CIBRÈO
RISTORANTE
& COCKTAIL BAR

BIANNUAL ISSUE

FLORENCE, SATURDAY,
SEPTEMBER 8, 1979

THE FOOD JOURNAL





Good food nourishes the soul

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

People of Cibrèo

Executive Chef: Oscar Severini
Resident Chef: Gabriele Avanzi
Restaurant Manager & Head Sommelier: Fabrizio Gentile

Entrées

UN INSIEME DI COSE BUONE € 26
A Flavourful Introduction to the Cibrèo World
A Selection of the Best Products of the Daily Market by Cibrèo Ristorante & Cocktail Bar
1 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 - 12 | Ⓐ

IL CARCIOFO Ⓒ € 22
Velvety and Deliciously Surprising
Artichoke Stuffed with Pecorino and Parsley Cream, Served with Roasted Artichoke Oil
NO WASTE DISH
7 |

IL POCHÉ € 20
No Bread, No Fun
Poached Egg Served on Our Mashed Potatoes, Sautéed Swiss Chard and Parmigiano Cheese Cream
3 - 7 |

CAPPUCCINO € 24
You Might Even Want It for Breakfast
A Velvety Savoury Cappuccino with Mushrooms, Potatoes, Hazelnuts and Cocoa
7 - 8 |

OSTRICA DEL CHIANTI € 38
Don't Call It Carpaccio
Raw Piemontese Fassona Fillet, Seasoned with Lemon Juice and Extra Virgin Olive Oil

SENZA SCAMPO € 34
Worth Losing Your Head For
Scampi au Gratin with Breadstick Crumble, Fried Capers and Lemon Zest
1 - 2 - 7

Anti-flu tripe salad

If you have a kilo of pink tripe- from our tripe mongers with their steam cauldrosand 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, 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 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 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.



MENU

MENU INFO

GLUTEN FREE · LACTOSE FREE · VEGETARIAN · VEGAN
Ⓐ CONTAINS ALCOHOL · Ⓒ CIBRÈO SIGNATURE DISH

Cibrèo Ultrafiltered Still or Sparkling Water: € 5
San Felice Still or Sparkling Mineral Water: € 6
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 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.

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 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

First Courses

IL RISOTTO € 26
A Taste of Nostalgia
Saffron Risotto with Slow-Braised Beef Cheek and Beef Bone Marrow
7 - 9 - 12 | (A)

PASTA MISTA ALL'ASTICE € 30
Winter by the Sea (At Grandma's)
Mixed Pasta Cooked Risotto-Style in a Rich Bisque, with Potatoes and Lobster
1 - 2 - 4 -7 - 9 - 12 | (A)

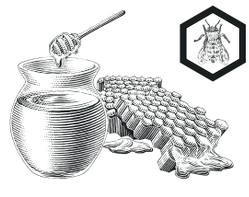
TIMBALLO € 24
Almost Erotic
Tirrena Tortiglioni Timbale, Made with Wheat from the Tuscan Coast, in a Porcini Mushroom Mornay Sauce, Enrobed in Our Signature Cacio e Burro
1 - 3 - 7 | TIRRENA

PLIN (C) € 24
Not Just a Signature, It's a Goal
Classic Plin Stuffed with Slowly Braised Genovese Pork Sauce and Parmigiano Cheese Cream
AVAILABLE ON REQUEST, WE CAN SERVE OUR PLIN IN THE TRADITIONAL "AL TOVAGLIOLO" WAY
1 - 3 - 7 - 9 - 12 | (A)





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

CAVOL-FIORE € 26
Delicate, Yet Full of Character
Chargrilled Cauliflower, Cauliflower Carpaccio and Purée, Served with Orange and Toasted Almonds
7 - 8 | (1) (8)

RAPE ROSSE E CAPRINO € 28
A Veggie Dish for Meat Lovers
Salt-Baked Beetroot Salad with Charcoal Goat Cheese and Figs Cooked in Syrup
7 - 12 | (1) (8) (A)

ZOLFINI E FUNGHI AL CARTOCCIO € 28
Autumn on Steroids
Slow-Braised Zolfini Beans Served with a Ragù of Seasonal Mushrooms, Selected According to Availability
(1) (2) (V)

Fish

IL MARE IN TAVOLA € 42
Always a Surprise
The Finest Fresh Fish from the Tuscan Archipelago, with Crispy Toasted Bread, Potato and Carrot Spheres, Served with a Marseille-Style Broth
1 - 2 - 4 - 7 - 9 - 12 - 14 | (A)

PESCE PER 2 € 75
Lovingly Plated
Large Fresh Seafood, Grilled over Wood and Served on a Platter
For 2 People
4 | (1) (2)

CALAMARO € 42
In the Spirit of Sapore di Mare
Roasted Squid on a Bed of Bagna Càuda, Delicately Brushed with a Silky Cuttlefish Ink Purée
4 - 7 - 9 - 12 - 14 | (1)

