

# Tasting Food

Italy has a wonderfully diverse set of regional food traditions. Venetian cuisine is very different from what's eaten on the mainland, because the lagoon was such an important part of everyday life. Traditional dishes focus on the amazing fish and seafood brought in every day by fishermen from the Adriatic Sea, supplemented by vegetables grown on surrounding islands such as asparagus and artichokes. Check out some delicious dishes that are unique to Venice.

## 1. Sarde in saor

Saor refers to a particular cooking technique, in which onions are softened slowly over a low flame until they're translucent and aromatic and mixed with raisins and pine nuts. The sarde in question are sardines, which rest in this glorious onion-y mixture.



*Sarde in saor*

## 2. Spaghetti in nero di seppia

This plate of pasta is as deeply black as charcoal. Pieces of squid are slow-cooked in tomato sauce until they become meltingly soft. This is then colored with the ink of the squid, which is contained in a tiny pod that skilled fishermen know how to remove without bursting. A little bit of black will color the entire pasta, making it as unusual-looking as it is delicious.



*Spaghetti al nero di seppia*

## 3. Bigoli in salsa

This particularly Venetian kind of pasta is springy and toothsome and it's tossed in an aromatic sauce of onions,

anchovies, and fennel seeds.

#### **4. Fritto misto**

Delights of the sea are covered in batter and deep fried to crunchy perfection. You'll get a mix of shrimp, calamari rings and fish balls.

#### **5. Baccala mantecato**

A dried cod fish is cooked for hours and hours until it becomes soft and the bones dissolve and it's whipped up with oil to become a glorious white cream. It's normally eaten on tiny pieces of bread and downed with a bit of prosecco in the evening.



*Cicchetti Al Bottegon*

#### **6. Frittelle**

Around the time of Carnival, shops will begin to sell frittelle, which are glorious fried donuts stuffed with cream or raisins and candied orange peel, and dipped in sugar.

#### **7. Tramezzino**

This is a typical Venetian snack and it consists of two triangular pieces of white bread with all kinds of inventive fillings inside, bulging out delightfully in the middle. You'll find everything from prosciutto cotto and artichokes, to mozzarella layered with tomatoes, to shredded radicchio with olives and soft cheese.