

Special Edition

FIRENZE, SATURDAY
SEPTEMBER 8TH 1979

CIBRÈO

RISTORANTE
& COCKTAIL BAR

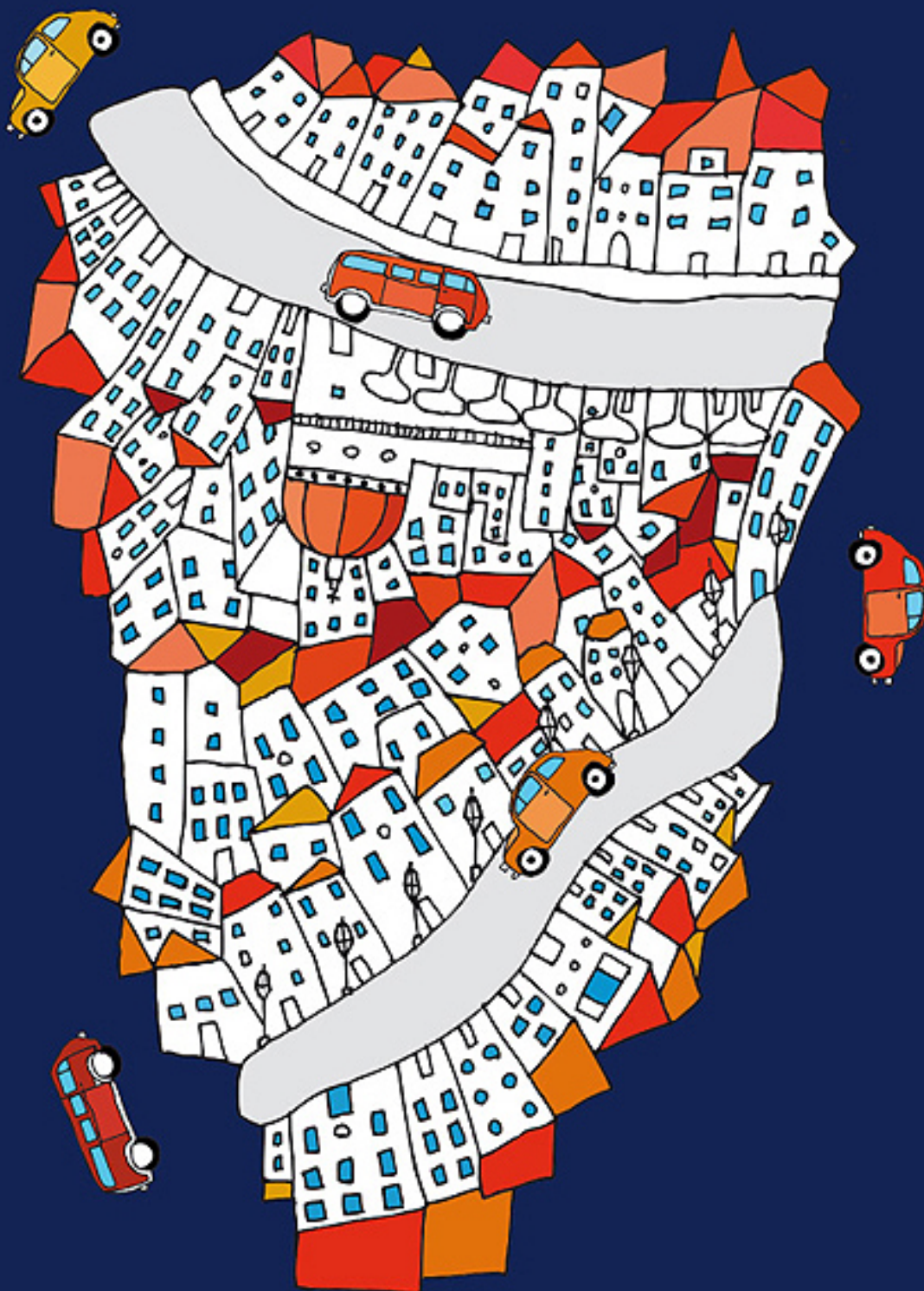
L'Orto Bioattivo
di Firenze



THE GARDEN WITH THE SOUL.
*Andrea's bioactive culture among
Cistercian practices and virtues
of symbiosis.*

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THE FIRST NEWSPAPER EAT&READ WITH SOMETHING TO ORDER AND SOMETHING TO LEARN



Good food nourishes the soul

A GASTRONOMIC JOURNEY TO UNEARTH THE BEST SEASON'S RAW MATERIALS

Anti-flu tripe salad

If you have a kilo of pink tripe- from our tripe mongers with

their steam cauldrons and not the whites stuff bleached with sodium hydroxide

that's found in most of Europe - you can and should cut it into strips 1/2 centi-

meter wide and 4 in length, immerge in plenty of water with vinegar, the same

thing you've done in the Florentine tripe recipe. Rinse it 5 times with running

water, making sure all the stinky fat molecules have vanished. Drained and dried, it can already be eaten with salt. I never resist.

