

A Northern Trattoria

# Via Emilia



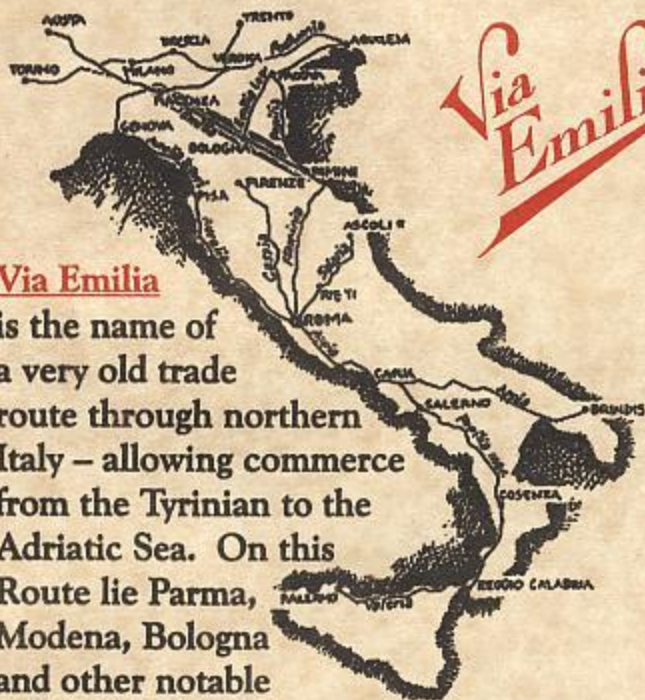
MCMXCV

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## What's In A Name?



### Via Emilia

is the name of a very old trade route through northern Italy – allowing commerce from the Tyrrhenian to the Adriatic Sea. On this Route lie Parma, Modena, Bologna and other notable regions. Our passion for cooking takes us along this route – gathering what each region has developed and offering it to you.

### *Fresh Grouper (Adriatic Style)*

To my taste - this is a most succulent fish. So in its preparation, I simply create a modest costume of Basil, of Italian Parsley, of Toasted Garlic, of Roma and Red Peppers and of Kalamata Olives. White Wine and Lemon Zest add a wonderful perfume.

### *Grilled Duck Breast Rissotto*

An Arborio Rice "Pouridge" made with homemade stock is flecked with: Italian Sausage, Roasted Butternut Squash and fresh Herbs and Spices. Grilled Duck Breast and Asparagus Tips add a smokiness and counter flavor respectively. This is a signature dish.

### *Eggplant Emilia*

Paneed points of Seasoned Eggplant "sandwich" fresh Mozzarella. The entree is topped with Shrimp in a Tomato-Vodka Cream Sauce and finished with Green Onions. A loyal contingent of patrons embrace this dish - to the extent they've damned me when we sell out.

### *Filet with Porcini Mushroom Sauce*

A 9 ounce Filet is seasoned and marinated in Garlic imbued Olive Oil, wrapped in Applewood Bacon then cooked as desired. We top the Filet with a fortified stock reduction including Spices and Porcini Mushrooms. Sweet, Peppery and Tender - all that's missing is a full-bodied Cabernet to sip!

## *Dolci*

### § *Tiramisu*

Folding, rolling, twisting or layering - Italians seem to have to do one or more in anything they prepare. This dessert is the layering of Espresso touched Lady Fingers, sweetened Mascarpone and Cocoa, twice over. I lace the Mascarpone with Frangollica - I think it's best this way.

### § *Chocolate Bottom Crème Brulee*

You're supposed to take a spoon and smack the caramelized sugar top thereby shattering it to be incorporated with the custard below. The Belgium Chocolate bottom offers a final sweetness - then it's all over - Nope, nothing below the chocolate.

### § *NY Cheesecake*

Not Italian, but I've been working on my version of cheesecake so long that I'll be damned if I don't take advantage of my toil! This, in my humble opinion, is better than anything similar in the free world - even Mars. Topped with a pure Raspberry puree.

### *Veal (Sienna Style)*

Six ounces of scalloped Veal are dusted with flour and touched with hot olive oil. An integral sauce includes: toasted Garlic, Cream Roasted Red Peppers and Cornichons. I opened this Restaurant 9 years ago with this dish – there's a reason it's still around.

### *Lamb Florentine*

A full half-rack of New Zealand Lamb is pan-seared then braised. Toasted Rosemary and roasted Garlic are the predominate herb and spice. Traditionally served medium-rare, the chops are presented individually – then topped with a skillet reduction of Stock and White Wine.

