



ACIS Quick Menu Guide

La Bella Italia!



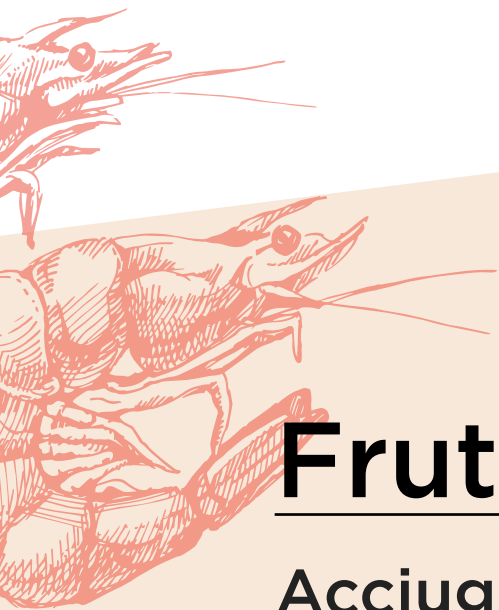
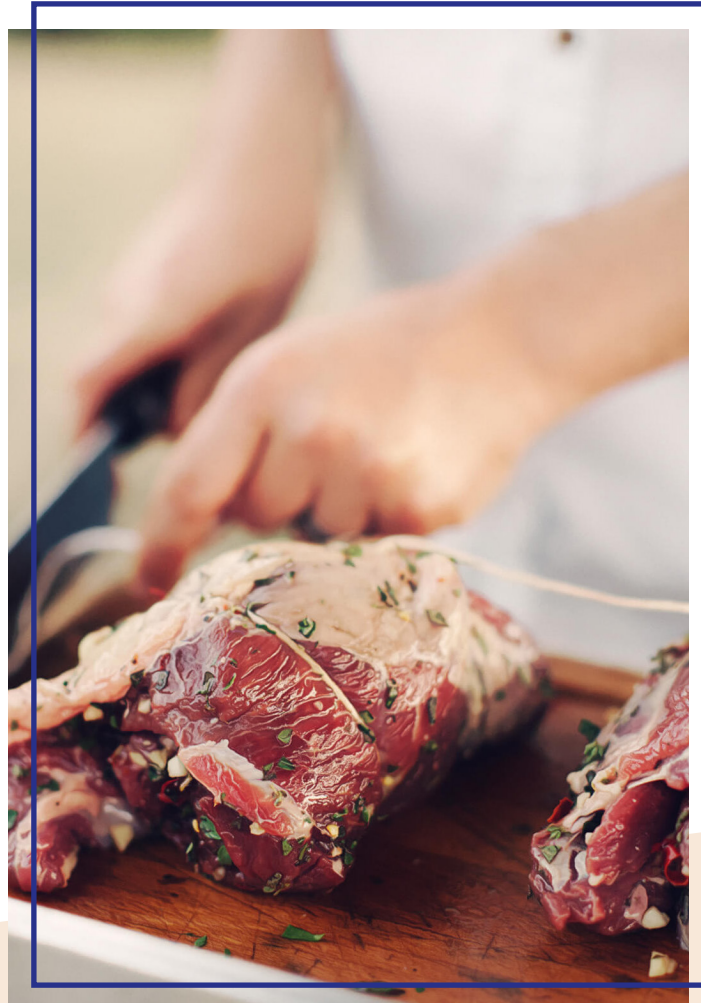


Find your way around an Italian menu with these key terms. We've left out most cognates (3 guesses what Spinaci means!) and given you common phrases to keep you from being stumped on an empty stomach.

Buon Appetito!

Carne Meat

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



Frutti di Mare Seafood

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



Verdure e Contorni

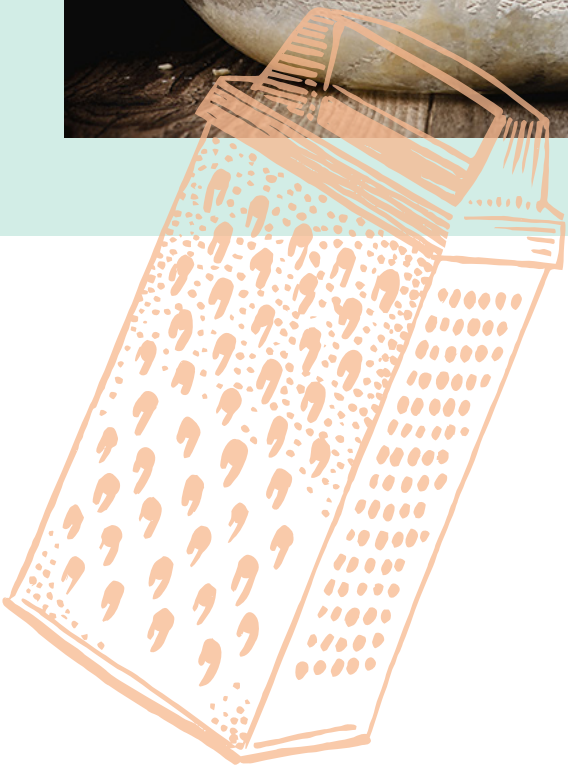
Vegetables & Sides

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



Kitchen Terms

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



Pasta Pasta Pasta!



All'amatriciana

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

Alla boscaiola

Also called “Woodsman’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

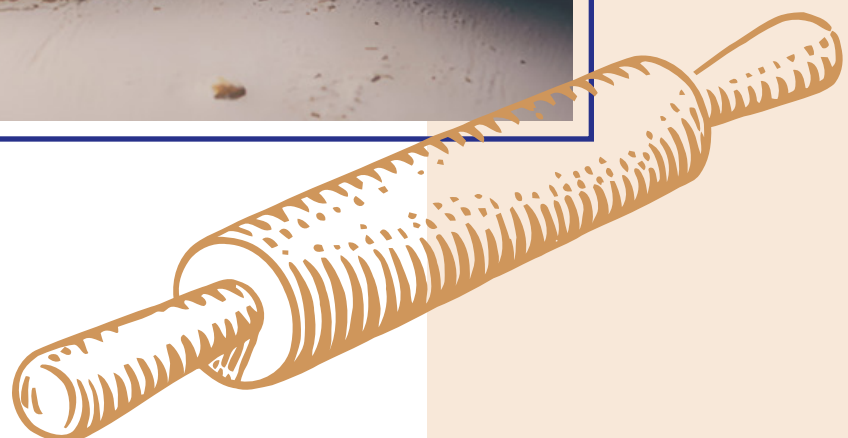
Mozzarella, truffle cream, and porcini mushrooms

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

