How do your regular customers react to all this fame?
‘The atmosphere in my restaurant hasn’t changed. Even though there are lots of tourists at the tables, I’ve no intention of neglecting my regulars. It’s the reason why I’ve decided not to increase the number of covers. I have around 70 every evening, although I could manage at least double that. The quality of the service must always be the same. I wouldn’t want to sell a characterless product. Personal contact is essential to my vision of a restaurant as a friendly and welcoming place. I wouldn’t be able to sleep at night if something went wrong. That’s why I’m careful not to get carried away by the rush of bookings.’

So it hasn’t all gone to your head?
‘Not at all. It’s true that our expectations are running high, but we are still a trattoria where the bill is never more than €35. I look after my customers with a good cellar, too. Apart from Lazio wines, we have a choice of French and German labels and wines from Alto Adige that go well with our typical dishes.’

Have you any suggestions for us?
‘Sticking to Lazio wines, with ‘carbonara’ I would suggest a Moro di Marco Carpineti, with ‘coratella’ a Cacchione di Nettuno, and the perfect accompaniment to ‘coda alla vaccinara’ is a Cesanese di Olevano by Damiano Ciolli.’
SEASONAL AND HOLIDAY TRADITIONS
TYPICAL DISHES AND SPECIALITIES
Christmas around the table in Rome

In Rome, Christmas is a celebration of popular cuisine. A procession of dishes are brought to table, cooked according to recipes passed down from generation to generation and based on the goodness and freshness of seasonal produce, all local and starting with His Majesty the Roman artichoke. Christmas Eve dinner is strictly lean and makes the most of economical fish such as fried whitebait, ray soup, cuttlefish with artichokes and eel. Lunch on Christmas Day is instead a hymn to the flavours and traditions of the local area, with Roman fried specialities (brains, sweetbreads, marrow bone, artichokes and broccoli), fettuccine with meat sauce, guinea fowl, lamb cutlets accompanied by chicory and the inevitable artichokes. For pudding there is Pangiallo, a mixture of dried fruit, candied citrus peel and honey. Food shopping for the holidays is done mostly at the many local markets, the most famous being Testaccio, Nomentano, Trionfale, and Gianicolense, or directly from farmers at the two Farmer’s Markets, one in the former slaughterhouse of Testaccio and the other in Via San Teodoro 74. The real Roman Pangiallo can be bought from Forno Colapicchioni or Valzani, while Roscioli, Romeo Chef & Baker, Cristalli di Zucchero, Panificio Bonci and Pasticceria Perle compete for the best Roman panettone using quality ingredients and leaving the mix to rise for a long time.

WHERE TO GO

Testaccio Market via Luigi Galvani, via Aldo Manuzio
Nomentano Market piazza Alessandria
Trionfale Market via Andrea Doria
Gianicolense Market piazza San Giovanni di Dio
Farmer’s Market former slaughterhouse of Testaccio, largo Giovanni Battista Marzi
Farmer’s Market via San Teodoro 74
Forno Colapicchioni via Tacito 76, tel. 063215405
Valzani via del Moro 37a, tel. 06 5803792
Roscioli via dei Chiavari 34, tel. 06 6864045
Romeo Chef&Baker via Silla 26a, tel. 06 32110120
Cristalli di Zucchero via di Val Tellina 114, tel. 06 58230323,
Cristalli di Zucchero via San Teodoro 88, tel. 06 69920945
Panificio Bonci via Trionfale 36, tel. 06 39734457
Pasticceria Perle via Appia Nuova 1220b
Semel licet insanire!’ says a Latin phrase, and it is in February, during Carnival, the happiest festival of the year, that everyone is allowed to go a little crazy. Carnival has its roots in the ancient Roman Saturnalia, but with the advent of Christianity it became the feast before the Lent period of fasting and abstinence, embodying the spirit of evasion and transgression that marked the pagan transition from winter to spring. That spirit survives in the traditional recipes of the Carnival period, especially in the sweets, which are very high in fat and usually fried in hot oil or lard. The ones that are typical of the Roman feast are ‘frappe’ (strips of dough fried and covered with icing sugar), ‘castagnole’ (tiny doughnuts either plain or stuffed with ricotta, cream or chocolate), ‘tortelli’ with raisins and cinnamon, ‘cicerchiata’ (dough balls wrapped in honey), all of which can be best enjoyed at Cristalli di Zucchero, Forno Roscioli, Andreotti, Panella, Marinari, Dolci Desideri, Valzani, Mondi, and Nonna Carla. For Sicilian speciality cakes don’t miss Pasticceria Siciliana Svizzera, while at Dolceroma you can find delicious Tyrolean doughnuts.

WHERE TO GO

Cristalli di Zucchero via di Valtellina 114, tel. 06 58230323
Al Settimo Gelo via di San Teodoro 88, tel. 06 69920945
Il forno Roscioli via dei Chiavari 34, tel.06 6864045
Andreotti via Ostiense 54b, tel. 06 5750773
Panella via Merulana 54, tel. 06 4872651
Marinari corso Trieste 95, tel. 06 8551045
Dolci Desideri via Anton Giulio Barrili 56, tel. 06 5897709
Valzani via del Moro 37b, tel. 06 5803792
Mondi via Flaminia Vecchia 468, tel. 06 3337466
Nonna Carla viale Eritrea 89, tel. 06 86206227
Pasticceria Siciliana Svizzera piazza Pio XI 10, tel. 06 6374974
Dolceroma via del Portico d’Ottavia 20, tel. 06 6892196
The tradition of broad beans with pecorino romano cheese

It is one of the most popular Roman traditions. On May 1, Labour Day, you have to go on a jaunt outside the city with two essential products from the Roman countryside: fresh broad beans and pecorino cheese, the perfect combination of a typical ‘poor’ spring legume and a cheese that was first made two thousand years ago in the countryside of the Roman Empire. Pecorino romano has had DOP (protected origin) status for many years and has been enjoyed ever since the times of ancient Rome – it was even part of the daily rations given to the legionnaires. Made with fresh sheep’s milk and sold in the typical rounds weighing 20 to 35 kilos after 5 months of ripening, pecorino owes its popularity to its aromatic, fruity, slightly spicy taste that goes well with the sweetness of vegetables and legumes. Grated it is an essential ingredient of some of the most famous Roman dishes like ‘bucatini all’amatriciana’, ‘carbonara’, ‘rigatoni alla pajata’ and the legendary ‘cacio e pepe’. Broad beans can be found in every market, but pecorino made by DOP Roman producers - Brunelli, Lopez, Sini Fulvi - can be found in delicatessens Dol, Antica Caciara Trasteverina, Iacozzilli, Colapicchioni, Franchi, La Tradizione, Paciotti, Volpetti, Sensi, Territorio or directly from the dairies Lopez and De Juliis.

WHERE TO GO

Dol via Domenico Panaroli 6, tel. 06 24300765
Antica Caciara Trasteverina via San Francesco a Ripa 140a, tel. 06 5812815
Iacozzilli via Natale del Grande 15, tel. 06 5812734
Colapicchioni via Properzio 23, tel. 06 68801310
Franchi via Cola di Rienzo 200, tel. 06 6874651
La Tradizione via Cipro 8e, tel. 06 39720349
Paciotti via Marcantonio Bragadin 51, tel. 06 39733646
Volpetti via Marmorata 47, tel. 06 5742352
Sensi via Ceneda 29, tel. 06 77202932
Territorio via Felice Anerio 6, tel. 06 86398529
Lopez via di Boccea 472, tel. 06 6144724
De Juliis via Giovanni Gregorio Mendel 151, tel. 06 7139146
The Romans have invented their very own solution to relieve the typical hot and sultry summer days. It is the ‘grattachecca’, ice grated in a special machine to form slush then flavoured with syrups and pieces of fruit. Appearing for the first time in the late 19th century, the grattachecca owes its name to the action of scraping the ‘checca’, the name given at the time to the ice sheets used for food storage. Since then, the kiosks where the speciality is prepared have become oases of refreshment and evening meeting points for the Romans staying in the city in August. The classic flavours of mint, barley, lemon, orange and almond milk have been joined today by tropical fruits with pieces of coconut and lime, although the Roman traditionalist always asks for tamarind, black cherry or lemon pieces. Some of the oldest kiosks have been around for almost a century, such as Fonte d’Oro and Sora Lella, but don’t miss Sora Maria, Sora Mirella, Er Chioschetto, a Grattachecca, chiosco Testaccio, Buenos Aires, L’Urto and Chiosco Allegro.

