

Primavera 2014

da Roberto, Taverna in Montisi

Open from noon to sunset

Closed when I go shopping

*Dear Ladies and Gentlemen, welcome to my home.*

*Every morning I wake up happy to build a space of peace, balance and harmony to offer people who like to come to my Taverna.*

*I appreciate people for what they are willing to share of their minds and hearts. The visible sign of money makes very little impression on me.*

*Good manners are a key contributor to enjoy my daily life. I hold myself to a high standard and I do whatever I can to protect this space from negativity of bad manners.*

*I'm a countryside cuciniere (cook), whose only claim is to feed myself honestly. Home cooking is prepared and shared with those who like to sit at my table.*

*If you like what I do, tell the people you care about.*

*And if you do not, please tell me. I'm ready to hear your constructive feedback when expressed in-person. It helps me recognize my mistakes and work to reduce their number.*

*I consider criticism expressed at later dates, and worse if protected by the anonymity of a pseudonym, a destructive attitude, and I will not give the deriving negativity any chance to affect me.*

*I always offer people seated in my house my service and my smile.*

*To people content to savor authentic dishes, to sip sincere drinks and to gladly recognize the price of my loyalty to them, I also give my heart.*

*I appreciate your courtesy.*

Roberto Crocenzi

*Smoke in the garden, not on or close to the terrace, thank you!*

*Booking required at 0577 845159 or at [info@tavernamontisi.com](mailto:info@tavernamontisi.com)*

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(V) = vegetarian

(GF) = gluten free



= Slow Food Presidium



= certified organic farming

*no extra charge for cover, bread and service*

Crostini with Cinta Senese lard  and olives from Cilento  € 10

Cold salad of mixed beans   (V) (GF) € 13  
€ 1 included, to be donated to Slow Food Alliance Cooks-Presidia

Cured sliced pork and Cinta Senese meats  (GF) € 14

Wild octopus salad with potatoes, black olives and celery (GF) € 16

Tuscan bread soup (V) € 10

Fresh Pici (Tuscan spaghetti)  with breadcrumbs (V) € 10

Fresh Pici  with Chianina Beef ragu € 12


Fresh Pici  with Cinta Senese  sausage, onions and cheese € 12

Fresh Pici  with March truffle from Crete Senesi (V) € 16


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*Meat courses are served with the side dish of the day*

Cinta Senese  pork meatloaf, oven cooked (GF) € 16  
ground meat blended with mashed potatoes, sheep's milk cheese, eggs

Chianina beef potroast with onions (GF) € 18

Pork Steak of Capocollo of Cinta Senese , grilled (GF) € 19 to € 22  
topped with sheep's milk cheese and sage leaves, 10 to 14 oz.

Fiorentina T-bone steak, grilled (GF) € 45 to € 60  
from certified Chianina I.g.p., 2 to 3 lb.

Boneless Breast of free range chicken , grilled (GF) € 18

Raw milk cheese platter  (GF), 10 to 12 oz. € 18

Sheep's cheese, baked with apples, honey and almonds  (GF) € 8

Sheep's milk fresh ricotta with Illy espresso and honey (GF) € 8

Panna cotta made with fresh full-fat milk  € 7

Baked apple  (GF) € 7

Cantucci (biscotti) with Moscadello, a Montalcino dessert wine € 8

Seasonal fresh fruit salad (GF) € 7

<i>Tosca mineral water, flat or carbonated, 1 lt. in Glass bottle</i>	€ 2
<i>fix residue at 180°C 59 mg./lt.</i>	
<i>Nepi mineral water, naturally sparkling, 0,75 lt. in Glass bottle</i>	€ 2
<i>fix residue at 180°C 580 mg./lt.</i>	
<i>Take away mineral water, 1.5lt. in plastic bottle</i>	€ 2
<i>Mineral water glass bottles are not for take away, thank you!</i>	
<i>Apple juice , glass bottle, 1lt.</i>	€ 9
<i>A glass of freshly squeezed orange juice</i>	€ 4
<i>San Quirico d'Orcia Microbrewery beer, 0.75lt. glass bottle</i>	€ 13
<i>Podere Pereto Microbrewery beer, 0.75lt. glass bottle</i>	€ 12
<i>A glass of wine I.g.t. or D.o.c.</i>	€ 4
<i>A glass of Chianti Classico D.o.c.g.</i>	€ 4
<i>A glass of Vino Nobile di Montepulciano D.o.c.g.</i>	€ 5
<i>A glass of Brunello di Montalcino D.o.c.g.</i>	€ 7
<i>Wine by the carafe, I.g.t. or D.o.c., ¼ lt.</i>	€ 7
<i>Wine by the carafe, I.g.t. or D.o.c. ½ lt.</i>	€ 11
<i>Illy Espresso, regular or decaf, or Illy barley coffee</i>	€ 2
<i>Tisana (herbal tea)  from Val d'Orcia</i>	€ 3
<i>Cappuccino with full-fat fresh milk  and Illy espresso</i>	€ 3
<i>Vestri hot chocolate</i>	€ 3
<i>Amaro Stilla, a herbal bitter liqueur from Monte Amiata</i>	€ 3
<i>Limoncello, a lemon liqueur from the Amalfi Coast</i>	€ 3
<i>Grappa, the Italian liqueur from distilled marc, white or amber</i>	€ 3

