



STEFAN MAIWALD
PHOTOS ANDREA DI LORENZO

A TASTE
OF
CALLWEY



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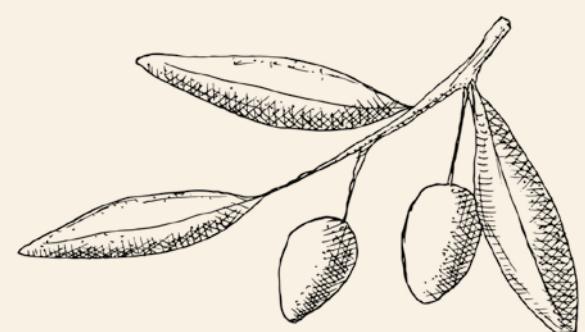
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FOREWORD

BY STEFAN MAIWALD

What a metropolis! Rome is breathtaking and unique, eternal and young at the same time. What city has continuously shaped a huge part of world history for two and a half millennia—first politically, then religiously? What city is the capital of three countries at once? (Italy, Vatican City and—guess what?—the Order of Malta.) “Rome is the most amazing city in the universe,” said—not Marcus Aurelius, but Asterix. Here, every single street hides a sight that other cities would tear down whole neighborhoods for and build a golden fence around. *Caput mundi*, capital of the world: an honorary title Rome wears with pride.—Probably no other city has shaped the modern world in so many ways. Law, science, painting, politics, architecture, philosophy, poetry, medicine—its influence was immense. Roman buildings still fascinate today, and the Catholic Church, also largely an Italian creation, is heading into the third millennium. The calendar the world uses today to count its days and years is a Roman invention by Julius Caesar. The Roman Republic, with its sophisticated balance of power, became a model for today’s nations. Many political terms derived from Latin go back to what happened in Rome: republic, president, congress, senate, representation, judiciary, executive, legislative, candidate, plebiscite and much more.

Travelers in Rome are awestruck, and rightly so. Buildings like the Pantheon or the Colosseum would be hard to pull off even with modern technology. Catullus invented love poems, Gaius

Lucilius invented political satire, which Juvenal perfected. Ovid’s influence on art was immeasurable. The Roman legal system was so sophisticated that by the year 500, the collected regulations were half as long as the Bible. As early as Hadrian’s reign (117–138), even slaves got certain rights—although they were still slaves. And the principle that it’s better to let a guilty person go than to punish an innocent one, still valid today, was already around in the year 223.

Michelangelo created probably the most famous statue in the world with his “David” in Florence, but in Rome he made the most famous fresco in human history: the ceiling frescoes of the Sistine Chapel in St. Peter’s Basilica. Maria Montessori was the first woman allowed to study medicine in Rome (after Pope Leo XIII personally supported her) and revolutionized children’s education. The buildings coordinated from Rome—stretching from Scotland to Iraq—are possibly the biggest complex construction project in human history. Streets, palaces, fortifications, harbors, bridges, aqueducts still shape our cityscape today. Incidentally, even: Even in ancient Rome there were traffic jams and the first traffic reports. Residents in the environs were warned not to go to the capital of the empire on certain high holidays because of the expected crowds. The traffic is still thoroughly metropolitan. But because the city has grown over time, many great places are easy to reach on foot or by public transport.