**WHERE TO GO**

Fonte d’Oro lungotevere Sanzio angolo piazza Gioacchino Belli  
Sora Lella via Porta Cavalleggeri  
Sora Maria via Trionfale angolo via Telesio  
Sora Mirella lungotevere degli Anguillara angolo Ponte Cestio  
Er Chioschetto via Magna Grecia  
La Grattachecca piazzale di Ponte Milvio  
Chiosco Testaccio via Giovanni Branca  
Buenos Aires piazza Buenos Aires angolo viale Regina Margherita  
L’Urto via del Porto Fluviale  
Chiosco Allegro largo Alessandrina Ravizza
Let’s have coffee

Ristretto, lungo, macchiato, corretto’ (short, long, with a dash of milk, with a shot of liqueur – sambuca in Rome), with milk, frothy, without froth, with cream, ‘marocchino’, as cappuccino – these are just some of the ways to take your coffee. It’s a very Italian ritual, enjoyed by some 20 million people, who drank almost 1.5 billion cups last year. No surprise, then, that quality coffee, fine blends and careful roasting are becoming something of a culture. Rome has a number of traditional coffee importers and coffee bars dating back many years; they serve the best quality coffee, accompanied, if you wish, by a small cake or biscuit, a croissant or even a creamy bun.

Among the historic coffee houses are Antico Caffè Greco, founded in 1760, and Sciascia dal 1922, with antique furnishings and coffee of the best quality. In the centre, don’t miss Tazza d’Oro, where coffee is also roasted, Sant’Eustachio and Vitti. House blends of coffees from India or Haiti can be enjoyed at Caffè San Teodoro and Nonna Carla. Only the very best beans are used by Mondi, Torrefazione Vicerè, Sal Café, La Caffetteria and Cristalli di Zucchero. Some excellent local coffee shops are Mario Tornatora, Settembrini Caffè, Le Café Vert, Palombini, NY, Faggiani, and Caffetteria Paglialonga.

<table>
<thead>
<tr>
<th>WHERE TO GO</th>
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<tbody>
<tr>
<td><strong>Antico Caffè Greco</strong> via dei Condotti 86, tel. 06 6791700</td>
</tr>
<tr>
<td><strong>Sciascia dal 1922</strong> via Fabio Massimo 80a, tel. 06 3211580</td>
</tr>
<tr>
<td><strong>Tazza d’Oro</strong> via degli Orfani 84, tel. 06 6789792</td>
</tr>
<tr>
<td><strong>Sant’Eustachio</strong> piazza Sant’Eustachio 82, tel. 06 68802048</td>
</tr>
<tr>
<td><strong>Vitti</strong> piazza San Lorenzo in Lucina 33, tel. 06 6876304</td>
</tr>
<tr>
<td><strong>Caffè San Teodoro</strong> via dei Fienili 54, tel. 06 6780933</td>
</tr>
<tr>
<td><strong>Nonna Carla</strong> viale Eritrea 89, tel. 06 86206227</td>
</tr>
<tr>
<td><strong>Mondi</strong> viale della Serenissima 10, tel. 06 2593194</td>
</tr>
<tr>
<td><strong>Torrefazione Vicerè</strong> via Francesco Grimaldi 108, tel. 06 562751</td>
</tr>
<tr>
<td><strong>Sal Café</strong> via Baldo degli Ubaldi 56, tel. 06 66019467</td>
</tr>
<tr>
<td><strong>La Caffetteria</strong> via Gallia 15d, tel. 06 70495652</td>
</tr>
<tr>
<td><strong>Cristalli di Zucchero</strong> via di Val Tellina 114, tel. 06 58230323</td>
</tr>
<tr>
<td><strong>Cristalli di Zucchero</strong> via San Teodoro 88, tel. 06 69920945,</td>
</tr>
<tr>
<td><strong>Cristalli di Zucchero</strong> piazzale Filippo il Macedone 47, tel. 06 50911064</td>
</tr>
<tr>
<td><strong>Mario Tornatora</strong> via Oderisi da Gubbio 27, tel. 06 5593658</td>
</tr>
<tr>
<td><strong>Settembrini Caffè</strong> via Luigi Settembrini 19, tel. 06 3232617</td>
</tr>
<tr>
<td><strong>Le Café Vert</strong> via Anton Giulio Barrili 47, tel. 06 5880065</td>
</tr>
<tr>
<td><strong>Palombini</strong> piazzale Konrad Adenauer 12, tel. 06 5911700</td>
</tr>
<tr>
<td><strong>NY</strong> via Ubaldo Montelatici 6, tel. 06 71355750</td>
</tr>
<tr>
<td><strong>Faggiani</strong> via Giuseppe Ferrari 23, tel. 06 39739742</td>
</tr>
<tr>
<td><strong>Caffetteria Paglialonga</strong> via Montello 12, tel. 06 37517058</td>
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TAKE A TOUR OF SEASONAL FRUIT AND VEGETABLES AND TRADITIONAL ROMAN FOOD IN THE DISTRICT MARKETS
Local markets

Rome’s district markets are steeped in history and despite the many changes that have overtaken the city and the adoption of increasingly stringent quality requirements they are still lively, fascinating places that animate the urban scene. The most striking feature of the historic markets is the characters that inhabit them, from the owners of the traditional stalls to the women who visit daily with their wheelie baskets to buy from favourite traders. There are over thirty of these markets in Rome, some of which are part of the city’s very identity and have changed little over the decades.

Mercato Campo de’ Fiori
For the Romans, Campo de’ Fiori is not an ordinary market, it is somewhere to spend a leisurely Saturday morning wandering among the colourful stalls set up around the statue of Giordano Bruno, the philosopher burnt at the stake by the Inquisition in 1600. Seasonal fruit and vegetables and typical Roman produce like ‘puntarelle’ and artichokes, baskets loaded with broccoli and young vegetables, are all on display for regular customers. The market is invaded every morning by the many tourists whose trip to the city has to include a tour of the stalls and old carts for some last minute purchases. Pasta seasoning, packets of homemade macaroni and spaghetti, gadgets and souvenirs such as magnets in the shape of columns and kitchen aprons, as well as spices from all over the world and dried fruits. For centuries Campo de’ Fiori has offered a picturesque fresco of Roman life, of which traces remain to this day. Next to the fountain, scented bouquets of fresh roses, iris, tulips and orchids await flower lovers.
Mercato Equilino

The Esquilino market, which occupied the gardens of Piazza Vittorio for more than fifty years, is the latest example of the social transformation that the city has been undergoing. When you enter the building in Via Principe Amedeo you are in a melting pot of ethnic foods, where spices of every kind spill out of hessian sacks: curry, cumin, paprika, vegetables and fruit from every corner of the planet are piled up on the colourful stalls, giving off intoxicating exotic scents. Most of the stall-holders are Indian, Chinese or Arab. They sell only genuine products – varieties of rice, dried pulses, Halal meat slaughtered according to tradition – attracting a growing number of immigrants of all nationalities.