Try it and you'll understand. Back to the kilo of tripe, add chopped red onion, 2 carrots and a celery heart, chopped with a knife or mezzaluna knife.

Two garlic cloves, minced, half a glass of extra virgin, and a 4 spoonfuls of red wine vinegar, ground chili pepper, pepper and salt to taste, all mixed with a spoonful of minced parsley will complete the alchemy of this powerful cure for the flu.

Serving 10 - 15 people: 1 kilo tripe, 2 small onions, 1 celery heart, 1 carrot, 4 table-spoons red vinegar, 1/2 glass of extra virgin, 1 table spoon chopped

Quote of the day

Tuscan hills, with their famous farms, villas, villages that are almost cities, in the most moving countryside that exists.

(Fernand Braudel)



ENTRÉE

A BUNCH OF GOOD THINGS

A Selection of the Best Products of the Daily Market by Cibrèò Ristorante & Cocktail Bar

1 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 - 12

€26

THE ARTICHOKE

Carved Artichoke Heart, Vacuum Cooked at Low Temperature, Filled with Pecorino Romano Foam and Parsley, Seasoned with Roasted Artichoke Oil

7 | 🌱

€24

L'INVIDIA

Warm Leek Salad with Endive and Walnut, Topped with Burnt Leek Oil

8 | 🌱 🌱 🌱

€14

MODERN "CARABACCIA"

Mellow Cream of White Onion, Garnished with Petals of the Onion Itself

🌱 🌱 🌱

€14

FROM THE SEA

Squid Tagliatella with Its Black Ink

4

€26

THE OYSTERS

Fine Brittany Oysters Served with Pickled Spring Onions

12 - 14 | 🌱 🌱

€10

2 Pcs

THE CIBRÈÒ PATÉ

Free Range Chicken Liver Paté Served with Toasted Brioche Bread Made in Our Kitchen and Candied Citrus

1 - 3 - 7 - 9

€22

THE WILD SKEWER

Grilled Wild Pork Belly Skewers from Casentino Accompanied by Fennel-Rosemary-Sage Flavoured Extra Virgin Olive Oil

🌱 🌱

€25

BEEF TARTARE WITH MOTHIA SALT

Hand-cut Beef Tartare Seasoned with Extra Virgin Olive Oil and Mothia Salt, Served with Quail Egg Yolk, Cantabrian Anchovies, Horseradish, Capers and Our Homemade Grain Mustard

3 - 4 - 10 | 🌱

€30

parsley, 4 garlic cloves, salt, pepper and red chilli.

The miraculous alchemy of bread dipped in sauce

If you are cooking while somebody keeps trying to tell you a sad but trivial story, to persuade him to keep quiet about the little misfortunes of life, our own and others', without being rude, try an emotional counter-attack. Ask him to dip a toasted round of

bread in anything that happens to be boiling at the moment.

For this purpose, even a pot of broth will do. In this case, put the toasted rounds of bread on warmed plates and give your guest a fork.

But if you are cooking tomato sauce or meat sauce, you will attain your goal of precious silence, smiling and

praying as you give your friend the chance to oil his hands in the beauty of life.

You will immediately see the effects of the one, the dipped bread, and the other, prayer, on his face.



MENU INFO



GLUTEN FREE



LACTOSE FREE



VEGETARIAN



VEGAN

Water: €5 | Coffee: €3,50
Cover charge: €3,50 per person



MENU

Redone boiled beef, also called francesina

Thinly slice an absurd amount of red onions. Wilt them in abundant extra virgin in a large low pot, then add water to soften the onions. When the water has evaporated onions will



expert it will be trapezoidal in shape. You need to own (forever) a deep pot that you'll need for violent and complete roasting, in this case in two centimeters of extra virgin.

Turn the meat on its three sides until completely dark bronze color, 10-12 minutes.

Stop the cooking process with a glass or two of red wine, obviously Chianti.

