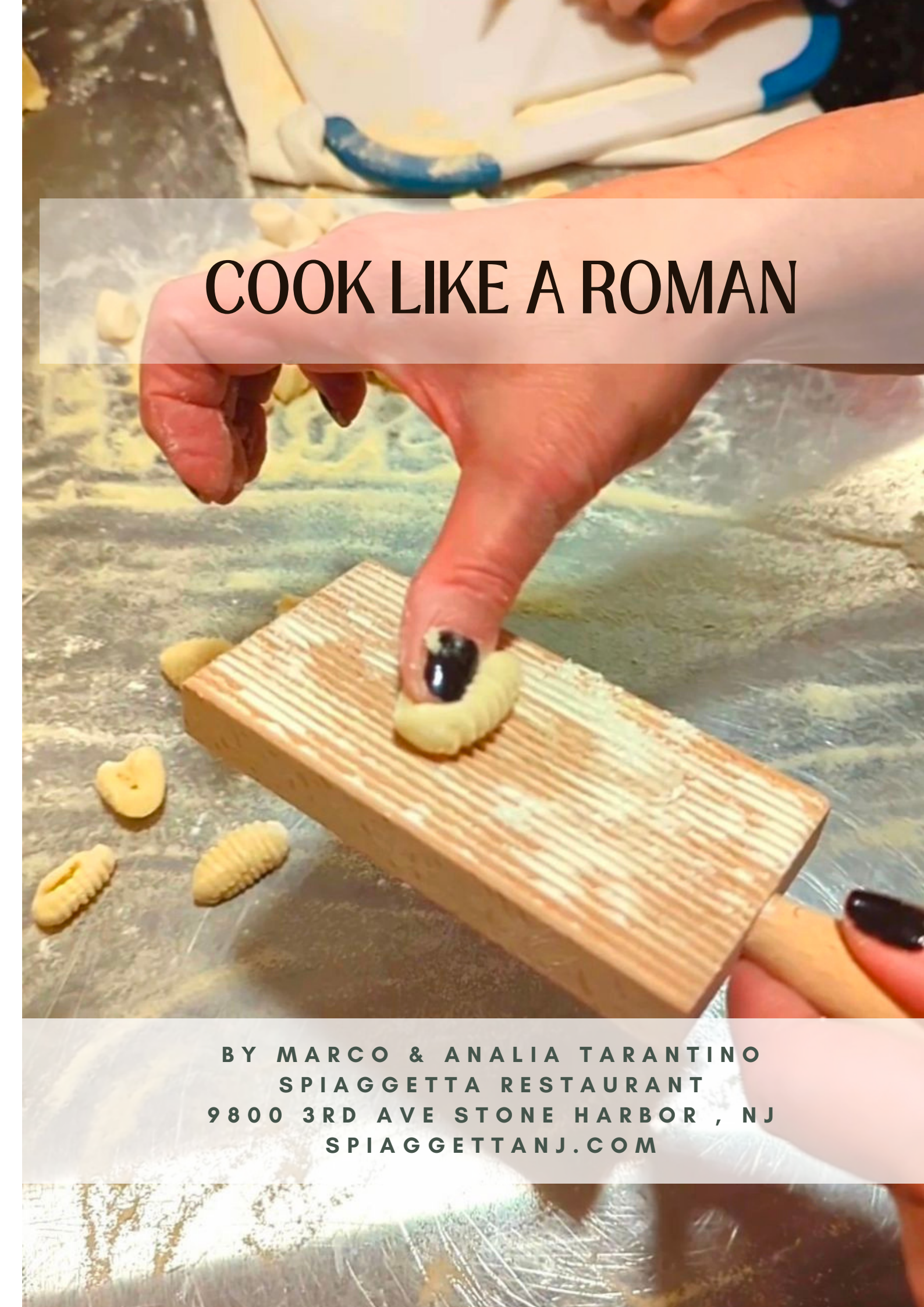




COOK LIKE A ROMAN

BY MARCO & ANALIA TARANTINO
SPIAGGETTA RESTAURANT
9800 3RD AVE STONE HARBOR , NJ
SPIAGGETTANJ.COM



“COOK LIKE A ROMAN”

Embark on a culinary journey to Rome without leaving the Jersey Shore. Spiaggetta invites you to savor the rich flavors of classic Roman cuisine. From regional specialties to timeless Italian favorites, experience the heart of Italy in every bite.