Mercato Val Melaina

This is one of the best-known markets in all of Rome for value for money. The Val Melaina market is a bit further away from the centre but it is very affordable. It’s definitely worth taking a trip to the suburbs to buy beautiful fresh fish at purse-friendly prices or seasonal fruit and vegetables directly from growers in the Lazio region. Inside the market building are the traditional butcher, grocer and delicatessen stalls, as well as sellers of exotic foods like papaya, mango, ginger, dried fruits and colourful spices. The market is popular with local residents as well as price conscious consumers.
Mercato Testaccio
Opposite the former slaughterhouse, a new building – white, geometrical, with open-work panels and a transparent roof – opened a few months ago to house the old Testaccio market. The eco-sustainable space with its large, clean, light stalls covers 5000 sq. m., giving the old archetypal district market, which had been running for more than 50 years, a fresh modern appeal. Stalls selling seasonal fruit and vegetables, bakeries overflowing with every type of sweet and pizza, delicatessens offering regional delicacies stand alongside stalls of household products, kiosks with beautiful shoes from trade fair lots at affordable prices and even a bookshop. Don’t miss the stall Mordi e vai selling delicious rolls stuffed with tripe, oxtail ‘alla vaccinara’ or sausage and broccoli for just €3.

Mercato Parioli
The old Parioli market was moved a few years ago to small premises close to the Mosque, where some 20 or so Italian stallholders have joined forces to create a cooperative. Loyal customers, mostly middle-class housewives and professionals, find high quality products and delicacies. The food stalls sell regional speciality cheeses, while at the butchers’ stalls poultry, pork and Argentine beef are displayed alongside delicious ready-to-cook dishes. The greengrocers also supply many local restaurants with lovely new vegetables and fine fruit. For younger visitors to the market we recommend the beer stall, open until afternoon on busy days, where you can choose among over 200 labels from all over northern Europe.
TRADITIONAL AND INNOVATIVE RECIPES CREATED BY SOME OF THE CITY’S LEADING CHEFS
Chef Antonello Colonna
(Open Colonna – scalinata di via Milano 9a)

NEGATIVO DI CARBONARA

Serves 4

200 g egg noodles
4 eggs (3 yolks +1 whole egg)
80 gr grated pecorino romano cheese
30 g parmesan cheese
100 g lean bacon
100 g crème fraîche

Preparation

Cream together in a bain marie 1 whole egg and 3 yolks with the parmesan and pecorino and a twist of pepper until the mixture thickens. Cut a thin sheet of egg pasta into squares and fill each with the creamy mixture. Close the little packets by bringing the four corners together to form a star.

Separately, cut the bacon into strips, brown in a pan and pat dry.

Prepare a creamy mix with the crème fraîche and grated pecorino cheese and then pour it over a serving plate.

Arrange the ravioli and crispy bacon and season with a sprinkling of pepper.
Chef Angelo Troiani  
(Convivio – vicolo dei Soldati 31)

VERMICELLI BUCATI DI GRAGNANO ALL’AMATRICIANA

Serves 4

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>400 g vermicelli bucati di Gragnano</td>
<td></td>
</tr>
<tr>
<td>160 g seasoned bacon cut into strips</td>
<td></td>
</tr>
<tr>
<td>200 g bacon cubed not too thickly</td>
<td></td>
</tr>
<tr>
<td>200 g chopped tomato pulp</td>
<td></td>
</tr>
<tr>
<td>400 g peeled cherry tomatoes</td>
<td></td>
</tr>
<tr>
<td>50 g red onion</td>
<td></td>
</tr>
<tr>
<td>1/2 clove of garlic</td>
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</tr>
<tr>
<td>2 tbsp balsamic vinegar</td>
<td></td>
</tr>
<tr>
<td>chilli pepper</td>
<td></td>
</tr>
<tr>
<td>80 g pecorino romano</td>
<td></td>
</tr>
<tr>
<td>salt</td>
<td></td>
</tr>
<tr>
<td>pepper to taste</td>
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</tr>
</tbody>
</table>

**Preparation**

Take the bacon strips and sauté on a low heat until crispy. In a pan lightly brown the bacon cubes over a very low heat, add the onion and garlic and stir until softened. Pour in the vinegar and let it evaporate, then add the tomatoes. Season with salt, pepper and chilli pepper and cook for 6-7 minutes over a low heat. Remove the bacon from the sauce. Cook the pasta in plenty of salted water. Drain while still al dente, toss in the pan with the sauce. Arrange the pasta in dishes and add the pecorino cheese and crispy bacon. Serve piping hot.
Chef Arcangelo Dandini  
(L’Arcangelo – via Giuseppe Gioacchino Belli 59)

SPAGHETTONONE ALL’AMATRICIANA

<table>
<thead>
<tr>
<th>Serves 4</th>
<th>Preparation</th>
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</thead>
<tbody>
<tr>
<td>400 g large spaghetti</td>
<td>Remove the rind from the bacon, cut to a thickness of 2 cm and fry in very hot oil.</td>
</tr>
<tr>
<td>100 g bacon</td>
<td>As soon as it has browned remove from the heat and keep warm. Set aside a small amount of fat from the pan. In the same pan, add the tomato and cook for about 10 minutes, adjust salt and add the chilli pepper, then the extra fat. When the pasta is ready pour it into the pan with the tomatoes, add the bacon and cook for about 2 minutes longer on medium heat. Turn off the heat, add the cheese and stir.</td>
</tr>
<tr>
<td>100 g tomato sauce</td>
<td>Serve, adding extra pecorino.</td>
</tr>
<tr>
<td>100 g pecorino romano cheese</td>
<td></td>
</tr>
<tr>
<td>1 fresh chilli pepper</td>
<td></td>
</tr>
</tbody>
</table>
Chef Cristina Bowerman  
(Glass Hostaria – vicolo de Cinque 58)  

RAVIOLI RIPienI DI AMATRICIANA

Serves 4

Preparation

800 g bacon
1 white onion
2 tbsp balsamic vinegar
2500 g Mutti tomatoes
18 egg yolks
500 g flour for fresh pasta

Prepare the pasta by mixing the egg yolks with the flour. Allow to stand for at least 4 hours. Sauté the bacon slowly, add the onion and allow to sweat. Deglaze with balsamic vinegar. Add the tomatoes and cook on a low flame for at least 3 hours or until reduced two-thirds. Whisk, put in a bag with a wide opening and leave to cool. Roll out the dough into a thin sheet in the desired shape – for example crescents – fill with the amatriciana sauce and close. Sauté the bacon, add the red onion and the residue at the bottom of the pan. Cook the pasta for a few minutes, drain and toss in the pan. Remove from heat and mix in a bit of cheese. Transfer to individual dishes and serve with crispy bacon.
Chef Francesco Apreda  
*(Imàgo Hassler – piazza Trinità dei Monti)*

**FUSILLONI ALLA CARBONARA, RAGÙ DI QUAGLIA**

*Serves 4*

- 400 g large Fusilli Gragnano
- 4 boned quail
- 30 g celery
- 30 g carrots
- 30 g red onion
- 60 g bacon
- 40 ml white wine
- 12 quail eggs
- 30 g grated pecorino cheese
- 10 g chopped parsley
- Salt, pepper, extra-virgin olive oil, herbs (sage, rosemary and thyme)

*Serves 4*

- 400 g large Fusilli Gragnano
- 4 boned quail
- 30 g celery
- 30 g carrots
- 30 g red onion
- 60 g bacon
- 40 ml white wine
- 12 quail eggs
- 30 g grated pecorino cheese
- 10 g chopped parsley
- Salt, pepper, extra-virgin olive oil, herbs (sage, rosemary and thyme)

**Preparation**

Finely chop the celery, carrot and red onion and brown together in olive oil. Add the chopped quail, pour over the white wine and allow to evaporate, as for a traditional meat sauce. Cook slowly, basting occasionally with a broth prepared beforehand with the bones of the roasted quail, boiled with herbs. When the sauce is ready cook the pasta in plenty of salted water until al dente and finish cooking in the sauce, adding a little cooking water if necessary.

Add the crispy bacon cut into strips and browned in the pan. Off the heat, stir in the quail eggs beaten with a pinch of salt, the pecorino cheese and the chopped parsley.

