

GIM CH'È BULO

THE MANGIESTO

WHAT IS THIS?

Welcome to the second edition of Gim Ch'e' Bulo, a by-the-people, for-the-people, spice-of-life guide to Perugia's thriving culinary scene. True to our name – Perugino for “Let's go to that cool spot!” (more or less) – we aim to bring to your attention the latest and greatest of bars, restaurants, food festivals, and so much more happening right here, every day. We are two foreigners who have fallen in love with Perugia, its people, and of course, its dialect; we want to share that passion like it's a piping hot plate of pasta *fatto a mano* at Dal Mi' Cocco. This is a celebration of food and togetherness – of porchetta, truffles, Montefalco, and kebabs; of *torta al testo* at Dal Maria's on Lago Trasimeno and the first coffee of the day at Bar dei Priori. Welcome to our inaugural issue!

CIN CIN,
GINA AND CAT

INSIDE SPELLO, BOTTEGA DI PERUGIA, AND MORE



WHERE SHOULD I GO FOR...?

COFFEE

All of the locations listed below are great in their own way. Try them all!

BAR DUOMO Piazza Danti, 29

CAFFÈ DEL BANCO Corso Vannucci, 5

CAFFÈ MORLACCHI Piazza Morlacchi 6/8

BAR CENTRALE Piazza IV Novembre 35

T-TRANE Borgo XX Giugno 44 (just keep going down Corso Cavour)

ALPHAVILLE CAFÉ Via Pinturicchio 26

LUNCH

BACIO Via Boncambi, 6

Good selection of pizza and pasta dishes, but check the daily lunch for some good deals! Both indoor and outdoor seating (although if it's hot outside, the inside is usually quiet and cool).

PIZZA MEDITERRANEA Piazza Piccinino 11/12

Arguably the best pizza in Perugia, and at a decent price. The pizzaioli (pizza makers) whip up a variety of napoletana-style pizzas (thicker, softer crust) for dine in or takeaway.

OSTERIA DEL TURRENO (TAVOLA CALDA) Piazza Danti, 16

A variety of homemade dishes and sides for takeaway or dining in. Great for a quick lunch, or when you want to try a little of everything.

OSTERIA A PRIORI Via dei Priori, 39

Dishes made from old family recipes, using the best products from Umbria. Best to book in advance as seating is limited. Good quality wines and olive oils are also available for purchase in the bottega at the front of the establishment.

APERITIVO

KUNDERA Via Oberdan, 23

Easily one of the best places to do aperitivo. Along with a good selection of snacks, they also have a menu of interesting vintage drinks.

FRITTOLE Via Alessi 30

Low lights, friendly staff, and always a different wine that the staff can recommend to you.

LIVING CAFÉ /RISTORANTE DEL SOLE Via Rupe, 1

Besides having a pretty good selection of snacks, the best part of Living Café has to be the terrace view of the rolling hills of Perugia.

MENCHETTI Strada Trasimeno Ovest, 7 (off the last stop of the Mini Metro)

A great place to go if you want to get out of the center for a short time. The aperitivo has diverse snacks to try, in a youthful atmosphere.

WHERE SHOULD I GO FOR DINNER?

BOTTEGA DEL VINO Via del Sole, 1

Charming and romantic, Bottega del Vino offers a small but delicious menu of fresh pastas and typical Umbrian fare, an amazing wine selection, and live music every Wednesday. It's best to reserve a table in advance.

LOCANDA DO' PAZZI CORSO Cavour, 128

Tucked away in a small piazza on Corso Cavour, this place is simply great. The food is always high quality, the menu is pretty expansive, and the ambience is excellent. Keep in mind that it's a little more expensive than the other restaurants listed here.

DAL MI' COCCO Via Giuseppe Garibaldi, 12

What Cat and Gina call "The Olive Garden of Umbria," not in terms of quality, rather quantity. Dal Mi' Cocco has fixed menus that change with each day of the week, offering a first and second dish, salad, dessert, and water. Expect heaping platefuls of pasta and meat, served family style.

RISTORANTE LA TAVERNA Via Delle Streghe, 8

One of Perugia's finer restaurants. A little on the pricey side but well worth it if you want excellent Italian cuisine.

SETTIMO SIGILLO Via Ulisse Rocchi, 1

At the "Seventh Seal" you dine (no lunch) in the caverns of old Perugia surrounded by dragons, torches, and medieval armour. Food is genuine and abundant, service friendly and efficient and if your idea of a romantic date is sitting together in a dungeon, this might just be the place for you!

