

consists of black peppercorns pounded in a mortar, toasted in a pan with a little olive oil; then abundant grated **PECORINO romano** and the cooked pasta are added and mixed together.

caco [ca-co] persimmon (pl. *cachi*). Also known as *kaki*, and as *loto* in Sicily.

cadunsei [ca-dun-se-i] **PASTA RAPIENA** from Lombardy, a type of **RAVIOLI** filled with meat, salami, herbs and grated cheese. Also known as *cahunei*, this is the traditional dish of the alpine valley of Val Camonica.

caffè [caf-fe] coffee.

Coffee in Italy: history and etiquette

Coffee first came to Italy around 1570, entering the port of Venice probably from Ottoman Istanbul. Pope Clement VIII (Ippolito Aldobrandini; 1536–1605) was an early and prominent Italian coffee enthusiast. It is said that when presented with a petition to ban the ‘infidel’ drink, he promptly ‘baptised’ a dish of coffee beans.

There are many different ways of making coffee in Italy, all of them falling into two categories: with milk (e.g. *cappuccino*) and without (e.g. *espresso*). The idea that Italians frown on the consumption of *cappuccino* after 11am has entered popular consciousness but the fact is, coffee in itself is regarded as a restorative or an aid to digestion; if taken with milk it becomes a foodstuff, which is why it is fine for breakfast, accompanied by a pastry and a glass or fresh orange juice. Between or after meals, it is better taken black.

Coffee may be ordered either *al banco* (at the bar) or *a tavola* (at the table). If drinking *al banco* you must either remain there, standing up, to drink your coffee and then pay for it, or, in more old-school establishments, order first, then pay at the *cassa* (cash desk), then take the *scontrino* (receipt) back to the bar where you will then be given your coffee. If drinking *a tavola*, find a table and wait to be served or place your order but indicate that you intend to take it

sitting down, in which case it will be brought to you. Remember that table service costs more than service *al banco* for a good reason, and it is considered very *brutta figura* (bad manners) to pay bar prices and then make your way to a table and finish your drink sitting down. Most cafés still serve coffee in china cups, although paper beakers of coffee to go are beginning to appear.

A *bar* is an ordinary coffee bar but a *caffè* is something rather more exclusive, an elegant place, usually with a choice of inner, private rooms, and often with a history of famous patrons. Examples are Florian and Quadri in Venice, Pedrocchi in Padua, Giacosa in Florence and Caffè Greco in Rome.



strips or ribbons of fried or baked pastry, often cut with a zigzag ('pinked') edge, and dusted with powdered sugar, a favourite at carnivals. They go by a variety of names according to region, including *fiocchetti* ('little bows'), *frappe*, *cenci* and *bugie*.

chiancaredde [ki-an-ca-red-de] flattened chunks of pasta from Puglia, somewhat resembling coins. The Taranto-born photographer and writer Lorenzo Manigrasso has written a hymn in their honour, where he speaks of the 'generations of hands' who have made them, and of the 'humble value of an existence when computers didn't exist'. Also *chiancarelle*.

Chianina [ki-a-ni-na] breed of cattle from the Val di Chiana region of Tuscany. They supply the beef used in the traditional *BISTECCA alla fiorentina*.

