



(813) 960-7092 / cateringbyrobert@aol.com www.cateringbyroberttampa.com

Tour of Italy

Why do we call this a tour? That is because this country's road map of food reflects 22 distinctly different culinary cuisines influenced by its rich history, location, and geography.

We as Americans often take Italian food for granted, focusing on pasta and pizza. But there is so much more to the Italian food adventure. We have narrowed the **tour** to focus primarily on FOUR different regions (although more in depth regional favorites can be suggested).

Island

The islands of Sardinia and Sicily have developed a fusion of food varieties from sea-faring visitors from throughout the Mediterranean Sea areas, including Greece, the Arab countries, and Spain. Such a small area, but reflective of ancient visitors. Rich in volcanic soil, the islands offer a wealth of fresh vegetables and unique cooking styles associated with these areas.

Southern / Coastal

With abundance of coastline, and warm weather, seafood would be a focal point here. Includes Naples, and the Amalfi Coast. But buffalo mozzarella, eggplant, flatbreads are popular fare from this region. Lemons and tomatoes grown on ancient volcanic grounds have distinctive flavors.

Central

Mountainous region historically isolated from the rest of the country but considered a prime area for growing olives and grapes. Includes Tuscany, Rome, Florence. Much of the food from this area is considered rustic. Many epicureans refer to the food of this area being "poor people's food." Hearty soups, breads, beans, and cheeses are native to this area amid olive and wine groves. Wood burning and grilling are popular cooking styles.

Northern Italy

Influenced by bordering countries, this area specializes in dried and cured meats with German, Swiss, and Austrian influence. Includes Milan, Lombardy, and Venice. The Piedmont region is rich in raising livestock focused on pork, veal (beef), their bi-products (cheese, cream, unsalted butter), and fewer vegetables.

SERVING STYLES:

COCKTAIL/SMALL PLATE . BUFFET . SIT DOWN . CUSTOM STATIONS . HAND-PASSED . FAMILY STYLE

Sample Menu (pricing to be customized or part of our Dubloon, Gold Medallion or Taste Around menus)

Social Hour:

An example of Hand-Passed Appetizers reflecting the **four general regions chosen would be**

(Choose Five)

Deep Fried Calamari
Antipasta Skewers with Basalomic Drizzle (V) can adapt for Vegan
Proscuitto Wrapped Melon
Soft Pretzel Bites with Hot Mustard Drizzle (V)
Caprese Salad Skewers
Aricini Rice Balls (V) and can be Vegan
Kielbasa Sausage with Apple and Caramel Drizzle
Oregano Chicken Skewers
Bruschetta on Crostini with Feta Cheese (V)
Italian Marinated Mushrooms (V) and Vegan
Crabmeat Stuffed Mushroom Caps (some can be V)
Grape and Buffalo Skewers (V)
Tomato Basil Mini Meatballs
Trisket Reubens
Artichoke Tampanade in Mini Phyllo Cups (V)
Italian Layered Crostini with Basil, Mozzarella, Pesto, Pepperoni
Spanikopita (V)
Caesar Salad on a Stick (V)
Deep Fried Ravioli with dipping sauce (V)
Flatbread Assortment some (V)
Aricini Rice Balls
Caprese Skewers
Spanikopita
Olive Bar (V)

(V) denotes vegetarian

Or

Displayed Wine and Cheese Paring Station with your choice of wines from different regions.
We will research those selected wines and pair with regional cheeses, fruits, vegetables, nuts,
and breads/crackers in a unique display

Four Regions of Station Cuisine

(Choose from these to reflect the menu format you decide for your meal)

ISLAND CUISINE

Displayed Italian Layered Salad with Viniagrette Dressing

Sicilian Green Beans

Rosemary Roasted Potatoes

Chicken Marsala

Mediterranean Paella, a huge pan of seafood, rice, tomato, and Italian sausage

Sicilian Green Beans

CENTRAL CUISINE

Hearty Italian Wedding Soup

Traditional Caesar Salad (Panzanella Bread Salad)

Marinated Mediterranean Vegetables

Pasta Carbonnara or Parma Rosa Penne

Tuscan or Oregano Chicken

Parma Rosa Pasta

COASTAL

Caprese or Arugula Salad

Linquine with Red Clam Sauce

Steamed Mussels

Eggplant Parmesean

Flatbread Station

Steamed Mussels

Gnocchi with Marinara Sauce

NORTHERN

Braised Sausage and Cabbage

Northern Salad with mixed greens, walnuts, dates, crumbled/shred cheese

Parmesean Scalloped Potatoes

Flamed Chicken Frangelica Station served over Risotto

Parmesean Scalloped Potatoes

Veal Snitzel

Pesto Penne