

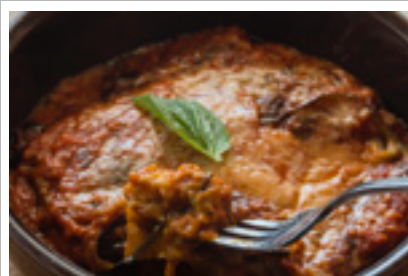
RECIPE DESCRIPTIONS

VEGETARIANO RECIPES

Capri is a natural paradise and its rich soil and moderate climate makes it perfect to cultivate a range of delicious local fruit, vegetables and herbs which characteristically feature in its traditional cuisine.

Strolling only minutes from the Piazza or in the back streets of Anacapri, Tiberio, Marina Grande and Marina Piccola you will pass by Caprese homes with lush gardens full of pure and natural produce so full of flavour, love and pride.

Capri's cuisine is full of delicious locally grown vegetable based dishes which you can select from below.



Parmigiana Melanzane/Zucchini

Eggplant (Aubergine)/Zucchini (Courgette) layered with mozzarella and tomato

Gluten free option if using gluten free flour/pasta; contains dairy; vegan option.



Insalata Caprese

Salad of fresh tomatoes, bufala mozzarella (D.O.P) or fior di latte, extra virgin olive oil, basil and oregano

Gluten free; contains dairy.



Caprese Caponata

Salad of tomatoes, eggplant (aubergine), mozzarella, basil, olives and dried bread (friselle)

Contains dairy; vegan option.



Ravioli Capresi

Homemade ravioli pasta filled with caciotta, parmigiano reggiano and marjoram, served with fresh tomato and basil sauce







Contains eggs, gluten free option if using gluten free flour/pasta; contains dairy; vegan option.



Ravioli Capresi al Limone

Homemade ravioli pasta filled with caciotta, parmigiano reggiano and marjoram, served with lemon sauce

Contains eggs; gluten free option if using gluten free flour/pasta; contains dairy; vegan option.

	<p>Gnocchetti Capresi Homemade gnocchi with mozzarella, basil and fresh cherry tomatoes in a parmesan crust</p> <p><i>Gluten free option if using gluten free flour/pasta; contains eggs; contains dairy.</i></p>
	<p>Gnocchi alla Sorrentina Homemade gnocchi with mozzarella, parmigiano reggiano, basil and tomato puree</p> <p><i>Gluten free option if using gluten free flour/pasta; contains eggs; contains dairy.</i></p>
	<p>Gnocchi Basil Pesto Homemade gnocchi with Caprese basil pesto</p> <p><i>Gluten free option if using gluten free flour/pasta; contains eggs; contains dairy; contains nuts (pine nuts & walnuts).</i></p>
	<p>Fettuccine al Limone Homemade fettuccine with lemon sauce</p> <p><i>Gluten free option if using gluten free flour/pasta; contains egg;, contains dairy.</i></p>
	<p>Spaghetti al Pomodoro Spaghetti with fresh cherry tomatoes and basil</p> <p><i>Gluten free option if using gluten free flour/pasta; contains eggs; dairy free.</i></p>
	<p>Linguine alla Nerano Linguine with zucchini, provolone, parmigiano, garlic and extra virgin olive oil</p> <p><i>Gluten free option if using gluten free flour/pasta; contains eggs; contains dairy.</i></p>

	<p>Tagliatelle Aumm Aumm Homemade tagliatelle pasta with eggplant (aubergine), cherry tomatoes, basil and mozzarella</p> <p><i>Gluten free option if using gluten free flour/pasta; contains eggs; contains dairy.</i></p>
	<p>Tagliatelle Melanzane e Basilico Homemade tagliatelle pasta with eggplant (aubergine), mozzarella and basil</p> <p><i>Gluten free option if using gluten free flour/pasta; contains eggs; contains dairy.</i></p>
	<p>Spaghetti alla Puttanesca Spaghetti with anchovies, cherry tomatoes, olives and capers</p> <p><i>Gluten free option if using gluten free flour/pasta; contains eggs; dairy free.</i></p>
	<p>Melanzane Barchetta Baked eggplant (aubergine) boats filled with capers, cheese, olives and breadcrumbs</p> <p><i>Gluten free option if using gluten free bread/breadcrumbs; contains dairy.</i></p>
	<p>Caprese Insalata di Riso Refreshing rice salad with tuna, vegetables and cheese</p> <p><i>Gluten free; contains dairy.</i></p>

