



RADISSON COLLECTION  
ROMA ANTICA

RADISSON COLLECTION  
GASTRONOMY  
SERIES

A ROMAN GUIDE FOR FOODIES



# INTRODUCTION

It may be surprising to learn that what we refer to as “Italian cuisine” does not really exist as a concept. Or rather, strictly speaking, there is not “just one” Italian cuisine. Perhaps this designation came into being thanks to the millions of Italian families who crossed the Atlantic Ocean between the Unification of Italy (1861) and the early 20th century. In fact, they brought with them customs and traditions from their villages of origin, which were later assumed to be a generic model of the Italian way of doing things. Italy as we know it today was born at the end of the 19th century and became a Republic only in 1946. Therefore, everything we generically define as “traditional”, including food, often traces its roots back to a time when Italy was not united and a single Italian identity did not exist. Consequently, Italian cuisine still varies a lot from place to place. This is due to the historical and institutional nature of the

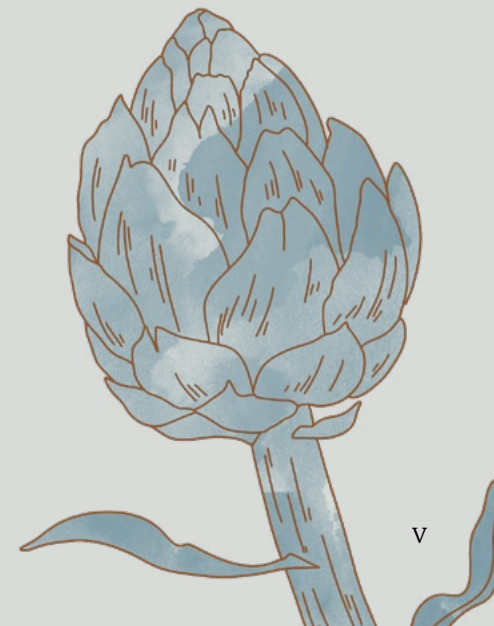
Italian territory, which influenced the food that was served on the table. It would deeply vary based on whether it was the court of a great kingdom (like Naples), a maritime republic (like Genoa), or the houses of peasants that stood on the soil of the Papal States. It is also due to the geographical nature of Italy, as this small peninsula - which is not even half the size of any state in the United States of America - hosts the highest mountains in Europe to the northwest, bordering France, as well as islands featuring a unique Mediterranean climate, such as Sicily, which is closer to Africa than to the rest of the Old Continent. Even today in certain regions in Northern Italy foods that are considered typically Italian abroad - such as tomato sauce, pasta, or pizza - are not commonly eaten, as exquisite and complex dishes based on non-Mediterranean ingredients prevail.

