

Ilaria's Italian KITCHEN



Bresaola di Punta d'anca

APART from being absolutely delicious, Bresaola di Punta d'anca has a lot going for it.

Lean and flavourful, it is one of the most popular cured meats. It is crafted from the highest-quality cut of meat from mature, grass-fed cattle. The beef is carefully seasoned with aromatic herbs, spices, and sea salt, then air-dried and aged for several months to develop its best flavour.

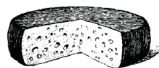
Ilaria highlights how simple it is to make a delicious dish on warm summer days. 'It can be served as carpaccio. No cooking involved in this hot weather! Only a drizzle of fresh lemon, Extra Virgin Olive Oil, Parmigiano and a rocket salad.'

She also alludes to the cultural benefits of Bresaola di Punta d'anca. Low in fat and high in protein, Ilaria says it is 'really lean' and may help contribute to a happier 'prova costume' or swimsuit test when it's time to be 'beach ready'.

Mercato Italiano is a popular destination for authentic pizza, coffee, cocktails, and a great stop for lunch from 12-3pm, Monday to Saturday.

Recently launched, Mercato Pronto! now brings Ilaria's curated selection of rare, regional formaggi, salumi, and pantry essentials to kitchens across the UK.

Visit: [www.https://mercatopronto.uk](https://mercatopronto.uk) today.



Mercato Italiano

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