Continue as if for a traditional carbonara, mixing the eggs with the pasta and ending with a sprinkling of pepper.
Serves 4

**FOR THE PORK SAUCE**
- 1 pork sausage
- 150 g pork meat for sauce
- 2 pork ribs
- 1 clove of garlic
- 1 onion
- pepper to taste
- 500 g peeled tomatoes
- origano to taste
- 10 g fennel seeds
- 5 g anise seeds
- extra virgin olive oil to taste
- salt and pepper to taste

**FOR THE BACON**
- 2 slices of bacon cut into strips
- extra virgin olive oil to taste

**FOR THE TORTELLI**
- 100 g plain flour
- 30 g corn flour
- 1 whole egg
- 1 egg yolk
- extra virgin olive oil to taste

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**Preparation**
- Season the meat and brown it in a little oil.
- When properly browned, add the chopped onion, clove of garlic, chilli pepper, fennel, anise and origano. Blend with a ladle of water and as soon as it has evaporated add the peeled tomatoes. Simmer for a couple of hours. When cooked, remove the meat and allow to cool, then reduce the sauce and put aside to cool so that the fat separates from the tomato. Pull the meat apart and season with pepper and pecorino cheese. Shape the pasta dough into balls of about 15 g each and make the tortelli.
- In a cast iron pan heat the oil and toss in the bacon but do not let it become crispy. Cook the ravioli in salted water for about 1 1/2 minutes and then toss in the pan with the cooking fat from the meat sauce.
- On a flat plate pour three mounds of ragout and lay the tortelli on each one. Each tortello is now ready to be garnished with grated pecorino cheese and crispy bacon.
Chef Antonio Vitale  
(Café Romano Hotel d'Inghilterra – via Bocca di Leone 14)

**SPAGHETTI ALLA CARBONARA**
**IN THE STYLE OF CAFÉ ROMANO**

<table>
<thead>
<tr>
<th>Serves 4</th>
<th>Preparation</th>
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<tbody>
<tr>
<td>400 g spaghetti</td>
<td>While the spaghetti is cooking for a few minutes in plentiful salted water (8-10 times the weight of the pasta and using 7 g of salt per litre) cut the bacon into strips and fry in a large pan on a high heat with very little oil until very crispy. Some cooks remove the fat that is produced and replace it with two tablespoons of extra virgin olive oil. Meanwhile, in a bowl, whisk the egg yolks with the cheese, a pinch of salt, black pepper and a ladle of pecorino broth. Drain the spaghetti while still al dente without removing all the water, toss into the pan and mix on a low heat. After a few minutes add the creamed cheese and egg yolks and plenty of pepper and mix together. The cream tends to separate as the yolks are warmed; be careful not to overcook the eggs so that they 'scramble'. Serve immediately on warm plates.</td>
</tr>
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# Chef Aldo Trabalza

(Trattoria Sora Lella – via di Ponte Quattro Capi 16)

## Potato Gnocchi All’Amatriciana

<table>
<thead>
<tr>
<th>Serves 4</th>
<th>Preparation</th>
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<tbody>
<tr>
<td>FOR THE POTATO GNOCCHI</td>
<td>For the success of the dumplings it is important to choose the potatoes carefully: they mustn’t be watery but instead very firm. Cook the potatoes, peel and mash thoroughly. After they have cooled add the sifted flour, egg.</td>
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<tr>
<td>800 g potatoes</td>
<td></td>
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<tr>
<td>1 egg</td>
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</tr>
<tr>
<td>200 g plain flour</td>
<td></td>
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<tr>
<td>a pinch of salt</td>
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<tr>
<td>FOR THE SAUCE</td>
<td>a pinch of salt and knead well to form a soft, pliable dough. Make long thin rolls and cut into 2 cm pieces. Arrange on a floured surface so that they don’t touch each other. Cook in plentiful salted water. Fry the chilli pepper and the bacon cut into small pieces. Add the wine and then add the chopped tomatoes and cook well. When the gnocchi are ready drizzle with the sauce adding a pinch of pepper, the pecorino cheese and fresh basil.</td>
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<tr>
<td>600 g ripe tomatoes</td>
<td></td>
</tr>
<tr>
<td>100 g bacon</td>
<td></td>
</tr>
<tr>
<td>100 g smoked bacon</td>
<td></td>
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<tr>
<td>3 tbsp extra virgin olive oil</td>
<td></td>
</tr>
<tr>
<td>½ cup of dry white wine</td>
<td></td>
</tr>
<tr>
<td>1 bunch of basil</td>
<td></td>
</tr>
<tr>
<td>chilli pepper</td>
<td></td>
</tr>
<tr>
<td>1 pinch of ground pepper</td>
<td></td>
</tr>
<tr>
<td>100 g pecorino romano cheese</td>
<td></td>
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</tbody>
</table>
**Barman Massimo d’Addezio**  
*(Stravinskij Bar – via del Babuino 9)*

### Camillo’s Ghost

‘Camillo’s ghost’ was an attempt to create something amazing, to rediscover something a little outdated compared with the usual drinks that you find around,’ explains Massimo D’Addezio, Bar Manager of the Stravinsky Bar.

#### Preparation

First, replace the red bitter Campari with pale yellow Biancosarti appetizer, then red vermouth with amber-coloured Martelletti vermout and last choose a gin that is very silky on the palate to help bring the three ingredients together. This produces a transparent Negroni, of an almost yellow gold colour, that still has a similar taste and evokes similar sensations to the original Negroni cocktail. The Stravinsky Bar serves an inviting lunch buffet of Mediterranean flavours. In the evening, the Bar of the Hotel de Russie becomes the most fashionable meeting place in the city. The stars of the occasion are not only the guests but also the cocktails prepared by Massimo D’Addezio, who in 2008 won the prestigious ‘Best Barman of Italy’ award from the famous guide ‘L’espresso Ristoranti d’Italia’. Massimo has a long experience in the field and knows all the secrets of a good mix, as well as those of the world of hospitality.

He has created a highly professional team to welcome cosmopolitan guests and regular local customers with warmth and courtesy. The Stravinsky Bar has received numerous awards, including Best Hotel Bar in Italy from the Gambero Rosso Guide for six consecutive years (2004–2010) and Best of the Best Award in the category best bars from Virtuoso, the leading American network of luxury travel.
Matteo Zed
(Settembrini – via luigi Settembrini 25)

VERMOUTH COCKTAIL

This cocktail is inspired by the drinks popular in Rome in the 19th century and the aromatic wines of antiquity.

I usually let it age in casks for 40 days so that, as well as having the classic flavour of the ingredients, there is also the woody scent typical of the French oak barrels in which it is kept.

Here's the recipe:
First you need to prepare the 'Hippocratic' wine

**Ingredients**
- 1 l good red or rosé wine that is not overly tannic
- 100 g honey
- 3 cinnamon sticks
- 1 tsp powdered ginger
- 5 cardamom pods crushed
- 3 or 4 cloves
- 1 pinch of nutmeg

**Preparation**
Pound the spices in a mortar. Pour the wine, honey and all the spices into a tightly closed container and leave to stand for 24 hours. Filter through gauze twice to get a clear liquid. Once you have the Hippocratic wine you can prepare the Vermouth Cocktail

**Vermouth Cocktail**

- 45 ml Carpano Antica Formula
- 15 ml Hippocratic wine*
- 45 ml Barolo Chinato Cocchi (Barolo chinato is an aromatic wine produced by adding to DOCG Barolo sugar and alcohol in which various spices, including bark of China calisaia, rhubarb and gentian root and cardamom seeds, have been left to marinate slowly at room temperature to extract the aromatic components. After this process the mix is left to age in barrels for about a year).

**Instructions**
Put all the ingredients into a shaker, add the zest of pink grapefruit after extracting the essential oils by squeezing lightly in the direction of the mixture, fill with ice and shake. When ready, pour in an ice-cold goblet and re-use the grapefruit zest from the shaker as a garnish.
ROME, FOOD AND FILM
Food and film have formed an extraordinary bond in Rome, partly because the city is home to the Cinecittà film studios and partly because since the War it has been home to the Italian film industry. Actors from all over Italy have dealt with issues relating to food in several films, and great directors have brought to the screen the culinary traditions of our country. Good food and rich land join together to create a medley of scents and tastes, with the rediscovery of ancient recipes and the invention of new dishes.