ROMAN CUISINE

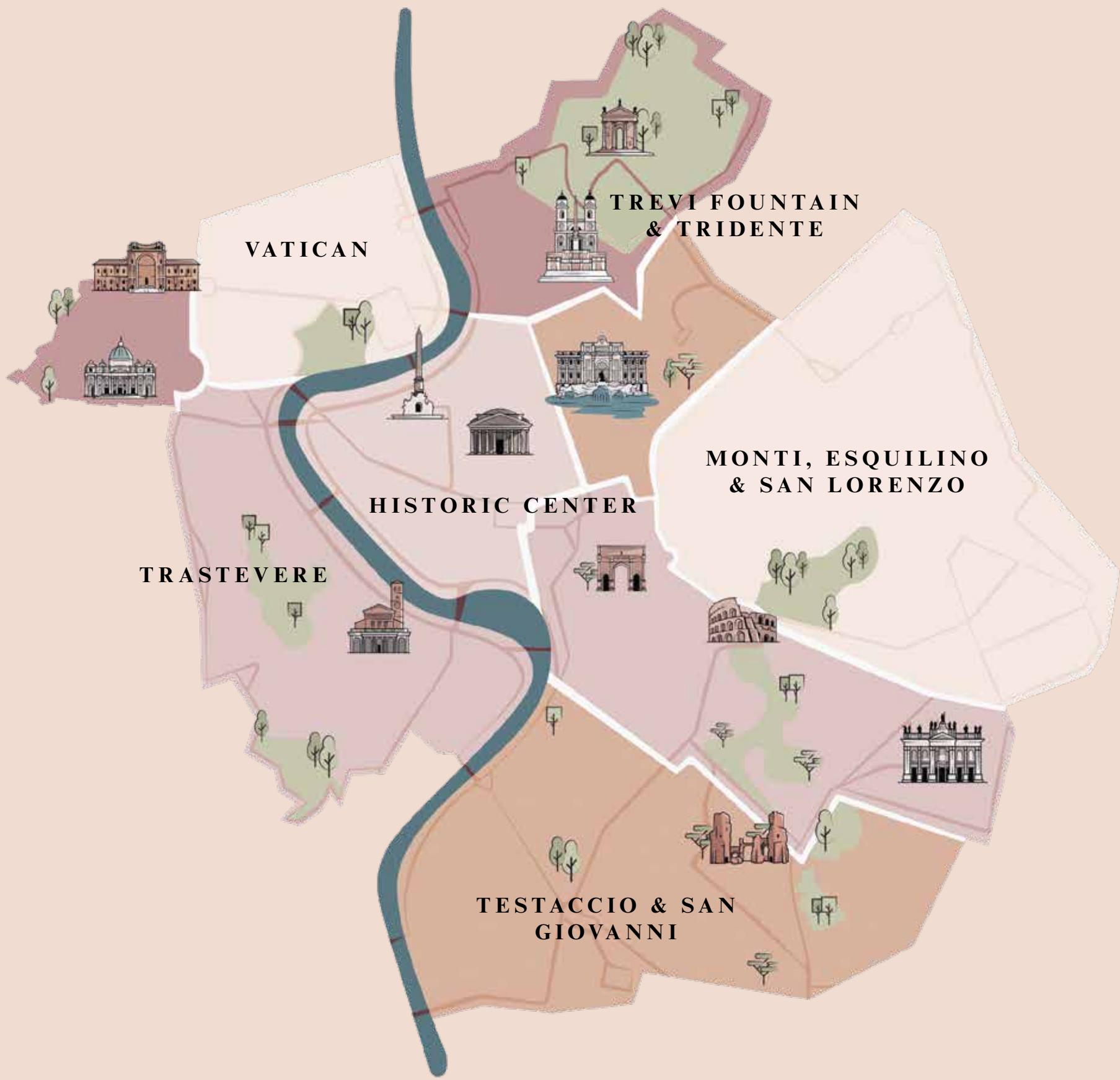
Tempting smells are everywhere! Like fat and fried food, cool wine and hot oil, toasted bread, young salami, mature cheese, and simmering ragù. Because Rome is not just the *caput mundi*, but also the *caput* of street food.

Street food is so common in Rome that the Italians don't even have a word for it—not even in the Roman dialect, which sounds like the speaker just enjoyed a delicious bite and is now savoring the taste. Of course, fine dining isn't left out either; how could it be any different in a world city with such a long history? Fine dining has always been here. Let's take a quick trip back in time to the Romans' summer retreat: In 79 AD, Vesuvius erupted and buried Pompeii. Archeologists examined the excavations in search of food remains

and found fish, fruit, lentils, grains, olives, nuts—the Mediterranean diet in its purest form. But they also found the remains of a professionally butchered giraffe leg, still the only giraffe bone ever discovered in the Roman Empire; and it wasn't found in a palace, but in a totally normal street food joint. “Even Romans who weren't part of the elite had a varied diet and a high standard of living,” the researchers concluded. And that's still true today. There are simple dishes like Roman pizza, with a thin, crispy crust—totally different from the Neapolitan kind. There are creatively topped breads, the famous fried rice balls known as *suppli*, filled with everything from sweetbreads to liver or, in their most popular version, with mozzarella. The

suppli al telefono are called that because the melted cheese stretches out like old telephone wires when you pull them apart. Sounds simple, but it takes a skilled hand. And of course, there's also fine dining, starred or not. Enthroned at the top, of all people, is German. Heinz Beck is Rome's most decorated chef. We'll discover all these tasty, fabulous sides of the capital in the following pages. *Andiamo!*





Rome

Legend has it that Romulus and Remus, children of Mars, god of war and a mortal priestess, abandoned and raised by a she-wolf, founded Rome on seven hills in 753 B.C. But the city is probably much older; Neanderthals were already living in this area 250,000 years ago. As early as the first century B.C., the poet Tibullus called it the *Eternal City*, a title Rome still wears with pride, just like the Latin epithet *Caput Mundi*—*capital of the world*. Not such a far-fetched title, as anyone who has ever watched the election of a new pope understands.