**By Analia and
Marco Tarantino**



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Bruschetta

Apples and Prosciutto

INGREDIENTS - 4/5 PEOPLE

- 1 baguette, sliced 1/2-inch thick
- 1/4 cup olive oil
- 4 spoons of mascarpone or other creamy tangy cheese
- 1/2 cup chopped fresh basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 apple, thinly sliced
- 4 slices prosciutto
- 1 teaspoon of honey
- Few leaves of arugula salad

NOTES :

- For a sweeter bruschetta, use a sweeter apple variety, such as Honeycrisp or Fuji. You can also
- drizzle balsamic vinegar glaze, instead of the honey, to the bruschetta before serving. Keep the sliced
- apple in water and in the fridge until ready to serve with few drops of lemon juice so it does not turn dark

HOW TO MAKE :

- Preheat the oven to 400°F .
- In a small bowl, combine olive oil, basil, salt, and pepper.
- Brush the baguette slices with the olive oil mixture.
- Bake for 10-12 minutes, or until the bread is golden brown
- In a small bowl combine the cheese with a pinch of salt and black pepper
- Spread the cheese on the toasted sliced bread
- Top each slice with apple slices and prosciutto and fresh arugula leaves
- Drizzle the bruschetta slices with the honey
- Serve immediately.



Enza's Potatoes Gnocchi

INGREDIENTS - 6 GUESTS

- 4 Potatoes (for 6 guests)
- 5 cups of All purpose flour
- 1/2 cup semolina
- 1 tablespoon salt
- 1 teaspoon ground black pepper
- 1/2 cup parmesan cheese
- 2 eggs

NOTES :

- Potato variety: Starchy potatoes like Idaho are ideal. Waxy potatoes will create a denser gnocchi.
- Don't overwork the dough
- Handle the dough gently and just enough to bring it together.
- Cook in batches: Avoid overcrowding the pot for even cooking.
- Sauce immediately: toss your cooked gnocchi with sauce right away to prevent sticking.
- Toss the gnocchi with your favorite sauce such as: brown butter and sage Simple tomato sauce creamy pesto sauce
- Finish with grated Parmesan cheese.
- Buy a potato ricer masher (about \$ 12 on Amazon)

HOW TO MAKE :

1.Prepare the potatoes:

- Scrub the potatoes clean.
- Boil potatoes, whole and unpeeled, in a large pot of salted water until fork-tender (about 25-30 minutes).
- Drain, let cool slightly, then peel the potatoes. Use a potato ricer or food mill to process the potatoes while still warm.
- Avoid a regular masher as this can make the dough gummy.

2.Make the dough:

- On a clean surface, mound the riced potatoes. Sprinkle with salt.
- Create a well in the center of the potatoes and add the egg yolk.
- Begin gently incorporating flour a little at a time, kneading lightly until a soft dough forms.
- Avoid overworking the dough, or it will become tough.

3.Shape the gnocchi:

- Divide the dough into quarters.
- Roll each quarter into a long rope about 3/4 inch in diameter.
- Cut the ropes into 1-inch pieces.

4.Cook the gnocchi:

- Bring a large pot of salted water to a boil.
- Add the gnocchi in batches. They are cooked when they float to the surface (about 2-3 minutes).
- Remove the cooked gnocchi with a slotted spoon.



Tuscan Gnudi - Spinach Gnocchi Ravioli filling-

INGREDIENTS FOR ABOUT 25/30 DUMPLINGS

- 1 cup cooked/chopped spinach
- 1 ½ cup Ricotta (15 oz)
- ½ cup Parmigiano Cheese
- 2 Eggs
- 1 cup Flour
- Salt / Pepper / Nutmeg

NOTES :

- The dumplings should rest, covered with a plastic film, in the refrigerator , for about 1/2 hour before cooking them.
- You may place them in a baking pan, once they are cooked, dressing them with the butter and sage sauce and bake them for 5/10 minutes before serving them
- Butter and sage sauce is our favorite sauce, however a parmigiano cream sauce, and alfredo sauce and even a light marinara sauce can be used.
- Use the compost to filling delicious ravioli

HOW TO MAKE :

