

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 cauldron 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 centimeter wide and 4 in length, immerse 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 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.

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 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

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.



Entrées

A Bunch of Good Things

€26

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

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

Golden Tomato

€16

Salad of Yellow Datterino, Tiger Tomato, Piennolo Tomato from Vesuvius, Camone, Black Tomato, Strawberries, Dressed with Burnt Black Garlic Oil

12 | 🍷 🍷 🍷

Pe - Pe - Ro - Ne

€18

Wood Oven Roasted Pepper Served with a Creamy "Bagna Cauda" Made with Cantabric Sea Anchovies and Garlic

4 - 7 | 🍷

The Poché

€22

Poached Egg Served on Our Mashed Potatoes, Covered with Parmigiano Cheese Cream and Extra Virgin Olive Oil

3 - 4 - 7 | 🍷

Tagliatella di Calamaro

€26

Squid Tagliatella with Its Black Ink

14 | 🍷 🍷

Ostrica del Chianti

€38

Raw Piemontese Fassona Fillet, Seasoned with Lemon Juice and Evo Oil

🍷 🍷



MENU

People of Cibrè

Executive Chef: Oscar Severini

Resident Chef: Gabriele Avanzi

Restaurant Manager & Head Sommelier: Fabrizio Gentile

MENU INFO



GLUTEN FREE



LACTOSE FREE



VEGETARIAN



VEGAN

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

Roast beef

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

Various stuffed chicken necks

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

First Courses

Rabbit Ravioli

Homemade Ravioli Filled with Rabbit Ragù Served with Parmigiano

€26

Cheese Fondue

1 - 3 - 7 - 9 - 12

The Tomato Risotto

Risotto Made with Tomato Water, Buffalo Mozzarella and Basil

€20

7 | 🍴 🍷

Spaghetti al Nero

Spaghetti with Cuttlefish Ink Cream

€28

1 - 4 - 9 | 🍴

Aglio, Olio & Scampi

Homemade Tagliolini Pasta with Langoustine and Lemon Scent

€35

1 - 2 - 3 - 4 | 🍴

Timballo al Pesto

Tortiglioni Pasta Timbale, with Basil Pesto, Potatoes and Green Beans

€22

1 - 3 - 7 | 🍷



it body. A hint of a hint of nutmeg and a microscopic amount of ground black pepper 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,

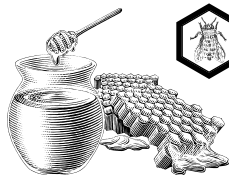
dressed with the oily or tomato-y condiment. A sprinkling of Parmigiano, in this case, is obligatory. If you're wise and have made potato gnocchi, it goes without saying, that when you dress them they'll be tasty. But I swear that if you try them dressed with meat sauce, breaking the stuffed neck into it, with each forkful you'll raise your eyes to heaven for universal thanks.

diabolic sodium hydroxide, is cleaned daily by a Cooperative of Florentine trip mongers with sweet steam cauldrons. Tripe freed from smelly molecules that vanish with this thousand year old technique. How much knowledge does it take to make tripe that remains pink? How much artisanal insistence to wash it, as my mother suggests, once it's in your kitchen, in abundant water and vinegar, after having sliced it into thin stripes 1 centimeter wide, 4 centimeters long. Five rinses in fresh water changed each time, to be certain that the vinegar's acidity and last traces of fat disappear. Sauté abundant red onion, three times as much as carrot and celery, to a color beyond golden, blatantly



copper-colored. Wait for the moment when the copper color starts to turn but is not quite bronze. Stop the cooking with two, three, or four canned 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

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.

