



Naples

Sautéed sausag 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.

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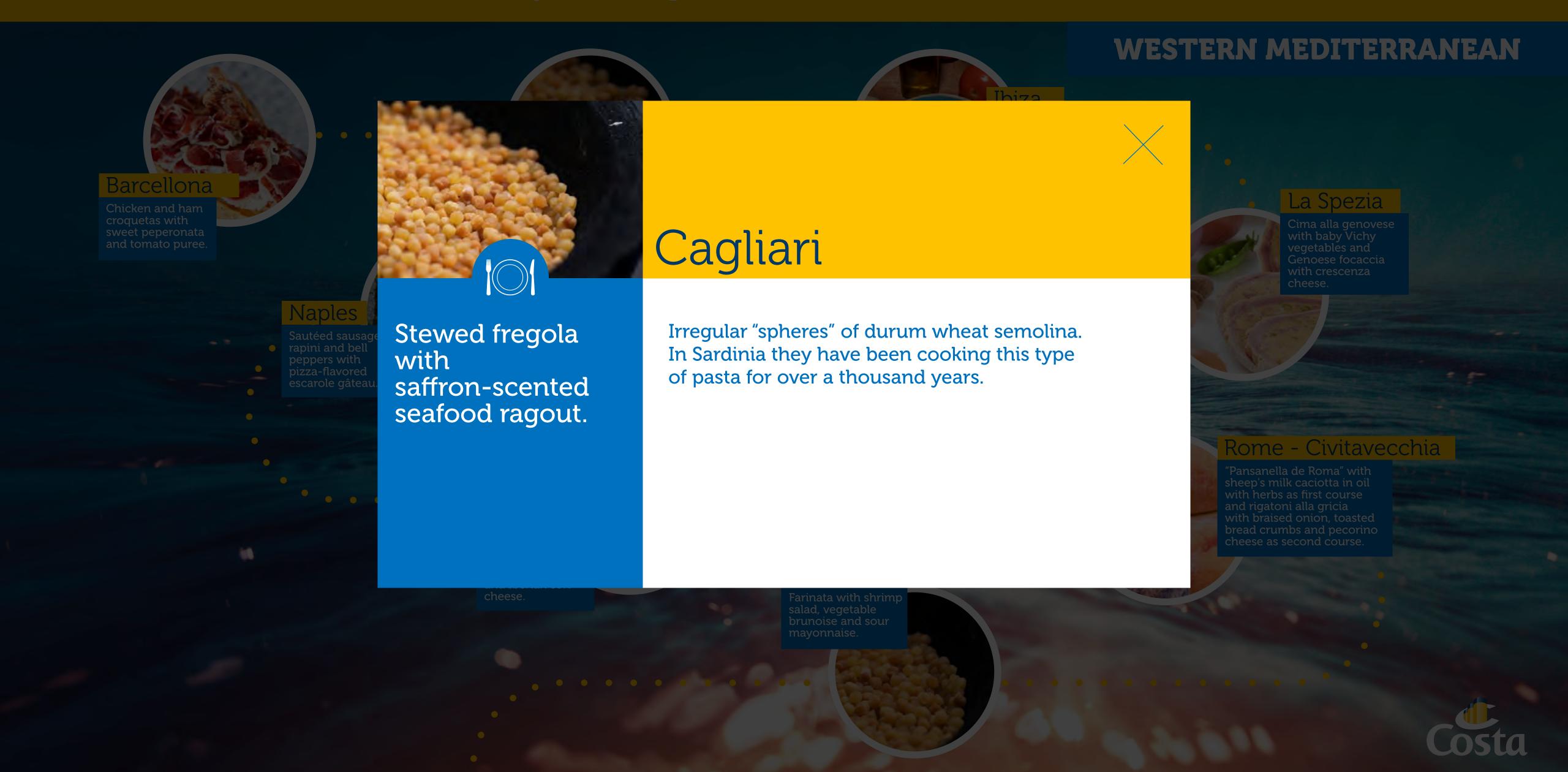
Cima alla genovese with baby Vichy vegetables and Genoese focaccia with crescenza cheese.

Rome - Civitavecchia

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

cneese.







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Salmorejo with ham and eggs, garlic and parsley sauce.

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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.

| La Spezia

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

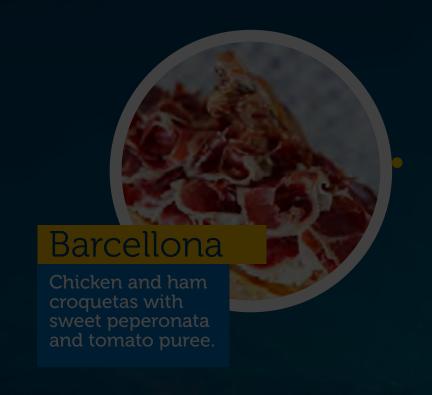
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salad, vegetable brunoise and sour mayonnaise.





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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.

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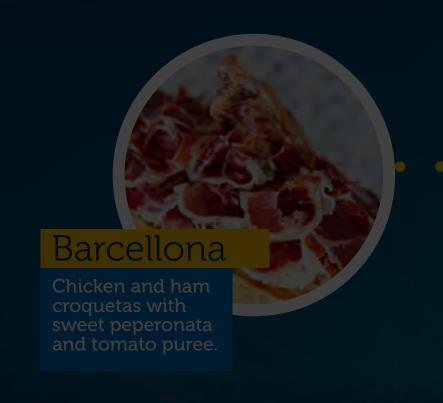
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Vegetable soup with chickpea paninesses, with the scents of Provence.

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.

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La Spezia

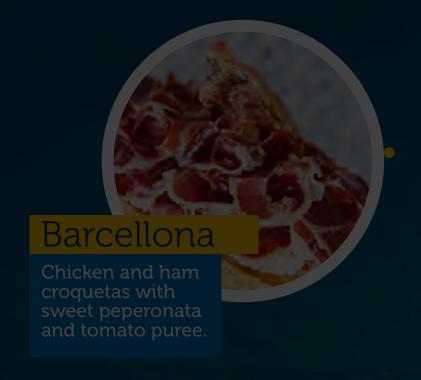
Cima alla genovese with baby Vichy vegetables and Genoese focaccia with crescenza cheese.

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Sautéed sausag rapini and bell peppers with pizza-flavored escarole gâteau



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).

Market and Control

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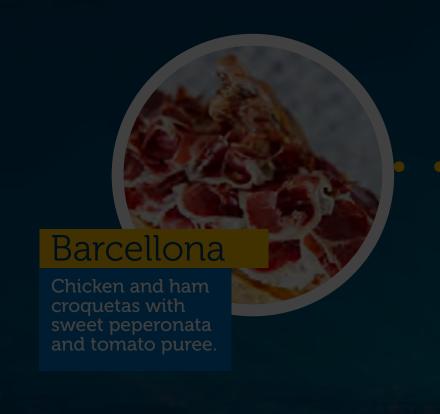
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Palma

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

A creamy soup made of bell peppers, tomatoes, cucumbers, onions and aron

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!

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Rome - Civitavecchia

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Barcellona Chicken and ham croquetas with sweet peperonata and tomato puree.

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Sautéed sausa rapini and bell peppers with pizza-flavored escarole gâtea



"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.

La Spezia

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Rome - Civitavecchia

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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.

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