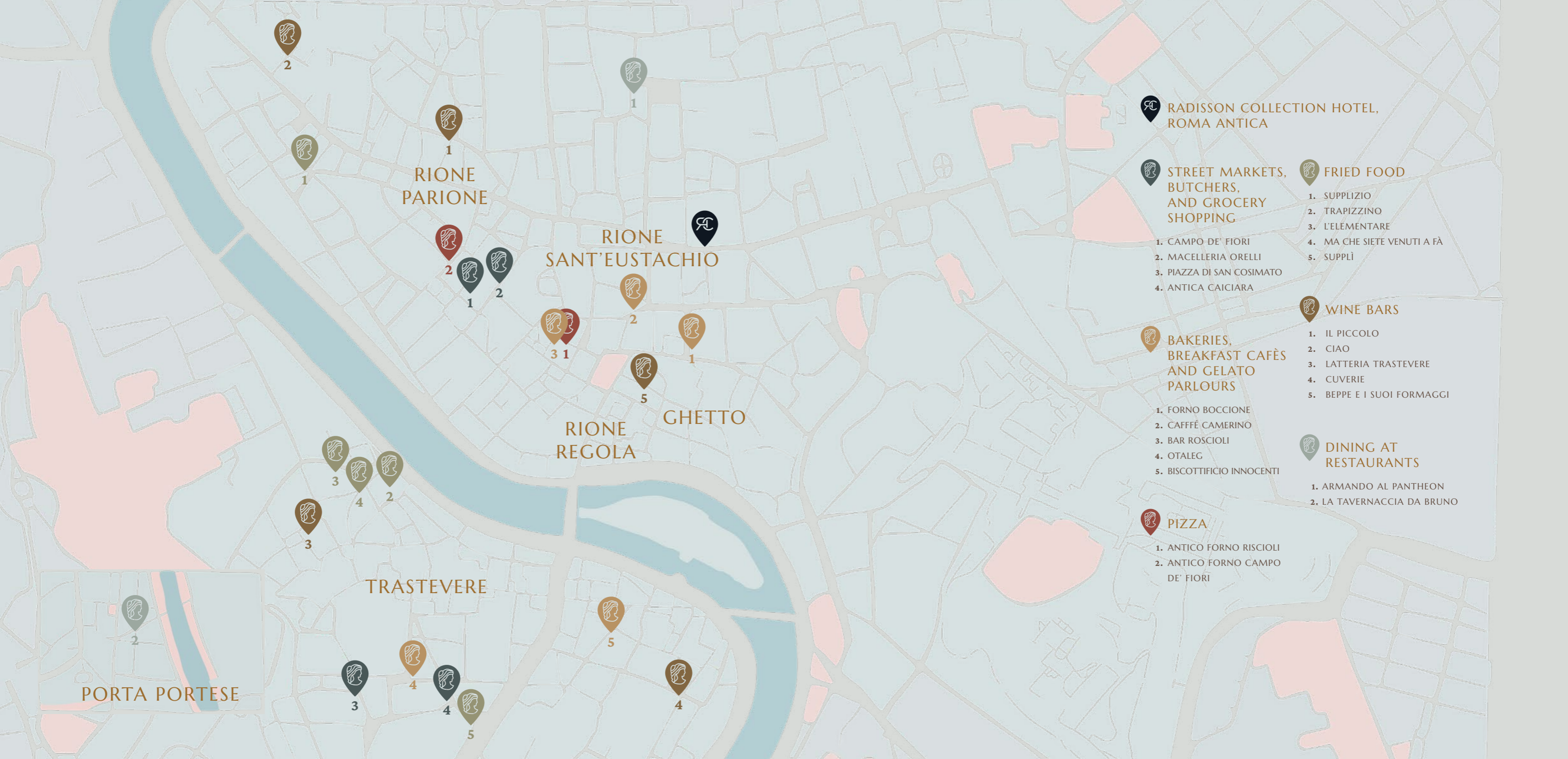
*Therefore, now that the necessary premises were made, what are the specific characteristics of Roman cuisine?*

Roman cuisine, including the local Jewish cuisine, is pungent, salty, intense, but extremely simple. It is not particularly elaborate either in terms of preparations or ingredients. It is a quick and extremely nutritious cuisine, suited to decisive palates. It does not extensively use tomatoes, garlic, and other “sweet” ingredients favoured by Southern Italian cuisine. Even in pastry, Roman cuisine is not known for sweetness and uses dry ingredients - such as almonds - instead of fresh ones, with notable exceptions such as the *crostata con ricotta e visciole* (tart with ricotta and sour cherries)

or the *maritozzo*. Nevertheless, it can be an extremely technical cuisine, especially when it comes to apparently simpler recipes, such as *cacio e pepe*, which is made up of only two ingredients, but requires a very precise balance of flavours. Roman people deeply care about their traditional dishes and can be quite inflexible in their gastronomic judgments, which is why it comes in handy to have a list of spots visited by locals where to stop by. In the historic centre of Rome, always so crowded with tourists, the going gets tough and the challenge becomes really interesting.