Turn off the heat, let meat rest and that's all it takes, rare roast beef: its unctuousness will settle with its humors and the evaporated wine.

Salt and pepper to taste, bearing in mind that the resulting pan juices should be sapid enough to sauce the thin slices.

There are endless variations, one well-loved example is adding 3 garlic cloves, 4 ripped sage leaves, and a tiny bit of minced rosemary, gently tossed in the pot a few minutes before the red wine.

If you don't have these ingredients, open your pantry.

You'll find in the back, on the right, that jar of Dijon mustard, that, if you're not French, you've forgotten for months. Well, while the red wine is evaporating, add 3-4 teaspoons.

I've never under-

continue to cook in the extra virgin. It's a job that calls for patience and a wooden spoon. Heat, stirring dexterity, until the onions turn blond and then become perfectly sautéed to a color beyond copper, fully bronzed.

Add a few garlic cloves, depending on the proportion of the onions and the boiled beef, and on how much you love garlic. Use two of four bay leaves, crushing to smell their strength and measure their power.

Bear in mind that fresh leaves have excess bitter chlorophyll and defects in their fragrance. A hint of canned tomato will stop the cooking process; then add the boiled beef in little pieces and,

eventually, a cup of broth if it's too dry.



You'll note that some pieces will be tender and whole, others will shred. I don't know which I prefer. In either case this dish requires abundant pepper although only with the shredded meat you should add a variable quantity of fried potatoes - which I'm amused to call Pelliccia's stew, lots of potatoes and very little "ciccia", meat. Bear in mind that this dish needs to rest when it's finished so that flavors combine with their scents and moods. When the pieces of meat are whole, in my city, for some unknown reason this dish is called Francesina.

I like to think, knowing of our amusing and well known competition with the French, that someone, to win a personal challenge, dedicated the idea of boiled beef recooked with onions to a young Frenchwoman.

Roast beef
You need to buy a kilo and four-six hundred grams of beef rump. If this cut has been prepared by an



extra virgin. Quickly brown the meat with the grill which shouldn't take more than 20 minutes, remove the meat from the oven.

Finish cooking the potatoes roasting them as much as possible.

Slice the meat which should be, even with this method, decidedly rare, dress with the pan juices and potatoes, suggesting that your guests spread the herbal stuffing on each slice.



FIRST COURSES

CAVATELLI PASTA WITH "CRUSCO AND SANTO"

€18

Open Cavati Pasta with Senise Crusco Pepper, Cantabrian Anchovies and the Crust of Our "Santo" Bread

1 - 4 | 🕒

INZIMINO STYLE RISOTTO

€22

Carnaroli Rice Creamed in Zimino with Curled Cuttlefish, Taken from The Most Historical Cibrè Recipes

9 - 12 - 14 | 🕒 🍴

SPAGHETTO ALL'ELBANA

€26

Durum Wheat Spaghetti from Gragnano, Pulp and Fumet of Spider Crab, Seasoned with Rocket Oil

1 - 2 | 🕒

STOLEN TAGLIOLINO

€16

Tagliolini Pasta Made in Our Kitchen, au Gratin in a Cocotte with "Cacio & Burro" and Black Truffle

1 - 3 - 7 | 🕒

LIKE A CANNELLONE

€20

Fresh Egg Pasta and Spinach Cannelloni, Stuffed with Ricotta Cheese, Accompanied by Cibrè Ragout and Turnip Greens

1 - 3 - 7 - 9

THE PLIN REDUCTION

€22

Classic Plin Stuffed with Beef Tail Slowly Braised in Wine, Parmigiano Cream, Brown Stock Reduction and Noalya 85% Extra Dark Chocolate

1 - 3 - 7 - 9 - 12

MIELE BALLINI
Honey from Elba Island



From "Orto dei Semplici" in Rio dell'Elba, the nectar of the former cyclist who speaks to the bees

The best from the nature.

stood why this optimum Frenchified version is called English roast beef by my mother.

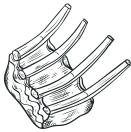
Finally, this variation is my favorite and can be made stovetop or in an oven with a capacious grill. Make an incision with a long slim knife that goes through the length of the meat. Make an abundant mince of

sage, rosemary, lemon zest and garlic, mixed with salt and abundant pepper. With a teaspoon and your fingers, evenly staff the incision.