## *Into my Kitchen*

*My menu makes me proud of it, an easy to identify set of flavors, prepared every day with enthusiasm, surely healthy and fair food. The guest at the table is welcomed to judge about the good according to his taste.*

*I like to promote this area, so much time is invested driving the region to gather fresh ingredients. It's my contribution to protect the value of biodiversity, the result of the tireless work of passionate men and women who do not compromise to mass-production.*

*At the same time, the flavors and traditions related to food of my memory lead me to visit farms also in other regions to buy ingredients, most of them supported and promoted by Slow Food Presidia.*

*I always shop in person at the source, in small quantities and frequently, so being able to certify the quality and the origin.*

*When cooking, I do not perform preparations for effect, with matching ornaments and choreography. I just try to preserve the core substance and to nicely present it without the need of interpretations.*

*I do not have a freezer.*

*In the course of the service a dish may not be available, because it's just finished or we are temporarily out of the ingredients. It's the price I accept to pay to assure my guests the freshness of what they will taste here.*

*A microwave has never found place in my kitchen, so patience is kindly required to allow us the proper time to prepare the dish.*

*My garden gives us herbs, such as basil, sage, rosemary and bay leaves. Spices are not used.*

*Very little salt is put in the kettle of pasta. No salt is added elsewhere since it hides the true flavor of the ingredients. Salt, pepper and apple cider vinegar are on the table for your convenience.*

*Canned ready-to-serve sauces are banned, as well as stock cubes, gravy, bechamel, flavor enhancers or other synthetic amenities.*

*The only oil in the kitchen is “olio di podere” extra virgin olive oil from the farm, from Azienda Agricola La Grancia di Montisi or from the farm of Luchino Grappi in Pienza, both from organic farming. No fat is added when cooking, nor butter or margarine.*

*Equally important, our dishes are nicotine-free.*


*As a consequence of the above, the question “What’s good today?” or “What’s the specialty of the house?” or “What do you recommend?”, finds no genuine answers for two reasons: all dishes were included in the menu after listening carefully to Guests’ opinions and, just as important, my food is given no time to age in my refrigerators.*

*Please rather ask me about the ingredients of the dishes and I’ll be happy to answer all your questions for a reasoned choice of dishes to try.*

*Roberto Crocenzi*

## *The Alliance Cooks-Slow Food Presidia*

*From the Slow Food website:*

*"The current 224 Italian Presidia  are the result of a 10-year work that strongly affirmed the fundamental values: the protection of biodiversity, of traditional production knowledge and of territories, which today are all united in efforts to encourage producers to adopt sustainable production practices, and also develop an ethical approach (fair) to the market."*

*"The project of the Alliance between cooks and Slow Food was born in Italy in 2009, and in this country brings together more than 300 cooks from restaurants, pubs and bistros, determined to support the Slow Food Presidia and the small local producers, guardians of biodiversity, by using their products every day."*

*I participate with conviction in the alliance Cooks-Slow Food Presidia .*

### *The beans – for salad and soups*

- ❖ Cicerchia from Serra de'Conti in Marche region, by Cooperativa La Bona Usanza*
- ❖ White chickpea from Cicerale in Campania region, by Anna Mele at Casale Denazzano*
- ❖ Black chickpea from Murgia Carsica in Puglia region, by Anna Iannone*
- ❖ Red bean from Lucca in Tuscany region, by Cooperativa L'Unitaria*
- ❖ White bean from Sorana in Tuscany, by Simone Mariani*
- ❖ Fagiolina bean from Trasimeno lake in Umbria region, by Flavio Orsini,*
- ❖ Fava cottora bean from Amerino in Umbria, by Maria Chiara Flugy Pape*
- ❖ Roveja wild pea from Civita di Cascia in Umbria, by Silvana Crespi*
- ❖ Lentil from Santo Stefano di Sessanio in Abruzzo region, by Giulio Petronio.*



