Barcelona

Chicken and ham croquetas with sweet peperonata and tomato puree.



Stewed fregola with saffron-scented seafood ragout.

Naples

Sautéed sausage, rapini and bell peppers with pizza-flavored escarole gâteau.

Palma

Gazpacho with toasted bread, garlic, oil and Iberian soft cheese.



Salmorejo with ham and eggs, garlic and parsley sauce.

WESTERN MEDITERRANEAN

La Spezia

Cima alla genovese with baby Vichy vegetables and Genoese focaccia with crescenza cheese.

Marseille

Vegetable soup with chickpea paninesses, with the scents of Provence.



"Pansanella de Roma" with sheep's milk caciotta in oil with herbs as first course and rigatoni alla gricia with braised onion, toasted bread crumbs and pecorino cheese as second course.

Savona

Farinata with shrimp salad, vegetable brunoise and sour mayonnaise.









Barcellona

Chicken and ham croquetas with sweet peperonata and tomato puree.

Naples

Sautéed sausage rapini and bell peppers with pizza-flavored escarole gâteau Chicken and ham croquetas with sweet peperonata and tomato puree.

Barcelona

Jamón ibérico is a type of ham derived from Iberian breed pigs. Highly appreciated, it is considered a product of haute cuisine. In order to be produced and to be called such, at least 50% of the meat must come from Iberian breed specimens.

cheese

WESTERN MEDITERRANEAN

.a Spezia

Cima alla genovese with baby Vichy vegetables and Genoese focaccia with crescenza cheese.

Rome - Civitavecchia

"Pansanella de Roma" with sheep's milk caciotta in oil with herbs as first course and rigatoni alla gricia with braised onion, toasted bread crumbs and pecorino cheese as second course.

Farinata with shrimp salad, vegetable brunoise and sour mayonnaise.

Naples

Stewed fregola with saffron-scented seafood ragout.

Irregular "spheres" of durum wheat semolina. In Sardinia they have been cooking this type of pasta for over a thousand years.

WESTERN MEDITERRANEAN

Cagliari

La Spezia

Rome - Civitavecchia

Vaples

Salmorejo with ham and eggs, garlic and parsley sauce.

Ibiza

Just as Spanish as the gazpacho, it is served cold and made with tomatoes, garlic, pieces of hard bread, extra virgin olive oil, vinegar and salt. The consistency, though, is different and it should not be confused! Salmorejo is "emulsified", therefore it is less "liquid" and more delicate than the gazpacho.

WESTERN MEDITERRANEAN

.a Spezia

Civitavecchia

Barcellona

Chicken and ham croquetas with sweet peperonata and tomato puree.

Naples

Sautéed sausage rapini and bell peppers with pizza-flavored escarole gâteau Cima alla genovese with baby Vichy vegetables and Genoese focaccia with crescenza cheese.

La Spezia

The Cima is a sinonym of authentic Ligurian culture. Fabrizio De Andrè, the famous Italian singer, even dedicated a song to it. It is easy to prepare. It is a pocket of beef stuffed with vegetables, eggs, PDO Grana Padano, pine nuts and aromatic herbs that is closed, hand-sewn and cooked for two hours.

cheese

WESTERN MEDITERRANEAN

.a Spezia

Cima alla genovese with baby Vichy vegetables and Genoese focaccia with crescenza cheese.

Rome - Civitavecchia

"Pansanella de Roma" with sheep's milk caciotta in oil with herbs as first course and rigatoni alla gricia with braised onion, toasted bread crumbs and pecorino cheese as second course.

salad, vegetable orunoise and sour nayonnaise.

Barcellona

Chicken and ham croquetas with sweet peperonata and tomato puree.

Naples

Sautéed sausag rapini and bell peppers with pizza-flavored escarole gâteau Vegetable soup with chickpea paninesses, with the scents of Provence.

Marseille

Or rather, paninesses fris: chickpea flour and water cooked together until they reach a polenta-like consistency, then cut into cubes and fried in olive oil. A traditional Marseille dish to celebrate Mediterranean France.

cheese

WESTERN MEDITERRANEAN

La Spezia

Cima alla genoves with baby Vichy vegetables and Genoese focaccia with crescenza cheese.

Rome - Civitavecchia

"Pansanella de Roma" with sheep's milk caciotta in oil with herbs as first course and rigatoni alla gricia with braised onion, toasted bread crumbs and pecorino cheese as second course.

salad, vegetable brunoise and sour mayonnaise.

Naples

Sautéed sausage, rapini and bell peppers with pizza-flavored escarole gâteau.

Naples

They are the inflorescences of turnip greens. They should not be harvested either when they are too ripe (they would disintegrate during cooking) or when they are too unripe (they would burn in oil and remain hard).

WESTERN MEDITERRANEAN

La Spezia

Civitavecchia

Naples

Gazpacho with toasted bread, garlic, oil and Iberian soft cheese.

Palma

A creamy soup made of bell peppers, tomatoes, cucumbers, onions and aromatic herbs. One of the rules is to serve it cold and in a clay pot, which holds flavours in better!

WESTERN MEDITERRANEAN

La Spezia

lome - Civitavecchia

Barcellona

Chicken and ham croquetas with sweet peperonata and tomato puree.

Naples

Sautéed sausage rapini and bell peppers with pizza-flavored escarole gâteau "Pansanella de Roma" with sheep's milk caciotta in oil with herbs as first course and rigatoni alla gricia with braised onion, toasted bread crumbs and pecorino cheese as second course.

Rome-Civitavecchia

Chef Barbieri has chosen Caseificio Storico Amatrice's caciotte, a semi-cured sweet cheese, pale yellow in colour. The pecorino cheese comes instead from the flocks of sheep that have been grazing freely in the Lazio countryside for two thousand years.

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WESTERN MEDITERRANEAN

.a Spezia

Cima alla genoves with baby Vichy vegetables and Genoese focaccia with crescenza cheese.

Rome - Civitavecchia

"Pansanella de Roma" with sheep's milk caciotta in oil with herbs as first course and rigatoni alla gricia with braised onion, toasted bread crumbs and pecorino cheese as second course.

salad, vegetable orunoise and sour nayonnaise.

ariff

Vaples

Farinata with shrimp salad, vegetable brunoise and sour mayonnaise. Savona

According to the legend farinata was "created" after a sea storm. Some barrels of oil and bags of chickpeas were spilled on Genoese galleys and got soaked in salty water. Today, this very thin Ligurian savory cake made with chickpea flour and extra virgin olive oil is an icon of gastronomic Liguria.

WESTERN MEDITERRANEAN

la Spezia

Civitavecchia