If cooking in a pot, follow the same timing and procedure as the first version above. If baking in the oven, surround the meat with little potatoes, cut into pieces, drizzled with abundant

Various stuffed chicken necks

Look for chickens that have been raised with intelligence, beg for those with necks that have fallen under an ax



are added to the mixture as well as a teaspoon of minced celery and lemon zest from a few strokes on the “apple” side of a grater. Fill the neck, from a pastry bag, with the stuffing- don’t use too much stuffing, and close the neck with a knotted string. Double the quantities if you’ve got two necks. Slowly simmer in a pot with water politely salted and flavored with onion, celery, carrot and a clove and, if you don’t have any good basil, you can add a little bunch of parsley. After 30 minutes remove the neck from the broth and cool. Slice 4 mm thick and serve with a good mayonnaise made with true extra virgin and lemon (the nice broth can be used for a soup with small pasta or rice dressed with butter and Parmigiano). Another way to use the neck is to slowly braise it in meat sauce or a simple tomato sauce. In either case, dress your pasta, let’s say maccheroni, with one of the two sauces and then serve this unparalleled dish, with slices displayed around the pasta, dressed with the oily or tomato-y condiment. A sprinkling of Parmigiano, in this case, is obligatory. If you’re wise and have made potato gnocchi, it goes without saying, that



when you dress them they’ll be tasty. But I swear that if you try them dressed with meat sauce, breaking the stuffed neck into it, with each forkful you’ll raise your eyes to heaven for universal thanks.

that resonates on a cutting board from a revolution called, in other times, the “fifth quarter”, a solution utilized by the highly creative working class

as a response to deprivation with nutrition wisdom. Common sense chased hunger away. Look for real chicken, raised well, with their

heads, combs and wattles whole, and if you’re unable to bone the necks ask your trusted chicken seller to do it with professional ease. For each

chicken neck prepare a stuffing with 50 gr lean beef, finely ground twice, and mixed with 10 gr of Parmigiano and 20 gr crustless bread

softened in milk. Add one whole egg to give it body. A hint of a hint of nutmeg and a microscopic amount of ground black pepper



FISH MAIN COURSES

THE SEA AT MY TABLE

€42

*Fresh Catch from Tuscan Archipelago
Served with Local Vegetables
(According to Seasonality)*

4 |

OCTOPUS & POTATOES

€30

*Double Cooked Octopus Tentacles
Served with Potatoes Braised in a
Veal Broth*

7 - 9 - 12 - 14 |

ROYAL SOUP

€34

*Prawns Soup with Armagnac,
Accompanied by Prawns Tartare,
Grilled Prawns and our Santo
Bread Seasoned with Garlic Oil*

1 - 2 - 9 - 12

LOBSTER ON THE GRILL

€38

*Grilled Lobster, Scented with
Butter and Served with Our Lemon
Mayonnaise*

2 - 3 - 7 |



MEAT MAIN COURSES

DOUBLE COOKED GUINEA FOWL

€40

*Tender Breast of Guinea Fowl
Cooked at Low Temperature with
Crispy Skin and Malt Lacquered Leg
Stuffed with Pistachios and Precious
Black Truffle, Served with Mashed
Potatoes, Sweet and Sour Onions
and Their Sauce*

3 - 7 - 8 - 9 - 12 |

THE FASSONA

€42

*Fassona Fillet from the
Tuscan-Emilian Apennines, Grilled
on Coals and Served with the
Famous "Picchi's Elegant Sauce"
with Carrot and Mustard*

CHEEK TO CHEEK

€38

*Suckling Pig Cheeks Stewed in White
Wine with Herbs and Seasonal
Vegetables, Accompanied by a Sauce
Flavored with Dijon Grain Mustard
and Rennet Apple*

9 - 10 - 12 |

CIBRÈO STYLE ENTRECOTE

€36

*Fine Steak from Sustainable
Breeding, Tuscan Style Grill on
Coal, Served with Sauces at Choice
300 G*

ETRUSCAN STEAK

€60

*Superior Marbled Tomahawk
Steak Grilled on Coals
and Served with Sauces at Choice
1 Kg / 1.2 Kg*

THE ROSTICCIANA

€26

*Pork Ribs from Tuscan Apennines
Seasoned with Spices of Our Own
Selection and Glazed with Honey
from Elba Island*

OUR SAUCES

GREEN PEPPER SAUCE

7 - 9 - 12 |

PICCHI'S ELEGANT SAUCE WITH
CARROT AND MUSTARD

1 - 6 - 12 |

CHIMICHURRI

SWEET AND SOUR
SAUCE

9 - 12 |

BEEF SAUCE

9 - 12 |


Florentine tripe
I don't know if it's possible to find tripe of the quality supplied by

our tripe mongers elsewhere. Therefore, only attempt to make this dish if

you've decided to live in Florence for two days or the rest of your life. You can't

trust Divine Providence. In fact our tripe, not bleached with improbably

diabolic sodium hydroxide, is cleaned daily by a Cooperative of Florentine tripe mongers with sweet steam cauldrons. Tripe freed from smelly molecules that vanish with this thousand year old technique.