Below a Radisson Collection must-visit places, *buon appetito!*





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RIONE  
PARIONE

2

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2

3

1

RIONE  
REGOLA

2

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RIONE  
REGOLA

RIONE  
GHETTO

3

4

2

3

TRASTEVERE

3

4

4

5

5

4

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RADISSON COLLECTION HOTEL,  
ROMA ANTICA

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STREET MARKETS,  
BUTCHERS,  
AND GROCERY  
SHOPPING

- 1. CAMPO DE' FIORI
- 2. MACELLERIA ORELLI
- 3. PIAZZA DI SAN COSIMATO
- 4. ANTICA CAICIARA

1

FRIED FOOD

- 1. SUPPLIZIO
- 2. TRAPIZZINO
- 3. L'ELEMENTARE
- 4. MA CHE SIETE VENUTI A FÀ
- 5. SUPPLÌ

1

WINE BARS

- 1. IL PICCOLO
- 2. CIAO
- 3. LATTERIA TRASTEVERE
- 4. CUVERIE
- 5. BEPPE E I SUOI FORMAGGI

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BAKERIES,  
BREAKFAST CAFÈS  
AND GELATO  
PARLOURS

- 1. FORNO BOCCIONE
- 2. CAFFÈ CAMERINO
- 3. BAR ROSCIOLI
- 4. OTALEG
- 5. BISCOTTIFICIO INNOCENTI

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DINING AT  
RESTAURANTS

- 1. ARMANDO AL PANTHEON
- 2. LA TAVERNACCIA DA BRUNO

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PIZZA

- 1. ANTICO FORNO RISCIOLI
- 2. ANTICO FORNO CAMPO DE' FIORI



PORTA PORTESE

*A unique map to discover the best of Roman gastronomic culture: each stop represents a place of excellence, a bearer of authentic flavours, tradition, and passion.*




## SHORT GUIDE ON WHERE TO EAT IN THE HISTORIC CENTRE OF ROME AND TRASTEVERE STARTING FROM THE RADISSON HOTEL ROMA ANTICA

The are five main areas of gastronomic interest near the hotel, which are reachable in about 20 minutes on foot: *Ghetto, Rione Regola, Rione Parione, Rione Sant'Eustachio,* and *Trastevere*, the latter being located on the other side of the Tiber River.

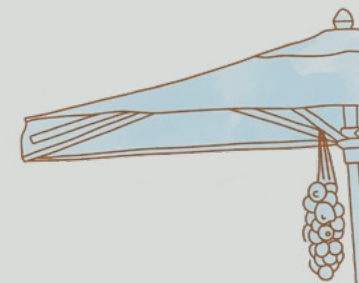


# STREET MARKETS, BUTCHERS, AND GROCERY SHOPPING

In Rome, there are several street markets of many different types. They are very popular, but they open only in the mornings and early afternoons until around 2 pm, while they are closed on Sundays. Since the city centre is clearly touristy, the reference market of the neighbourhood, **♥ CAMPO DE' FIORI**, is mostly for tourists, with some exceptions. Cristina's fruit and vegetable stand sells seasonal produces from the Roman countryside at fair prices and is used by the last few locals living in the historic centre. It is located in front of the Cinema Farnese and if you look towards the statue of Giordano Bruno, it is the first stand on the left. To buy your meat, the place to go is definitely the **♥ ORELLI BUTCHER SHOP** in Piazza del Biscione, which



displays the word *polleria* (poultry shop) in cursive on its outdoor sign. If you want to purchase some fish, it is suggested to go to the market stand in **♥ PIAZZA DI SAN COSIMATO**, in Trastevere, on Tuesdays and Fridays (the days when fresh fish arrives in Rome). In Trastevere, specifically in Via di S. Francesco a Ripa, you will also find the historic deli **♥ ANTICA CACIARA**, which sells exquisite Roman deli products and is famous for the intense smell of pecorino romano that pervades the surrounding area. Finally, to properly honour the cold cuts and cheeses, good bread will be obligatory (or maybe even a piece of oily *pizza bianca*). For this purpose, two exceptional bakeries are recommended, which you can find in the paragraph about pizza.