Meat

L'ANATRA VIOLA € 38
A Baroque Creation
Valdarno Muscovy Duck Breast with Chargrilled Purple Cabbage, Blueberries in Sauce and Raspberry Vinegar, Accompanied by a Dark Chocolate Reduction and a Bao Bun Filled with Confit Duck Leg
1 - 7 - 9 - 12 | (A)

LA FASSONA DI ROSSINI € 45
Charmant and Opulent
Fassona Fillet from the Tuscan-Emilian Apennines, Grilled over Coals and Served with Purée, Foie Gras and Fine Black Truffle
7 - 9 - 12 | (1) (A)

LA BISTECCA FRITTA DEL CIBRÈO © € 42
E-x-a-g-g-e-r-a-t-e-d
Veal Chop Coated in Breadstick Panure, Fried and Served with Our Classic Mashed Potatoes
1 - 3 - 7

PANCIA DI MAIALINO € 38
Pork but Elegant
Suckling Pig Belly Confit, Apple Purèe, Mustard à l'Ancienne and Endive
7 - 10 - 12 | (1) (A)

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 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 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 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.



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Desserts

LO SGROPPINO € 14
Cheerful and POP
Lemon, Prosecco and Vodka Sorbet, Prepared Right at the Tableside
12 |

ALL'ORO € 14
Delicately Aromatic
Frangipane Tartlet with Calvados-Glazed Apples, Served with Bay Leaf Ice Cream Enriched with Bay Leaf Sugar
1 - 3 - 7 - 8 - 12 |

LO ZUPPOTTO € 16
A Little Boozy, True Tipsy Cake Style
Oven-Baked Brioche, Twice Soaked in a Brandy, Passito Wine and Vanilla Sauce, Served with Buontalenti Ice Cream and Spiced and Roasted Pears
1 - 3 - 7 - 12 | Badiani

TORTA PANE E CIOCCOLATO € 14
Back to Childhood
Bread and Dark Chocolate Cake, Served with Milk Sorbet and Sanded Hazelnuts
NO WASTE DISH
1 - 7 - 8 |

TIRAMIGIÙ © € 14
Dangerously Moreish
Chocolate Biscuit with Banana Ice Cream and Peanut Butter Foam
1 - 3 - 5 - 7 |

CHEESE SELECTION € 20
The Discerning Guest's Finale
7 |

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TUSCAN ORIENTAL



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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

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 "braciolina", 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 exagerate 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.

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 sautéd goldenbrown, red pepper to taste

Signature Cocktails

Casa Ciblèo € 22
Ki No Tea Kyoto Dry Gin, Yuzu, Umeshu, Mediterranean Syrup (Thyme, Sage, Rosemary, Mint, Liquorice), Three Cents Aegean Tonic

Schiaparelli Sour € 20
Altamura Vodka Infused with Hibiscus and Red Fruits, Ginger and Apple Shrub, Lime, Lychee Foam

Umami Martini € 20
No.3 London Dry Gin Infused with Fermented Green Coffee, Baldoria Dry Umami
12

Fettunta Sour € 22
Winestillery Vodka, Lemon, Sugar, Salt, Pepper, Plant-Based Foamer, Cibrèo Extra Virgin Olive Oil
1

Patata Bollente € 20
Monkey 47 Dry Gin, Monin Paragon Pepper Cordials and Rosemary Roasted Potatoes, Italicus
1

Papá Noel € 22
Los Siete Misterios Doba-Yej Mezcal, Adriatico Amaretto Crushed Almonds Bianco, Muyu Jasmine Verte, Cream, Caper Air, Nutmeg
7 - 8

Roger Rabbit € 20
Altos Tequila Reposado, Salted Butter and Black Pepper Syrup, Acidified Carrot Soda
7

Ciokko Retrò € 22
Michter's Sour Mash Whiskey, Fermented Carob and Pecan Syrup, Fusetti Bitter Cacao, Lemon
8 - 12

Low & Zero Signature

LOW ALCOHOL

Ca-Puccio € 16
Cadello 88, Barrel-Aged Concentrated Coffee Brew, Milk Foam
7 - 8

Ciblèo To Mexico € 16
Banana-Peel Infused Fusetti Bitter, Santa Spina Cruda, Ancho Reyes, Lime, Three Cents Pink Grapefruit Soda, Soy Sauce
1 - 12

Trentin Cibrèo € 16
Jimmy the Tonic Companion, Lime, Sparkling Clarified Juice of Chestnut Honey-Caramelised Apple, Mountain Pine Spray

ZERO ALCOHOL

Vir-Gin-Must Fizz € 15
Oppure, Lime, Must, Three Cents Pink Grapefruit Soda

Melassira € 15
Fig Nectar, Tassoni Cedrata, Erba Tamarind, Lime

Wowisteria € 15
Beefeater Alcohol Free Infused with Wisteria, Winestillery Hyper Low Gin, Three Cents Ginger Beer

Another Coke Please € 15
Lucano Amaro Zero, Monin Paragon Labdanum, Lime, Three Cents Dry Tonic

Free Skinny Bch** € 15
Almave Ámbar, Lime

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Vignaioli a Greve in Chianti dal 1524

www.conticapponi.it

artichokes

Rapidly clean artichokes with the usual feminine 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 concelead beneath the first two or three layers of leaves. Carefully clean the stem, trimming it to a lenght and thickness of 4 cm.