AL MANGIAR BENE Via della Luna, 21

A charming and hospitable trattoria/pizzeria that gets its products from local farms, preferably organic sources. The menu even lists where the food comes from.

NON C'ERA Via Giustiniano degli Azzi, 4/6

A type of bar/restaurant, specializing in beers and breads. They strive to create a different dining experience for patrons by making fresh, authentic food.

MERCATO VIANOVA Via Giuseppe Mazzini, 15

A more swanky restaurant (upstairs) and bar (downstairs), serving modern versions of Italian classics, as well as sushi and sashimi. Also offers a great selection of wines.

UBU RE Via Baldeschi 8/a

Another locale highlighted in this edition of Gim ch'e Bulo, but definitely a place you cannot miss in Perugia. The quiet atmosphere of this restaurant only serves to enhance the delicious food.

LA BOTTEGA DI PERUGIA

Are you on the hunt for a quick lunch, an evening snack, or a casual cup of wine? Many of you might have frequented, or at least passed by, La Bottega di Perugia: a small sandwich shop on Piazza Morlacchi.

Known for its simple, fresh ingredients, locals often flock here during lunch and dinner to grab something to eat and chat with friends.

We had the chance to sit down and chat over a cup of wine with Cristian Sirchi, co-founder of La Bottega di Perugia:

“We opened on December 7th, 2011. Before starting Bottega, I was working at a bar. But this kind of place [a sandwich/wine shop] didn't exist at all in Perugia, and we thought it'd be a great idea to do something new. Our food philosophy is to serve only local products that come from around the area, which includes the wines we offer. To create our menu, we tried a bunch of different ingredients and combinations, and put together what we think tasted best. Personally, my favorite panino on the menu is the 'Gnorante' and my favorite product is lombetto, which is a type of salami without a lot of fat.”

Besides the various panini, try the Crostini (small slice of grilled or toasted bread and toppings), or the Tagliere de La Bottega (selection of sliced meats and sausages and cheeses; served with a little bag of freshly sliced bread).



Want to learn some Perugian dialect? Look no further than the Bottega menu! Each panino is a word in Perugian dialect; feed your stomach and your mind at the same time!

Delicheto: delicate
Gnorante: brutish
Peso: heavy
Guasto: angry
Lillo: devious
Duelle: nowhere
Marampto: clumsy and loutish
Impipinito: craving
Smilzo: super thin
Onto: oily
Buzco: really fat
Vergognete: shame on you! (named for being the vegetarian panino in a meat-oriented Bottega)
Rustco: rustic
Nicco: food gourmet
Ciaffo: sloppy

LEARN PERUGINO

FOOD EVENTS

FOOD CONFERENCE This weekend from Friday, June 6th to Sunday, June 8th, Umbra will be hosting its second biannual Food Conference! Stop by anytime from 9.30 AM to 6.10 PM to hear talks on topics ranging from food history to sustainability, and everything in between. Special guests include professors Elisa Ascione, Zachary Nowak, Elgin Eckert, and Ernesto Livorni, Academic Director Francseco Burzacca, staff member Marco Bagli, and former student Ashley Patino, who will be presenting with fellow scholars from all over the world.

PIACERE BBQ From June 6th to June 15th, Perugia will be hosting Piacere Barbecue, an annual barbeque festival. Events include a cooking demonstration by famous TV personality Chef Rubio on June 7th and the Italian Barbeque Championship from June 14th to the 15th.

Events will be held in Pian di Massiano (accessible by Minimetro and bus).

For more information visit <http://www.piacerebarbecue.it/2014/>

TERRA FUORI MERCATO (LAND OUT OF THE MARKET) Every third Saturday of the month, from 8:00am – 6:00pm, farmers and craftspeople meet to sell their products. The market was built on ideas of short chain, natural farming, environmental sustainability, the defense of common goods and a fair and transparent pricing.

Market held in Ponte San Giovanni in the parking lot of CVA (on the corner of Via della Scuola and Via Cestellini). Take the Q2 bus from Piazza Cavalotti to the Via della Scuola stop.

For more information visit

<http://turismo.comune.perugia.it/canale.asp?id=661>

ALL
EYES
ON



UBU
RE

Ubu Re Osteria, located in the center of Perugia, takes its name from a bizarre, comic play by French playwright Alfred Jerry. The main character, King Ubu, is often depicted as you see him here - rotund and a bit scary-looking. The French people loved it so much that it opened and closed on the same night in 1896.

