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## Le Marche Food



The mouth watering food of Le Marche exploits the wonderful produce from Marche's fertile farmlands and the Adriatic coast and you will find that you can eat traditional Italian dishes and Le Marche recipes at local Marche restaurants at a fraction of the costs in Northern Europe and elsewhere in Italy.

Alternatively, you can pick fresh organic ingredients in our gardens and prepare Le Marche food recipes yourselves at the villa. The following are some of the Le Marche cuisine/ a few of the local Marche dishes, culinary delights & cured meats and cheeses on sale at the local markets.

### Le Marche fish dishes

Brodetto is a famous Le Marche recipe for a fish stew from the Adriatic coast and varies in form from each coastal

town. Le Marche's version of Brodetto includes red and grey mullet, cuttlefish or squid (or both), oil, garlic and saffron – served on either fried or toasted bread. Other seafood favorites include the port of Ancona's dried codfish, which is not native to the Mediterranean and local varieties like sole, bream, clams and mussels.

### Le Marche meats

Vincisgrassi is the Le Marche recipe for their own Lasagne made with ground pork, mushrooms, tomato and bechamel sauce, sometimes topped with local truffles. Favorite meats include cinghiale (wild boar), pork, veal, rabbit and hare, game birds (quail, pigeon), chicken and goose.

Fabrizio Monterotti, who lives 300 metres from the villa, produces and sells really sweet flavoured prosciutto (ham), porchetta (suckling pig stuffed with fennel and garlic), salamis, ciauscolo (a soft spreadable local salami), sausages and other Marche specialities.



### Le Marche Cheese

Pecorino cheese, either young or old, fresco or stagionato are also produced locally, as are wonderful ricottas. Michelangelo owned land near Urbino, which produced a cheese named Casciotta which is still made today and has a wonderfully creamy, smoky flavour. Near the villa are a number of artisan cheese producers that you can visit on your holidays.

Certificate of Excellence  
2016



[Villa San Raffaello](#)

Villa San Raffaello; consistently rated excellent, located on the edge of the National Park and only 1km from buzzing beautiful Sarnano

Le Marche Villa San ...



## Italian Autumn Fayre

Truffles (tartufi) are another Marche delicacy that are found in many local dishes, the most common in the region being the rarer white truffle, worth many times its weight in gold.

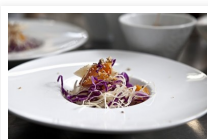
Less expensive, but as delicious are the wild forest mushrooms and Porcini found in the late summer and autumn. Truffle hunting trips can be arranged if you visit at the appropriate time of year.



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## Le Marche desserts

These include a Pizza Dolce, or sweet pizza and Frustenga a cake made with raisins, figs and walnuts. Breaded olives stuffed with spiced meats, olive d'ascolana, originate from Ascoli Piceno, Le Marche and are available as an antipasto in most restaurants. Lentils and other pulses are grown on the Piano Grande in the middle of the Appenines and are often eaten with zamponi (stuffed pig's trotters).

## Restaurants in Marche

You will probably notice different names for marche restaurants besides ristorante, such as osteria, trattoria, agriturismo and pizzeria, but rest assured that all serve up a range of great Italian dishes to savour. Sarnano itself is well served by numerous pizzerias, five agriturismi/farms serving rural fayre using traditional Marche recipes and seven osterie/trattorie (well priced and serving rustic dishes). We are fortunate to have eaten at the majority and have listed some of the best on the Restaurant page to help you in your search for a taste of the real Italy.



## Food shops in Le Marche Italy

Most Le Marche shops including food shops are open from about 8.30 am to 12.30 and from 5.00 until 7.30pm. Like the rest of Italy, many shops close on Sunday – except bakers, cake, delicatessans and fresh pasta shops – and for a day during the week.

There are also supermarkets that are open all day, many have fresh counters for meats, fish and cheeses. A typical Le Marche grocer's shop or deli –

alimentari – has most of the food on shelves for you to help yourself, except for the delicatessen counter for cheese, cold meats, etc., where you also need to ask for bread. When ordering from the delicatessen counter or a local market in Italy, most things are sold in units of etti (un'etto/due etti) one etto is 100 grams or slightly less than a quarter pound. For small quantities it is common to use a half etto (un mezz'etto).