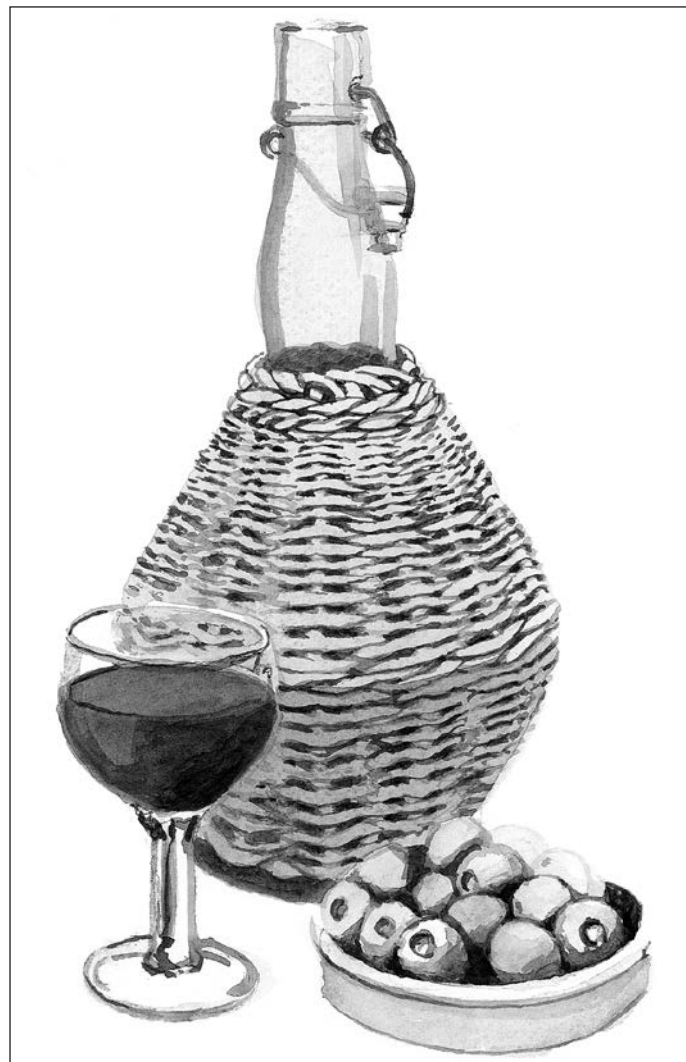
Chianti Classico [ki-an-ti clas-si-co] wine-growing area between Siena and Florence, whose producers may use the GALLO NERO emblem on their labels. Chianti is the most famous wine of Tuscany, a

youthful red, made mainly or entirely from the SANGIOVESE grape. If other grapes are added to the blend, these may only (since a ruling of 2006) be red-wine grapes. Earlier wines which used white MALVASIA would not now qualify as Chianti Classico. TIGNANELLO is a famous wine made in the Chianti region, though it does not label itself a Chianti.

Chianti Rufina [ki-an-ti ru-fi-na] respected Tuscan winery lying outside the boundaries of the Chianti Classico area that brought Chianti to the international scene in traditional straw-covered bottles. These flasks, that would have been slung across the saddles of medieval hunters and warriors, were widely seen in *trattorie* in the UK and USA throughout the '60s and '70s. Once the wine was finished, the bottles often enjoyed an afterlife as candlesticks, the straw jacket becoming ever more encrusted with trickling wax.

chiarello [ki-a-rel-lo] light-coloured red wine.

chiaretto [ki-a-ret-to] a pale red



told to leave chalk messages on tavern doors where good wine was to be had ('est' being the Latin for 'is'; in other words, 'it's here'). On one particular tavern he wrote it in triplicate, as if to say, 'This place serves it in spades!'

estivi [es-ti-vi] summer dishes.

estragone [es-tra-go-ne] tarragon.

estratto [e-strat-to] extract.

etto [et-to] Italian equivalent of the prefix hecto-, meaning 100. A price per *etto* is a price per

100g.

evo [e-vo] as in *olio evo*, extra virgin olive oil.

Fabriano [fa-bri-a-no] town in the Marche renowned for its excellent salami, which even graces the dining table of Buckingham Palace, where an order is placed for it every year.

fagiano, fagianello [fa-ja-no, fa-ja-nel-lo] pheasant.

fagiano di monte [fa-ja-no di mon-te] black grouse.

fagiolata [fa-jo-la-ta] bean soup.

Types and grades of Italian flour

Flour for baking is usually obtained from *grano tenero* (*Triticum aestivum*). It is graded according to how finely it is milled. '00' or *doppio zero*, the 'flower of flours' is a snow white powder with no bran at all. It makes the lightest of dainty cakes, but its nutritional value is minimal. Other grades, less purely white because some bran remains, are '0' and '1'. Then comes '2' (*semi-integrale* or semi-wholemeal) and '*integrale*' (wholemeal).