(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 sweetness 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 meatloaf 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

Main Courses

Vegetables

La Parmigiana

€34

Fried Aubergine with Buffalo Mozzarella, Tomatoes and Basil

71 🌱 🍷

Inzimino di Ceci

€24

Stew of Chickpeas and Swiss Chard From the Garden with Crispy Bread

1-9 | 🌱 🍷

Fiori di Zucca

€26

Zucchini Flowers Filled with Sheep's Milk Ricotta, Mint, Basil and Lemon Zest

71 🌱 🍷

Fish

The Sea at My Table

€42

Fresh Catch from the Tuscan Archipelago in the Chef's Style, Always According to Seasonality

4-7

Fish for 2

€75

Fresh Seafood, Grilled on Wood and Platter Served. For 2 People. 1,4 / 1,6 Kg

41 🌱 🍷

Cibrèo Seafood Soup

€35

Catch of the Day Best Selection, Served in Our Pot and Sprinkled with Broth in "Guazzetto" Stew Style

2-4-9-12-14 | 🌱 🍷

Calamaro Ripieno

€35

Squid Stuffed with Zolfini Beans, 'Nduja and Bread on Sweet and Sour Roasted Pepper Cream

1-4-12 | 🌱

Meat

The Fassona

€42

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

1-6-7-10-12 | 🌱

Cibrèo Style Entrecote

€38

Fine Breed Steak from Sustainable Farming, Charcoal Grilled in the Tuscan Way, Served with King Trumpet, Poplar and Oyster Mushrooms Sautéed in Their Juice.

300 G

7-9-12 | 🌱

Cibrèo Fried Steak

€42

Veal Chop Covered with Breadstick Panure, Fried and Served with Our Classic Mashed Potatoes

1-3-7

Scamerita

€38

Pork Neck Marinated in Ponzu Sauce and Grilled with Mizuna, Cucumber and Spring Onion

1-4-6-10-12 | 🌱

Piccione

€44

Grilled Tuscan Pidgeon Served with Mixed Leaf Salad

12 | 🌱 🍷

Feel free to ask our staff the best side dish of the day that pairs perfectly with your favorite meal

€8

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

Omelette that we florentines call "little tart of artichokes"

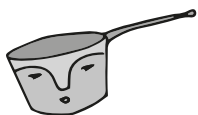
Take artichokes that have been cooked for their first seven minutes. Still firm, not completely cooked, put them in a hot frying pan so they can scorch slightly.

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 rapidity. 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 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 small cloves of Italian pink garlic, a teaspoon of chopped parsley, black pepper and/or red pepper as you prefer, salt to taste (tending

TEATRO del SALE

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toward savory), along with 0.6 gr of gelatin that has been softened in cold water and dissolved in some of 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, transformed into an unpleasant smell.



Desserts

Gianduja

Gianduja Mousse Bar with Layers of Bitter Cocoa Madeleine and Apricot and Thyme Compote, Covered in Chocolate with Crushed Hazelnuts and Salted Caramel Ice Cream
1-3-7-8 | 🍷

€14

Amandola

A meeting among a Basil Madeleine, a Yogurt Mousse, a Watermelon Popsicle, a Peach-and-Wine Sorbet and an Almond Foam
1-3-7-8 | 🍷

€14

Tarte Tatin

Seasonal Fruit Tarte Tatin with Buontalenti Ice Cream
1-7 | 🍷

€14

Cheese Selection

Cheese Selection Served with an Assortment of Jam, Honey & Walnuts
7-8 | 🍷

€26

Babà Magari

Homemade Babà with Rum, Strawberry Compote and Whipped Cream
1-3-7-12 | 🍷

€16

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 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 bean 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

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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.

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.

Onion soup

Slice a loaf of Tuscan bread made with natural yeast and good, genuine grain, toasting

the slices until copper colored at 90°C for as long as necessary. Meanwhile, make a good stock, which must contain a beef tail-bone, a fine hen and some knee bones, also of beef. Simmer these ingredients over very low heat for 3 hours, along with 2 abundant stalks of celery, 6 carrots, a bunch of parsley and, in the absence of basil,

one clove and at least 8 onions charred over a high flame, whose alchemic power will infuse your stock.

Then wilt and sauté a lavish amount of finely sliced white onions, first in a little water and then adding a lot of good butter. When the onions have turned copper-colored, pour the stock over them and simmer it

gently for another hour. When this oniony broth is done, ladle some it over a first layer of sliced, toasted bread, which you will have placed in a deep wide terracotta pot that has been previously heated.

Add to this first layer a sprinkling of good parmigiano grated with an apple grater. Proceed in this way until you have at least 6 layers of toasted bread, broth, onions and parmigiano, finishing the last layer with freshly ground black pepper.

