



ACIS Quick Menu Guide

*La Bella Italia!*



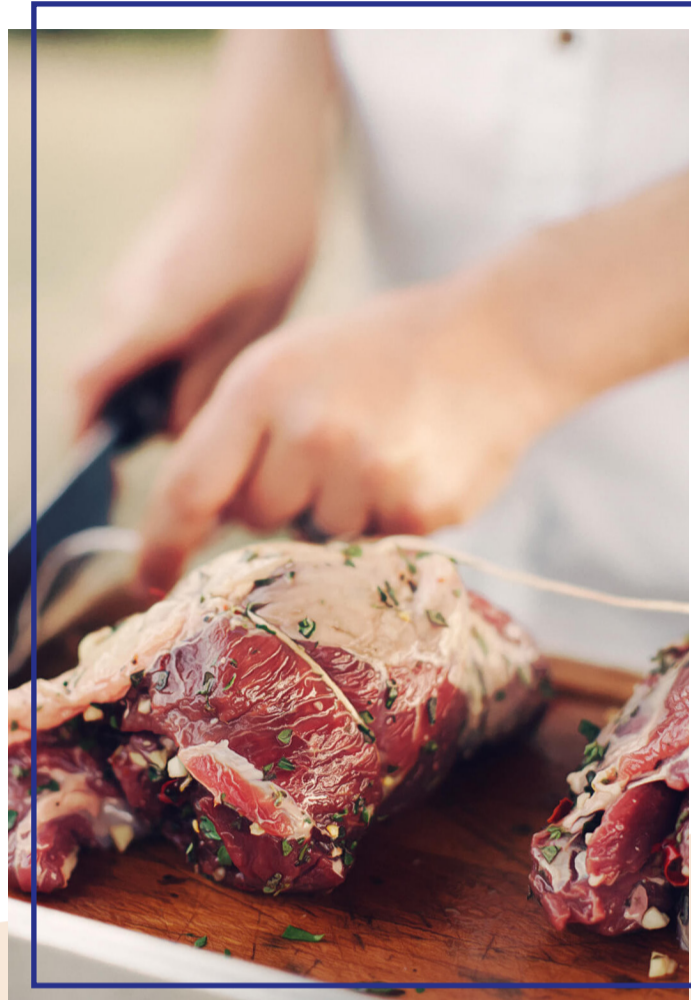


Find your way around an Italian menu with these key terms. We've left out most cognates (3 guesses what Spinaci means!) and given you common phrases to keep you from being stumped on an empty stomach.

*Buon Appetito!*

# Il Carne Meat

<b>Agnello</b> (m)	Lamb
<b>Bistecca</b> (f)	Steak
<b>Maiale</b> (m)	Pork
<b>Manzo</b> (m)	Beef
<b>Pollo</b> (m)	Chicken
<b>Vitello</b> (m)	Veal



# Frutti di Mare Seafood

<b>Acciuga</b> (f)	Anchovy
<b>Anguilla</b> (f)	Eel
<b>Aragosta</b> (f)	Lobster
<b>Gamberi</b> (m plural)	Shrimp
<b>Pesce</b> (m)	Fish
<b>Spigola</b> (f)	Bass
<b>Tonno</b> (m)	Tuna



# Verdure e Contorni

## Vegetables & Sides

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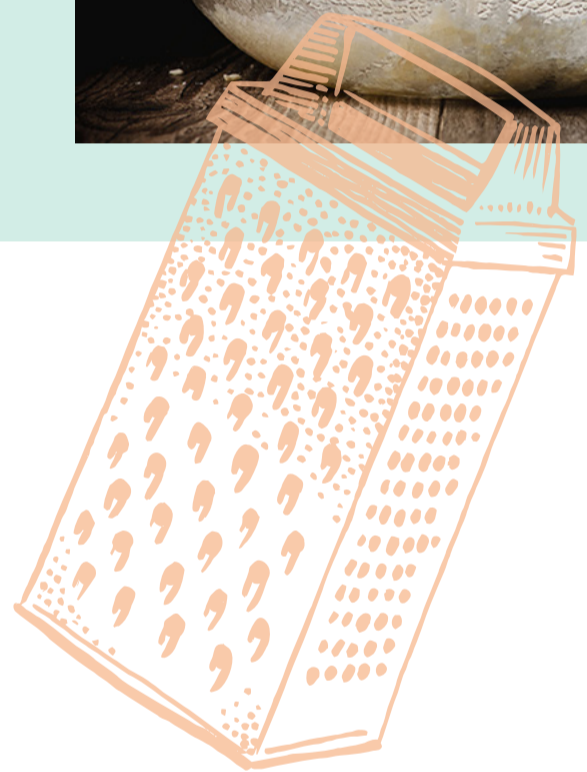
<b>Carciofo</b> (m)	Artichoke
<b>Formaggio</b> (m)	Cheese
<b>Funghi</b> (m)	Mushrooms
<b>Melanzane</b> (m)	Eggplant
<b>Pane</b> (m)	Bread
<b>Patata</b> (f)	Potato
<b>Pomodoro</b> (m)	Tomato
<b>Tartufo</b> (m)	Truffle



