

My Rome



GINA TRINGALI

[FOOD WRITER AND CULINARY TOUR GUIDE]

After being raised in a food-loving Italian-American home, Gina moved to Rome in 2007. Since then, she's obtained her Master's in Italian Gastronomic Culture from the Università di Roma Tor Vergata, become a certified sommelier, and launched a successful food and wine tour company, italyfoodandwinetours.com.

Her writing appears in many food and travel publications and on her blog gfoodandtravel.com.



Which three adjectives best describe Rome?

Enchanting, bold, astonishing.

How would you describe your relationship with the city?

I have a love-hate relationship with Rome. I'm in love with her beauty, history, architecture, parks, and literally the colors of Rome. I'm not so in love with the noise, pollution, and traffic. That being said, all it takes is one motorcycle ride by the Colosseum at night, and I'm in love all over again.

Is there a place in Rome that is particularly dear to your heart, or connects to a specific moment in your life?

Villa Doria Pamphilj. It's the place where I go to breathe, recharge, take long walks and runs, and spend time with family and friends.

What makes Roman cuisine different from other types of Italian food?

The use of simple ingredients to create humble but rich dishes like *pasta all'amatriciana*, *pasta*

e ceci (pasta with chickpeas), or *coda alla vaccinara* (stewed oxtail).

What do you recommend visitors do before they go home?

After you've visited the monuments, churches, and museums on your list, get lost in Rome. Take a midnight walk around the center, or early in the morning when the city is still sleeping; stroll without a plan, stop for coffee, and venture outside of the historic center to see a different side of the city and its culture.

In your opinion, what are some of the most unmissable aspects of Rome?

Artwork and sculptures in churches, the view from the terrace bar on the Capitoline Hill, the Orange Garden, the Gianicolo, vast green havens like Villa Borghese, Villa Ada, and Villa Pamphilj, cobblestone streets, culture and chaos, the vibe of the ancient city coping with modern daily rhythms.

Is there a Roman dish you can never say no to?

If I had to narrow it down to one dish? I can't eat enough artichokes especially *carciofi alla romana*. For pasta, *amatriciana*, and in winter I can never say no to *coda alla vaccinara*.

What are your favorite restaurants in Rome and why do you love them?

This is a tough question! Cesare al Casaletto (Via del Casaletto, 45) offers refined Roman cuisine and a stellar wine list. Their *tonnarelli* with *baccalà* and pecorino, gnocchi, and *baccalà alla romana* are mouthwatering. Agustarello (Via Giovanni Branca, 100) in Testaccio for traditional Roman dishes and the warm and wonderful family who owns it. This is my go-to spot for *coda alla vaccinara* and *crostata* for dessert. A street-side table at Da Enzo al 29 (Via dei Vascellari, 29) in Trastevere for *cacio e pepe*. La Gatta Mangiona (Via Federico Ozanam, 30/32) in Monteverde for pizza and craft beer. Ristorante Piperno (Via Monte De' Cenci, 9) to step back in time. Salumeria Roscioli (Via dei Giubbonari, 21/22) when I want to eat at the bar. Order any dish on the menu—they are all spot on.