



Sardinia night

£30 pp 5 Courses Inc Wine
25th of September



A Typical Sardinian Beach



The Mountains and Goats of Cental Sardinia

Sardinia is the second-largest island in the Mediterranean, characterised by a jagged and rocky coastline, intersped with marvellous beaches of very fine sand. The Sardinian coast may be dedicated to tourism, but the interior still belongs to native Sardinians who still hold onto their customs, food and unique language. A trip along the shore makes a fantastic getaway, but exploring away from the beaches will give the traveller a glimpse of real Sardinia.

The numerous invaders who made life miserable for the Sardinians all left their mark on the cuisine of course. Sardinian food today is a melange of Phoenician, Carthaginian, Spanish, Byzantine and Italian influences. So the hearty rustic food that is at the heart of the cuisine- wild boar, lamb and kid, spit- roasted pig with myrtle, suckling pig cooked flames scented with myrtle is complemented with aubergines, artichokes, couscous and nougat. Sardinia is famous for its bread and for the pungent, salty pecorino sardo cheese. Seafood is often excellent. There is a local version of caviar in bottarga (dried and salted grey mullet eggs, served with celery), dogfish (gattuccio di mare), sea urchins and octopus grace the mountains.

Sardinia is now emerging as a serious wine producer. Aragon (from the early Catalan region) brought Spanish grapes, today yielding Vermentino whites from Sassari, Carignano in Sulcis, and Giro in Cagliari. There is Vernaccia, a sherry- type wine, the dry version drunk as an aperitif and the sweet as a dessert wine. Torbato, again of Spanish provenance, provides soft, flowery whites. You'll find Carignano (imported French Carignan is used for barrique- aged reds, and Bovale is a red grape used in many blended wines. There is Grenache (known as Cannonau here) and Muscat on the west of Sardinia. All told, the island now has 19 DOCS.

Nuraghi



Buona Serata!!!!



Contains content © 2002 Microsoft Corp. All rights reserved.

La Regione Sardegna

Il buon mangiare e bere...

MINESTRA DI FAVE Broad Bean Soup

The traditional cuisine of Sardinia is in some ways a contradiction: an Island civilisation that did not utilise seafood in its diet. Since Sardinia's coast has always been victim to invasion, the Sardinian people found refuge in the mountainous hinterland of the island. Therefore the traditional foods of Sardinia were always more influenced by the land than the sea. This is how traditional soups such as this have originated and the staple diet would be the vegetables they could produce around them. Today much has changed and now seafood has been embraced by its people, no longer having to fear invaders or pirates and thus creating a truly gastronomic experience.

Complemented with the white wine

FRITELLE DI FIORI DI ZUCCA Deep-fried Courgettes Flowers

As well as the cooking these invaders influenced the architecture of Sardinia. Throughout Sardinia are the 'nuraghi', mysterious prehistoric cone-shaped buildings which pepper the island. There are over 700 of them with Nuraghe Su Nuraxi being the largest and most impressive. There is also the 'Nora', an archaeological site from the Romans and Carthaginian, much of which is under the Mediterranean including, baths, theatres and mosaics being uncovered. The capital Cagliari dates before Roman times with a confusion of little lanes and Roman Ruins.

Complemented with the white wine

VERMENTINO, Cala Silente, Santadi 2005

LINGUINE AL SOGO DI ARAGOSTA Linguine Cooked in a Lobster Sauce

Restaurants are in abundance along the coastline serving classic simple Sardinia dishes like this one. Many are simply wooden shacks by the beach with plastic chairs, plastic plates and cutlery. House wine is served in simple jugs into plastic beakers. This solidifies the importance of the food itself, that it needs no fancy dining experience just rustic food at its best. The atmosphere of these places is electric as friends and family get together and waiters jostle to seat and serve everyone. Simple pasta like this is a usual 'starter' course in a place like this, along with Sea Urchins, died fish eggs and Spaghetti or Crab or Clams and Porcini Mushroom.

Complemented with the rose' wine

SERRA LORI isola dei nuraghi 2005

La Regione Sardegna

Il buon mangiare e bere...

PORCEDDU Roast Suckling Pig

The Sardinians love to roast meat, especially pork so this is considered one of the national dishes. Throughout Sardinia there are restaurants called agriturismo. These restaurants specialise in the rustic farm food of the centre of the island. The menu includes menu 'turisto' which consists of a set menu. The patron is then laden with dishes. First of all the starters include; various cured hams and sausages, cheeses, local bread, vegetables and omelettes. Then various pastas, usually containing 'Salsiccia' Sardinian sausage, and then roasted meats like 'porceddu'. And finally various sweet desserts served with the local tipple Mirto.

Complemented with the red wine

CANNONAU di sardegna doc 'costera' 2005

SUSPIRUS Typical Sardinian Almond Meringue Cookie

The almond tree blooms in winter, and the Sardinian desserts owe a lot to the fruit from the tree: the almonds, sweets and bitter, are numerous specialities. Almonds are the main ingredient in Sardinian confectionary. As well as this dessert there is the equally famous 'mustazzoleddu', a round iced cake sprinkled with silver balls, are characterized by a very pleasant and delicate taste. Other Sardinian desserts include Carnival cakes, sweet almond like ravioli, Cheese based desserts made with ricotta and fresh pecorino, and 'Torrone' a honey based nougat.

Complemented with the liquor

MIRTO, Zedda Piras, Sardinia

Ancient traditions go also for liquors, transforming the rich variety of plants, features of the insular landscape, in excellent aromatic and delicate substances. Among the liquors, the symbol is surely the myrtle, white and red made from purple myrtle berries.

.The Sardinian Flag