# BAKERIES, BREAKFAST CAFÈS AND GELATO PARLOURS



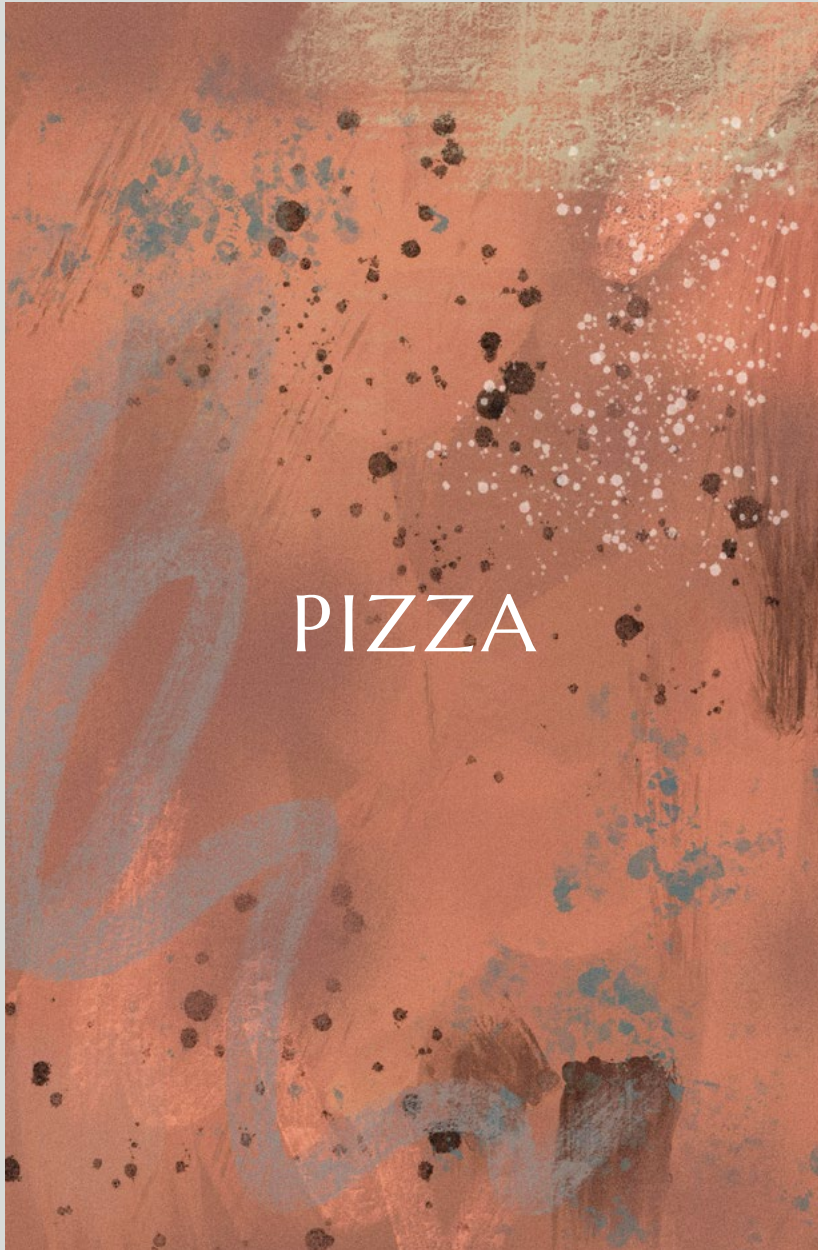
Dating back to the late Renaissance, the Jewish Ghetto of Rome is the second oldest in the world after the one in Venice, which was built forty years earlier. It covers a very small area where a disproportionately high number of restaurants serving alleged Roman Jewish cuisine are concentrated, with artichokes mysteriously served all year round, even out of season. Overlooking Via del Portico d'Ottavia is the legendary **FORNO BOCCIONE** di Vilma Limentani, strictly closed on Saturdays, where you can enjoy the best traditional torta di ricotta e visciole, which is served whole or sliced and can be savoured while strolling or sitting on the edge of the stunning fountain of Piazza Mattei. Managed by six women, the Forno is a true institution.

