



# Food Tales in Trastevere



REAL neighbourhood cuisine



YOUR PRIVATE ITALY





Rome-based best-selling cook book author, award winning food writer for CNN, USA Today, and the Telegraph (to name just a few), and gourmet expert, the enchanting Italian/Australian “Maria” will be your private guide for today’s adventure, through one of Rome’s most ancient and charming medieval neighbourhoods, Trastevere.

Join your food and travel blogger, journalist, and author, Maria, on a foodie walking tour around one of Rome's most picturesque neighbourhoods. Trastevere is often described as a film set thanks to its ochre colored walls and narrow cobblestone streets. It boasts a fascinating history, architectural gems, family-run food stores, and plenty of restaurants and bars. Today, among others, we will visit a cheese shop that’s been an institution for over 100 years, a fresh food and vegetable market, and a plethora of local trattorias and bars that Trastevere has become famous for, all of which are featured in Maria’s book. Discuss the Roman food traditions, its history, and most importantly, how Italians shop, eat, and make food a part of their every day life.



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From pizza to street-food to roman pasta delights and gourmet gelato, today you walk the streets with one of Rome's most renowned food authoritarians, a transplanted roman who lives locally as a neighbourhood food expert.

At the end of your tour, each participant will receive a signed copy of Maria's book, a collection of 70 roman recipes, interviews, and stories about many of the people you will meet along the way.

A mix of tastings you may find:

- Pizza bianca
- Pizza marinara
- Cheese
- Salumi
- Suppli
- Porchetta
- Gelato
- Biscotti
- Sweet pastries
- Handmade chocolates
- Trapizzino & beer
- Pasta and wine

Experience Includes:

- 7-8 tastings, a plate of pasta (of course!) and some drinks
- Tours can be customized according to food preferences/dietary requirements
- Signed copy of your guide's renowned book

\*In case Maria is not available, the renowned TV personality, published cookbook author, and chef, Toni, will be your guide. Raised in Australia by her Calabrian father, her life has revolved around the buona cucina of Rome since 1998.