## An Italian grocery list:

- cheese – formaggio
- milk – latte: full-intero, semi skimmed- parzialmente scremato, skimmed- scremato

- pecorino nostrano (local ewe's milk cheese), stagionata (seasoned) fresca (fresh)
- parmigiano (parmesan)
- parmigiano grattugiato (grated parmesan)
- gorgonzola
- Truffle-tartufo
- Ricotta-ricotta
- fresh cream – panna fresca
- bread – pane (bought by the half kilo or kilo (mezzo kilo/un kilo). Note that many Forno (bakers) shops sell specialist breads made with olive oil, such as Pugliese, Siciliana, Arabo etc, all tend to be more crusty on the outside and moister inside.
- “parma” ham – prosciutto crudo
- cooked ham – prosciutto cotto
- olives – ulive
- Fish- Pesce (pronounced Peshay)
- Tuna- Tonno
- Anchovy- acciughe

Unless you use a supermercato, you will have to buy fruit and vegetables from a fruttivendolo or fruit & veg shop. Stocks are strongly seasonal, out-of-season exotic fruit with all of their food miles haven't caught on in the Marche.

### A shopping list for a Le Marche greengrocers (fruttivendolo):

- french beans – fagiolini
- garlic – aglio
- lemons – limoni
- lettuce – insalata
- melon – melone
- nectarines – pesche noce
- onions – cipolle
- oranges – arance
- peaches – pesche
- peas – piselli
- peppers – peperoni
- potatoes – patate
- rocket – rucola
- tomatoes – pomodori
- water melon – cocomero/anguria
- apples – mele
- aubergines – melanzane
- bananas – banana
- broad beans – fave
- Broccoli- broccoli
- Chilli- peperoncino
- Cabbage- Cavolo
- Cauliflower- Cavalfiore
- courgettes – zucchini
- cucumber – cetriolo
- fennel – finocchio
- figs – fiche

Meat in the Marche, as in the rest of Italy, is of a very high quality and therefore expensive. Look out for the word nostrano meaning “local” for the best produce as the butcher will know the provenance of his stock, the slaughterhouse and even the farm. An Italian butcher's is a macelleria.

### An Italian butcher's typical produce:

- beef – manzo/vittelone
- veal – vitello
- chicken (breast) – pollo (petto di pollo)
- legs – cosce
- lamb – agnello
- liver – fegato
- pork – maiale
- rabbit – coniglio
- steak (beef/pork) – bistecca (di manzo/di maiale)
- sausages (excellent) – salsicce
- turkey – tacchino
- mince/ground beef (lean) – carne macinata (prima scelta)

If you are going out to eat at a ristorante, an osteria or trattoria, you may need to translate the menu, try this menu page and carry it with you on your le marche holiday

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# FOOD AND WINE

**1**  Listen to the tour guides talking about Italian cuisine and choose the right answer.

1. Italian cuisine is
  - a. very spicy.
  - b. extremely varied.
  - c. the same everywhere.
  
2. A traditional full meal starts with
  - a. an appetizer.
  - b. a side-dish.
  - c. the first course.
  
3. The second course consists of
  - a. only vegetables.
  - b. a hot dish such as rice.
  - c. meat, fish or poultry.
  
4. Local traditional food is usually served in
  - a. luxury restaurants.
  - b. small family-run restaurants.
  - c. country restaurants.
  
5. Florentine cuisine is based on
  - a. several ingredients.
  - b. two basic ingredients.
  - c. three fundamental ingredients.



6. Its taste relies on
- the cooking procedures.
  - the freshness and quality of the ingredients.
  - dressing and seasoning.

no. 1

**Peter:** Everybody's interested in the Cupola and the Bridge of Sighs, of course, but one of the main reasons you're visiting Italy is the food! Italian cooking is among the richest and most varied in the world. It varies not only from one region to another – but sometimes even from city to city – and obviously according to the season. You only need to consider the substantial differences between the cuisine of Florence and Bologna that are only one hundred kilometers apart!