In the list of sweet delights of the Roman tradition, the maritozzo cannot be overlooked, both in its typical breakfast version - with cream (at **CAFFÈ CAMERINO** - the three "f's" are not a typo, go and discover why!) - or in its savoury version, for a fresh and quick lunch (at **BAR ROSCIOLI** in Via dei Giubbonari).

For gelato, you must head to **OTALEG**, in Via di San Cosimato, in Trastevere. Marco Radicioni is a genius for taste: he prepares traditional ice creams and amazing sorbets, both in their seasonal fruit and dairy-free version, and with more creative and unusual combinations of flavours, but always spot-on. This is a place to come back to for more than one tasting: once, twice, three times a day.

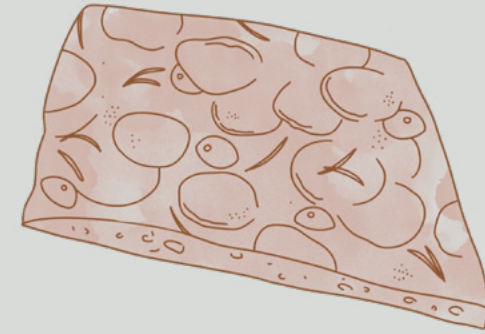
If you are tempted to try traditional Roman biscuits and want to take a stroll in the all too neglected world of "dry" pastry, you must try **BISCOTTIFICIO INNOCENTI** in Trastevere, in Via della Luce. You will get there by crossing the picturesque bridge over the Tiber Island, which connects the Synagogue to the less gentrified and chaotic part of the Trastevere neighbourhood, the so-called Ripa. There are no signs outside, but the intense smell of toasted almonds and honey will guide you there. Here, the legendary brutti ma buoni ("ugly but good") biscuits and the super crumbly ventaglietti (little fans) are a must-try. While you are at it, go admire the sculpture of Blessed Ludovica Albertoni by Baroque artist Gian Lorenzo Bernini in the Church of San Francesco a Ripa, which, just like the Innocenti ventaglietti, never gets old.



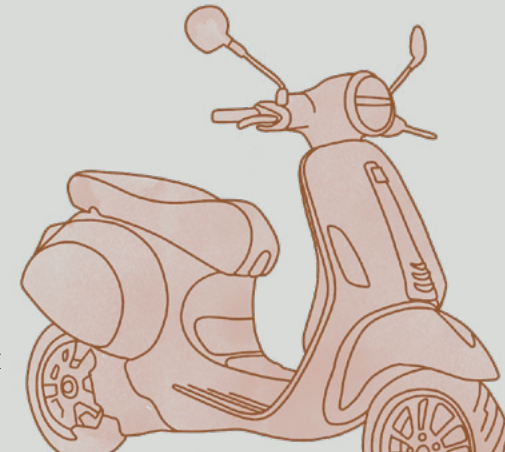
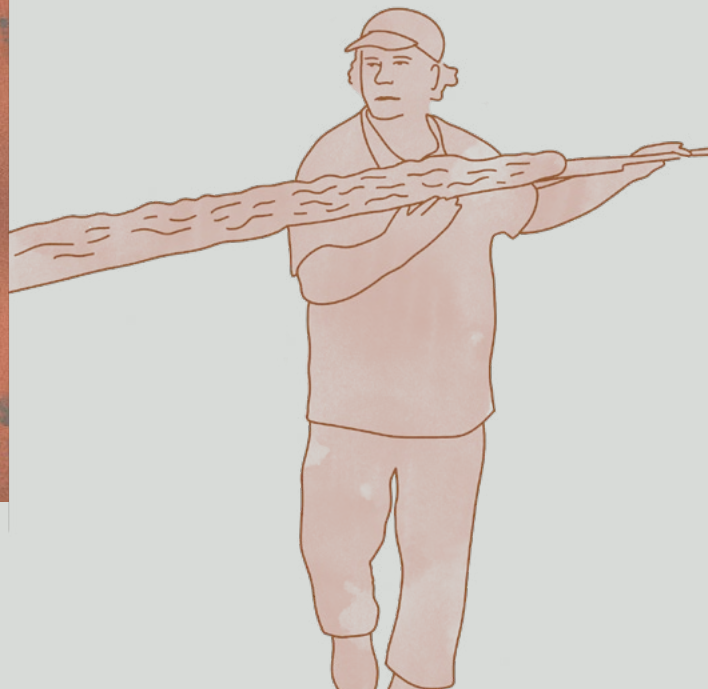


