



Toscana Night

£30 pp 5 Courses Inc Wine

30th of October



Tuscany, with its enchanted landscape and rolling hills covered with bright yellow fields of sunflowers, olive groves, and grapevines, hill towns, monuments, and art it's. The Italian region in every foreigners dreams. During the Renaissance, this magic land gave birth to some of the most influential characters in Western civilisation, like Donatello, Michelangelo, Lorenzo 'The Magnificent', Dante and Galileo but to name a few. Throughout history Tuscany has been massively influenced by its past inhabitants, which include variants of the Greeks, Romans, Austrians and French. Tuscany holds several great cities including Florence, Pisa and Siena the most famous. It is rich in culture still to this day, through Architecture, Art and music, and is even considered to be the birthplace of the modern Italian language.

Tuscan cuisine, appreciated the world over for its fine natural and flavourful ingredients, is a typical expression of the Mediterranean diet, considered among others, the most wholesome and tasty, olive oil, pasta, fish and first choice meat. With this few basic ingredients the local chefs can create exceptional dishes.

The wine region in Tuscany is considered by many to be one of the most notable in the world. The historian Zeffiro Ciuffoletti, once wrote: "Tuscany, as regards to wine, has no equal the world over, thanks to a most felicitous nature, and to a civilisation of grapevine and of wine that has been decanted and refined over the centuries". The region is responsible for production of the worlds great wines like Chianti, Brunello di Montalcino and Vino Nobile di Montepulciano, which are all primarily made from the Sangiovese grape. The Vernaccia grape makes up the white Vernaccia di San Gimignano, and the region is also known for Vin Santo, a dessert wine made from a variety of grapes. The wines of the region are of such quality a new class of wines named 'Super Tuscans' emerged, one of the original and often considered the best is Sassicaia, made from Cabernet grapes.



Buona Serata!!!!

La Regione Toscana

Il buon mangiare e bere...

MINESTRA DI CECI E CASTAGNE

Split Pea and Chestnut Soup

The Tuscans have a great love of using hearty pulses, grains and beans in their cuisine like in this soup. Beans and used in classic cabbage and bean soup, various side dishes, salads and even with pasta lightly tossed with tomato and chilli. Chefs of Tuscany are renowned for their rice dishes, and a fish or duck dish in Tuscany is often not complete without a risotto base. The chestnut has been long appreciated in Tuscany, and has been the feeding base for the mountain and hill people of the region.

Complemented with the white wine

CACCIUCCO

Hearty Fish Stew

Along the coast of Tuscany, seafood plays an integral part of the cuisine, and this is one of its trademark dishes. It is a rich soup made from a tomato and fish base. The secret is to use as many different types of fish, pureed bones and all into the base of the soup. This soup served with hearty Tuscan bread is filling enough to constitute an entire meal if desired. This dish represents the variety of fish along the coastline. The most famous to Tuscany is the Tuscan Sea Palamita (from the tuna and mackerel family). This is wrongly believed to be lesser quality than tuna, and is best enjoyed conserved in oil with bay leaves, pepper and chilli.

Complemented with the white wine

VERNACCIA, Monte Nidoli

PAPPARDELLE ALL'ARETINA

Pappardelle Pasta with Duck Ragu

This is a typical dish of Florence, it can be made with duck as here, or lamb and also very popular is hare. The duck is slow cooked until it dissolves into the ragu and then the wide ribbon pasta is added. Fresh mint and parsley are then added creating a beautifully rich and filling pasta dish. Other pasta from Tuscany include the world famous Lasagne al Forno. Naked raviloli or *gnudi* are popular in Florence which consists of ravioli stuffed with spinach, ricotta, eggs, parmesan and a pinch of nutmeg. This is served either in a sauce of tomato, sage and butter or a Florentine meat sauce. The name *gnudi* is a corruption of the Renaissance term *ignudi* (the twenty nude men depicted in the roof of the Sistine Chapel).

Complemented with the red wine

CHIANTI, Ruffina Fattoria

La Regione Toscana

Il buon mangiare e bere...

AGNELLO PILLOTTATO AL FORNO

Baked Stuffed Lamb

Tuscan food is famous for its first choice meat cooked in simple ways. The area's famous dishes include the world famous 'Steak Florentine'. The steak is cooked rare as an over-cooked steak is not just considered a waste, but total heresy. The center must be succulent, whilst the outside must be crisp and with a well grilled appearance. These steaks are around five centimetres thick, tender and of the finest quality. Other famous meat dishes are generally roasted like 'Arista' Roast Loin of Pork and 'Bistecchine di Maiale' Pork Chops as well as this lamb dish and many more. The Zeri lamb is the famous breed of sheep from Tuscany. They are pastured all year round, save for winter. The milk is high in nutrition but is only used to feed lambs. Because of this diet and pasture grass the lamb's meat is exceptionally tender and wonderfully scented.

Complemented with the red wine

ROSSO DI MONTEPULCIANO, Villa Sant'Anna

FRITTELLE DI SAN GIUSEPPE

St Joseph Pancakes with Vanilla Ice-Cream

St Joseph's day is celebrated on the 19th March, commemorates the father of Jesus, and doubles up as Italy's Fathers day. The feast of *San Giuseppe* used to be a national holiday and you'll sometimes still see bonfires or pageants but today it's a day for giving gifts to fathers. These pancakes are traditionally eaten at the end of the feast, and served with cream or ice cream on the side.

Complemented with the dessert wine

VIN SANTO SECCO LIQUOROSO

The name actually means 'holy wine'. A Greek cardinal on tasting it shouted 'this is Xantos!' (a Greek wine). The locals thought he was stating it was so nice it was holy!

The Tuscan Flag