AL MARE RECIPES

Capri is a small island located off the Bay of Naples in the Tyrrhenian Sea. Historically a small fishing village, naturally the local seafood characteristically features in its traditional cuisine.

Gianluca's father was an experienced fisherman on the island. These days, in their small family fishing boat, his brother continues the family tradition and catches a range of local seafood including octopus, totani (a local variety of squid), anchovies, scorfano, tuna and the island's delicacy, a white flesh fish called Pezzogna commonly found in the waters between Capri and Ischia.

The locals have been cooking their abundant supply of seafood for generations to enjoy as stand alone seafood dishes and to combine with pastas, risottos, soups, refreshing salads and vegetables.



Alice Marinata

Marinated anchovies with onion and chilli

Gluten free; dairy free; contains alcohol.



Alice Arreganata

Anchovies cooked in extra virgin olive oil and oregano

Gluten free; dairy free.



Insalata di Mare

Mixed cold seafood salad of mussels, clams, squid, prawns and scampi

Contains shellfish; gluten free; dairy free.



Zuppa di Cozze

Sauté of mussels in a cherry tomato, garlic sauce served with toasted crostini bread

Contains shellfish; gluten free option if using gluten free bread; dairy free.



Insalata di Polpo e Patate
Octopus and potato salad served cold

Gluten free; dairy free.



Linguine Marina Piccola
Linguine with mixed seafood in a lemon sauce

Contains shellfish, gluten free option if using gluten free pasta, dairy free.



Spaghetti alle Vongole
Spaghetti with clams

Contains shellfish; gluten free option if using gluten free flour/pasta; dairy free.



Paccheri Limone con Vongole e Noci
Paccheri with clams and walnuts in lemon sauce

Contains nuts, shellfish and dairy free and gluten free option with gluten free pasta.



Risotto alla Pescatora
Mixed seafood risotto

Contains shellfish; gluten free; dairy free; contains alcohol.



Scialiatelli Michel'angelo
Homemade scialatielli pasta with mixed seafood and fresh cherry tomatoes

Contains shellfish, contains eggs, gluten free option if using gluten free flour.



Pezzogna all'acqua pazza

Whole cooked sea bass/sea bream in a cherry tomato, garlic sauce

Gluten free option if using gluten free flour/pasta; dairy free.



Pezzogna al Sale

Whole cooked sea bass/sea bream baked in a salt crust

Dairy free; contains eggs.



Totani e Patate

Fried squid with onions, potato and basil

Gluten free option if using gluten free flour, dairy free.



Totani Ripieni

Baked squid stuffed with potato, zucchini, cheese and herbs

Gluten free, contains eggs.



Orata al Cartoccio con Frutti di Mare

Whole baked sea bream, red snapper or sea bass with potato, cherry tomatoes and mixed seafood

Contains shellfish, gluten free and dairy free.



Polpo alla Luciana

Baby octopus stewed in tomato garlic sauce served with toasted crostini bread

Gluten free option if using gluten free bread, dairy free.

CUCINA DI CASA RECIPES

There are some mouth-watering local Caprese dishes that you will rarely find on a restaurant menu in Capri. These are the dishes that are typically cooked in the “casa” by the family for the family and shared around the dinner table for Sunday lunches and special occasions.

Cook like a local Caprese in your kitchen by selecting any of the below recipes.



Gnocchi Basil Pesto

Homemade gnocchi with Caprese basil pesto

Gluten free option if using gluten free flour/pasta; contains eggs; contains dairy; contains nuts (pine nuts & walnuts).