The traditional Italian full meal consists of various courses: the appetizer, the first course – that may be pasta, rice or soup – the second course – meat, fish, **poultry** – often accompanied by a vegetable **side dish**. The meal may end with a *dolce* – a dessert – or fruit, coffee and liqueurs.

Italy produces many great wines – both reds and whites – which are the ideal accompaniment to the food.

If you appreciate local traditional food I recommend the small, family-run *trattorie* or *osterie* that offer home cooking.

no. 2

**Mary:** Florentine cuisine is based on three fundamental ingredients: bread, olive oil and wine. In Florence the cuisine is quite simple and natural. Its taste **relies on** the freshness and quality of the ingredients rather than on cooking procedures.

A good example is the Bistecca Fiorentina, which is a perfectly cooked T-bone steak – which I highly recommend to you, unless of course you are vegetarians. But I don't want to bore you! At the end of the tour I will show you some restaurants where you can enjoy the local food at a reasonable price...

**poultry:** the meat from birds such as chickens

**side dish:** a dish that is served with but is subordinate to a main course

**to rely on:** to be dependent on



**2 Can you match each of the following words with the appropriate picture?**

1. appetizer      2. side dish      3. dessert      4. second course      5. first course



a



b



c



d



e

**3 Match each of the following adjectives with its synonym.**

- |                |               |
|----------------|---------------|
| 1. rich        | a. perfect    |
| 2. full        | b. affordable |
| 3. fundamental | c. basic      |
| 4. ideal       | d. genuine    |
| 5. natural     | e. tasty      |
| 6. reasonable  | f. complete   |

**4 Read the following definitions and find the hidden word.**

- a set of instructions telling you how to prepare and cook food: R \_ C I \_ E
- a food that is used with other elements in the preparation of a particular dish: I N \_ R \_ D \_ E N T
- usually hot, liquid food made from vegetables, meat or fish: S \_ \_ P
- the flesh of an animal when it is used for food: \_ E A \_
- farmyard birds, such as chicken, kept for meat: P O \_ L T \_ Y
- a plant or part of a plant used as food: V \_ G E \_ \_ B L E

# PRACTICE YOUR LANGUAGE

Here are some sentences that may be useful when dealing with food and drinks.

- The local cuisine is based on...
- One of the specials is...
- The most popular main dish is by far...
- The region/area/city is known for...
- This recipe is made from...
- The basic ingredients are...
- Its taste relies on...
- If you want to enjoy the local food...
- It's family owned/run.
- Many small restaurants serve home-made food.
- Most restaurants have a well-stocked wine list.
- Restaurants also serve house wine.
- They have an extensive menu.

**5** Complete the following sentences using those in the previous section. In some cases more than one sentence can be used.

1. .... zucchini, mozzarella cheese, olive oil and a little flour.
2. .... there is an excellent *trattoria* next to the hotel.
3. If you want to enjoy a good glass of wine, no problem: .....
4. .... risotto alla Milanese.
5. If you want to taste genuine food .....
6. .... the olive oil that is produced on the farm.



Il comparativo di maggioranza si costruisce secondo i seguenti schemi:

1. **aggettivo/avverbio + desinenza -er/-r** (per gli aggettivi e avverbi monosillabici);

**Es.** *soft – softer*  
*fast – faster*  
*soon – sooner*

2. **more + aggettivo/avverbio** (per gli aggettivi e avverbi bisillabici e plurisillabici).

**Es.** *appealing – more appealing*  
*efficient – more efficient*  
*expensive – more expensive*

## Importante ricordare

Il comparativo di alcuni aggettivi e avverbi è irregolare.

**Es.** *good – better*  
*well – better*  
*bad – worse*

Il comparativo di uguaglianza si costruisce secondo il seguente schema:

**as + aggettivo/avverbio + as** (per ogni tipo di aggettivo e avverbio).

**Es.** *This restaurant is as good as that one.*

Il superlativo si costruisce secondo i seguenti schemi:

1. **aggettivo/avverbio + desinenza -est** (per gli aggettivi e avverbi monosillabici);

**Es.** *soft – softest*  
*rich – richest*

2. **the + most + aggettivo/avverbio** (per gli aggettivi e avverbi plurisillabici).