Roman cooking has left behind its original purely popular appeal, opening up to other cultures and accepting different food traditions. Roman cuisine has become increasingly cosmopolitan, with flavours and influences that satisfy the most discerning palates.

Many artists have added to this rich heritage, which is above all cultural but also gastronomic. Great Roman actors like Fabrizi and Sordi and important artists like Tognazzi, who moved to Rome out of love for the city as well as for professional reasons, have spread the culture of good food as a philosophy of life. This wealth is still appreciated by the new generation of Roman artists who are following in the footsteps of their predecessors and continue to strengthen the link between film, entertainment and food.

We have collected some tips and ideas that hark back to these roots linking Rome to the tradition of good food. There is Ugo Tognazzi, whose extraordinary passion for food led him to become a pioneer of organic farming in Italy. We also have Aldo Fabrizi and Alberto Sordi, each with their own original ideas about pasta. And last are Antonello Fassari, Enrico Montesano, Rodolfo Laganà, Antonio Giuliani and Pier Francesco Pingitore, lovers of true Roman cuisine.
Aldo Fabrizi, a great actor devoted to good food

AFTER the cinema, Aldo Fabrizi’s great passion was food. The famous Roman actor, author, screenwriter, director and poet published two collections of poems in Roman dialect on the subject of food and his favourite recipes, ‘La pastasciutta’ in 1971 and ‘Nonna Minestra’ in 1974, both fine examples of true Roman rhyme. He is certainly better known as a spontaneous and humorous actor than as a poet, having made over 80 films in a career spanning 35 years. Nevertheless, some of his highly amusing verses, which he wrote in honour of his deep appreciation of good food, should not be forgotten. One of the poems of Fabrizi, who died in 1990, worth special mention is ‘La Creazione’, a sonnet in which he ironically explains how God created his beloved pasta.

La Creazione

*Dio disse:* «Mò che ho fatto Cielo e Tera, domani attacco Luce e Firmamento, mercoledi fò er mare, doppo invento farfalle e fiori pe’ la Primavera. Pe’ giovedì fò er Sole, verso sera fò li Pianeti, er Fòco, l’Acqua, er Vento, così se venerdì nun vado lento, faccio sabbato ingrese e bònasera! »

Fini defatti er sabbato abbonora. «Mò » disse « vojo vede chi protesta dicenno che er “Signore” nun lavora... Ho sfacchinato quarant’ore... basta! Domani ch’è domenica fò festa... e prima de fa’ Adamo fò la Pasta!»
Fabrizi was above all a gourmet, but also fond of a blow-out (he was extremely large). His humble origins taught him to appreciate simple ingredients and to make the most of them in his recipes.

In his sonnets he described the eating habits of the Romans from various angles, explaining that the pleasure of eating is one of life’s joys.

Magna e dormi
So’ du’ vizietti, me diceva nonno,
che mai nessuno te li pò levà,
perché so’ necessari pe’ campà
sin dar momento che venimo ar monno.
Er primo vizio provoca er seconno:
er sonno mette fame e fà magnà,
doppo magnato t’aripija sonno
poi t’arzi, magn e torni a riposà.
Insomma, la magnata e la dormita,
massimamente in una certa étà,
so’ l’uniche du’ gioje de la vita.
La sola differenza è questa qui:
che pure si ciài sonno pòi magnà,
ma si ciài fame mica pòi dormi.

Towards the end of his life he suffered poor health and was obliged, much to his dismay, to follow a strict diet. This abstinence from over-eating inspired him to write a charming and humorous poem entitled ‘La dieta’.

La dieta
Doppo che ho rinnegato Pasta e pane,
so’ dieci giorni che nun calo, eppure
resisto, soffro e seguito le cure...
me pare un anno e so’ du’ settimane.
Nemmanco dormo più, le notti sane,
pe’ damme er conciabocca a le torture,
le passo a immaginà le svojature
col’ la lingua de fòra come un cane.
Ma vale poi la pena de soffri
lontano da ‘na tavola e ‘na sedia
pensanno che se deve da morì?
Nun è pe’ fà er fanatico romano;
però de fronte a ‘sto campà d’inedia,
mejo morì co’ la forchetta in mano!
He shared his love of food and cooking with his sister Elena, better known as Sora Lella. The last of six children, Elena opened a trattoria on the Tiber island in 1959, together with her husband and her son Aldo, who runs it to this day, serving traditional Roman food. Sora Lella followed in her brother Aldo’s footsteps in film as well. Her simplicity and warmth won her considerable popularity, particularly for her amusing roles in Carlo Verdone’s films ‘Un sacco bello’ and ‘Acqua e sapone’.

**LA MATRICIANA MIA**

*(browned onion, ginger and bacon with balsamic vinegar, San Marzano tomatoes and basil)*

Soffriggete in padella stagionata, cipolla, ojo, zenzero infocato, mezz’etto de guanciale affumicato e mezzo de pancetta arotolata.

Ar punto che ’sta robba a rosolata, schizzatela d’aceto profumato e a fiamma viva, quanno è svaporato, mettete la conserva concentrata.

Appresso er dado che jè dà sapore, li pommidori freschi San Marzano, co’ un ciuffo de basilico pe’ odore.

E ammalappenca er sugo fa’ l’occhietti, assieme a pecorino e parmigiano, conditece de prescia li spaghetti.
Interview with Gianmarco Tognazzi, third son of the great actor who died in Rome on 27 October 1990, who has brought back to life Tognazza Amata, the farm founded by his father in Velletri in the mid-1960s.

'There was once a grandmother, a mother, some land, and a vegetable garden, let’s re-create them! It’s up to us!'

This was how Ugo Tognazzi liked to describe the philosophy behind his estate at Velletri. This sacred place was a forerunner of the trend for organic and good quality food. It was created in the mid-1960s, the brainchild of the actor from Cremona who wanted to live close to Rome to give vent to his passion for food by starting to produce a white wine called 'La Tognazza Amata' and an extra virgin olive oil as well as growing fruit and vegetables.

Twenty-three years after his death, those products, which were greatly enjoyed by friends and colleagues from the Italian and international film scene of the time, are being produced once again with the same passion thanks to the enormous effort his son Gianmarco has put into their revival.

To give the products a more easily identifiable image Gianmarco has borrowed some of the best-known nonsense expressions used in the film 'Amici Miei' (directed by Monicelli, in which Ugo Tognazzi played the role of Count Mascetti) to highlight the link between his father’s career and his passion for food, so that the white wine becomes 'Tapioco', the red 'Antani' and the oil 'Prematurato'.

'Having live in the city for many years, my wife Valeria and I decided to go back to the Velletri estate and carry on the work started by my father, bringing back to life the dream of Tognazza. Our first step was to restore what he had invented, from the labels on the bottles of wine to the care of the vineyards, which had been looked after by a farmer originally from the Veneto region, who was my father’s factotum for 25 years. I went there to bring him back to help us.

Our wine had to be re-created exactly with the same aroma and taste as in Ugo’s time (Tognazzi’s children always called him Ugo). It was a journey back in time to my father’s philosophy of life.'

Tognazzi was the earliest advocate of gourmet food culture in Italy, one of the first to talk about organic food and cooking on TV.

'He was almost like an alien at the time,' according to Gianmarco. 'The kitchen was his temple, and he busied himself at the stove and in the pantry like a pagan god bringing his creations to life. Naturally, the dinners held at Velletri were dubbed ‘dinners of the twelve apostles’, and among those apostles were Mario Monicelli, Vittorio Gassman, Paolo Villaggio, Pupi Avati, Marco Ferreri and Luciano Salce. I was often there too. They were lessons in life, and they were a crucial part of my upbringing! The atmosphere was amazing and all the guests were eager to try whatever Ugo had prepared for the occasion.'

How is the Tognazza project progressing?