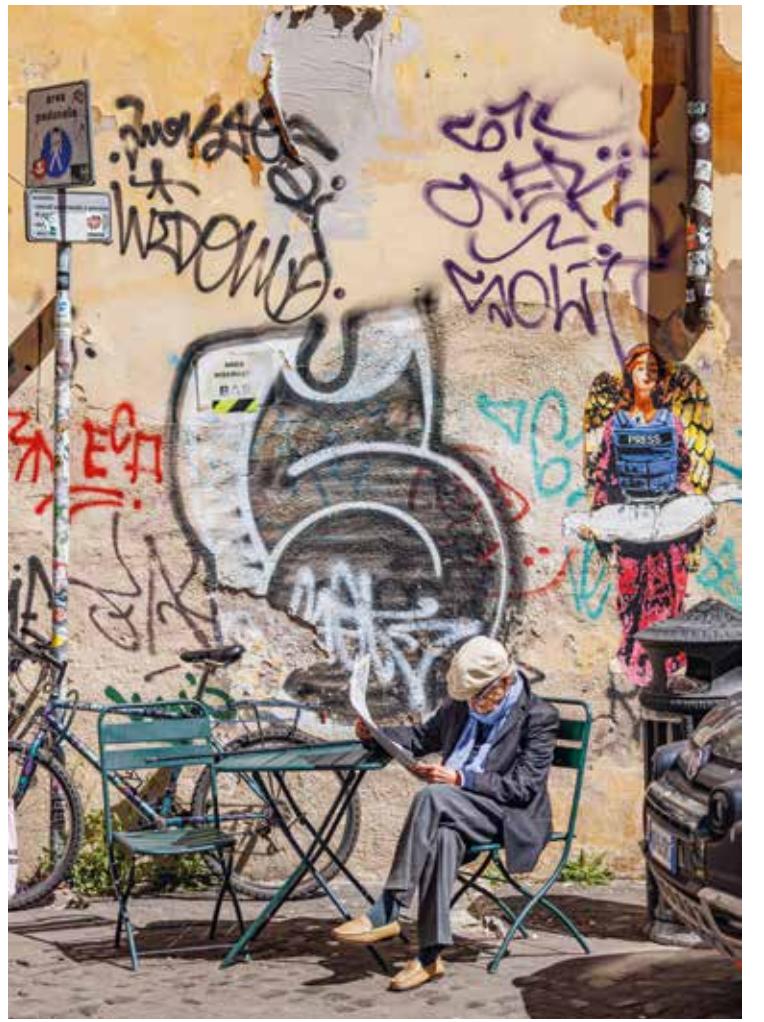
The city center has grown over thousands of years, shaped by change, destruction, and rebuilding—and by the Tiber, which splits Rome into two distinct halves. The historic center lies east of the river, nestled in a bend, while for centuries the less privileged neighborhoods were on the western side. But that's changed too: Trastevere is now one of the trendiest neighborhoods, and around the Vatican, Romans now live in stylish city apartments.

East of the center, things are changing too. The Monti and Esquiline districts used to be problem areas, places for day laborers and outsiders; now they're havens for students and artists. And in the north, around the Tridente, the city's current look, including the Trevi Fountain, was created about 300 years ago.

Rome is a city in constant motion—bursting with energy, change, and new beginnings. Who knows what it will look like in 100 years.

TRASTEVERE





Modern graffiti meets city life: Nothing fazes a true Roman

Where else could a foodie's book start but on the west bank of the Tiber—in lively, chaotic, and lovable Trastevere, that neighborhood that proudly calls itself *la pancia di Roma*, or “the belly of Rome”? The name says it all: *Trans Tiberim*—the Rione (that's what neighborhoods are called in Rome) is on the west bank of the Tiber, with the emphasis on the second syllable: TrasTEvere.

Trastevere was once the city's working-class neighborhood, and in some ways it still is. It was also the area for foreigners and newcomers. Many Jews settled here; there were once ten synagogues. During the Imperial era, the narrow alleys also provided followers of the still-new underground Christian faith with refuge from persecution.

Luckily, no one has to hide here anymore. Life naturally happens outside—a cheerful jumble of people, voices, and tempting smells drifting from countless trattorias into the streets.

TRASTEVERE

Of course, Trastevere isn't immune to change either. What happens to exciting neighborhoods all over the world is happening here too: the well-off are drawn in by the special vibe, prices go up, and many long-time residents or young apartment hunters can't afford the rent any more and move to other areas. Plus, Trastevere is hyped as an insider tip in lots of travel guides, resulting in major tourist crowds during the day, especially around Piazza Santa Maria.