# PIZZA

Roman pizza al taglio (pizza by the slice) is not the round Neapolitan pizza we all know: it is thin, crispy, baked in a tray, often without cheese, at least in its classic versions. Above all, it is eaten on the go, even for breakfast or a snack - white, open-faced, with mortazza (mortadella) inside. It is such a staple in the Roman diet that there is a pizzeria every few steps, and it can be considered the true street food in Rome. Obviously, there are contemporary versions as well, which are more similar to focaccia, filled or topped with the most bizarre and original ingredients. However, when it comes to tasting the real Roman pizza al taglio, you must go for the timeless classics: white (plain, with mortadella, porchetta or prosciutto), red (with



tomato sauce), and pizza with potatoes. It just so happens that between Largo Argentina and Campo De' Fiori there are two very important bakeries, both dating back to the nineteenth century, family-run and rightly renowned. Treat yourself and try them one after the other for comparison (the quality is very high and the price moderate, so it is only a matter of personal taste!): **ANTICO FORNO ROSCIOLI** in Via dei Chiavari, and **ANTICO FORNO CAMPO DE' FIORI**, overlooking the square of the same name. Avoid peak lunchtime hours at Roscioli on holidays, because the queue can be endless.



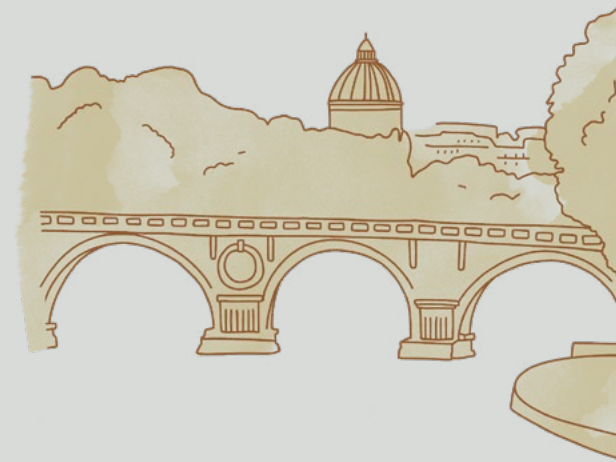
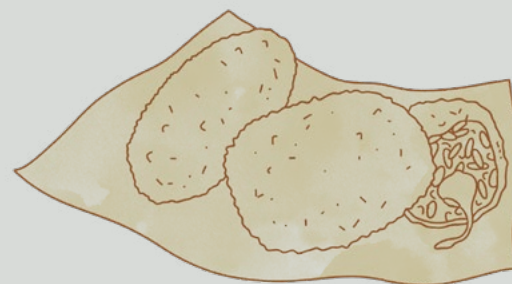




# FRIED FOOD

If pizza al taglio is the queen of street food, fried food is its jester: playful and indispensable. And among them, the supplì is definitely the first to be mentioned. Forget about the Sicilian arancino: although the concept is similar, they are two profoundly different things. The traditional Roman supplì is a slightly oval ball of rice - often Arborio rice -, which is cooked in a sauce usually enriched with minced beef or veal, with spices and herbs that vary from recipe to recipe and with a cube of fior di latte cheese at its heart. The ball is then dipped in seasoned beaten eggs and rolled in breadcrumbs twice and, finally, deep-fried in abundant oil. Based on this traditional recipe, bizarre variants - sometimes very good ones - have been created in recent years. In the spots listed for you, it will be worth trying the supplì, from the classic to the most original ones. You can have a proper tour of Roman street fried food in this area and enjoy moments of intense pleasure.