## *The meats*

*When I eat meat, I like to know it's from an animal who spent a peaceful life farmed on the wide open hills of our region.*

*Purchases are made on-site, with the frequency dictated by their breeding, slaughter and aging programs.*

*The organic pork meats from the Crete Senesi region are seasoned by Gianluca Mencarelli of Biologica Il Piano in Asciano, the Cinta Senese pork meats are from the organic farm of Maria Novella Uzielli in Paganico.*

*The white calf from the Central Apennine Mts. (called Chianina) comes from animals raised in semi-wild state on the pastures of the farm in Trequanda, or in wild state at the organic Farm of Maria Novella Uzielli in Paganico, where I go to buy also the meat of Maremmana cow 🌻.*

*I keep the meat in vacuum packs in the refrigerator at 1-2°C or 34-36 F.*

*A clarification is important, speaking of Chianina: the meat of these beautiful animals has a very consistent fiber even after aging, very little fat and high nutritional values.*

*Phrases that sound like "I ate a Chianina steak easy to cut like butter" or "my butcher gives me a super tender Chianina" show naivety about the knowledge of traceability provisions and / or lack of knowledge of the organoleptic qualities of these animals, which are considered by the food science the best in the world for the quality of their meat.*

*Overcooking on the grill is not an option that enhances the flavor, certainly increases its commitment in chewing. If you prefer to taste a Chianina meat with a longer cooking, the stew or the potroast might be a tasty alternative.*

*I do not prepare dishes with wild boar meats, since I've been unsuccessful so far in finding local, fresh wild boar meat from certified animals.*



## *The raw milk cheese*

*From the Slow Food website:*

*"Raw milk moves into the cheese the aromas and fragrances of its territory, tells the stories about the herbs and flowers of the meadows, the characteristics of native species, the dexterity of shepherds and cheese makers. Raw milk cheeses are better, more complex, more interesting."*

*"Pasteurization destroys pathogenic bacteria, but also the good ones needed to turn the milk into cheese. In practice it makes the milk neutral, lifeless. So much so that to get the cheese it has to be inoculated with selected yeasts, often chemical. But without the native lactic flora, daughter of the surrounding environment, of the grazing and of the climate, you get an anonymous product, homologated, with no links with the territory, replicable everywhere."*

*I share the commitment of Slow Food on this issue, in order to fight the standardization and support small cheese makers and biodiversity of their work.*

*I am therefore pleased to offer an assortment of cheeses and ricotta from cow, sheep or goat raw milk, of farms that raise their animals and make the cheese only from their milk.*

- *Caciofiore della campagna romana by Massimo Antonini of Acquaranda in Trevignano Romano, Lazio region, sheep's milk, vegetarian rennet*
- *Marzolina di capra (goat) by Loris Benacquista in Campoli Apennino, Lazio*
- *Canestrato di Castel del Monte (Abruzzo region) by Giulio Petronio, sheep's milk*
- *Conciato romano by Le Campestre in Castel di Sasso (Campania region), cow's and sheep's milk*
- *Parmigiano reggiano, cow's organic milk, Emilia region*
- *Fresh ricotta and sheep's milk cheese from Crete Senesi by the Monni Brothers in Asciano.*

## *The flour and baked goods*

*Pici (or pinci) are made fresh for me by Amedeo Grappi at Azienda Agricola Luchino Grappi, in Pienza, an organic farmhouse. Almost quite unique, their cereals are stone ground. Their Pici are a blend of semola of Cappelli durum wheat and of farina 1 of Verna soft wheat.*

*Bread and biscotti are from the Bakery of Sergio and Verena in Montisi.*

## *Dairy products*


*Fresh whole milk is from organic farming at Maremma, cream is intended only for the preparation of the panna cotta, eggs are from organic farming.*

## *Fruit and vegetables*

*The tomato sauce is from the organic farm Azienda Agricola Pereto, in Serre di Rapolano.*

*The fruit and vegetables are sourced only in season and from Center and South of Italy.*

*Mandorla (almond) di Toritto , from Puglia region, is by Emilia D'Urso*

*Lonzino di fico (Loin of figs)  is from Serra de' Conti, Marche region, by Cooperativa La Bona Usanza*

*Oliva saella ammaccata del Cilento  from Campania region, by Gabriella Mazziotti*