- Cook the spinach, let it cool and squeeze all the water out of it.
- Chop it small and then measure it in the cup.
- Add the Ricotta and Parmigiano Cheese.
- Add the egg and mix very well.
- Season it with salt, pepper, and nutmeg to taste.
- Slowly add the Flour a little bit at a time. Depending on the water content of the spinach, it may require either more or less flour. Make sure the dough is not too hard or not too soft.
- Prepare a bowl with flour. Scoop out small balls of the mixture, drop them in the flour and roll it out into balls well coated with the flour and set them on a platter.
- Meantime, bring a pot of water to a boil, add salt and drop few dumplings to cook for a couple of minutes.
- They will be ready when they rise to the top
- Repeat the operation until all the gnocchi are ready
- Serve with Brown Butter Sage or light tomato sauce.



Marco's Rigatoni all Amatriciana

INGREDIENTS - 4 TO 6 GUESTS

- 3 teaspoons extra-virgin olive oil
- 8 ounces Guanciale cut into 2-inch strips
- 1 (28/30-ounces) can of whole tomatoes hand crushed
- 1 pound short rigatoni (mezze) or other short, tubular, ridged pasta
- ¼ cup grated Pecorino Romano

NOTES :

- Consider using a combination of fresh Roma tomatoes during their season and canned tomatoes.
- San Marzano tomatoes are suggested
- Keep the Guanciale you plan to add to your plates at the end dry on a paper towel to prevent it from becoming saturated in oil.
- For a touch of heat, I enjoy adding a bit of hot red pepper to the sauce while it's simmering.
- I generously top my pasta with pecorino cheese.
- Grate your own cheese.
- Before the grated pecorino is sprinkled on the pasta, you may add a few drops of good olive oil.
- Guanciale (salt cured pork jowl) can be easily ordered online, however Pancetta can be used instead

HOW TO MAKE :

- In a small skillet over low heat, warm 1 teaspoon of olive oil. Add the guanciale when the oil begins to shimmer.
- Cook for approximately 10 minutes, stirring frequently, until golden brown and crisp.
- Remove the pan from the heat and set aside.
- In a large skillet over medium-low heat, heat the remaining olive oil. Add the tomatoes and raise the heat to medium.
- Cook for about 15 minutes, or until the sauce has slightly reduced and the acidity has diminished.
- Add half of the guanciale and rendered fat to the tomato pan. Incorporate ¼ of the pecorino cheese and stir over medium heat until the sauce turns a lighter red color.
- Meanwhile, bring a large pot of water to a vigorous boil over high heat.
- Salt the water. Add the pasta when the salt has dissolved.
- Cook until very al dente; then drain, reserving the cooking water.
- Toss the pasta in a large pan and add the sauce with a splash of the cooking water, add more pecorino cheese (Romano Cheese)
- Keep tossing until the sauce is thick to your liking
- add a pinch of red peppers seeds if you like it)
- Top the dish with more pecorino cheese



Saltimbocca alla Romana

INGREDIENTS - 4 PEOPLE

- Veal or Chicken cutlets:
- 8 thin cutlets (pounded to about ¼ inch thickness)
- Prosciutto: 6-8 slices Sage leaves: 1 fresh leaf per cutlet
- White wine: ½ cup
- Butter: 2-3 tablespoons
- Olive oil: 1-2 tablespoons
- All-purpose flour: For dusting Salt and black pepper:
- To taste Toothpicks

NOTES :

- Pounding the meat is important because it ensures even cooking and tenderness.
- Fresh sage: provides the signature flavor.
- Don't overcook the meat: It gets tough quickly.
- Aim for a slight pinkness in the center.
- Variations: Some recipes include a little lemon juice in the sauce for brightness.
- In Rome the melted cheese is not offered , however in US it is often added.

HOW TO MAKE :

- Prepare the veal: Pound the meat cutlets to an even thickness. Season both sides with salt and pepper.
- Assemble the Saltimbocca: Lay a slice of prosciutto on each cutlet. Top with a sage leaf and secure with a toothpick.
- Lightly dust the meat with flour on both sides.
- Cook: Heat olive oil in a large skillet over medium-high heat.
- Add the meat prosciutto side down.
- Cook for 1-2 minutes (3-4 for chicken) until golden.
- Flip and cook for an additional minute.
- Deglaze and finish: Remove the meat and set aside.
- Deglaze the pan by adding the white wine, scraping up any browned bits.
- Reduce the wine slightly. Add the butter and swirl the pan until it melts.
- Serve: Return the meat to the pan to warm through.
- Plate the cutlets and spoon the pan sauce over the top. Enjoy immediately!



