



The Maestri Monzu, Masters of the Neapolitan Noble Cuisine

It was the 17th century; Marie Caroline of Austria is betrothed to Ferdinand IV of Bourbon, King of Naples. The refined and gentle Queen finds that even though based on fresh fruit and vegetables, poultry, fresh meat, and fish, the Neapolitan cuisine is rather rough, lacking the levity, the flavors and the colors of the haute cuisine to which she is used to. Seeking to enliven the local tastes the young Queen called many of the time's most celebrated chefs to the capital of the Kingdom. In a few years the Maestri Monzù—this is the Neapolitan pronunciation of the French word Monsieur—become a mythical presence transforming a basic “pasta and pomodoro” cuisine into one of the most natural and tasteful gastronomic expressions of Europe, and in so doing they laid the basis for the what later will be known as the Mediterranean Diet.

Menu of the Evening

Antipasti (Starters)

Palline di provola affumicata e basilico	(Smoked provola cheese and basil small balls)
Doratura di asparagi	(Asparagus golden fried)
Schnitzel di peperoni	(Pepper schnitzel)
Manine di pasta fritta	(Fried dough small hands)
Crocchette di crema di pollo	(Chicken cream croquettes)
Scagliuozzoli alla crema di formaggi	(Fried corn tartlettes at sweet cheese)

Primi piatti (First courses)

Secondi piatti (Second courses)

Cupola di crepes Gerard (Dome of crepes à la Gerard)	Medaglioni alla conte (Veal medallions à la Conte)
Timballo di maccheroni delle Due Sicilie (Two Sicily pasta timbale)	Petti di pollo alla Calabritto (Chicken breast à la Calabritto)
Sartù di riso alla finanziaria (Rice pie à la finanziaria)	Ova alla monachina (Fried eggs à la monachina)

Contorni (Side dishes)

Cuori di carciofi ripieni di piselli al prosciutto	(Pea and ham stuffed artichoke hearts)
Timballetti di patate “duchesse”	(Potatoes “duchesse” small timbales)

Dolci (Desserts)

Mousse di aranci al Grand Marnier in bastione	(Orange mousse with Grand Marnier)
Parfait di caffè Maschio Angioino	(Coffee parfait Maschio Angioino)