After having cleaned trhe 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.



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 forkul, 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 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 churces 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

COMMITMENT TO SUSTAINABILITY

"The desire that aims Cibrèo has always been to drive the authentic scents and flavors of local family tradition over time, discovering the best local products and carefully choosing raw materials from farmers, breeders and fishermen who share with Cibrèo the passion for safeguarding eco-sustainable production and protecting the environment.
Also for this reason, we have always promoted the choice of menus that follow the natural rhythm of the seasons, evolving and changing over time, month by month, day by day.
We choose our raw materials only from certified partners who, like us, follow an ethical path of environmental sustainability, attentive to the care of animals, cultivation, of men and land, carefully controlling the entire supply chain to limit waste as much as possible.
So that future generations can continue to enjoy the excellent ingredients and uniquely flavorful dishes we have been serving since 1979."

IMPORTANT NOTICE

Allergen List

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

Please find here below the corresponding key.

1. Cereals containing gluten (wheat, barley, rye, oat, spelt, kamut or their hybridized strains) and derivatives

2. Crustaceans and derivatives

3. Eggs and derivatives

4. Fish and derivatives

5. Peanuts and derivatives

6. Soy and derivatives

7. Milk and derivatives (including lactose)

8. Nuts as almonds (Amigdalus communis), hazelnuts (Corylus avellana), walnuts (Juglans regia), cashews (Anacardium occidentale), pecans [Carya illinoiensis (Wangenh) K. Koch], Brazil nuts (Bertholletia excelsa), pistachios (Pistacia vera), Queensland nuts (Macadamia ternifolia) and derivatives

9. Celery and derivatives

10. Mustard and derivatives

11. Sesame seeds and derivatives

12. Sulphur dioxide and sulphites at concentrations over 10 mg/kg or mg/l identified as SO_2

13. Lupine and lupine-based products

14. Molluscs and mollusc-based products

Sustainability Directory

1. All our fish-based dishes come from sustainable fishing.

2. The meat comes from non-intensive, certified organic farms, like Fattoria il Palazzo.

3. The ultra-organic vegetables come from Orto Bioattivo in Bellosguardo, located just 3 km from the historic center of Florence.

What will the weather be like?



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	

To lift up the mood...

April



June



September

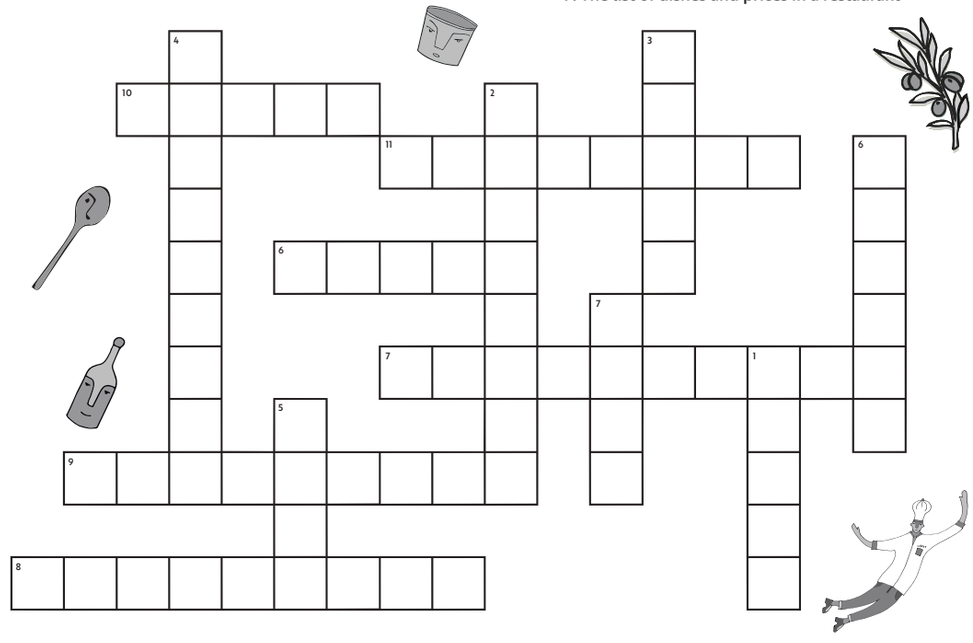


March



ACROSS:
6. It is used to drink water or wine
7. It is spread on bread and is made from olives
8. The meal eaten in the morning
9. Long, thin pasta
10. The famous Italian dish with tomato and mozzarella
11. An Italian dessert made with mascarpone and coffee

VERTICAL:
1.Grilled beef, typical of Tuscany
2. Small pieces of bread served as an appetizer
3. It is used to cut meat
4. Tuscan dish made with stale bread and vegetables
5. The professional who prepares dishes in the kitchen
6. The person who serves customers at the tables
7. The list of dishes and prices in a restaurant



Sudoku

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

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.

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