SIDE DISHES

THE “FRITTE FRITTE” POTATOES

Our Famous Potatoes from the Fields of Sansepolcro, Made Crispy by a Double Cooking

9 |  

€8

ZOLFINI & RIGATINO

Zolfini Beans from Orto Bioattivo in Bellosguardo with a Touch of Tomatoes and Casentino Row Ham Rind, Served with a Sprinkling of Our Crispy Rigatino

9 |  

€8

THE GREENY

Green Seasonal Salad from Orto Bioattivo in Bellosguardo (Regenerative Organic Garden)

12 |   

€8

THE EASTERN

Seared Bok Choy Served with Sesame Oil

11 |   

€8

THE GRILLED

Seasonal Vegetables from Tuscan Gardens, Grilled on Coals

€8

tomatoes, depending on size. Smash them bring to a simmer and immediately add the tripe. Cook over low heat so the tripe yields all the moisture from washing. Cooking time will vary, from 30-40 minutes up to 60, depending on tripe quality. Add two whole pink garlic cloves and a clove that you'll remove before serving. You'll accept the advice of Collodi (the Tuscan author of Pinocchio), whipping in a double dose of butter and Parmigiano as an ulterior practice of generosity.

Beef foot, florentine style
After having boiled the beef feet for not less than three or three and a half hours, bone them carefully, then slice into strips the same

size as Florentine tripe. Same exact recipe. Avoid the double dose of butter and whipping with Parmigiano, which will be sprinkled on the strips before serving. This dish is a territorial memory, a dish for expert eaters which necessitates infinite bread and abundant wine. Fasting is obligatory before and after.

Cold meat loaf with mayonnaise
A cook's expertise and honesty can be measured by meatloaf. This is true for men but not for women who always prepare it well. Ingredients 130 gr crustless bread, softened in 20 cl milk, 6 eggs, 100 gr Parmigiano, 40 gr pistachio nuts. You can also pair the sweet-

ness of the meat and the sauce with spicy fruit mostarda. 1/2 kilo of prime leant wice-ground beef, 1/5 of a nutmeg, pepper and salt. Attentively mix everything together, put it on a piece of cloth, rolling it onto itself to form a cylinder 10 cm in diameter, tying first one end, pressing the meat-loaf toward the opposite end, then closing the other end with a knot. Cook in boiling water for 45 minutes, cool and serve in 6-8 millimeter slices. These slices, if you don't eat them cold with mayonnaise made with our potent extra virgin, can also be served with a Livorno-style sauce of garlic, tomato, parsley and chili pepper.

Meat loaf slices with sauce will also be brilliant paired with fried potatoes.



DESSERT

CAFFÈ AGRUMI

Coffee and Citrus Mousse Served with a Lemon Sorbet Covered with White Chocolate and Peanut Ice Cream

5 - 7 | 

€12

BOMBARDINO CIBRÈO

Our Famous Zabaione with Our Piedmont Hazelnut Ice Cream

3 - 7 - 8 |  | ALCOHOL

€12

RICOTTA & LAMPO


Mix of Raspberries in Different Textures Accompanied by a Soft Ricotta Mousse

3 - 7 | 

€12

PASSIONE PER LA TERRA

Passion Fruit Sorbet, White Chocolate Mousse, Dark Chocolate Crumble

1 - 3 - 5 - 7 | 

€14

CHEESE SELECTION

Cheese Selection Served with an Assortment of Jams & Honey

7 - 8 | 

€26

FRESH FRUIT

According to Seasonality

€10

Omelette that we Florentines call "little tart of artichokes"

Take artichokes that have been cooked for their first seven minutes. Still firm, not completely cooked, put them in a hot frying pan so they can scorch slightly. Pour a small quantity of beaten eggs on them, forming a thin omelette around the artichokes. At this point turn the omelette over, add more beaten egg, forming another thin omelette that will cover the first one. The result will be like two crepes on top of each other with a thick stuffing of artichokes. When you beat the eggs add the usual fistful of Parmigiano.

