

PLACE • FOOD • TRADITION

# FLAVORS OF ROME



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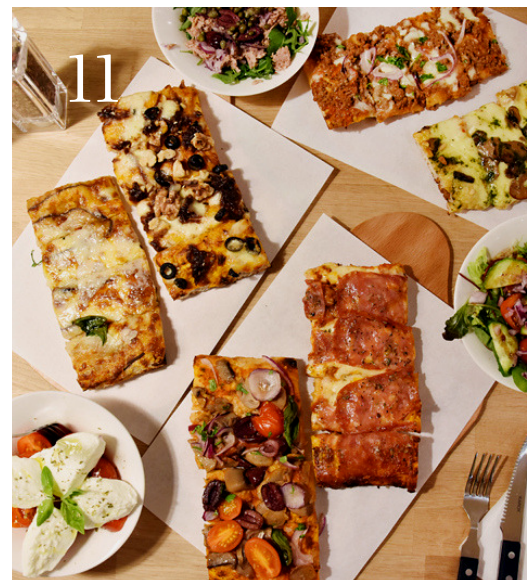
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**This ebook was created by travel experts that make up the Falcor travel's team. Here we'll introduce you the typical dishes of Roman cuisine as they are, to help you enjoy even more the whole splendor of the eternal city. Enjoy this ebook and fall in love with Rome and it's cuisine. Are you ready?**

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**FALCOR TRAVELS**

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# ROME

## *THE PAST, PRESENT AND FUTURE*

To arrive in Italy for the first time and visit its capital Rome, is a memorable experience. For this city, so beloved by the foreigners, is unlike anything you have ever seen. The first thing that comes to your mind is "history," and for the very reason Rome is the capital of modern civilization, land of great emperors, kings and princes.

The simplest details accentuate the city's sumptuousness, for example, its fascinating and curious architecture that testifies to the various eras and styles. Strolling around Rome is undoubtedly a walk through the past and present. Most of the city we see today hides underground secrets that most of us don't realize. If it's your first time in the city you will be enchanted, and if you have already visited, we can assure you there is much more to discover. Because in Rome, everything goes far beyond the trivial sights by those passing by.

Founded on the banks of the Tiber river, approximately 2,700 years old over 7 hills, Rome is located exactly 28 km from the sea. Today, this city is included in the ranking of the of the most populated capitals in the world.

## THE MAGICAL CITY

Strolling through the Eternal City is something beyond the ordinary, Rome is charming, magical and enthralling. It's wonderful to get lost on the beautiful old Roman roads full of palaces and glamorous houses with balconies, full of flowers that decorate and scent the city making it even more beautiful.

TRAVEL



## YOU WILL BE SURPRISED

In each step is a surprise, because between one or another modern aspect, suddenly, we come across constructions originated even before the emergence of Christ. And when you see this magnitude, it makes you rethink concepts and become even more curious to know other details of Rome and everything it represents to the world.

CULTURAL





# IN THE HEART OF THE VISITORS

BY FALCOR TRAVELS

A city so loved by foreigners, it was the scene of films that marked the era. You must have seen some classic such as *La Dolce Vita* or even more recent ones like *Eat, Pray, Love* with Julia Roberts. Masterpieces that have the power to transport the viewer and leave us dying to travel. In Rome you'll not only see some grand architecture and archeological sites, but and you'll also be able to taste it's cuisine that's a real treasure. Having a great espresso coffee in its many cafe-bars or dining in its exclusive and legendary trattorie is a must. Enjoy!

# ARISTOCAMPO

WE ARE  
AGAINST  
WAR AND  
TOURIST MENU

PIATTI DEL GIORNO  
• CARCIOFI alla  
ROMANA 8€  
• FETTUCINE con  
Carciofi 13€  
• PAPPARDELLE di  
POMODORO con  
FUNGHI PORCINI 14€





# TRASTEVERE

You cannot speak of typical Roman cuisine without mentioning it's historic center and especially it's bohemian neighborhood: Trastevere.

Derived from Latin "Trans Tiberim" meaning beyond the Tiber River. The neighborhood of Trastevere is where you find the largest concentration of American expats with schools and universities catering to them. Despite being a somewhat tourist district, it still retains the authenticity of the Roman life of the old days.

Trastevere is the trendiest district in Rome, and it's also the center of nightlife in the eternal city. Already in the late afternoon, we can find restaurants with authentic cuisine, shops or craft stalls and lots of beers. Whether you are a city dweller or tourist, it is common to find yourself in Trastevere enjoying the lively nightlife with its super stylish bars and nightclubs.

It's also common to see many people in the streets and squares, talking and walking through the beautiful narrow and charming streets.

Trastevere is an old neighborhood with a very young atmosphere and conveys a desire to live and enjoy the best of life.