### *Shrimp Pappardelle*

A saute of: Applewood Bacon, Black Tiger Shrimp, Artichoke Hearts and roasted Red Peppers is paired with homemade Pappardelle (a Pasta roughly 3 times as short as and 3 times as wide as Fettuccini). The slight addition of Cream and Vodka to our Northern Tomato Sauce offers a silkiness and alternate heat.

### *Turkey Marsala with Polenta*

A scaloppini of Turkey Breast is dusted with flour and flashed in hot Olive Oil. Onions and Portabella Mushrooms, fresh Parsley and spices, rich Stock and Marsala Wine – all contribute to this classic sauce. The roasted Polenta goes incredibly well with this dish. This is a "sleeper" dish, but since it's my personal favorite – you might try it.

### *Backfin Lump Crab Cakes*

Too much crabmeat combines with too little breadcrumbs. Delicate Herbs and Spices accent this popular entrée. Egg, Cream and Butter offer an appropriate density. Stove-top browned and oven-baked is the best cooking method in my opinion. Luciel says they are better than her mothers' crab cakes – she hails from Maryland!!!

### *Bolognese Penne al Forno*

Almost all Trattorias in Northern Italy offer a Ragù that is unique to their family lineage. Each truly believes "theirs" is best. Kind-of-like Chile or Gumbo or Barbecue – "Whatever mine's better" attitude. Penne Pasta and Parmesan Reggiano (the King of Cheeses) are tossed and baked with our Ragù. Slightly melted fresh Mozzarella sits a top.

*continued*

## Antipasti

- § *Bruschetta*  
Four grilled Bread Rounds topped with fresh Mozzarella. Two are topped with a Porcini Mushroom glaze; two are topped with Roma Tomatoes and a fresh Basil Pesto.
- § *Fried Green Tomatoes*  
Slightly spicy and pan-fried – topped with julienned roasted Red Peppers and our Caesar Dressing.
- § *Mini Calzones*  
Filled with: Spinach, Pinenuts, Sundried Tomatoes and Fontina Cheese. Fried and served with our Northern Tomato Sauce.
- § *Roasted Artichoke Hearts*  
Broiled with Butter and fresh Garlic – topped with zest of Lemon.
- § *4 Cheese Ravioli*  
Homemade – We use Smoked Gouda, Fontina, and Mascarpone Cheeses. Tossed with our Northern Tomato Sauce and finished with Parmesan Reggiano Cheese.
- § *Roasted Polenta*  
Roasted Polenta points topped with a Porcini Mushroom glaze.
- § *Cajun Pizza*  
Homemade dough, Northern Tomato Sauce topped with Mozzarella, Parmesan and Smoked Gouda topped with Applewood Bacon, Blackened Shrimp and Green Onions. Drizzled with Louisiana Hot Sauce.

## Secondi

### *Stuffed Chicken "Fantastica"*

"Fantastica" refers to a dish imagined. We use a combination of: Spinach, Sundried Tomatoes, Carmelized Onions and Pinenuts – bound with Fontina and Mascarpone Cheeses. The bread-crumbs coated stuffed Chicken is pan-fried then finished with a Lemon-Wine deglaze.

### *Seafood Crepe*

Flipped "in-house", our Crepe is filled with pan-seared Scallops, fresh Flounder and Shrimp. Translucent Onions combine nicely with a Fontina-Wine-Cream Sauce. Topped with diced fresh Romas. This dish is my wife's favorite.

## Insalate

- § *Gala Apple Salad*  
Organic Field Greens with Toasted Pecans, Purple Onions and Feta Cheese. Topped with our Honey-Apple Vinaigrette. This is our most popular Salad.
- § *Caesar Salad*  
Torn leaf of Romaine tossed with our Caesar Dressing and finished with homemade Croutons, Sun-dried Tomatoes, Parmesan Reggiano and fresh cracked Peppercorn.
- § *Fresh Tomato & Mozzarella Salad*  
Sliced sun-ripened Romas paired with fresh Mozzarella. We finish the salad with our fresh Basil Pesto. This salad is simple, traditional and as good as it gets!
- § *Capricious Salad*  
A whimsical salad - it's purely what your waiter "comes up with." If you don't know what type of salad you want - this might be perfect.

## Zuppe

- § *Tuscan Vegetable*  
A variety of fresh vegetables and Cannellini Beans. Fresh Italian Parsley and Basil accent this Soup. Our Stock is always homemade - This makes for all the difference.
- § *Crab & Corn*  
Celery, Onion and Garlic give this Soup its depth. Our Stock provides soul, and Cream gives it body. Fresh shucked Corn and Crabmeat create a fantastic flavor (and this Soup's name).
- § *Ravioli and Broth*  
Our homemade Tortellini are filled with seasoned Chicken and Mortadella then steeped in a homemade Chicken Stock. Nuances of Lemon and Basil make for a light, fresh Soup.