Florentine- style peas

After having shelled half a kilo of fresh sweet peas, use a medium sized saucepan and add a spoonful of young garlic, an abundant spoonful of minced fat and lean prosciutto, a heaping spoonful of minced parsley and for my palate abundant pepper. Salt with attention because the prosciutto's memory will add sapidity. A little extra virgin and a glass of water for a slow braise. At the end, the peas will be soft but not falling apart, and after numerous and gluttonous tastes, turn off the heat and add, with secret conviction, a spoonful of unrefined sugar. At room temperature and cold, your peas will



small cloves of Italian pink garlic, a teaspoon of chopped parsley, black pepper and/or red pepper as you prefer, salt to taste (tending toward savory), along with 0.6 gr of gelatin that has been softened in cold water and dissolved in some of

give you a more precise idea of the wonders of creation. Once or twice in your life you can waste them, so to speak, and use a pan of your Florentine peas to dress a few hundred grams of fresh pasta from other regions: tagliolini from Emilia, trofie from Liguria, fusilli from

Naples, orecchiette from Puglia or whatever you will. Anyone, in front of this dish, will look at it with most heartfelt gratitude. Take advantage.

Tomato jelly

Choosing top quality ingredients for this tomato jelly is the only requisite for obtaining admirable results, even

while the dish is still cooking. Taste it once in a while to make sure the salt and spiciness are just as you like them. Blend 250 gr of canned tomatoes with their juice (I use Donoratico tomatoes), about 6 tablespoons of extra-virgin olive oil, 5 big leaves of basil, a pinch of fresh oregano, 2



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molds.

Refrigerate for 3 hours, then dip the molds rapidly in warm water and cut a little hole in the bottom with a sharp knife.

Turn the molds out onto a platter at room temperature, dribbling a little olive oil over them as a final touch.

Eggplant spread

Be courageous and blend roasted eggplant with a little Greek yogurt, a little lemon juice, garlic at your discretion, mint leaves, basil, a little olive oil, a hint of cumin, salt and hot red pepper to taste. You will have a delicious sauce to spread on toasted bread or use as a dip for meatballs of all kinds, or simple zucchini or French fried potatoes.

Stewed green beans

In a deep pot, put the cleaned, uncooked green beans together with an abundant amount of thinly sliced onions, chopped garlic, two hints of canned tomatoes, pepper, chili pepper salt, chopped parsley and when cooking is complete, shredded basil. Abundant extra virgin. Timing will depend on the quality of the green beans and your patience. I'd suggest low heat so the liquids from washing, tomatoes and extra virgin don't evaporate too quickly. You can add, if necessary, a few spoonfuls of water if it's too dry. Not to be eaten hot, this side dish is at its maximum power between tepid and cold.

the liquid from the tomatoes that are cooking. Blend these ingredients thoroughly; pour the mixture into disposable moulds to be refrigerated for 6 hours. When removing the molds from the refrigerator, set them in warm water for a few seconds before turning them out onto a platter. To make the jelly slide out whole, prick the

base of each mold with the tip of a knife. Dribble good olive oil over the jelly and garnish with fresh basil leaves. Eat these savory puddings at once, without trying to keep them for the next day. It is not only quality but freshness that makes this dish good. If allowed to sit for 24 hours, all of its fragrance vanishes, transform-

ed into an unpleasant smell.

Jellied turmeric and yoghurt

Blend a kilo of Greek yogurt, after having salted it to taste, with half a teaspoon of chopped garlic; then add 100 gr of good olive oil, a generous grinding of black pepper and a heaping tablespoon of turmeric, plus a pinch of ground red

pepper, and lastly the juice of a well squeezed lemon. Take a ladleful of this rather liquid mixture, heat it and dissolve in it 15 gr of gelatin or if you are a vegetarian, 8-10 gr of agar agar. Stir the mixture until smooth and even, then pour it into individual disposable aluminum molds. With these amounts you can fill 15 to 20



SIGNATURE COCKTAIL

DURO COME UN MULO

Gray Goose Vodka Infused with Ginger and Vanilla, Lime Juice, Homemade Mediterranean Bitter (with Bergamot, Cardamom, Rosemary, Sage, Chilli Pepper and Pink Pepper), Fever Tree Pink Grapefruit

€16

LA PORTI UN BACIONE A SHANGHAI

Winestillery Old Tom Gin, Kway Feh Lychee Liqueur, Lychee Syrup Monin, BioPlose Pineapple Juice, Fever Tree Ginger Ale

