

Venetian dishes



1. Cichetti

Crostini (small open-faced sandwiches), panini (small sandwiches on crusty rolls), tramezzini (crustless white bread half-sandwiches), and polpette (fried balls of meat, tuna, cheese, or potatoes).

INGREDIENTS



bread



crusty rolls



fried balls



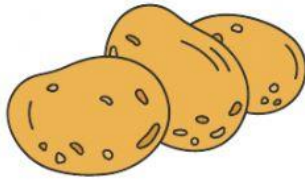
meat



tuna



cheese



potatoes



2. Sarde in Saor

Fried sardine fillets marinated in a sweet and sour mixture of vinegar, raisins, saulted sliced onions, and pine nuts.

Ingredients



sardines



vinegar



raisings



pine-nuts



3. Baccalà Mantecato

Today, baccalà mantecato consists of dried Atlantic cod that is soaked, poached, and whipped vigorously with olive oil until it becomes mousse-like with a light and fluffy consistency. It is enriched with salt, pepper, lemon juice, and sometimes parsley or garlic.

Ingredients



cod



salt and pepper



olive oil



lemon juice



parsley



garlic



4. Polenta e Schie

Similar to grits, polenta is a recurrent feature of Venetian meals and is made by slowly stirring maize flour into boiling salted water. The schie are gray lagoon shrimps that turn grayish-brown when cooked.

Ingredients:



polenta



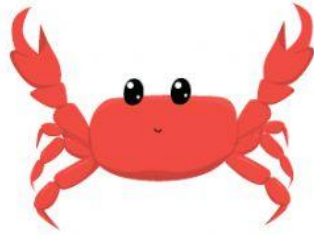
shrimps



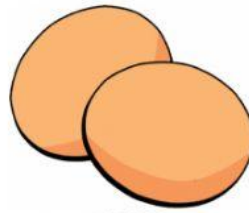
5. Moeche Fritte

This mouthwatering dish is made from soft-shelled crabs coated with beaten egg and fried until they are golden brown and crisp.

Ingredients:



crabs



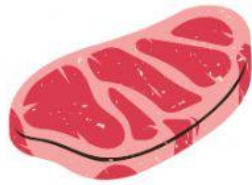
eggs



7. Carpaccio

An elegant appetizer consisting of very thin slices of raw beef on a plate with grated Parmesan, rucola, a drizzle of pure virgin olive oil, salt, pepper, and served with a lemon wedge on the side.

Ingredients:



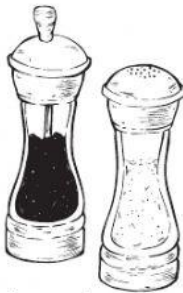
beef



parmesan cheese



rucola



salt and pepper



olive oil



lemon wedge



8. Antipasto di Frutti di Mare

Frutti di Mare are “fruits of the sea” and the dish is a sumptuous seafood platter of baby octopus, anchovies, mussels, shrimp, or whatever’s in season in a lemon dressing.

Ingredients:



octopus



mussels



anchovies



shrimps



Nero di Seppia (Cuttlefish Ink)

One of the quintessential dishes of Venetian cuisine, nero di seppia consists of sliced cuttlefish in its own rich, jet-black ink sauce. It can be served with both risotto and pasta as Risotto al nero di seppia or Spaghetti al nero di seppia.

Ingredients:

