

Ilaria's Italian KITCHEN



*Extra Virgin Olive oil, 100% Italian, from Perugia
and Aceto Balsamico di Modena, Acetaia Cattani.*

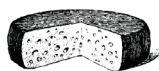
RECENTLY adding fabulous fresh produce from Spring Tail and Tamarisk Farms, as well as delicious eggs from Old Ways, the Mercato Italiano menu now features dishes made from seasonal products, along with weekly specials.

Using beautiful Italian oils and balsamic vinegar, Ilaria has a simple but highly effective method of making the perfect salad dressing.

'Season the leaves with salt and freshly ground black pepper before adding the oil and vinegar,' she says. 'This has to be done first so the salt can distribute evenly. Then, a good drizzle of extra virgin olive oil followed by the vinegar.' Ilaria says the best way to mix this is with bare hands, gently turning the leaves from bottom to top. 'This is because the heat of your hands will help bring out the flavour of the oil. Of course, each salad needs more or less dressing depending on the structure of the vegetables. When it is just leaves, dress it close to serving time, or it will 'stew'.'

Initially launched as a weekly market stall selling high-quality cured meats and cheeses directly imported by Ilaria through her Italian produce contacts, Mercato Italiano has grown into a popular destination for authentic pizza, coffee, cocktails, and much more.

The café and deli on the Dreadnought Estate is also a great stop for lunch from 12-3pm, Monday to Saturday. The pizza and pasta lunchtime specials are not to be missed!



Mercato Italiano

• BRIDPORT •

Unit 3B Dreadnought Trading Estate, Bridport, Dorset DT6 5BU
T: 01308 459274 - E: retail@mercatoitaliano.uk

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