'It's a place that was designed around Ugo and I'm doing everything possible to keep it the way it was meant to be. All I've done in recent years is to introduce our genuine products to a larger audience ... I want them to reach Ugo's fans.'
So, after getting friends and family to test them I began to market them through our website and now we will sell them at the shop in Velletri. We have also closed a deal with the owner of Eataly, Oscar Farinetti, an intelligent man who shares with us the philosophy behind Tognazza and wanted to include Ugo's wine and oil in his megastores.

Your father was exceptionally knowledgeable about food and wine. He wrote five cookbooks and published articles in many magazines. Is there a dish that is particularly his?

'There is no one dish that identifies him. He wrote so many recipes that it would be impossible to pick one out. Ugo's strength was experimentation. He experimented in the kitchen as he experimented in his profession by portraying difficult characters and working with first-time directors. That was his way of life. He would re-work a recipe risking that it might not be as good as the last time. He would put himself on the line every time he cooked a new dish. Often, he engaged in culinary adventures that no one had ever attempted before; every now and then a hunch pulled off and sometimes it was a sensational failure.'

One great idea was the tennis tournament in Torvajanica in 1963. It was a competition between actor friends that became the most popular event of the summer, even more than the Venice Film Festival. Not because of the competition, but as an opportunity to get together, exchange ideas and come up with new ones.

'La Grande Bouffe' was one of those ideas. Marco Ferreri was a regular visitor to our house and he saw Ugo cook 24 hours a day for friends. So in 1973 he got the brilliant idea to write a story of four friends who lock themselves inside a house to eat themselves to death. For Ugo cooking for friends and being judged by them was as the same as establishing that direct relationship with the audience that he had not had for nearly two decades, after he stopped doing theatre. Returning to his recipes, everything is tied to a lifestyle that we have tried to re-create at Tognazza. So I can't say that he had a favourite recipe, just as he didn't have a favourite film. What he had was a unique way of reworking things creatively and intuitively. I am sure that today the same dishes would be revised and adapted to the times.'

Did he like Roman cuisine?

'Ugo was from the north and his culinary influences were typically northern. But slowly he switched from butter to oil because he had decided to live elsewhere, not only in Rome but also in the Castelli Romani. Obviously, Roman cuisine played something of a role in his recipes. I remember the tripe, the various types of carbonara he cooked and his adaptation of ‘pasta all’amatriciana’ that was to die for. Basically, he was curious about all the regional specialities. He spent more time wandering around dairies, wineries, cured meat producers, confectionery and food fairs than as a guest at official or social events.'

What are your next steps in this tribute to Ugo's passion?

'We are taking part in several culinary events to raise awareness about what we produce. There will be exhibitions, tastings, happenings, art exhibitions and film festivals: we have a lot to do. But I still have a dream: I want to open the restaurant that my father would have liked to own, somewhere to taste his cooking. It will take some time, I know, but I am determined to do it.'
La Tognazza

Created in the mid-1960s, the brainchild of Ugo Tognazzi, the farm stretches over a wide area south of the Castelli Romani. The land which has been planted is typical of the hills of Lazio – volcanic, consisting of lava, tuffa and ash, rich in potassium and phosphorus. The first bottles of wine produced by Ugo date back to 1975.

Address: Via del Laghetto 1, Castel Gandolfo.

Information: 06 97655251, www.latognazza.net

Gianmarco Tognazzi

Born in 1967, he is the third of the four sons of the great Ugo. He followed in his father’s footsteps as an actor in theatre and film, working with the most popular Italian actors and directors. In addition to a talent for acting, he inherited his father’s genuine passion for organic food and decided to move to Velletri ten years ago to take over Ugo’s old farm.

Dealers

Wine
Arte e Vino, Corso della Repubblica 41 (Castel Gandolfo) – Tel. 06 9360202
Eataly, Piazzale XII Ottobre 1492 – Tel. 06 90279201, www.roma.eataly.it

Restaurants
Arte e Vino, Corso della Repubblica 41 (Castel Gandolfo) – Tel. 06 9360202
La Quintessa, via Spiaggia del lago 20 (Castel Gandolfo) – Tel. 06 93802029
Antico Ristorante Pagnanelli, via Antonio Gramsci 4 (Castel Gandolfo)
Salotto Culinario, via Tuscolana 1199

ANTANI

Designation: Syrah IGP Lazio red wine
Vinification: Fermentation in stainless steel for 8/10 days
Grape variety: Syrah
Growing technique: Rammed horizontal cord or guyot
Harvest: in September

Description
Colour: bright ruby red colour with hints of purple
Aroma: very fresh, intense, clean on the nose with aromas of black cherry, strawberry, raspberry, plum and violet followed by hints of vanilla and black pepper
Taste: The impression on the nose is confirmed on the palate, the initial mild taste of alcohol being balanced out by well-structured tannins and rich flavours. Intense and persistent finish with raspberry and strawberry highlights.
Alcohol 13%

Pairings
Red and white meats, game, sausages and seasoned and mature cheeses.

TAPIOCO

Designation: Velletri AOC Superior white wine
Grape variety: Malvasia Puntinata 60%
Trebbiano 30%
Bombino 10%

Production area: DOP Velletri Bianco area in the Castelli Romani
Growing technique: Horizontal rammed cord or guyot
Harvest: Second half of September

Description
Colour: Pale yellow with greenish reflections
Aroma: Exotic fruit and hay, gently spicy
Taste: modern, slightly acidic and balanced with elegant notes of fruit that make it pleasant on the palate.
Alcohol 12.5%

Pairings
Appetizers, risotto, white meat and fish.
At Rome’s Circolo dei Buongustai a very original culinary combination has been created with La Tognazza. In the name of Ugo Tognazzi, Chef Fabio Campoli and Gianmarco are faithfully re-creating the recipes published in cookbooks that the actor wrote during his lifetime. Here are two successful examples.

**Cooking like Ugo**

**PASTA ALL’INFURIATA**

A variant of ‘pasta arrabiata’.

**Ingredients**

- ½ kg of pasta
- ½ kg of fresh tomatoes peeled
- 1 glass of vodka. If you happen to find a certain type of vodka that is on the market, a Polish vodka (formidable, terrible, strong, spicy, lethal) you can leave out the natural chilli pepper.

**Method**

*Cook the pasta. Meanwhile, pour the oil in a frying pan with two cloves garlic which must be removed when they are brown. After removing the garlic, also take the pan off the heat and toss in fresh peeled tomatoes and two bay leaves. Immediately throw in the glass of vodka if you are using the chilli vodka.*

*If you are using the natural vodka you need to add it earlier. So, to recap: oil and garlic in the pan, remove the garlic, add the chilli, remove the chilli, take pan off heat; throw in tomatoes and bay leaf; add vodka, put back on the heat. Cook a little longer, drain the pasta, toss, eat it.*

*This dish is not recommended for those with an ulcer or colitis. If you do, the plain version ‘pasta della tranquillità’, with butter, is better.*
MY FILLET STEAK STROGONOFF

Original recipe by Ugo Tognazzi.

Ingredients

1 fillet steak per person, powdered mushroom or mushroom-flavoured stock cube, butter, mustard, cognac, Worcester Sauce, cream, salt and pepper.

Method

Cook the steak rare. Keep warm. In the same pan pour in the cognac, flambé, add ½ teaspoon mushroom powder or ½ stock cube dissolved in hot water. A few drops of Worcester sauce, a tablespoon of mustard, a tablespoon of cream, salt and pepper. Reduce the sauce until it becomes thick.