€18

DON RAFFAÉ

Winestillery Tuscan Gin, Briottet Chocolate Liqueur, Monin Roasted Hazelnut Syrup, Espresso Coffee

€18

PAGO PEÑO

Patron Tequila Silver, Homemade Citron Cordial, Lime Juice, Tabasco Jalapeno, Absinthe La Fée, Alkermes Santa Maria Novella

€18

SAM-BA-HIA

Leblon Cachça, Coscia Pear Liqueur from Etna, Lime Juice, Homemade Jinger Shrub, Honey Syrup, Ms. Better's Bitters Pineapple Star Anise

€20

JOHNNY STECCHINO #2

Johnnie Walker Black Label Infused with Peanut Butter, Bitter Amaro Olympia, Tempus Fugit Crème de Banane, Lustau Fino Jerez

€20

BRANDY & LODÉ

Stravecchio Branca, Adriatico Almond Milk, Green Apple Juice, Lemon Juice, Monin Gingerbread Syrup, Varnelli Cinnamon Essence

€18

COCOA TONIC

Altamura Distilleries Vodka Infused with Noalya Cocoa Beans, Fever Tree Raspberry & Rhubarb Tonic

€16

IL CONTE DEL CIBRÈO

Winestillery Tuscan Bitter, Winestillery Old Tom Gin, Essentiae Persichetto Liqueur

€18

IL CONTE AD OXACA

Montelobos Mezcal Espadin, Martini Bitter Riserva, Vermouth Mancino Sakura, Fabbri Marendry

€20

ROSEMARY BABY MARY

Altamura Distilleries Vodka Infused with Rosemary, PachinEat Marinda Tomato Water, Homemade Dill Syrup, Homemade Red Onion Dust, Pink Pepper, The Bitter Truth Olive Bitters

€18

Bracioline (meat slices) with green beans sauce

Sauté onion, celery and carrots as if you were making a ragù, and when it turns from copper colored to bronze stop cooking it.

Not a second before or after. Stop the cooking with "bracioline", in the Tuscan sense of the word: slices of meat, not too thin but not more than 4 mm thick. Cut from what's called "bicchiere", "rosetta" or "lucertolo", perfect if it's from the end which is thinner. Brown the meat violently in the sautéed vegetables.

Concentrate while concluding this complex operation, and end the browning with the usual glass of red wine that you'll rapidly evaporate, adding pureed canned tomatoes along with a tiny amount of water or broth for a lengthy cooking of sauce and meat slices. Check for tenderness frequently, remove meat, add a sensitive quantity of green beans and simmer.

Another lengthy cooking, and when concluded, the meat is added to the pot and you'll have a meat course and side dish.

If you were able to exaggerate with the condiments you'll have a small amount of sauce left over that you can use with short pasta.

Working-class dishes, ultra-greasy. Add a walnut-sized piece of butter and a fistful of Parmigiano

to the pasta. For the meat and green beans, you'll need the usual bread to use to balance the strong flavors.

If you substitute a fistful of minced spinach for the green beans, cooking will be faster but equally tasty. If you've cooked spinach separately, in salted water, chop and

stir-fry with garlic, using the meat's sauce as another condiment that you'll serve together on a plate. I have no favorites for this recipe or its variations.

The only hard part, for you, will be to find the very best meat. Therefore, make a butcher your friend. In this way

you'll become a person who understands that making food can track down powerful and loving hepatic abilities.



Cibrèo Ristorante & Cocktail Bar

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& COCKTAIL BAR



IMPORTANT NOTICE

Allergen Directory

On the menu at the end of each dish name you will find a number indicating the allergen ingredients.

Please find here below the corresponding legends.

1. Cereals containing gluten (wheat, barley, rye, oats, spelt, kamut or their hybridized strains) and derivate
2. Shellfish and derivate
3. Eggs and derivate
4. Fish and derivate
5. Peanuts and derivate
6. Soy and derivate
7. Milk and derivate (including lactose)
8. Nuts as almonds (*Amigdalus communis*), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecans [*Carya illinoensis* (Wangenh) K. Koch], brazil nuts (*Bertholletia excelsa*), pistachios (*Pistacia vera*), Queensland nuts (*Macadamia ternifolia*) and derivate
9. Celery and derivate
10. Mustard and derivate
11. Sesame seeds and derivate
12. Sulphur dioxide and sulphites at concentrations over 10 mg/kg or mg/l identified as SO₂
13. Lupine and lupine-based products
14. Molluscs and mollusc-based products