Serve the soup at once, making sure it is still good and hot.

If not, carefully raise the temperature by heating the terracotta pot again. On a cold winter day, eating this soup boiling hot is absolutely essential.

Signature Cocktails

Te Piace?

Cibrèo Rum Mix, Zacapa 23, Spiced Tepache, Lime, Blueberry, Cocoa Foam

€22

El Greco

Don Julio Blanco, Amaro Santoni, Yogurt, Honey, Lime, Agave, Cucumber Saline Solution

€20

Bloody Picchi Summer '24 Edition

Cumin Infused Bombay London Dry Gin, Tomato Juice, Vinus Palanti (Strawberry and Thyme Fermented Drink), BP Mix (Worcester, Soy Sauce, Black Pepper, Wasabi, Mustard, Horseradish, Pimentón De La Vera)

€20

Not So Dirty

Tito's Vodka Martini Dirtied with Borettane Onions, Pantelleria Capers and Cerignola Olives by Cold Drip

€22

Casa Cibrèo

Ki No Tea, Yuzu, Umeshu, Mediterranean Syrup (Thyme, Sage, Rosemary, Mint, Liquorice), Aromatic Tonic Water

€20

Whiskerello

Florentis Whisky Super Tuscan Cask, Aqvarello Wine, Vine Leaves

€18

Schiaparelli Sour

Altamura Vodka, Hibiscus and Red Fruits Infusion, Ginger and Apple Shrub, Lychee Foam

€20

Viaggio in Italia

London Dry Gin, Aperol, Rabarbaro Zucca, Lemon Juice, Citrus Bitter, Sparkling Wine

€20



Baked polenta dish

With polenta left over from the day before, cut strips 1 cm thick, 3 cm wide and 4 cm long.

In a saucepan, sauté finely sliced onions with leeks and/or shallots in abundant butter. When the vegetables have turned golden brown, add the strips of polenta to the pan. Pour in enough hot milk to cover them and bake in a hot oven for 10 minutes.

Serve the baked polenta adding to each portion a heap of grated parmigiano. Black pepper is obligatory. This is a dish that calls for Ave Maria of thanks for leftovers.

Home-made noodles

Prepare a mix of 50% parmigiano with 50% bread-crumbs. For each handful of this mixture you will need one whole egg; for 20 handfuls then, 10 eggs; and for every 8 handfuls, a pinch of



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**A Bunch of
Good Things**

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Aperitif & Negroni

Depero #3 Campari, Lemon, Sugar, Rosemary Essence	€18
Biondo Ossigenato Campari, Martini Rubino, Blonde Ale Beer, Bas-Armagnac Infused Orange Peel	€18
Negroni Del Cibreo Bitter, Vermouth and Gin from Florence (Winestillery)	€20
Conte Ad Oaxaca Casamigos Mezcal, Cherry Blossom Vermouth, Bitter, Black Cherry	€20
Sartoria Negroni Make Your Own Negroni	€22
Bitter (Campari Cask Tales, Fusetti, Mazzetti Bitter, Bitter Toscano, DU.IT)	
Vermouth (Carpano Antica Formula, Cocchi, Mancino Kopi, Mulassano, Vermouth Toscano)	
Gin (Gin Toscano, Mazzetti Gin, Tanqueray No. TEN, Ginarte, Peter In Florence)	

of life. Because it is life that keeps us away from fear, which is always sure to produce malevolent situations. Fear can rob us of the continuous "resurrections" we need to be reborn through change, at times welcome, at times painful and unexpected. Gestures that assume the value of "human feats" let us climb even the "steepest hills" with no effort. They let us face stormy disasters, minor defeats and life's many ordinary hurdles through the practice of Compassion which, if it cannot give you the certainty of bodily immortality, will leave you with a powerful, silent innersmile, hinting at the immortality of the spirit.

Look at your now sleeping demons, look at the demons of others and you will feel, for theirs and your own, compassion. Lay down your arms and war will no longer be possible.