Cut the fillet into thin slices, put on the heat for a minute more along with the sauce.
‘How wonderful when …’

Although I feel not an ounce of pity for any of them, I will try nonetheless try to throw out a lifeline to all those poor souls left to their summer fate in the office, urban castaways forced for a few days a year to confront the mysteries and dangers of the kitchen. Before being left to yourselves, though, at least make an exploratory tour of the kitchen with your wife or other. The purpose of the inspection? Twofold: to check that all the utensils and gadgets needed to produce food are present, and to familiarise yourself with their whereabouts. There could be nothing worse for a first-timer in the kitchen than to get halfway through a recipe, with all the basic ingredients lined up, and to have to stop everything to search desperately for that crucial object. Believe me, this is not something you should overlook. Cooking utensils have an amazing talent for concealment; they can hide in the strangest places if you let them out of your sight. So, here is a list of suggestions for you to follow. Tick off a list of utensils and equipment and commit their location to memory. It will also help you to get to know them, understand how they work and what they are for. Use all utensils for their proper purpose. Do not try to open a tin with a knife; do not try to chop vegetables by hand if you have an electric food chopper. Not only will you not achieve your goal, you will be risking serious injury. First, let’s discuss practicalities. My initial idea was to create a sort of survival guide, a simple book of basic information that would allow people with little time and virtually no cooking experience to venture beyond the depressing fare of boiled egg or canned food. Several of the recipes can be followed by someone who’s never even fried an egg, others are just a smidgen more complicated, but still within anyone’s capabilities. I hope that those of you who are initiated into the mysteries of cooking by these few tips will be intrigued and will catch the cooking bug. Necessity may become the mother of enthusiasm … and then of pleasure …

Ugo Tognazzi

From the introduction to ‘Vademecum dei golosi’ by Ugo Tognazzi and Sergio Saviane, L’Espresso magazine
All critical sense has gone out of the window; conformism rules the day. Once upon a time, the reaction to a film, a piece of clothing, a song would be ‘I reckon it’s rubbish!’ No more: our youngsters are happy with anything, including – and above all – with food from afar that is in complete contradiction with our culture and traditions. In ‘An American in Rome’ – do you remember? – when the incorrigible Nando Moriconi was faced with a host of exotic delicacies, he had the courage to exclaim ‘Disgusting!’ and throw the ‘delights’ to the rat and the cat before flinging himself on a plate of familiar spaghetti, which he naturally blamed for ‘tempting’ him.

A few days ago, I saw a queue of young people fighting for a place at ‘Planet Hollywood’, which had just been opened with great commotion in Via del Tritone. They serve you meatballs, mustard and pickles.

And they call that a restaurant? Give me a break! Food is important, it should suit our tastes and our culture. The Americans? They can eat their muck at home, they don’t need to bring it over here. I’d like to see young Romans walk past these fast food outlets shouting, ‘America, you can’t fool us!’ then go home or to a proper trattoria.

Perhaps for a plate of macaroni, a dish that contains our history, our traditions, our heart.

Alberto Sordi

_Il Messaggero_, 22 December 1997
Snails in sauce, Albertone’s favourite

On the tenth anniversary of the death of Alberto Sordi, the great Roman actor still who still has a place in the hearts of his fellow citizens, we asked Signora Pierina, Sordi’s housekeeper and trusted assistant at his home in Piazza Numa Pompilio from 1956 on, to say a few words about his culinary preferences.

‘Alberto liked authentic cooking. Sunday lunch was sacred because he wasn’t often at home and he asked me for pasta. He liked to eat spaghetti with plenty of tomato and spring onion sauce, as well as “bucatini” or polenta with spare ribs.’

During the week, he was very methodical about eating, starting with breakfast, which was the same since he was a young man. ‘At 8 on the dot, he drank a small coffee and a glass of fresh orange juice; then at 9.30 he would have a cappuccino and eat a piece of white pizza with Roman ricotta. The pizza came from a good baker’s shop which no longer exists.’

But a real treat for Italy’s Albertone, according to Signora Pierina, was snails. ‘Like all good Romans, he loved them. A couple of times a year I would cook them for him even if they took a long time to prepare. To please him, I used to go back to my home village, Piglio near Frosinone, to buy snails that an acquaintance collected in the mountains. That way I could be sure they were absolutely fresh. Back in Rome I left them to de-slime for a couple of days in water with salt and vinegar. After cleaning them thoroughly by washing and rinsing them several times, I would begin to make the sauce. Fry 2 cloves of garlic and a bit of chilli pepper in olive oil. Once the garlic has become transparent, I add puréed tomatoes and a bit of mint. I let the sauce cook for about an hour and in the meantime boil the snails in lightly salted water for half an hour. As soon as they become bloated and the head pops out of the shell, they are drained and tossed into the sauce on a moderate heat. I let them absorb the sauce for a short while and then bring them to table. He really liked them ... too bad that in later years he could no longer eat them.’
To listen to him, he sounds like Carlo Pedrini, inventor of Slow Food. For Piefrancesco Pingitore the important thing is to eat well using top quality ingredients. 'I don’t have a favourite dish. In Italy the food is good pretty well everywhere, but the dishes must be cooked well.' As far as traditional Roman cuisine goes, he doesn’t mind the starters, but he really doesn’t like innards. 'And always everything in moderation: I eat fish often, but sometimes I allow myself a nice plate of gnocchi.' Do you cook? 'That, too, in moderation, meaning that I will if I have to. I'm not going to die of hunger.'

He tells us that his tour de force is pasta with olive oil and cheese, a simple dish but gourmet too because it is one of the dishes where you can clearly taste the ingredients used: strictly extra virgin olive oil from Sabina, Parmigiano Reggiano or Pecorino Romano and old-fashioned pasta made by drawing it through a bronze die.

'To prepare this dish I follow the teachings of the great Aldo Fabrizi who said that a sauce should never drown out the pasta, so that you taste the full flavor. Back in 1984 I wrote a sonnet about this precious “secret of cooking”. If I remember correctly it went something like this:

To keep the past lively, don’t drown it in sauce so that’s all you taste. Cooking is an art that raises the cholesterol. In days gone by we kept costs down by eating only one dish, but that’s how we learned to love it as it is.'

Writer and film, theatre and cabaret director. In 1965 he created the Bagaglino company, writing and directing thousands of TV cabaret shows in which some of the big names of Italian show business took part.
I love artichokes alla giudia – which I often see on menus wrongly Italianised into giudea – but if the restaurants make them properly then I’ll forgive them the mistake! I like them because they’re crunchy.

Do they remind you of anything special?
‘They remind me of my time at school, the Quintino Sella, which used to be at Portico D’Ottavia in the Jewish Quarter ... there were also cod fillets... this goes back to the culture of ancient Rome that Rome’s Jewish community still keeps alive and intact!’

How do you get on in the kitchen?
‘I manage... well if I’m on my own... I won’t die of hunger!’

Can you give us a recipe?
‘Now that’s asking too much! Would you like the recipe for a potato omelette that my grandmother used to make? Take some eggs ... some potatoes and fry them ... You know... come on ... it’s easy! Anyway, the secret of a recipe should stay secret!’

Son, or rather nephew, of actors, he is a playwright and stage actor. He owes his success to a long career in film, starring in some of the funniest Italian comedies.
Antonello Fassari gives us a simple but very tasty recipe for chicken with peppers that is typical of traditional Roman cuisine. Here are his instructions on how to cook this delicious main course.

‘Preparing and cooking a good chicken with peppers will take about an hour. I usually make it for 4 people and I need one chicken, of course, two peppers, tinned tomatoes, oil, a bit of onion, a clove of garlic, a pinch of salt, white wine and rosemary.’

And what do you do?

‘Cut the chicken into pieces and brown in a pan in plenty of olive oil and cover with a lid. Slice the peppers and cook them in another pan with the chopped onion and tinned tomatoes. Season with salt and crush the tomatoes slightly. Then add the garlic to the chicken, pour over the wine and cook for another 40 minutes. Finally, pour the peppers into the pan with the chicken and let all the flavours blend for a few minutes.’

All you have to do now is serve it to your guests, garnished with a sprig of rosemary. ‘It’s a dish that never disappoints. Oh, I forgot: enjoy!’