Start at **SUPPLIZIO** in Via dei Banchi Vecchi, where even wine and potato croquettes are excellent, and fried anchovy meatballs stand



out. After strolling along the elegant Via Giulia, cross Ponte Sisto and head to **TRAPIZZINO**, in Piazza Trilussa, to try any seasonal supplì or the potato croquette with smoked provola cheese. A few metres away from Trapizzino, you can find **L'ELEMENTARE** pizzeria - where the fried food is exceptional - and order ajo, ojo e peperoncino (garlic, oil and chilli pepper) or the pasta frittata with potatoes. If you dare, order some fried lasagna too, and then sit down at the pub across the street (**MA CHE SIETE VENUTI A FA'**) to have a craft beer and catch your breath. Finish with a classic supplì and one with cheese, pepper, and candied lemon at **SUPPLÌ**, better known by the Trastevere locals as Venanzio, in Via di San Francesco a Ripa. It has the best red sauce for a classic supplì and, in spring, it serves breaded and fried artichoke quarters that are to die for!



# WINE BARS

If it is time for an aperitivo and you want a good glass of wine served at a table in a crowded and lively pedestrian alley in the centre, the right place for you is ♥ **IL PICCOLO**, an institution for all Romans and travellers alike who enjoy a drink in good company. It gets really chaotic at weekends, so you had better like crowds!

If you would like to opt for something that is totally different, you may want to visit ♥ **CIAO**, a small wine bar located in Vicolo di S. Celso run by two young brothers. It sells natural wines by the bottle or the glass as well as excellent deli products.



Finally, if you crave good food to pair with an excellent selection of wines - especially local ones -, you may want to stop by the aforementioned Trappizzino (avoid peak hours and holidays), ♥ **LATTERIA TRASTEVERE** in Vicolo della Scala 1, or the delightful wine bar ♥ **CUVERIE** in Via Santa Cecilia 1, which is located near the basilica of the same name and the spectacular church of Santa Maria dell'Orto, which has served as a set for many Italian films.


Lastly, for a remarkable pairing of wines and cheeses - especially Piedmontese ones (but not only) -, ♥ **BEPPE I SUOI FORMAGGI**, in the Ghetto, is always a guarantee.

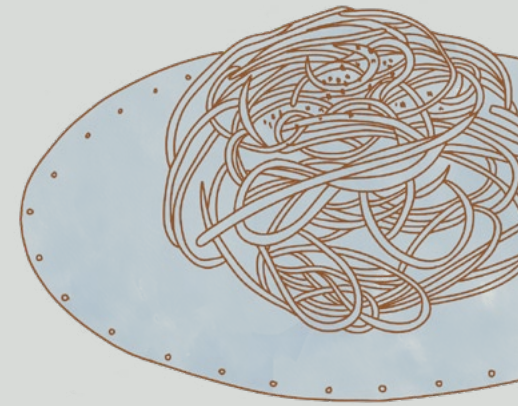




# DINING AT RESTAURANTS

Eating out in Rome can be an ecstatic experience, but it may disappoint you if you are not steered in the right direction, especially in the historic centre. The recommended restaurants below all specialise in Roman cuisine but are quite different from one another. Booking a table is always advised.

At  **ARMANDO AL PANTHEON** the spaghetti cacio e pepe and the “Antica Roma” cake are noteworthy as well as their wine list and the view of the Pantheon, a classic that defies the passage of time.



Moving down in price, a good option is  **LA TAVERNACCIA DA BRUNO**, in Trastevere, near Porta Portese - where one of the most incredible flea markets in Italy, and one of the largest in Europe, takes place every Sunday morning -, in Via Giovanni da Castel Bolognese. Appetisers, meat, and pasta dishes are all exceptional. Chef Giuseppe Ruzzettu will never disappoint you!





*Texts by Arianna Pasquini.*

