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For tourist information,  
cultural events and entertainment offered in Rome

**LIST OF T.I.P. (Tourism Information Points)**

- **G.B. Pastine Ciampino**  
International Arrivals – Baggage Collection Area (9.00 - 18.30)
- **Fiumicino**  
International Airport "Leonardo Da Vinci" - Arrivals  
International - Terminal T - 3 (9.00 - 18.30)
- **Ostia Lido**  
Lungomare Paolo Toscanelli corner Piazza Anco Marzio  
(9.30 - 19.00)
- **Castel Sant'Angelo**  
Piazza Pia (9.30 - 19.00)
- **Minghetti**  
Via Marco Minghetti (9.30 - 19.00)
- **Navona**  
Piazza delle Cinque Lune (9.30 - 19.00)
- **Nazionale**  
Via Nazionale - near Palazzo delle Esposizioni  
(9.30 - 19.00)
- **Santa Maria Maggiore**  
Via dell'Olmata (9.30 - 19.00)
- **Sonnino**  
Piazza Sidney Sonnino (9.30 - 19.00)
- **Termini**  
Via Giovanni Giolitti, 34  
Inside Building F - Platform 24 (8.00 - 20.30)

ROMA  
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 ROMA CAPITALE

*Roman cooking has always been characterized by the goodness and the simplicity of its dishes: tasty dishes made with genuine products of the countryside. Savoury cooking of popular origin refusing the elaborations of international gastronomy in favour of tasteful simplicity. And it has always had the unique capacity of blending the tastes of culturally and socially different classes.*

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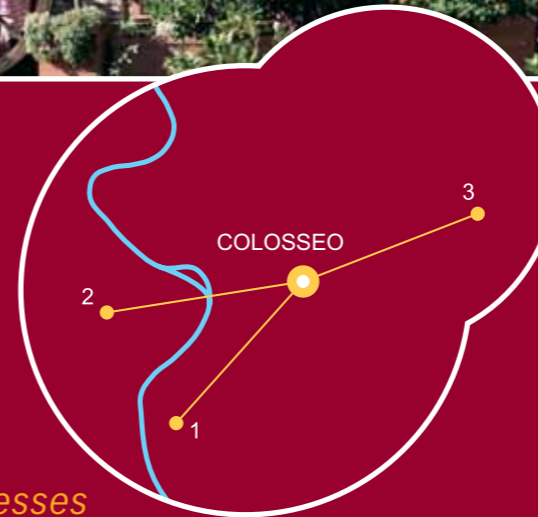
Translated by: Renzo Arzeni

Photos: A. Cenni - M. Cristofani - D. Blinci



[ Roma *ti* aspetta

LOOKING FOR  
GOOD COOKING

**Addresses**

- 1 **Testaccio.** Metro: line B, Piramide stop, then by bus 280 or 95. Buses: 170 and 30 Express.
- 2 **Trastevere.** Tram: 8; Bus: line H.
- 3 **San Lorenzo.** Bus: line 3. Tram: 19.



Simple but very tasty dishes

Spaghetti alla carbonara



The influence of Jewish cooking

influenced Roman cooking, enriching it with fresh ingredients: added in the course of time to the strong tastes of entrails are the refined tastes of fried foods, such as marrow flowers with mozzarella and anchovies, cod fillets and artichokes fried in the Jewish fashion.

The third element, popular in the outskirts, is linked to the land and the traditions of the Castelli Romani (towns in the Alban Hills south of Rome).

If you are a gourmet, you have only to choose among the many dishes ready to be savoured during your Roman excursions. The advice is naturally not to neglect the dishes recommended above, adding to them the others that we have "laboriously" selected for you.

[You will have no difficulty in finding a good restaurant or a trattoria in which to try out these unique tastes: from Testaccio to San Lorenzo, and to Trastevere, but also in the centre; you can make a pleasurable pause wherever you go!

Typical trattorias for refreshment pauses

Pizza



deserve to be tasted: pecorino (made from ewe's milk) and provolone are tastier, while caciotta and canestraino have a more delicate taste.

[A typical bread roll of Rome is the *ciriola*, for robust appetites, while the *rosetta* with its hollow inside is more suitable for liberal fillings.

Among the sweets, typically Roman are ricotta (soft cheese) tart and the *maritozzo*, a bun which until the 19th century fiancés used to give to their girlfriends during the Lent period.

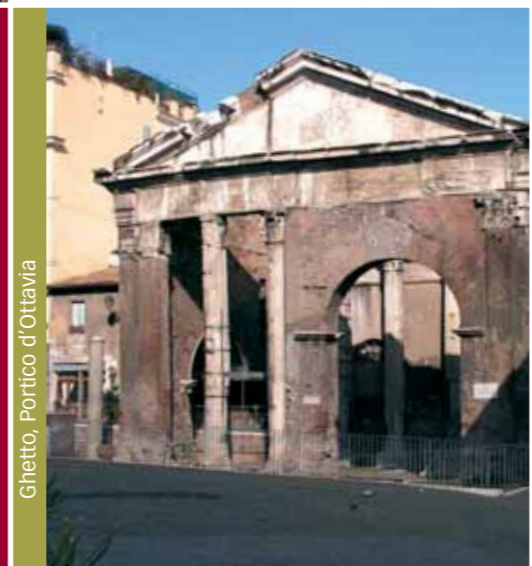
In the capital it is very easy to eat a good pizza at table but, above all, we advise you to try the real Roman speciality of pizza sold in cut sections in shops called pizzerie al taglio.

[There are numerous wine shops in the city where you can enjoy a glass of wine, preferably sitting comfortably in one of the lovely piazzas at your beck and call.

There are three main gastronomic elements in Roman cooking.

The first one, known as "the fifth quarter", is typical of Testaccio and was influenced by the nearby slaughterhouse. A "poor" type of gastronomy, but an extremely tasty one, based on entrails, with typical dishes that include *coda alla vaccinara* (stewed oxtail with the addition of lard and celery), *abbacchio scottadito* (spring lamb served hot from the grill), *rigatoni con la pajata* (macaroni with young calf's intestine) and *trippa alla romana* (tripe Roman fashion). Dishes, that is to say, regarded in the past as suitable for those doing heavy manual work and which today continue to be appreciated in the numerous family-run trattorias serving them, where there is a typically Roman atmosphere.

The second basic element is called "Judaeo-Roman" and is typical of the Ghetto. The Jews, in fact, have strongly



Ghetto, Portico d'Ottavia



Cultural corners to be enjoyed

The good things begin with the hors d'oeuvre: the best known ones are definitely *bruschetta* (garlic bread) and *pinzimonio* (olive oil with pepper and salt in which raw vegetables are dipped). Among the first courses not to be missed are *spaghetti alla carbonara* or the typical *stracciatella* (broth with egg, semolina and Parmesan cheese), *pasta e broccoli con cotiche* (pasta with broccoli and pork rind), and *pasta e ceci* (pasta with chickpeas). If you prefer second courses, try *animelle* (sweetbreads), *saltimbocca alla romana* (rolled veal and ham cooked with sage) or *baccalà fritto* (fried fillets of cod). The side dishes in Roman usage are never mere accompanying dishes but ones in their own right: of these you should definitely try the artichokes (in Jewish or Roman fashion) and a salad of *puntarelle* (split ribs of chicory leaves in oil, vinegar, salt, pepper, fillets of anchovy and chopped garlic). And the cheeses, too,



Eating and drinking at the heart of History



Open-air tables