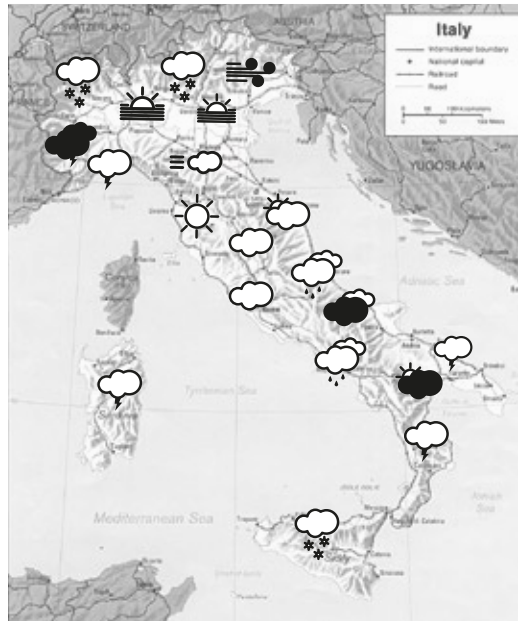
Sudoku

			1			4		6
4	3		6		2	7	9	1
6			8			5	3	
		6		1			4	3
		2						7
1	5		3				6	8
	6	3		9		8	2	
5		4	2		6		1	
2	1			8				



THE BOARD MUST BE FILLED IN SUCH A WAY THAT EACH ROW, EACH COLUMN AND EACH SQUARE CONTAIN THE NUMBERS FROM 1 TO 9. THE CONDITION IS THAT NO ROW, COLUMN OR SQUARE HAS THE SAME NUMBER TWICE.

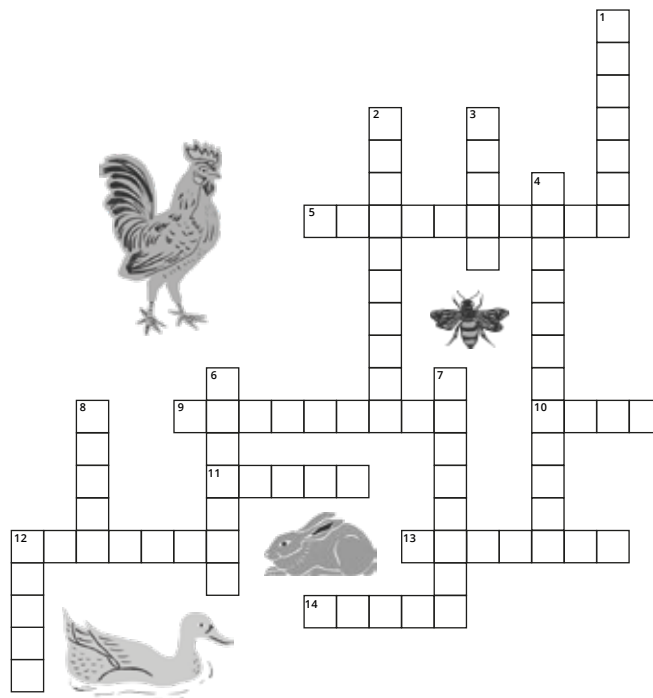
What the weather will be?



Morning: Sun all over Florence.
Evening: Nice weather in Florence.

AOSTA		PERUGIA	
TORINO		L'AQUILA	
MILANO		ROMA	
TRENTO		CAMPOBASSO	
VENEZIA		NAPOLI	
TRIESTE		BARI	
GENOVA		POTENZA	
BOLOGNA		CATANZARO	
FIRENZE		CAGLIARI	
ANCONA		PALERMO	

The Tasty Crossword



Horizontal:

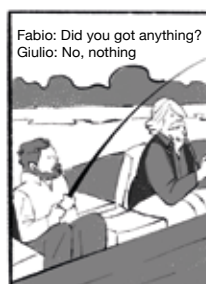
5. Small but filled
9. Bacon & egg meeting
10. When meat and vegetables go for a SPA
11. The scent of food
12. It's about a single part
13. It's ready when becomes brown
14. Most famous Margherita

Vertical:

1. Potato dumpling
2. It's ok when she bleed
3. Long spoon
4. It gives taste to bread when you've finished
6. Flat, baked & layered
7. Sauce from south Italy
8. Bonfire leftover
12. Short tubes that you can eat

To lift up the mood...

April



June



September



March