If you think about it, and if you really look for it, we always have beside us someone who has wanted us in his image and resemblance, someone who is able to keep us, as Christ who became man suggested in the prayer of prayers, far from Evil and its fears.

Because of my personal history I always stop at the threshold of churches when a service is going on, but if I enter in silence I find - as I find in monasteries, mountains, open seas or the shade of olives and cypresses - a sense of infinite, beautiful inner peace.

Aspiring artichokes

Rapidly clean artichokes with the usual femini-



ne hand, being careful not to leave any tough fibrous leaves but also to remove only the necessary leaves with no wastage. Slice off the tips straight above the choke concealed beneath the first two or three layers of leaves. Carefully clean the stem, trimming it to a length and thickness of 4 cm.

After having cleaned the artichokes and washed them in running water without leaving them to soak, arrange them upside down in a medium-deep pan. Add 2 cl of water and, for 12 artichokes, 3/4 of a wineglass of good oil. Never forget to salt the artichokes with decision, but without exaggerating.

After cooking them over a hot flame for 7 minutes you will discover that some of the salty water has evaporated but some of it, along with the oil, has been absorbed. As proof this, both the oil and the water will have disappeared from the bottom of the pan. Artichokes, when not divided into halves of fourths, have this "absorbent" capacity due to the natural capillaries abundantly present in them.

Thanks to this capacity, the artichokes, although apparently boiled, will be entirely saturated with a marvelous flavour of oil and salt.

Before serving them I suggest adding 2 drops of lemon juice and a grinding of black pepper.

nutmeg and the finely grated rind of an organic lemon, in my opinion. A little very salt, some pepper if you like.

Set the dough aside to rest before using the proper tool to squeeze the passatelli directly into hot broth.

Equally good when eaten at once, or after having been left to rest. If you happen to have some meat sauce, don't resist the temptation to lift some of the passatelli out of the broth they have cooked in and into a bowl, where you will dress them with sauce.

Fennel au gratin

Clean fresh fennel and cut them into quarters. Blanch the quartered fennel in boiling salted water until half done.

Arrange the pieces of fennel in a deep pan and cover it with a generous amount of white sauce, made with 3-4 tablespoons of flour lightly browned in melted butter.

A pinch of ground nutmeg is obligatory.

In a kettle, heat a liter of milk almost to the boiling point, then stir it into the mixture of flour dissolved in butter using a stiff wire whisk.

The white sauce will form at once. If it seems a little liquid, don't worry, since you still have to add a very generous handful of grated parmigiano. It is essential to gratinate this dish.

This classic of Italian cuisine so popular in the 50's is marvelous in itself, and allows for a thousand variations, such as the following:

One: Chopped cooked prosciutto or baked ham added to the white sauce.

Two: Instead of a liter of milk, use half a liter of milk and half a liter of beef or vegetable stock.

Three: Blend boiled carrots into the white sauce.

Four: Boil artichokes, leaving them firm, and arrange the fennel and

artichokes to form a pattern in the baking pan.

Caserecce pasta with anchovies and escarole

Coarsely chop a head of escarole and sauté it gently with pitted green olives and a couple of salted anchovies, well-rinsed and filleted. Add a pinch of ground red pepper, sauté again with 200 g of top quality caserecce pasta and some provola (smoked if you like) cut in a small cubes.

The pasta should be strictly *al dente*. As a final touch, when you serve this dish on a warmed plate, scatter over it some toasted breadcrumbs (about one teaspoon per portion) and dribble it with 2 tablespoon of good olive oil.

Midnight spaghetti

Without doubt, a dish of spaghetti at midnight is one of the things that allows us to walk the path of happiness. It can be consumed as a joyous act of meditative wisdom, to end the old day and begin

the new one.

Olive oil, sliced garlic sautéed goldenbrown, red pepper to taste and, if in season some friend has brought you some Cerasella Vesuviana, add a bit of it to the bubbling oil. Otherwise if you have no cherry tomatoes, you can stop at the classic version, adding chopped parsley with or without a handful of grated parmigiana, provolone or other seasoned cheese.

The oily texture, the last forkful, the spiciness, as well as the *al dente* cooking, the slow boiling and the quality of the pasta - all of these things should make you aware of the beauty



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