Ciambelline al vino

INGREDIENTS FOR ABOUT 20 COOKIES

- 3 cups Flour
- 1 teaspoon Baking Powder
- 1 teaspoon Salt
- 2 teaspoon cacao
- $\frac{3}{4}$ cup Sugar
- $\frac{3}{4}$ cup Olive Oil
- $\frac{3}{4}$ cup White Wine
- 1 Teaspoon Vanilla Extract

NOTES :

- You can use red wine, anisette, brandy or coffee liquor instead of the white wine
- Crushed hazelnuts or walnuts can be added to the mix
- In the countryside of Rome, Ciambelle al Vino, a traditional cookie, is typically enjoyed as a post-dinner dessert, accompanied by a glass of sweet wine to complement its crunchy texture.
- However, we delight in dunking these cookies into coffee for breakfast or savoring them as a snack at any time of day.
- Despite being prepared with wine, these addictive cookies are safe for children to enjoy.

HOW TO MAKE :

- Mix all the dry ingredients together and sift them.
- Mix sugar, oil, wine and vanilla extract together until the sugar has melted.
- Slowly add the dry ingredients a little bit at a time.
- Make sure the dough is not too hard or not too soft.
- Roll out into dowels of $\frac{1}{2}$ inch thick and about 5 to 6 inches long.
- Shape into a circle and dip one side only into granular sugar or crystal raw sugar.
- Bake for 40 minutes in a 325° Oven.



Fresh pasta dough For Fettuccine, Ravioli and Pappardelle

INGREDIENTS

- 1 Egg per person
- 3/4 of Flour per person
- Salt and pepper

NOTES :

- The pasta sheet can be used for any pasta creation, like ravioli (you can use the Gnudi as a filling)

HOW TO MAKE :

- Make a well and deposit both the white and yolk in the well
- Mix together, fold the dough
- Add a little water (some extra virgin olive oil can be used as well) if the dough is too hard.
- Roll it with a pin
- Once the dough is thin to your liking, cut the pasta
- Boli and serve with you favorite sauce



Analia's Tiramisu

INGREDIENTS -6 TO 8 PEOPLE

- 1 lb. of mascarpone cheese
- 6 tablespoons of sugar
- 4 jumbo eggs (separated)
- ¼ tsp of cream of tartar
- 16/20 lady fingers
- coffee (espresso blend)
- Cognac and Coffee liquor or any favorite (as much as you like)

NOTES :

- Refrigerate for a couple of hours before serving.
- Best if made the day before.
- When mixing the whites and and yolk mixtures, doing slowly, without breaking the whites

HOW TO MAKE :

- Separate the eggs yolks from the whites in two separate bowls (preferably metal)
- In the first bowl , beat the egg yolks and sugar until creamy.
- Continue beating over a double-boiler for 2 more minutes.
- Remove from the flame and add the mascarpone cheese and beat just until well blended and creamy... do not over beat.
- In a separate bowl , beat the whites adding the cream of tartar , until they start creating peaks
- Add slowly with a folding motion, the creamy yolk mixture with the white until evenly mixed.
- Soak the ladyfingers in the coffee and arrange in a row, add the cream on top and repeat the layering as often as you like.
- Can use a flat serving dish or deep dish.
- Refrigerate for a couple of hours before serving.
- Best if made the day before.
- Sprinkle cocoa powder over the top just before serving.





What's Roman Cuisine?

Roman cuisine draws its origins from the humble beginnings of the Italian countryside. Simple ingredients, fresh and seasonal, formed the cornerstone of their diet. Peas, artichokes, fava beans, and cheeses like Pecorino Romano and ricotta were staples. Olive oil was liberally used with vegetables, while pork fat often enhanced fried dishes. The cuisine's simplicity and focus on robust flavors continues to influence modern-day Italian food.

Roman culinary practices evolved considerably over time. As the empire grew, so did the variety of foods available. Contact with diverse cultures throughout the empire brought new ingredients, cooking techniques, and a growing distinction between the diets of wealthy Romans and the everyday citizen. Still, the emphasis on fresh produce and uncomplicated preparations remains a hallmark of Roman-influenced cuisine, making it beloved around the world.

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