# Kitchen Terms

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<b>Cotto</b>	Cooked
<b>Crudo</b>	Raw
<b>Piccante</b>	Spicy
<b>Dolce</b>	Sweet
<b>Caldo</b>	Hot
<b>Freddo</b>	Cold
<b>Grattugiato</b>	Grated
<b>Misto</b>	Mixed
<b>Singolo</b>	Single
<b>Al forno</b>	Baked
<b>Al vapore</b>	Steamed
<b>Affumicato</b>	Smoked
<b>Arrostito</b>	Roasted
<b>Grigliato</b>	Grilled
<b>Gusto</b>	Flavor
<b>Sugo</b>	Sauce
<b>Fatto in casa</b>	Homemade



# Pasta Pasta Pasta!



## All'amatriciana

Traditional red sauce with Guanciale (pork cheek), pecorino cheese and onion

## Alla boscaiola

Also called “Woodsmen’s Pasta”, filled with mushrooms, cream, pancetta and parmesan

## Alla norma

Traditional Sicilian recipe with roasted eggplant, tomato, ricotta and basil

## Alla vodka

Tomato cream sauce cooked with vodka

## Alle vongole

Pasta with clams and a white sauce



## Arrabiata

A spicy sauce for pasta made with tomato, onion and dried red chili peppers



## Bolognese

Meat based ragù that typically includes tomato paste, celery, onion and wine

## Carbonara

Roman favorite made with hard cheese, egg, guanciale, and pepper

## Cacio e pepe

Pecorino cheese and pepper are often the sole ingredients in “Cheese and Pepper Pasta”

## Fra Diavolo

A spicy sauce, usually tomato based



# Traditional Pizza

## **Alla Napoletana (Napoli)**

Tomato sauce, anchovies, mozzarella, and oregano

## **Alla Romana**

Tomato sauce, anchovies, mozzarella, oregano, and capers

## **Ai Quattro Formaggi**

Four cheeses, usually served with a white sauce

## **Ai Funghi e Salsicce**

Sausages, mushrooms and mozzarella; tomatoes dependent

## **Boscaiola**

Tomato sauce, mozzarella, porcini mushrooms and bacon





## Capricciosa

Olives, artichoke hearts, half of a boiled egg, prosciutto and mushrooms

## Caprese

Mozzarella and sliced tomato



## Emiliana

Tomato sauce, mozzarella, eggplant, boiled potatoes, and sausage

## Margherita

Tomato sauce, mozzarella, fresh basil

## Pugliese

Tomato, onion, and mozzarella or pecorino

## Sarda

Tomato sauce, mozzarella, pecorino cheese, and spicy salami

## Tartufata

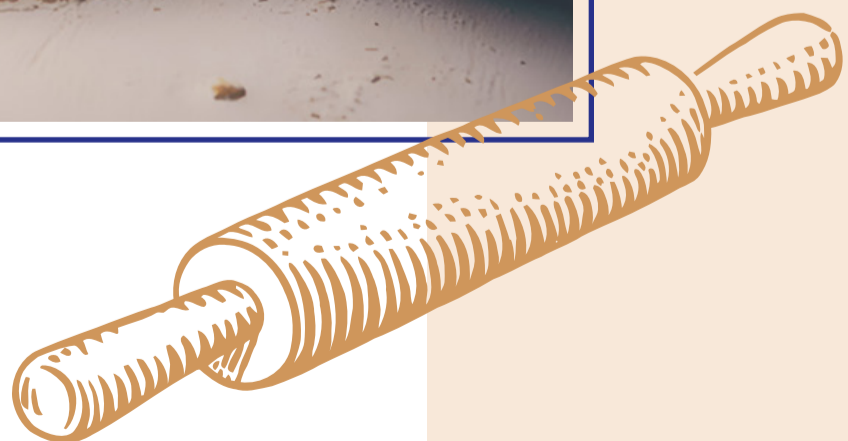
Mozzarella, truffle cream, and porcini mushrooms

## Veronese

Prosciutto crudo and mushrooms

## Quattro Stagioni

Tomato sauce, mozzarella cheese, cooked ham, mushrooms, artichokes, black olives



# Dolce Dessert

## **Affogato**

A scoop of vanilla gelato topped with piping hot espresso

## **Cantucci**

After dinner biscuits, usually served with dessert wine

## **Panna Cotta**

Sweet, chilled cream served in a mold; similar to flan

## **Sfoglia Crema**

Flaky pastry folded over crème patisserie

## **Semifreddo**

Similar to a mousse, served cold

## **Tiramisù**

Layers of espresso-soaked lady fingers, marscapone, and cocoa powder

## **Zabaione**

Dessert custard that often incorporates cognac or spirits