**Es.** *important – the more important*  
*efficient – the more efficient*  
*expensive – the more expensive*

## Importante ricordare

Il superlativo di alcuni aggettivi e avverbi è irregolare.

**Es.** *good – the best*  
*well – the best*  
*bad – the worst*  
*little – the least*



**6** Complete the following sentences using the appropriate form of the adjective in parentheses.

1. Florentine cuisine is based on ..... (simple) ingredients.
2. In this region you will find ..... (good) Italian olive oil.
3. Family-run *trattorie* serve ..... (traditional) recipes than luxury restaurants.
4. In Italy you may taste a ..... (wide) selection of wines than in other countries.
5. In this area seafood is as ..... (good) as meat.
6. .... (near) *osteria* is in Via Roma.



## MAKING COMPARISONS

Adam	Bill	Charles	David
20	30	20	15

Adam is older than David

Charles is younger than Bill

Bill is the oldest

David is the youngest

Adam is as old as Charles

David is not as old as Bill

## Food and Wine

**1**  Listen to the tour guides talking about Italian food and fill in the gaps.

no. 1

**Jessie:** Pizza, maccheroni and spaghetti are known all over the world, but Italian ..... is much more than that. Every region, and even every city, is known for its own specialities.

The traditional Italian ..... starts with an appetizer, followed by the first course, a hot dish such as pasta with sauce, *risotto* or ..... The second course usually consists of meat, ..... and is accompanied by a ..... of vegetables. The meal usually ends with a *dolce* – cake, pastries, icecreams – and black coffee. Usually there is a wide choice of wines, the cheapest being the *vino della casa*, meaning .....



no. 2

**Peter:** Today I am going to take you to an authentic Roman trattoria, "Da Antonio". Unfortunately, there is no translated ..... because almost everyone who eats here is Italian. But the food is excellent and the ..... very friendly. The menu includes local specialities such as *amatriciana*, *trippa alla romana* and *osso buco*. For those who are looking for a ..... they serve the freshest mozzarella with tomato salad. The desserts are made on the premises. The wine ..... is extensive. During the summer you can eat outdoors.

**2** Find sentences which mean much the same as the following.

1. È nota per le sue specialità.  
.....
2. Il tradizionale pasto italiano comincia con...  
.....
3. Di solito il pasto termina con...  
.....
4. C'è una vasta scelta di vini.  
.....
5. Il menu include specialità locali.  
.....
6. I dolci sono fatti in casa.  
.....
7. Durante l'estate si può mangiare fuori.  
.....

1. ....

**Antipasto italiano**

*Assorted Italian cheeses, artichokes, stuffed peppers, grilled zucchini and olives*

**Calamari fritti**

*Fried squid served with a spicy sauce*

**Bresaola**

*Thinly sliced, air-dried beef over fresh salad, topped with shaved parmesan*

**Insalata mista**

*Organic mixed green salad with red wine vinegar dressing*

2. ....

**Gnocchi tre formaggi**

*Potato dumplings with gorgonzola, fontina and slivers of parmesan cheese*

**Farfalle con gamberetti**

*Bow-tie shaped pasta with shrimps, peas, and saffron sauce*

**Linguine di mare**

*Linguine with mixed seafood in a light marinara sauce*

3. ....

**Sogliola Capri**

*Filet of sole sautéed in white wine, butter and lemon with capers*

**Salmone alla mostarda**

*Grilled salmon with mustard sauce*

**Branzini alla griglia**

*Grilled bass with tomatoes, capers, artichokes and white wine*

4. ....

**Pollo alla Pino**

*Pieces of boneless chicken with sausage, mushrooms, olives, garlic and white wine*

**Rotolini di pollo**

*Breast of chicken rolled with ham, spinach and mozzarella, in a mushroom sauce*

**Pollo ripieno**

*Breast of chicken stuffed with mozzarella cheese, apples, mustard, with a cognac sauce*

**Vitello tre amici**

*Veal escalopes with eggplants, tomatoes, melted fontina cheese and Marsala wine*

**Vitello della casa**

*Veal escalopes with sweet and hot sausage, peppers, olives and marinara sauce*

5. ....