Pizza Monacone

Pastry pie filled with beef meatballs, mozzarella, eggplant, tomatoes and prosciutto

Contains eggs; contains dairy; contains beef/pork.



Melanzane Barchetta

Baked eggplant (aubergine) boats filled with capers, cheese, olives and breadcrumbs

Gluten free option if using gluten free bread/breadcrumbs; contains dairy.



Caprese Insalata di Riso

Refreshing rice salad with tuna, vegetables and cheese

Gluten free; contains dairy.



Peperoni Ripieni con Carne

Baked Peppers (capsicum) filled with minced beef and cheese

Gluten free option if using gluten free bread/breadcrumbs; contains eggs; contains dairy; contains beef/pork.

	<p>Spaghetti alla Puttanesca Spaghetti with anchovies, cherry tomatoes, olives and capers</p> <p><i>Gluten free option if using gluten free flour/pasta; contains eggs; dairy free.</i></p>
	<p>Caprese Caponata Salad of tomatoes, eggplant (aubergine), mozzarella, basil, olives and dried bread (friselle)</p> <p><i>Contains dairy; vegan option.</i></p>
	<p>Ravioli Capresi Homemade ravioli pasta filled with caciotta, parmigiano reggiano and marjoram, served with fresh tomato and basil sauce</p> <p><i>Contains eggs, gluten free option if using gluten free flour/pasta; contains dairy; vegan option.</i></p>
	<p>Spaghetti di Pizza Fried spaghetti pie with salami, prosciutto and cheeses</p> <p><i>Gluten free option if using gluten free flour/pasta; contains eggs; contains dairy; contains beef/pork.</i></p>
	<p>Polpette al Sugo Beef meatballs in a tomato puree</p> <p><i>Contains beef/pork; gluten free option if using gluten free bread; contains eggs; contains dairy; contains nuts (pine nuts).</i></p>
	<p>Parmigiana Melanzane/Zucchine Eggplant (Aubergine)/Zucchini (Courgette) layered with mozzarella and tomato</p> <p><i>Gluten free option if using gluten free flour/pasta; contains dairy; vegan option.</i></p>



Totani e Patate

Fried squid with onions, potato and basil

Gluten free option if using gluten free flour, dairy free.



Tagliatelle al Ragu Bolognese

Homemade tagliatelle pasta with a ragu of minced beef bolognese

Contains eggs; contains beef/pork; contains alcohol.



Salsiccia Caprese

Capri sausage with fennel seeds served with creamy potato mash and friarielli

Contains beef/pork; gluten free option if using gluten free flour/pasta; contains dairy; contains alcohol (optional).

DOLCE RECIPES

Capri, like the rest of Italy, has a love of pastries and all things sweet. Some of their recipes have been adapted from those from the mainland to use their abundant supply of the famous island liqueur, limoncello, while others have evolved from the growth of tourism on the island. Regardless of their origins, they're all deliciously scrumptious.

Select your recipes for the perfect island sweet tooth remedy.



Torta Caprese

Flourless dark chocolate and almond cake

Gluten free; contains nuts (almonds); contains eggs; contains dairy.



Torta Caprese al Limone

Flourless lemon, white chocolate and almond cake

Gluten free; contains nuts (almonds); contains eggs; contains dairy; contains alcohol.



Limoncello Tiramisu

Limoncello Twist on the classic Tiramisu

Contains eggs; contains dairy; contains alcohol.



Classic Tiramisu

Classic Tiramisu with coffee and chocolate

Contains eggs; contains dairy.



Cocco al Cioccolato

Chocolate topped coconut slice

Contains eggs.



Homemade Gelato

Choose from seasonal fruits, nuts, chocolate or extra virgin olive oil

Contains dairy.



Homemade Sorbet

Choose from seasonal fruits

Vegan.



Crostata di Frutta

Crème filled pastry tart topped with fresh seasonal fruit

Contains eggs; contains dairy.



Millefoglie

Thin layered flaky pastry filled with Chantilly and chocolate crème

Contains eggs; contains dairy.