Film and television actor, stereotypical Roman character who calls to mind the great Roman actors of the past. He is a member of the cast of one of the TV soaps that are most popular among young people.
I'm a pleasure lover. I can't refuse good food. It's a constant struggle because I have to cope with premature enlargement! So, now and again I go on a diet, but not for long.' Rodolfo Laganà loves food, especially Roman cuisine, from sweetbreads to rigatoni alla pajata (pasta with suckling veal tripe) to classic starters like pasta all'amatriciana and carbonara. 'It's at table, with a good meal and a glass of wine in front of me, that I get my best ideas. The most pleasurable evenings are those I've spent having dinner with friends.' Eating in company is in his blood, although he doesn't want to hear a word about cooking. 'I'm a disaster. I gave up many years ago. I can't cook an egg. Luckily, my son's a chef and he takes my place in the kitchen. Filippo's speciality is fish and I often ask him to make me grouper poached in herb-seasoned water or sea bass in a potato crust ... but don't ask me for the recipe. I couldn't be sure it was right ... I'm just the one who downs it.'

He trained in Gigi Proietti's workshop and then worked in theatre, film and television. He has written several musicals, bringing his beloved Rome to the stage with humour and passion.

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Rigatoni alla pajata
Rodolfo Laganà

Ingredients for 4
- 400 g rigatoni,
- 1 kg suckling veal tripe (pajata)
- 1 clove of garlic
- ½ onion
- 1 stick celery
- 1 carrot
- 500 g puréed tomato
- 1 glass of dry white wine
- 80 g grated pecorino romano cheese
- salt
- 1 chilli pepper
- extra virgin olive oil

Method
Cut the tripe into pieces of about 10-15 cm, tie the ends to form rings.
Chop the onion, carrot and celery and fry in olive oil with the chilli and garlic, adding the tripe. Brown over a low heat making sure it doesn't stick to the pan. Pour in the wine and continue cooking for another 10 minutes or so. As soon as the wine has evaporated add the puréed tomato and chilli, check the salt and cook for about 2 hours over a low heat, stirring occasionally and taking care not to break the rings of tripe, until the sauce thickens. Meanwhile, cook the rigatoni in plenty of salted water, drain when al dente, pour into a serving dish and cover with the pajata sauce and grated pecorino. Serve.
I’m not a big eater myself, but I really like some of the typical Roman dishes. Antonio Giuliani explains his relationship with traditional Roman cuisine. ‘I don’t really like innards: tripe, pajata and ‘guts’ in general, I just can’t eat them. But a nice plate of carbonara, I’ll eat that any time! But given the choice,’ the comic actor continues, ‘my absolute favourite is stew, the one my mother still lovingly makes for me. My mother has always spent time cooking, especially during the holidays. I remember her at Christmas frying everything – artichokes, zucchini, eggplant – if you weren’t careful she’d throw you in the pan too!’ This sort of dedication is typical of times gone by according to Giuliani, times when you didn’t go to the supermarket to do your shopping, but you went to a small local butcher or baker to buy the things you liked. The Roman actor can’t cook well – when he goes home, luckily the food is always ready. He’s not particularly fussy about the way things are cooked, but if he had to make something for himself he’d make pasta with garlic, oil and chilli. ‘It’s the essence of simplicity, but it has a unique flavour. It reminds me so much of my youth, the times when at midnight, at the campsite, we would make spaghetti just as an excuse to spend a bit longer with friends.’

And what’s your recipe for a good meal?

‘The preparation is easy: you take a pan and heat a little oil with 3 cloves of crushed garlic. As soon as it turns golden add a bit of chopped chilli pepper. Meanwhile, cook the spaghetti in salted water until al dente and drain. Finally pour the pasta into the pan, mix thoroughly and serve. Dinner is ready!’

He is a stage and film actor and one of the leading Roman comics. He grew up in a popular neighbourhood and in his sketches he describes the follies and foibles of his countrymen.
ROMA REGINA AQUARUM
Rome’s ‘magic’ water

Last, after a good meal or a delicious ice cream, quench your thirst with a nice glass of Roman water. Yes, but what kind of water? The answer calls first for an explanation. Since ancient times, lakes, springs and water sources have been revered as sacred places. Sacred, purifying and divinatory powers were attributed to water because it was considered to issue from the gods, a tool of creation and an instrument of divine revelation. This explains why, especially in Ancient Rome, all the water deities were attributed with a wide range of prophetic virtues and nymphs, aquatic deities par excellence, were venerated as protectors of the future. In general, water was used as a medium, an intermediary, as it could recall the presence of the god in ritual magical practices.

Many shrines dedicated to water deities were built in the city. In the Roman Forum, for example, the sick were brought to the Fonte di Juturna because its water (limpha salubris) had healing and medicinal properties. Every year feasts were held in honour of Juturna by the craft guilds that used water in their professions.

According to legend, at the foot of the Celio Hill where the Via Appia began, at the Fonte delle Camene, lived a nymph named Egeria, inspiration and lover of Numa Pompilius, the second king of Rome. The history of our city is extraordinarily full of references to such similar and ancient traditions, both pagan and Christian. The Romans, proverbially cynical and pragmatic – spells, rituals and superstitions aside – much preferred cold mineral water to hot springs because they gave the palate greater sensory pleasure.

Returning to the present day, the waters are classified as:

- **Drinking** water, intended for household use and for drinking, must meet two basic requirements: it must be bacteriologically pure and its chemical composition must ensure that it smells, tastes and looks good (the water that flows from the fountains or ‘nasoni’).

- **Table** water, i.e. drinking water without some common chemical contaminants and other substances whose presence, though permitted by law in certain concentrations, is undesirable from the point of view of hygiene.
Dietary water, i.e. special water distributed in bottles, which experiments have shown to provide a better and more balanced intake of water from the nutritional point of view.

Natural Mineral water, i.e. water from deep underground sources, which therefore has hygienic characteristics and a chemical composition such as to have health-giving properties. Natural mineral waters differ from ordinary drinking water because of their original purity, the presence of minerals, trace elements and other constituents, their biological effects and their method of storage.

Rome is really rich in mineral waters with trace elements. Have fun discovering and tasting the various types of natural mineral water flowing from ancient springs and sources in the city and suburbs of Lazio:

- **Nepi** (ancient baths of the Gracchi): this spring rises in the Monti Cimini north of Rome; it is a naturally sparkling acidulous-ferruginous, ferruginous-sulphur and acidulous water.

- **Etruria**: this also rises to the north of Rome, in the territory of the towns of Nepi and Castel Sant'Elia in the Monti Cimini; it is a naturally sparkling mineral water.

- **Claudia**: known and used since the time of ancient Rome, it springs near Anguillara; it is a medium-mineral naturally sparkling or fizzy blue water.

- **Giulia**: produced in the Claudia factory, it is a medium-mineral naturally sparkling water with diuretic and digestive properties.

- **Acqua Sacra**: named after the Monte Sacro neighbourhood where the spring rises. It is a naturally sparkling mineral water with a pleasant acidulous taste.

- **Appia**: located near the Via Appia, from which it takes its name, it is naturally sparkling or slightly fizzy.

- **Ceciliana**: the source lies along the Via Prenestina, 2 km from Palestrina, surrounded by a forest of chestnut trees. It is a naturally sparkling mineral water with low sodium content and strong diuretic properties.

- **Egeria**: known since ancient times, also called Rome’s Holy Water, it is a medium-mineral naturally sparkling water rich in dietary minerals.

- **Neri** (Fonte delle Rocce and Fonte degli Etruschi): naturally sparkling oligomineral water from a spring that rises in the area of Capranica on the slopes of Monte Marconi; it has excellent diuretic qualities and is low in sodium.

- **Laurentina**: the spring rises south of Rome, on the street of the same name; it is a natural alkaline and alkaline-bicarbonate water that is good for the digestion.

- **San Paolo** (Tenuta Acqua Acetosa): known since ancient times as San Paolo, the source is on the Via Laurentina; it is a classical naturally sparkling mineral water, slightly sour, with plenty of free carbon dioxide and rich in mineral salts.

- **San Pietro**: naturally sparkling mineral water from a spring at Santa Maria delle Mole near Marino.

- **Santa Maria alle Capannelle**: the source is inside the Regional Park of Appia Antica; it is a naturally sparkling medium-mineral water with excellent organoleptic qualities which stimulates digestion.