Among the various bars, there are plenty of options for happy hour or the famous Italian appetizer, where you'll be able to quench your thirst, meet new people and understand how the real atmosphere works and Italian style. The Italian Aperitif traditionally starts at approximately 6:00 p.m. and runs until about 7:30 p.m. At 20:00 or 20:30 it's dinner time! But after these hours you can also have a beer with friends and snack or the delicious Stuzzichini the local snacks, a good example of which is Suppli (a kind of rice dumpling) and Fiore di Zucca wich is fried Zucchini blossoms stuffed with mozzarella and anchovies, an explosion of taste and poetry.

Although Trastevere is a tourist district, there are plenty of places where we can eat and drink.

The Trastevere neighborhood, is a great options to end your day in Rome beautiful.

# THE JEWISH GHETTO



“

Eat Pray Love

”



# TRADITION AND TASTE

Did you know that there's a Jewish Ghetto in Rome? Yes it's a very special place that has contributed to a lot to of the culture and history of Rome as well as to it's cuisine.

Till this day the Jewish ghetto remains the heart of the Jewish community. It's the place where the Jews were forced to live in isolation from 1555 to 1870, the year of the unification of Italy. It's one of the oldest Jewish ghettos in Europe.

It's alleys, changes in territory and enlargement works can be seen in the Museum of Jewish Community and Tempio Maggiore, among the largest in Jewish museums in Europe. The site has the remarkable presence of the Spanish synagogue and the great temple, where Jewish rites are observed.



The Ghetto is located next to the Marcelo Theater. To go there you can enter through any of the little streets behind the theater. By entering there you'll be right in the heart of the neighborhood, and you'll come across Porticus Octaviae built by Augustus in honor of his sister.

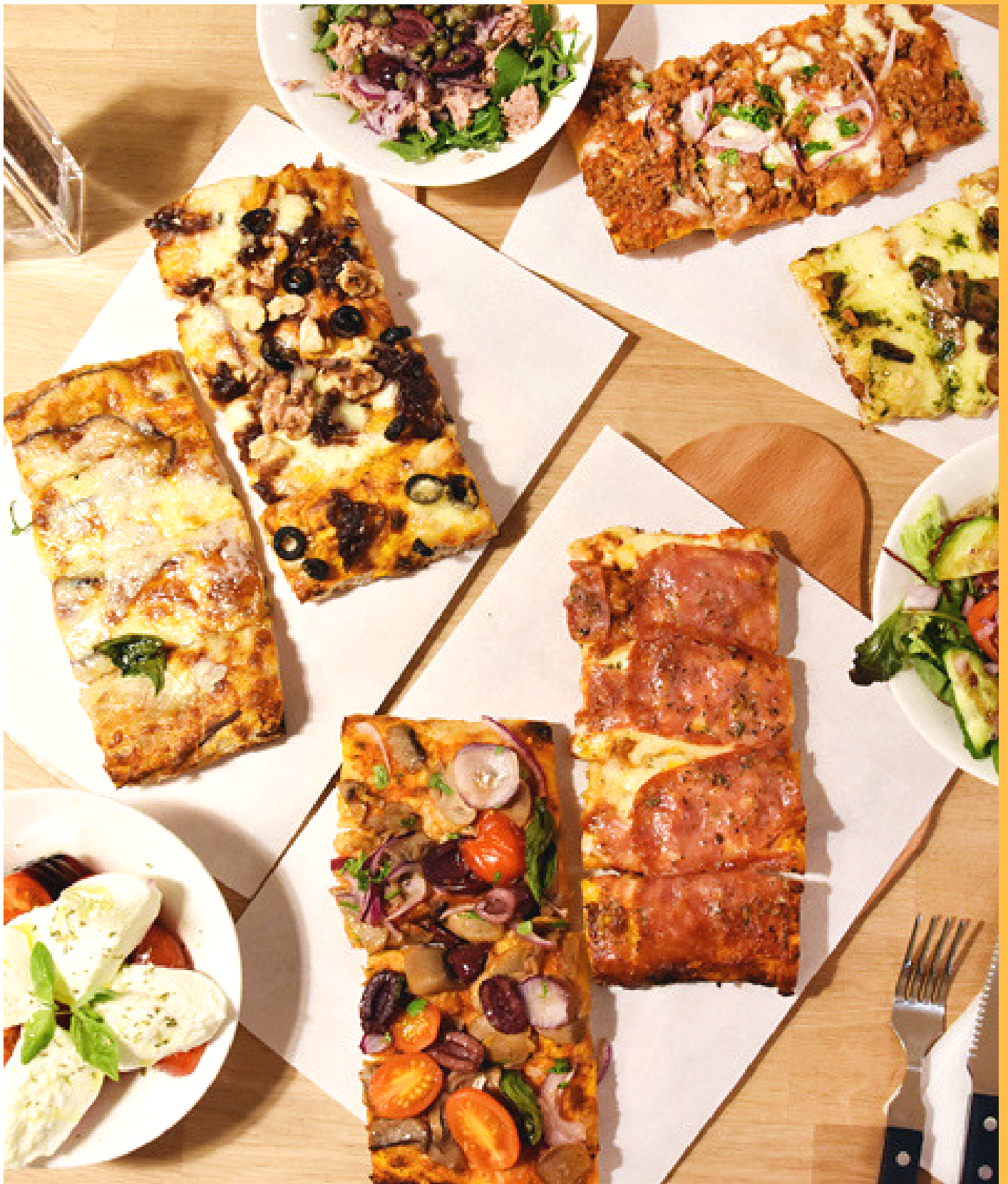
The Jewish neighborhood is undoubtedly one of the pillars of Roman cuisine. The Hebrews strongly influenced the Roman cuisine, enriching it with new ingredients: to the intense flavor of the condiment much appreciated by the Romans, joined the delicate flavors of fritters, such as fiori di zucca (zucchini Blossoms), mozzarella, zucchini anchovies, cod fillets and the famous carciofi alla giudia (Roman-Jewish fried artichokes) Everything deliciously breaded and fried, absolutely delicious!