**Torta di mele**

*Apple pie with caramel sauce and cinnamon ice cream*

**Crème brûlée**

*Crème with burnt toffee sauce*

**Torta di cioccolato**

*Chocolate layer cake with raspberry and vanilla sauce*

**Tartufo**

*Vanilla, chocolate and hazelnut ice cream, topped with a dark chocolate shell*





## ITALY UNPACKED – TO THE CENTRE OF THE EARTH

'Italy Unpacked Series 3 - 2/3 To the Centre of the Earth'

<https://www.youtube.com/watch?v=mY-DR-lumvU>

Watch the video-clip from: 1'.56"-23'.00"

- 1) What is Andrew Graham-Dixon's job?
- 2) What is Giorgio Locatelli's job?
- 3) What kind of car do they drive?
- 4) Which famous artists were born in Urbino?
- 5) Who was Urbino's most famous Duke?
- 6) What did Giorgio ask Andrew to eat in Urbino?
- 7) What are the ingredients?
- 8) What two questions do local people normally ask when they return from a wedding?
- 9) What did Giorgio cook for Andrew?
- 10) What are the ingredients?

## THE IMPERATIVE

### FORM:

+            **Sit**    down

**Be**    quiet

Please     **wait**    here

Please     **follow** me

—           **Don't** **talk**

**Don't** **smoke**

Please     **don't** **touch**

Please     **don't** **go**

### USE:

We use the imperative

(i) to give instructions, e.g.

“**Insert** your card, **enter** your PIN number, **collect** your money”

(ii) to give advice, e.g.

“**Don't** **keep** your PIN number with your card”

(iii) to give warnings, e.g.

“**Be** careful ! **Look** out!”

(iv) to give orders, e.g.

“**Sit** down, **be** quiet and **don't** **move**”

# Olive Ascolane: deep-fried stuffed olives 60 minutes

## Ingredients

- 1 tablespoonful of butter
- 1 tablespoonful of extra virgin olive oil
- 1/2 small carrot, finely chopped
- 1/2 small onion, finely chopped
- 1/2 celery stick, finely chopped
- 75g of pork mince
- 75g of beef mince
- 60ml of dry white wine
- 1 pinch of nutmeg
- 20g of white bread, crusts removed
- 40ml of milk
- 2 eggs
- 30g of grated Parmesan
- 40 pitted large green olives, drained and halved lengthwise
- Sunflower oil, for frying
- 3 tablespoonful of plain flour
- 60g of fine breadcrumbs
- fine sea salt, as needed
- freshly ground black pepper, as needed

## Method

- 1 **Melt** the butter with the olive oil in a large skillet. When hot and bubbly, **add** the chopped carrot, onion and celery and **fry** gently for about 10 minutes until they are soft
- 2 **Add** the pork and beef mince. **Brown** the meat for about 10 minutes, **stir** often
- 3 Next **add** the wine and **leave** it to evaporate. **Season** with salt, pepper and nutmeg
- 4 **Cover** the pan and **carry on** cooking over a low heat for about 20 minutes. **Stir** often and **add** a little wine if the mixture becomes too dry. **Remove** from the heat and **set** aside
- 5 Meanwhile, **soak** the bread in milk until it is soft. **Squeeze** out any excess liquid, then **tear** up the bread
- 6 **Transfer** the bread to a food processor together with the meat mixture. **Add** one egg and the grated Parmesan. **Pulse** until you have a well-combined mixture. **Transfer** to a bowl and **set** aside
- 7 **Stuff** the halved olives with a little meat filling and **fit** the halves back together. **Roll** them in flour and **place** them on a tray lined with parchment
- 8 **Beat** the remaining egg in a small bowl. **Dip** the olives into the egg and then the breadcrumbs
- 9 **Heat** the sunflower oil in a high-edged frying pan until it reaches 180°C. Once the oil has reached the right temperature, **begin** frying the olives. **Fry** them for about 5 minutes until they are golden on all sides
- 10 **Drain** them with a slotted spoon and **transfer** them to a plate lined with paper towels. **Sprinkle** them with salt and **serve** hot