For pasta-making, flour is obtained from durum wheat (*grano duro*; *Triticum durum*). This is a hard-grained variety which when milled reduces to a fine meal called *semola* or *semolino*, which allows the cooked pasta to remain *al dente*. Not all Italian soil and terrain is suitable for wheat-growing, and in the past other flours, made of rye (*segale*), millet (*miglio*) and chickpeas (*ceci*) were widely used. They are still found today in traditional recipes

fagioli [fa-jo-li] haricot beans, brown or white, usually bought dried, soaked, and then stewed slowly. *Fagioli di pollo* are rooster testicles.

fagiolini [fa-jo-li-ni] French beans, long green beans.

fagiolini rigati [fa-jo-li-ni ri-ga-ti] pasta shapes, curved tubes approximately shaped like French beans.

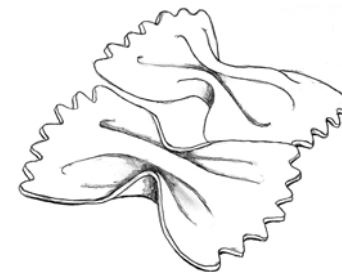
fagiolone [fa-jo-lo-ne] runner beans.

fainà [fa-i-na] Ligurian dialect for FARINATA.

fainelle [fa-i-nel-le] leaf-shaped Puglian pasta, often cooked with potato and RUCOLA and served with a bacon or anchovy SOFFRITTO.

falloni [fal-lo-ni] 'big phalluses', a pasta resembling a thin pancake, stuffed with vegetables.

falso magro [fal-so ma-gro] in Sicilian *farsu magru*, 'false lean', a Sunday delight consisting of a large slice of beef, beaten thin, and rolled up on a filling of minced meat with ham, salami or MORTADELLA (whatever is handy), peas, cheese, breadcrumbs and hard-boiled eggs, bound with string, and



Farfalle, 'butterfly pasta'.

cooked in a tomato sauce.

fariona [fa-ra-o-na] guinea fowl.

farcito/a [far-chi-to] stuffed.

farfalle [far-fal-le] pasta shaped like butterflies. Often prepared with a tomato sauce, with a salmon and cream sauce or used cold in salads.

farina [fa-ri-na] flour.

farina gialla [jal-la] 'yellow flour', a name for polenta, as in the recipe *zuppa di cavolo nero e farina gialla* (cabbage and cornmeal soup).

farinata [fa-ri-na-ta] thick pancake somewhat resembling a Mexican *tortilla*, usually made of chickpea flour. Typical Ligurian street food.

farinata di zucca [fa-ri-na-ta di



STRASBOURG
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MUNICH

Salzburg

VIENNA

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HUNGARY

Basel

ZURICH

Innsbruck

AUSTRIA

WITZERLAND

Lausanne

TRENTINO

ALTO ADIGE

Trento

FRIULI VENEZIA GIULIA

Udine

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SLOVENIA

ZAGREB

CROATIA

VENETO

Vicenza

Padua

OVENICE

Trieste

Rijeka

Istria

VALLE D'AOSTA

L. Maggiore

L. Como

L. Garda

Bergamo

LOMBARDY

MILAN

VERONA

Mantua

EMILIA ROMAGNA

Parma

Reggio

Ferrara

MODENA

BOLOGNA

Ravenna

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Barolo

Pisa

FLORENCE

San Marino

Ancona

Adriatic Sea

Livorno

Chianti

Siena

Perugia

Assisi

UMBRIA

Bolgheri

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ROME

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Foggia

BARI

CAMPANIA

NAPLES

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MATERA

PUGLIA

Taranto

Tyrrhenian Sea

SARDINIA

Sassari

Cagliari

Ischia

Capri

BASILICATA

CALABRIA

Cirò

IONIAN SEA

Stromboli

PALERMO

MESSINA

Reggio di Calabria

CATANIA

Syracuse

SICILY

ANNABA

TUNIS

ALGERIA

TUNISIA

MALTA

0 100 km
0 50 miles

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