But there are still corners where Trastevere has retained its true personality. So much so that the neighborhood has kept its second nickname: “the village in the city.” And the Roman cuisine here is so deeply rooted that it will definitely never disappear.



Strolling through Trastevere: an experience at any time of day

Sitting on the steps isn't exactly welcomed ...



... but the eternal Tiber couldn't care less



EGGS

BARBARA AGOSTI PAYS HOMAGE TO THE EGG

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00153 ROME
+39 06 581 7281
eggsristorante.com

OPENING HOURS:
daily from 12:00 PM-11:00 PM

B

Barbara Agosti—the queen of carbonara—is living proof that the story of Italian classics has plenty more chapters to go. Her restaurant Eggs is small, bright, and cozy. The wooden tables don't need tablecloths, and the walls are decorated with pictures of strong women: Uma Thurman from Pulp Fiction and Queen Elizabeth. Strong women are a focus of Barbara's life. At Eggs, she offers Rome's favorite dish in 15 different versions and has dug into the history of carbonara. The popular legend that GIs brought bacon and powdered eggs in their rations after World War II and the Roman *signorine* used them to invent carbonara is charming, but not historically proven. And traditionalists, brace yourselves: "The first carbonaras were almost certainly not made with fresh eggs, but were more like a frittata," Barbara suspects. Given the limited refrigeration options after the war, this seems pret-

ty plausible. Barbara also questions whether guanciale and pecorino cheese were always used back then. After years of experimenting, she's developed her perfect carbonara. She serves it in a deep glass dish, and uses not long pasta, but the short tube pasta known as *mezze maniche*, because long noodles just make it creamier—"which the dish doesn't need," says Barbara. The unusual serving method retains the heat for longer—a key factor with Carbonara, because the last bites should never be lukewarm. Incidentally, just a few months ago, Barbara opened a branch of Eggs in Milan—and her carbonara is proving to be a big hit in Italy's risotto capital.



Left – The simple, cozy, yet stylish dining room

Below – Barbara and her awards. Still way too few of them!

ROME, CARBONARA QUEEN STYLE

"For breakfast, I love going to *Le Levain* in Trastevere, a French-inspired pastry shop. My favorite trattorias are *Osteria della Trippa* and *Trecca—Cucina di Mercato*. When it comes to fine dining, I really like *Il Pescatorio*, a great restaurant and also a fish shop."



PASTA CARBONARA

TRADITIONAL PASTA HAPPINESS FROM ROME

FOR 4 PEOPLE
DIFFICULTY



14 oz (400 g) *mezze maniche* (see tip)
7 oz (200 g) guanciale
4 egg yolks
2 egg whites
2¾ oz (80 g) grated Grana Padano
7 oz (200 g) grated Pecorino Romano
Freshly ground black pepper

1 Bring plenty of water to a boil in a large pot. Either skip the salt completely or use just $\frac{1}{2}$ tsp, since the cheese and guanciale are already pretty salty. Cut the guanciale into uniform strips or cubes and slowly render it in a pan over medium heat without extra fat until it's golden brown and crisp all over.

2 In a large bowl, whisk together the egg yolks, egg whites, both cheeses, and plenty of freshly ground black pepper until smooth. Add the hot guanciale along with the rendered fat and mix well to distribute the flavors evenly.

3 Cook the *mezze maniche* until al dente, drain, and add them straight to the cheese-egg mixture without rinsing. Mix quickly together until the pasta is evenly coated with the creamy sauce. To serve, sprinkle with a little pecorino and more freshly ground pepper if liked.

DID YOU KNOW?

Mezze maniche literally means “half sleeves”—and that’s exactly what they look like: short, wide straight-cut tube pasta. Their rough surface and generous hollow make them the perfect choice for creamy sauces like carbonara. In Roman cuisine, they’re considered an authentic alternative to spaghetti—and always stay perfectly al dente.



CARCIOFI ALLA ROMANA

ROMAN-STYLE ARTICHOKE

FOR 4 PEOPLE
DIFFICULTY



4 artichokes
Juice and zest of 1 organic lemon
2 tbsp chopped mint
2 tbsp chopped parsley
2 garlic cloves + 2 more for the pot
1 tbsp olive oil
2/5 cup (100 ml) white wine
2 tbsp white wine vinegar
3/4 cup (200 ml) heavy cream
2 3/4 oz (80 g) grated Pecorino Romano
4 egg yolks
3 1/2 oz (100 g) coarse sea salt
3 1/2 oz (100 g) sugar
Salt
Freshly ground pepper



1 Remove the outer leaves from the artichokes, cut off the tips, and carefully clean the inside to remove any tough fibers. Put them in a bowl of water with a splash of lemon juice to prevent oxidization.

