

Italian Vegana Evening

6 course plant based tasting menu
Friday 13th March, Tanroagan Restaurant

Farinata Genoese

This traditional Ligurian dish is a simple, oven-baked flatbread made only with chickpea flour, water, extra virgin olive oil, & salt. According to legend, farinata as it is known today is said to have been invented in August of 1284, when the Republic of Genoa defeated Pisa in the battle of Meloria in the Ligurian Sea. On their way back home, the Genoese ships were hit by a tempest, & some of the olive oil & chickpea flour barrels broke, they were mixed together, then moistened by salty sea water. After the tempest, realizing they didn't have anything else to eat, the sailors put this mixture to dry in the sun and consumed it.

Italian chickpea flour, olive oil & rosemary flatbread with caper tapenade. Classic Genoese street food

Bruschetta Classica

Served in every region of Italy, the name originates from 'bread toasted on embers'.

Fresh tomato, garlic & basil, extra virgin olive oil, toasted homemade sourdough bread

Stuffed Courgette Boats

Grandma's favourite, a classic dish for a Sunday family lunch. What is great about this dish is nothing goes to waste. The courgettes are scooped out forming little gondolas. The pulp is mixed with the herbs, oil, breadcrumbs and vegan parmesan to make the filling for the courgette boats.

Courgettes, onions, bread, capers, pine nuts, thyme, extra virgin olive oil, gratinated with homemade vegan parmesan

Lentil & Ragu Lasagna

Lasagne originated in Italy during the Middle Ages. The first recorded recipe was set down in the early 14th-century Liber de Coquina (The Book of Cookery). Normally made with Ragu alla bolognese, the most famous from Emilia Romagna

Sheets of pasta, layered with lentil ragù and 'besciamella vegana'

Chickpea, Sundried Tomato & Spinach Polpettone

A classic Northern Italian dish with its origins in the 16th Century. Polpettone literally 'big meatball', is traditionally made with minced meat, cheese, herbs, bread & eggs.

Our 'vegana' interpretation of this classic Italian main course is served with Sicilian caponata (courgettes, aubergine, olives, capers, mint & basil), spinach & walnut pesto, orange & almond jam

Insalata

Sharing salad of fresh tomato, leaves, oregano & evo oil

Zuppa Inglese

It is said the dessert originates in the sixteenth century kitchens of the Dukes of Este, the rulers of Ferrara (Northern Italy). According to this story, they asked their cooks to recreate the sumptuous "English trifle" they had enjoyed in England at the Elizabethan court, where they were frequent visitors.

Sumptuous layers of sponge cake soaked in wild berry Italian liqueur, layers of custard, chocolate sauce & Italian meringue

Coffee & Cantucci

Italian almond biscuits that originated from the Tuscan city of Prato. Twice-baked, oblong-shaped, dry & crunchy. Perfect with coffee!

Reservations

To purchase tickets, call Tanroagan 01624 612355, £38.50 per person