Unlike the play that gave the restaurant its name, Ubu Re has been in business since 1989. A gem of locale and a staff favorite, Ubu Re offers delicious, refined cuisine, an extremely hospitable staff, and a cozy, quiet atmosphere. The chefs (who are also the owners and the waiters) make all of the dishes fresh, and bring an innovative take on traditional Italian fare. Definitely try the pistachio-encrusted tuna filet for the main course, and Ubu Re's take on tiramisu for dessert. They also have a great selection of wines to pair with your meal. Prices are middle of the road, between 10-17 Euro for a primo or secondo.

Open for lunch and dinner;
closed on Sundays and Monday evenings.

Address: Via Baldeschi 8/a

Phone: 075/5735461

MAI DUELLE

I PUT A SPELL ON YOU

WHILE PERUGIA MAY DEFINITELY HOLD A SPECIAL PLACE IN YOUR HEART, TRY VENTURING FURTHER AFIELD

There are many small towns in the surrounding hills that offer wonderful places to eat, explore, and get outside of Perugia's city center for an afternoon. Spello is only a 30 minute train ride from Perugia. This ancient town not only offers picturesque winding streets and fantastic views of the surrounding Umbrian countryside, but also plenty of places to enjoy a meal, a glass of wine, and local products. Every Saturday there's an open-air market where you can find cheeses, truffles, olive oil, and other edibles for sale. While there are many options for places to check out in Spello, your lovely editors have the following recommendations. But don't take our word for it... try them yourself!

La Bottega di Teresa Quaint family-run bottega offering local products, many of which are made by Teresa herself (she even put her face on the product labels!). Be prepared for a large dose of hospitality as she offers you samples, recommendations, and recipes.

Enoteca Properzio Imagine shelves of wine, from floor to ceiling; wooden shipping crates stacked high against the walls; lofty stone-vaulted ceilings leading from one room to the next; and most importantly, a friendly proprietor who really knows his stuff. Welcome to Enoteca Properzio! Stop in for a glass (or two) of wine, stay for lunch or dinner. This shop specializes in wine, even of the hard to find variety. Buy a bottle for yourself and ship one home to your loved ones.

La Cantina Easily one of the most romantic restaurants in Spello. The combination of soft lights, intimate atmosphere, and delicious Umbrian cuisine make it an ideal location for lunch or dinner. Ask the waiter/waitress for the daily specials- you won't be disappointed. This is a place to go all-out, so bring your appetite. Don't have a special someone? Treat yourself!

Drinkingwine "Drink wine, feel fine!" were the first words out of our waiter's mouth. He also happened to be a sommelier, so he knows what he's talking about. Drinkingwine is a charming restaurant with a casual atmosphere and friendly staff. It's a great spot if you don't know much about wine and want to learn. They also offer tasting tours for small groups.



COFFEE TALK

You may have noticed by now that coffee is the fuel on which the entire nation of Italy runs – Italians will typically return to their favorite caffè two to three times a day!

We're sure you've been enjoying your morning cappuccini and afternoon espressi, but here we'd like to take it a step further and introduce you to a few lesser-known (but no less delicious) ways of consuming caffeine al Italiano.

And some general advice: Italians don't typically order very milky drinks (ie. cappuccini) after about 11 am. If you really want to blend in, try a caffè macchiato later in the day.

BUT WHY IS IT CALLED A CAPPUCINO?

The name comes from the Capuchin friars (i cappucci) who have brown robes and white hoods. Hence the diminutive -ino added to cappuccio means little Capuchin (with the brown body and white foam on top).

CAFFÈ

This is the default coffee in Italy, so when you say "caffè," this is what you'll get. It's essentially water passed under pressure through very finely-ground coffee, served in a little coffee cup.

LUNGO

This is another version of the espresso where there is a bit more water, to "elongate" the coffee.

RISTRETTO

Yet another espresso variation, this time with less water.

CAPPUCINO

A small cup of steamed milk topped with foam and mixed with a shot of espresso. A perennial favorite amongst tourists!

CAFFÈ MACCHIATO

"Meaning "stained coffee," this is an espresso with a dollop of frothed milk, like a mini-cappuccino.

LATTE MACCHIATO

Also known as a "caffè latte", a big glass of hot milk with a shot of espresso in it.

CAFFÈ CORRETTO

Some like it strong. Take your standard caffè and add a shot of liquor, usually grappa or whisky. Bailey's is another great option!

MAROCCHINO

A caffè macchiato with a little bit of grated chocolate on top, a delight usually served in the winter in a small glass cup.

