

Your recipe for success

Only \$4.99!

# MasterChef

MAGAZINE

Sweet victory!



All recipes  
tried & tested



**MINDY'S**  
winning  
chocolate  
mousse tart

Mindy



Marco Pierre White



**+ PART 4**  
**MASTER**  
**THE BASICS**  
**PASTA**

*exclusive*  
**Marco Pierre White's**  
**BEST OF BRITISH**

ISSUE 26 • \$4.99 (INC. GST)



9 312966 131355

**ITALIAN SPECIAL RISOTTO • MINISTRONE • PIZZA • LASAGNE • TIRAMISU**

MasterChef contestants in..

# ROME

This year's 10 lucky contestants all ended up as winners with their trip to Italy. Matt Preston's Roman round-up shows why...

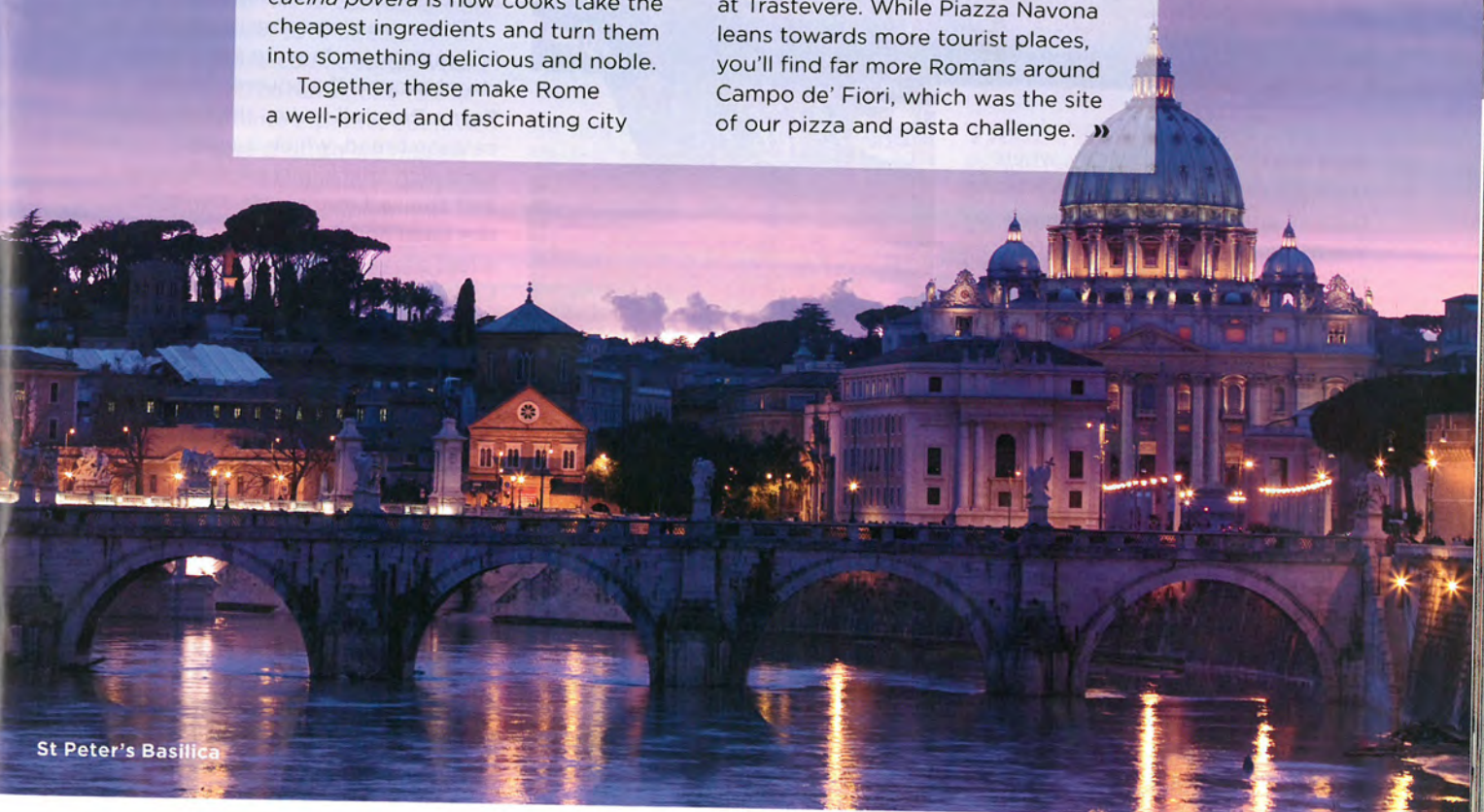
Rome may be synonymous with the excesses of ancient Emperors and the pomp of the Vatican, but underpinning the food of this ancient city today is not the dormice in honey loved by the aristocracy of the past, but the food of their servants: hearty fare with the cheapest price tags, whether it's the simplest of pastas, Rome's own take on pizza, or secondary cuts and offal. While it might be poor man's food, the brilliance of this *cucina povera* is how cooks take the cheapest ingredients and turn them into something delicious and noble.

