

BRING ITALY HOME

A Roman dinner at home



Four courses from Rome and the Lazio region. Serves 4. Measurements are given in US cups and ounces, with metric in parentheses.

THE MENU

- **Antipasto:** Carciofi alla romana, braised artichokes with mint and garlic
- **Primo:** Cacio e pepe, pasta with pecorino and black pepper
- **Secondo:** Saltimbocca alla romana, veal cutlets with prosciutto and sage
- **Dolce:** Maritozzo, a sweet bun filled with whipped cream

ANTIPASTO

Carciofi alla romana

Braised artichokes with mint and garlic · 40 minutes

YOU'LL NEED

- 4 artichokes, or 1 jar artichoke hearts
- 1 bunch fresh mint
- 2 garlic cloves
- 1 lemon
- scant ½ cup olive oil (100 ml)
- salt

HOW TO MAKE IT

1. If using fresh artichokes, remove the tough outer leaves and rub the cut surfaces with lemon.
2. Fill between the leaves with chopped mint and garlic.
3. Stand them in a pot, add the oil, and water halfway up.
4. Braise covered for about 30 minutes. Jarred hearts only need 10 minutes to heat through.

WINE

Frascati, a crisp white

PRIMO

Cacio e pepe

Pasta with pecorino and black pepper · 20 minutes

YOU'LL NEED

- 14 oz tonnarelli or spaghetti (400 g)
- 5 oz Pecorino Romano, finely grated (150 g)
- plenty of black pepper

HOW TO MAKE IT

1. Cook the pasta in less water than usual, so the cooking water is starchy.
2. Toast plenty of coarsely ground pepper in a dry pan.
3. Mix the finely grated pecorino with a splash of warm (not boiling) pasta water into a paste.
4. Add the pasta to the pan, add the cheese paste, and toss fast until creamy. Add more pasta water if needed.

WINE

Frascati Superiore, a white

SECONDO

Saltimbocca alla romana

Veal cutlets with prosciutto and sage · 25 minutes

YOU'LL NEED

- 8 thin veal or chicken cutlets
- 8 slices prosciutto
- 1 bunch fresh sage
- 4 tbsp butter (50 g)
- scant ½ cup dry white wine (100 ml)

HOW TO MAKE IT

1. Top each cutlet with a slice of prosciutto and a sage leaf, and pin with a toothpick.
2. Fry in butter, prosciutto side first, about 2 minutes per side.
3. Pour in the wine and let it bubble into a sauce.
4. Serve with the pan sauce.

WINE

Cesanese del Piglio, a light red

DOLCE

Maritozzo

A sweet bun filled with whipped cream · 20 minutes

YOU'LL NEED

- 4 brioche buns
- 1¼ cups heavy cream (300 ml)
- 2 tbsp powdered sugar, plus more for dusting
- 1 orange, for the zest

HOW TO MAKE IT

1. Whip the cream with the powdered sugar and a little orange zest.
2. Slice the buns diagonally, not all the way through.
3. Fill generously with cream and smooth the top.
4. Dust with powdered sugar.

WINE

Cannellino di Frascati, sweet

Shopping list

PRODUCE

- ☐ 4 artichokes, or 1 jar artichoke hearts
- ☐ 1 bunch mint
- ☐ 1 bunch sage
- ☐ 2 garlic cloves
- ☐ 1 lemon
- ☐ 1 orange

MEAT AND DELI

- ☐ 8 thin veal or chicken cutlets
- ☐ 8 slices prosciutto

CHEESE AND DAIRY

- ☐ 5 oz Pecorino Romano (150 g)
- ☐ butter
- ☐ 1¼ cups heavy cream (300 ml)

BAKERY

- ☐ 4 brioche buns

PANTRY

- ☐ 14 oz tonnamelli or spaghetti
- ☐ black peppercorns
- ☐ olive oil
- ☐ dry white wine for cooking
- ☐ powdered sugar
- ☐ toothpicks

WINE

- ☐ Frascati (antipasto)
- ☐ Frascati Superiore (primo)
- ☐ Cesanese del Piglio (secondo)
- ☐ Cannellino di Frascati (dolce)

Wines from Lazio can be hard to find. If your wine shop doesn't carry Frascati, ask for a crisp Italian white such as a Verdicchio or a Pinot Grigio.