



TASTING ROME

DAY 5: SWEETS, DRINKS & PRESENTATIONS

**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"

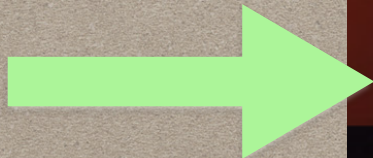
Performed by

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



SWEETS

- Like salads, sweets not a meaningful part of most Italian meals (but are expected in a US cookbook)
- They are also rarely made: you generally would purchase a dessert for a nice dinner from a bakery, or you would go out for a walk and a gelato after dinner
- Still, there are some desserts of interest here.



AFFOGATO AL CAFÉ

- A perfect example of two things Italians would *never* make at home: espresso and ice cream
- Their recipe calls for zabaione, which is fine, but can be done with any gelato
- That said, a perfectly authentic Italian thing to order in a restaurant or bar/caffé.



CASTAGNOLE

- Fried balls of dough, coated in sugar. If only we had a name for this in English...
- Called castagnole (little chestnuts) in Italian
- Unlike similar US desserts, made with a variety of citrus and other flavors (lemon juice, orange juice); would probably be better if you added the zest as well
- Sambuca



GELATO

- Romans eat gelato all year, not seasonally
- Quality ranges from low to very high, in all parts of the city
- Over 2,500 gelaterie to choose from. Look for artisanal, fresh, seasonal, etc. GROM is one of the places that lead the gelato revival
- Coppa/coppetta o cono?
Gusti? Panna? Price.



PANNA COTTA

- Their recipe is not super interesting, but panna cotta is a very Italian dessert, on every menu (along with tiramisù)
- Translates a “cooked cream,” it is essentially a flan
- A certain *idea* of dessert: a cooked, slightly sweet milk product



GRANITA DI CAFFÉ

- It is *never* too hot to have coffee; this is not an iced coffee or a substitute for coffee, but a dessert or snack
- Like all *granite*, from Sicily
- Not a sorbet; the grains are pleasingly large, rustic in a granite. Made by scraping the liquid periodically with a fork as it freezes



CHEESECAKE

- Cheesecake is very common in Italy, but very different, generally referring to a slightly sweet, very simple cake of baked ricotta with a breadcrumb crust
- Flavors, if any, are light: vanilla, almond, pine nuts, perhaps hazelnuts or apples
- This is more a cross between an American cheesecake and an Italian one
- But sour cherries (*visciole*)!





La cucina di Vane
Semplici di Bontà



BRUTTI MA BUONI

- Hazelnut meringues
- The Italian love of hazelnuts cannot be overstated
- Plain meringues can be overly sweet, and are often overcooked until they are dry
- Properly cooked, however, they are an excellent use for all those unused egg whites after you make carbonara; sweet, but not excessive, crunchy exterior, soft but stretchy interior



DRINKS

- Largely here because of the US cocktail fad. Italians are drinking more beer, but very little in the way of cocktails; in the US, every fine restaurant has a list of special house cocktails; in Italy, none do
- This book oddly dodges the few actual Italian cocktails: the traditional spritz, the Campari orange, the Americano, the Negroni, and the Negroni sbagliato.



CARBONARA SOUR

- No. Just no.
- Bacon-infused alcohol was heinous even when it was the cool thing for hipsters to do 10 years ago.
- This drink is a perfect example of the #1 problem in cocktail culture: concept prevails over content
- Sure: it technically has bacon, eggs and pepper in it—so it's a carbonara cocktail! (In reality, this would taste substantially better if you removed two ingredients: the bacon and the pepper)



CINQUIÈME ARRONDISSEMENT DEL GIN CORNER

- Why is there a French and English cocktail in this book? Why?
- Gin is the least Italian liquor. I am tempted to say it is the opposite of Italy in every way (yes, I know it's in a Negroni and Americano, but it's still the opposite of Italy)
- The addition of wine is not enough



COSA NOSTRA

- Admittedly a good name
- This is a reimagining of my favorite drink, the Old Fashioned, but in an Italian key. I am willing to give it a try. I will report back.
- Bourbon + simple syrup + three dashes of (Italian) bitters
- Fernet Branca!



COSA NOSTRA

- It was surprisingly decent
- The Fernet, unbearably nasty by itself, gives a pleasingly spicy/funky background note
- If anything, it doesn't taste sufficiently different from a normal Old Fashioned.
- Admittedly, I didn't have a Rabarbaro Zucca (made from rhubarb, not pumpkin) bitters on hand



CYNAR SPRITZ

- Sure, add Cynar (made with artichokes) instead of Campari to Prosecco and call it a Roman cocktail. The concept is fine, and the flavor would be fine too
- Fine because Cynar tastes nothing like artichokes
- It won't be as pretty, however. Cynar is reddish-brown rather than bright red



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