# **DISHES OF ITALIAN CUISINE**

**WE MADE A SELECTION OF THE MAIN DELIGHTS  
THAT YOU MUST TASTE IN ROME.**



# ANTIPASTO

Antipasto is how the Italians call their starters



## FIORI DI ZUCCA FRITTI

These are breaded and fried zucchini blossoms, stuffed with anchovies and fresh potatoes inside



## CARCIOFI ALLA ROMANA

That's when they extract the hardest part of the artichoke and stuff it with mint, garlic and parsley. Then it's placed to braise with a delicious lemon sauce, this mixture is what leaves the artichoke with a darker appearance.



## SUPPLI ALLA ROMANA

Easy to find in any pizzeria al taglio, the Roman Fast Food, the supplì is a seasoned rice cookie, breaded and stuffed with fresh Italian mozzarella. It is fried and a really a delicious temptation for any palate.

## CARCIOFI ALLA GIUDIA

This is a great heritage of the Jews. An artichoke is opened like a flower and fried in olive oil. The secret of this recipe is the consistency of the Roman artichoke that provides a special flavour





# PRIMI PIATTI

Primi Piatti are pasta based



## CACIO E PEPE

The most traditional is Spaghetti Cacio e Pepe, but can also be substituted by another type of pasta, it all depends on the restaurant where you'll eat. This typical Roman dish consists of pasta, black pepper and pecorino cheese. A real slightly spicy pleasure for your taste buds.



# SPAGHETTI ALLA CARBONARA

SINCE 1906

Has existed since 1906 and is based on a sauce made with parmesan cheese and raw egg. Subsequently the mixture is cooked. The most accepted of the theories is that the spaghetti alla carbonara as we know it today came from the end of World War II when the Americans liberated Rome and introduced freeze-dried bacon and eggs in Italian territory.

This dish can also be made with a type of pasta called rigatoni which gives rise to another dish the rigatoni alla carbonara.



# RIGATONI WITH PAJATA

This dish is a unique symbol of Roman cuisine. The term Pajata in Roman indicates milk fed calf intestines. The Rigatoni with Pajata is a dish that originates from the employees of the slaughterhouse in the Testaccio district. As they received a low salary to compensate they were given the remains of the meat that was slaughtered. Nowadays the pajata has been replaced with lamb's meat, and it's flavor has become even more interesting



# SPAGHETTI OR RIGATONI ALLA GRICIA

Pasta alla Gricia is a typical dish from the Lazio region and Roman cuisine. It was born in the province of Rieti and was termed gricio or gricia. Gricio, was the name given to sellers of bread and other foods in the regions near Amatrice, the city hit by an earthquake in 2016. They say the name of this dish may have originated from Swiss immigrants of the "Canton of Graubünden". They came to the Lazio region to specialize in various techniques of meat processing. To simplify and not generate controversy, they preferred to call this dish as only white amatriciana, since it appeared in an era which the tomato had not yet arrived in Europe. Have you ever imagined Italy without pomodoro \*?

The original recipe of the Spaghetti alla Gricia is made with Guanciale \*\*, pasta and pecorino cheese and a little olive oil.

\*Pomodoro is the Italian translation of tomato.

\*\* Guanciale is similar to bacon but it's meat from the cheeks of the pork.

# DID YOU KNOW?



## FETTUCCINE ALFREDO

And... Is there something missing? Yes! The Fettuccine Alfredo explanation was missing. For there is a legend or rumor, as you prefer, regarding this dish as being a typical food of Rome. But the Alfredo Fettuccine isn't part of the traditional Italian cuisine. In fact this is just a dish that was created by Alfredo Di Lelio exclusively to please the palate of American tourists. Of course, we can say that the dish in question is tasty, but isn't considered a typical Italian dish.

# This is Rome

According to the Euromonitor classification, Rome is one of the most touristic cities in the world and worth visiting at least once, for everything it represents for humanity in terms of citizenship, pioneerism, history, archeology, architecture and religion. Whatever your style, Rome is pleasing to Greeks and Trojans. And we at Falcor Travels have the perfect tour for you.

WHAT ARE YOU WAITING FOR?  
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## About us

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*TOURISM*

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