



TASTING ROME

DAY 4: VERDURE & PIZZA

**RADICAL CHANGE:
PAPER #2 NOW DUE 11/29**

**LESS RADICAL:
PAPER #1 NOW BEING GRADED**

I DEPARTMENT OF
FRENCH & ITALIAN
UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ISTITUTO
italiano
DI CULTURA
CHICAGO

FURIOSO
2016
COMITATO NAZIONALE PER IL
V CENTENARIO
DELL'ORLANDO FURIOSO

present...

Sicilian Puppet Theater

"The Great Duel between
Orlando and Rinaldo
for the beautiful Angelica's sake"

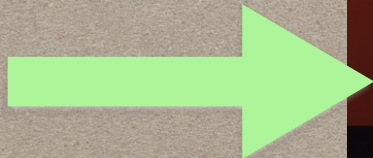
Performed by

Mimmo Cuticchio
and
Theater Company
Figli d'Arte Cuticchio

Tuesday, October 30th, 6pm
Foellinger Auditorium

INFO
stoppino@illinois.edu

Free and open to the public



VERDURE

- "MISTICANZA is made up of micro greens and wild herbs, which, depending on the mixture, might be served raw or cooked. Market stalls sell it from beautiful tangled heaps of leafy greens, stems, and tendrils, which might feature arugula, dandelion greens, mustard leaves, borage, purslane, wild radish, chervil, fennel fronds, sorrel, cress, endive, nettles, or clover."
- I have never seen this salad or anything like it in Rome
- I have seen it in fancy restaurants in the US, however



VIGNAROLA

- This, too, is a huge alteration of the original, which is a vegetable stew made with artichoke hearts, peas, lava beans and lettuce; this is something more like a warm salad of ingredients that have been lightly cooked.
- Again, it looks great, but I have never seen this in an Italian restaurant or home. If you did, it would look like this...





VERDURE GRATINATE

- Bell peppers, onions, zucchini, eggplant. Salt and olive oil, bake with bread crumbs on top
- This is more like a vegetable dish you might see at an antipasto buffet
- As they point out, like most people who don't really do vegetables that well, Romans like them overcooked: soft is what you're looking for



INSALATA DI CARCIOFI CRUDI

- This I actually have had in restaurants before (although not in Rome), and it's great. When sliced very thinly, raw artichokes (also asparagus) are quite tasty
- A mandoline is what you want, but be very careful, and use the attached safety grip (see next slide)
- Do not attempt to mandoline anything soft or cooked
- Use a vegetable peeler for the thin slices of parmigiano





VERDURE IN PADELLA

- dandelion greens, chard, beet greens, mustard greens, curly endive, broccoli rabe, or escarole
- Double cooked to soften and reduce bitterness; parboil once, then cook in oil, garlic, pepperoncino
- Again, I've never seen this in a restaurant, but I expect it is served in people's homes



TWO SALADS

- Arugula and pine nuts (olive oil, lemon juice, salt and pepper)
- Fennel, radicchio, and pears (pecorino, olive oil, lemon juice, balsamic vinegar); mandoline that fennel!
- These are delicious but not Roman; very American fine dining
- A word about balsamic vinegar



PIZZAS

- Some general notes: Roman pizza—toppings are good, crust is just OK
- Neapolitan pizza is the famous one: chewy, crispy, flavorful
- The trick to flavorful dough is a slow rise (and ideally a “liquid levain”); with packet yeast, let it rise overnight in the fridge; but also take out at least three hours early
- Pizza stone, wood-burning oven, grill, broil, etc.



TOPPINGS

- Sausage, mushrooms, canned artichoke hearts, eggs, prosciutto
- Potatoes and gricia
- Prosciutto and figs
- Squash blossoms
- Capricciosa (four items!)
- Pizza di fantasia!







PIZZETTE

- Again, very easy to make if using store bought puff pastry
- Just tiny examples of “pizza rossa” – Romans like very simple pizza
- Another bar/aperitivo snack



I CRACKER

- Essentially, southern taralli, but flattened out. Or Italian tortilla chips? In any case, not authentic but...
- Easy to make, and easy to make in many flavored versions (pepperoncini, black pepper, rosemary, cache e pepe, etc.)
- Make a large batch, divide into four portions, flavor each separately, and bake



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