2 Finely chop the mint, parsley, and 2 garlic cloves, mix with a little lemon zest, and generously fill and rub the artichokes with the mixture, ensuring the herbs get between the leaves too.

3 Heat the olive oil in a wide pot, add the remaining 2 garlic cloves, and place the artichokes upside down, close together. Pour in the white wine, white wine vinegar, and 200 ml water, then season with salt and pepper. Place a piece of dampened baking paper directly on the artichokes to ensure they cook evenly, cover, and simmer for about 30–35 minutes until they are soft at the bottom.

4 For the Pecorino cream, heat the cream, stir in the grated Pecorino, and let it melt over low heat. Take it off the heat and let it cool until the mixture is slightly creamy.

5 For the chicken bottarga, bury the egg yolks in 100 g coarse salt and 100 g sugar and let them cure in an airtight container in the fridge for about 10 days until they are firm enough to slice. Remove the yolks from the mixture, rinse them thoroughly, pat dry, and grate finely.

6 To serve, arrange the artichokes on a dollop of Pecorino cream and sprinkle with the grated bottarga.

DID YOU KNOW?

Bottarga is traditionally made from dried fish roe—but in modern kitchens, the creative version made from egg yolk is becoming increasingly popular. The “chicken bottarga” in this recipe develops a deep umami flavor and a firm, grateable texture after its salt and sugar cure—perfect for finishing elegant dishes like these artichokes.



L'ANTIDOTO

FEELS LIKE HOME RIGHT AWAY

W

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OPENING HOURS:
Monday to Saturday
6:00 PM-midnight
Closed on Sundays

**MIRKO'S ORGANIC
CAANTEEN AROUND
THE CORNER**

"I love the *Rumi Bottega Organica*. It's a little shop five minutes from my place, where I go for lunch almost every day—basically my own personal canteen."

What a charming wine bar: small and tucked away, right in the quiet, almost idyllic heart of Trastevere, down a narrow, traffic-calmed lane where even the graffiti feels warm and welcoming. Less than two hundred meters from the lively, often rather touristy Piazza Santa Maria, this is where the neighborhood reconnects. And every evening, crowds gather in front of Mirko Pelosi's enoteca.

The 31-year-old does more than just uncork wine bottles. He also offers a small, ambitious menu with dishes that change daily, depending on what's fresh at the market. Only two snacks are always available—mixed pickles and the yogurt flatbread—because if they're ever missing from the menu, the guests revolt. "Both dishes really reflect my kitchen philosophy," Mirko explains, "because the flatbread is always served for sharing at the table, eating together. And my mixed pickles always have seven to ten different kinds of fruits and vegetables, typical of the region and the current season."

When asked about his favorite Roman ingredient, he muses, "It's hard to pick just one, but this year I had a lot of fun with puntarelle." Yes, he uses the word fun, *divertimento*, very deliberately, because joyful cooking and experimenting is his true passion: "It's a wonderful world for constant discoveries exploring, learning every day from everyone and everything."

Mirko also believes Rome is the perfect place for culinary explorers: "Besides all the well-known reasons, I think Rome truly offers underrated agricultural treasures that go way beyond artichokes and Pecorino cheese. Thanks to my colleagues and staff, who have more experience in this area than I do, I realize how much potential and culture is in this region, and how few people have noticed it yet."



Left – Mirko (left) and Flaviano awaiting to curious foodies

Below – The wine selection is excellent—and clearly shaped by the region's terroir

Bottom – In the evenings, it's really buzzing with a chill mix of locals and travelers out exploring.





A CULINARY JOURNEY THROUGH THE ETERNAL CITY

Rome isn't just a city full of history, it's also a paradise for foodies. *A Taste of Rome* reveals the culinary soul of the Eternal City in the Holy Year—from tiny trattorias hidden in back alleys to legendary cafés that have been around for generations.

Alongside authentic recipes like *cacio e pepe*, *carciofi alla romana*, and *pizza bianca*, this Callwey book shares fascinating stories about Roman food culture and its roots. Detailed insider tips reveal where locals shop, eat, and enjoy their *aperitivo*. With stunning photos and a mix of travel guide and cookbook, this work invites you to experience Rome with all the senses—whether you're there in person or in your own kitchen.

UNIQUE

- Original recipes from Roman cuisine—from *antipasti* to *dolci*
- Secret foodie spots—restaurants, markets, and cafés off the beaten tourist path
- Exciting anecdotes—the history and traditions behind the dishes

CALLWEY