

EATING OUT in Rome

PLACE	Rome, ITALY	22°C
DATE	October 2010	
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n Twitter)

perfect for daytime strolling,
cool enough in the evening to
wear a chio scarf



ola

GELATO! Gelato is everywhere in the eterna ity, but too much of it is made from artificially flavoured mix – regrettable and f ittable. The glass cases of brightly coloured gelato mountains may look pretty, but they taste more like sugar and preservatives than the advertised flavour. Splurge on the artisanal stuff instead. The gold standard is Il Gelato di San Crispino (I know... it's franchised, it's in *Eat, Pray, Love*, it's not cheap, and servers can be surly... but it is SO worth it!). This is the place for the gelato aficionado. Ingredients are all natural and only used at their prime (so if you want wild strawberry, come in June). They even lose money on some flavours (the zabaglione has 30-year old De Bartoli Marsala). San Crispino stores each flavour at its ideal temperature, to the 10th of a degree. o es are *proibito* (forbidden) – they could interfere with the delicate flavour balance. Go out of your way to eat this *delizioso* ice cream! Must try flavours: Vanilla chocolate, honey, pink grapefruit, and arolo.

IL GELATO DI SAN CRISPINO

Via della Panetteria 42,

Rome 00187

Via Acaia 56,

Rome 00183

Terminal A, Fiumicino Airport

www.ilgelatodisancrispino.it

WINDOW SMELLING Romans know their food, and it is a joy just to wander through their markets and food shops, soaking in the sights and smells. Many delicacies can't be brought home – they're either too fragile, or subject to confiscation by customs. So, sniff your way around Roman markets. Look particularly for local Lazio region products such as buffalo mozzarella, Pecorino romano, porchetta, peppers, and wines. If you visit in autumn, stick your nose in the window of a shop selling truffles. Inhale deeply. Repeat until someone demands to take your place. If you can afford it, and your home country allows you to import it, pick up some white truffles. Your eyes don't deceive you: that's 360 Euro, per 100 g.

LOCAL PRODUCT FOOD SHOPS

Mia Market

Via Panisperna 225,

Rome 00184

Enoteca

Largo del Foro Traiano 82/84,

Rome 00184



Truffles in window



Pasta with truffles

LUNCH WITH A ROMAN FAMILY

More economical is to eat your truffles at a traditional Roman trattoria. My favourite is Trattoria Monti, which specializes in Marche region cuisine. It is family run, relaxed, frequented by regulars, and very friendly. I asked what our table neighbours were drinking, and the owner grabbed the bottle off their table and poured me a glass! (It was Sicilian Muscato dessert wine – yum). I doubled my lifetime truffle consumption in one dish here – heavenly linguine with butter and mountains of shaved black truffle.

TRATTORIA MONTI

Via di San Vito 13,

Rome 00185

For more advice about eating in Rome, visit www.TravelEater.wordpress.com

For more photos of Rome by Joe Ronzio, visit www.flickr.com/photos/joeronzio/

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