CAFFÈ FREDDO

Perfect for the summer, this is a caffè shaken with a bit of ice and sugar, then poured into a cold glass. Sometimes Bailey's is added (they'll say "crema di whiskey")

AMERICANO

This is a shot of espresso with a lot of hot water dumped in. Popular with (guess who?) Americans.

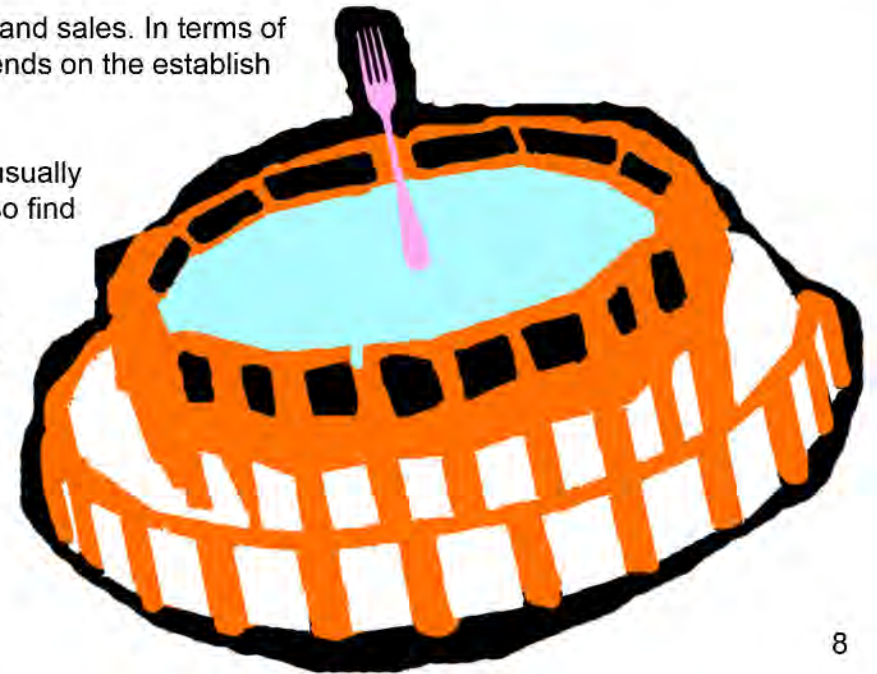
WAIT, CAN I? THINGS YOU MIGHT BE WONDERING

COURSES If you're in the mood for just desserts (no pun intended), what are your options? Going to an actual restaurant and only having dessert is a bit...odd. It's more customary to go to a café to have dessert and a coffee, than it is to visit a traditional restaurant for only one course. Plus, you still have to pay the coperto (cover charge) for sitting at a table in a restaurant. Best advice: go to a café or a bottega if you only want dessert.

TIPPING It may feel strange, but you don't tip waiters in restaurants. The coperto (cover charge) is included in the check and must be visible on the menu. If you were given outstanding service in a more upscale restaurant, you could leave a tip for the wait staff, but this is still a rare occurrence.

EATING OUT

- **RISTORANTE** Obviously a restaurant, but Italian ristoranti tend to be fancier and offer dishes that are more expensive. However, this distinction doesn't always hold true, as the line between a ristorante, trattoria, and osteria has become blurred. You should expect to order at least a two-course meal when going to a ristorante.
- **TRATTORIA, OSTERIA/HOSTERIA** Similar to a ristorante, but these places offer simple and traditional food. Same two-course meal expectation as a ristorante.
- **ENOTECA** A wine bar that specializes in local wines, providing information, sampling, and sales. In terms of food, it's alright to order just one dish or some snacks. The range of food available depends on the establishment and could range from cheeses and cured meats to pastas and main courses.
- **BAR, CAFÉ, PIZZERIA** Great places to go if you want a quick snack. Bars and cafés usually have a selection of panini, and pizzeria obviously offer a selection of pizzas. You can also find pizza à taglio which sell pizza by the slice.
- **BOTTEGA** This term traditionally refers to a store, a workshop, or a place that creates artisanal goods. In terms of eating establishments, a bottega can offer a variety of foods and products, but always with the focus on the hand crafted or artisanal qualities of the food.
- **TAVOLA CALDA** Location that serves a variety of pre-prepared hot and cold food for lunch or dinner. Usually you can eat there or take it away.



TIP YOUR EDITORS 🌟 Want to get involved? Have a suggestion? CONTACT US!
We love feedback, yours especially! E-mail us at ctags@umbra.org or gfabbro@umbra.org.