Together, these make Rome a well-priced and fascinating city

in which to eat. However, the huge number of tourists means, among the 7000 or so cafes and restaurants, there is also a high number of really shoddy places to eat. So here is our pick of some of the goodies.

## CAMPO DE' FIORI

When it comes to going out, the buzz for visitors tends to centre around three areas: Piazza Navona, Campo de' Fiori and across the river at Trastevere. While Piazza Navona leans towards more tourist places, you'll find far more Romans around Campo de' Fiori, which was the site of our pizza and pasta challenge. »



St Peter's Basilica



If you want to eat in Testaccio, try  
the tiny-but-hip 00100 Pizza,  
which invented the trapizzino.

Above: pizza and trapizzini at  
00100 Pizza. Left: cheeses on  
display at Gastronomia Volpetti.



**Trattoria Da Lucia** was once a very basic locals' place, but over the years, the accents have changed and while now you are more likely to be sitting next to a doctor from Des Moines than a tanner from Trastevere, this little trattoria is still lovely. I come here for the spaghetti alla gricia – a simple pasta of pecorino and crispy guanciale – but you'll find other Roman favourites, like tripe all'amatriciana, alongside more substantial dishes, including beef either stewed with peas or grilled with artichokes. Make sure you always book, do specify one of the rickety pavement tables and take cash to pay. *Vicolo del Mattonato 2B, (06) 580 3601, trattoriadalucia.com.*

If you're looking for somewhere to drink, there's no shortage of places in Trastevere, but we like the comparative calm and the very strong list at **Vin Allegro** – a brief stroll from the epicentre of this Roman party suburb. *Piazza Giuditta Tavani Arquati 114, vinallegro.it.*

## PANTHEON

You'll obviously need to visit the best preserved ancient building in Rome, but man does not live by architectural marvels alone. If you're feeling peckish, stick your head into the cute little salumeria on the piazza out front for a couple of slices of typical Roman spicy salami, or walk just a stone's throw to the tiny and blessedly quiet Piazza Rondanini for lunch on the terrace at **Ristorante Pizzeria Le Volte**. George and I marked our arrival in Rome here with braised bitter cicoria, a simple pizza of prosciutto with peppery rocket and bitter raddichio, and a carbonara, with a bottle of local Lazio chardonnay. *Piazza Rondanini 47, (06) 687 7408, ristorantepizzerialevolteroma.com.*

For a jolt of caffeine Roman-style, head to **Sant'Eustachio**. This espresso bar has been pulling 'em

since 1938 and is worth a visit just for the scene. Elbow aside the modern-day Roman senators and tourists to stand at the bar for a coffee that might not be as velvety as the best in Oz, but is perfect with a little white-chocolate-filled cornetti pastry. *Piazza Sant'Eustachio 82, (06) 6880 2048, santeustachioilcafe.it.*

## TESTACCIO

This working-class suburb, with its market and history as Rome's butchery, makes a great change of pace to all the Roman chic-ery of its grand shopping avenues. It's worth visiting just to see **Gastronomia Volpetti** – the deli that Debra and Ben visited on their inspiration tour. This Aladdin's cave is packed with aged cheeses, including a dizzying array of Rome's famous pecorino, and enough lardos, capocollos and guanciales to reassemble a large herd of pigs. Ben was so impressed that he left with his own ventricina – a rough-cut salami from Abruzzo. Buy all you need here for a picnic – the calm of the Palatine hill is only a \$1.25 bus ride away from the stop out front. *Via Marmorata 47, (06) 5742 352, volpetti.com.*

If you want to eat in Testaccio, try the tiny-but-hip **00100 Pizza**, which invented the trapizzino – triangles of Roman pizza-bread, split to be filled with hearty fillings inspired by the cucina povera, or working-class cooking of the city. Think tongue with salsa verde, meatballs, tripe or even fried lamb's pluck (lungs, liver and heart) with artichokes – the infamous coratella that Andy and Kylie were brave enough to try making with star chef Massimo Bottura. *Via Giovanni Branca 88, (06) 4341 9624, 00100pizza.com.*