

Coastal Foodshed's SouthCoast Local "Food Fight" Fundraiser, May 11

Coastal Foodshed is hosting their First Annual Fundraiser! It will include an Iron Chef-style cooking competition between 2 local chef teams dNB Burgers/Union Flats vs. Smoke and Pickles Catering.

They are serving up tasty local eats and drinks, jamming to live music, and offering one lucky guest an opportunity to be a judge with Maria Lawton and Chef Joe Rego to name our Southcoast Local Food Fight Champ!

Help us kick-off the growing season, and support Coastal Foodshed's mission of making local food accessible for all.

\$75 for one general admission ticket. \$130 for a pair of tickets. Get your tickets [here](#).

WHO, WHERE & WHEN:

Madeira Portuguese Feast Grounds

50 Madeira Ave,

New Bedford, Massachusetts 02746

Phone: 508-817-1785

Email: localfood@coastalfoodshed.org

Saturday May 11, 5:00pm-8:00pm

Facebook Event Page: facebook.com/events/2224461631148425/

Website: coastalfoodshed.org/a-southcoast-local-food-fight

a local southcoast
FOOD FIGHT
MENU

GRAZING TABLE

Feta & Dandelion Quiche
Smoked Scallop Flatbread, Dill & Bacon
Moroccan Carrot Dip
Beet Hummus
Charred Spring Onion Dip
Assorted Cheeses
Seasonal Crudite & Pickles
Toasts & Seeded Crackers

BUFFET

Field Green Salad with Chive Blossom Vinaigrette
Pulled Chicken, Kale & Beet Saute
Local Beef Meatballs
Nettle Pesto Pasta
Herb Roasted Veg
Focaccia

DESSERT

La Rhonda Jam Thumbprints
Dark Chocolate Brownies
Local Honey & Lavender Shortbread
Dessert From Captivating Twists
Coffee & Cardamom Bark
Fresh Fruit
Coffee & Tea

Food crafted by Paladar Kitchen
and sourced from local Southcoast farmers and producers
Menu subject to change due to seasonal availability

About Coastal Foodshed

Coastal Foodshed grew out of the work of Mass in Motion New

Bedford (MiM NB), which was created through the Massachusetts Department of Public Health to affect policy, systems, and environment changes in the areas of healthy eating and active living.

MiM NB eventually began creating and managing programs that were filling identified gaps and oftentimes acting as conduits for food access and distribution. In time, MiM NB reached its limit in capacity and found, due to its structure, it was unable to apply for certain funding sources, seek donors, and expand its work to continue meeting the community's need without veering too far off course from Mass in Motion's original mission.

In 2017, Coastal Foodshed was created as a direct response to this barrier, allowing MiM NB to return fully to its original focus as a policy, systems, and environment change agent.

A Trattoria that honors tradition yet stands out among the rest: Trattoria Romana at Twin River Tiverton Casino

Oh, let me count the ways I've eaten Italian cuisine.

Being Sicilian I grew up around it and so I had a benchmark based on my grandmother and mom's cooking – something I used

to compare to the dishes and cooking of everyone else, whether that of family, friends, or restaurants. No one did it better than those two – the quintessential characteristics of simple recipes, the freshest ingredients, and balanced proportions were improved with the sheer love that went the dishes.

No matter what anyone says, it is an integral ingredient to a dish that we can taste. From casual and formal, pizza to Cioppino, and everything from Bruschetta to Cannoli, I've had it. Short of actually eating in Italy proper, there is nothing under the sun I have not experienced in the wonderful, delicious Italian foodie world.



That pretty much sums up most of the world since Italian food is one of the planet's most popular. Most Americans live within a cannoli's throw of an eatery, pizza "joint," or fine restaurant.

The dilemma that Italian food presents is one of saturation. but setting oneself apart from the rest. Trattoria Romana at

Twin River Tiverton Casino does just that and even manages to include that key, intangible ingredient of love. While this love is not from nonna or mom, most people don't have one of those so this is the next best thing.

While on the topic of the next best thing, considering we almost had a casino in the city, this is also the next best thing to that. For those who enjoy sports betting, slots, gambling, etc. the added bonus of the Trattoria being at a casino means you can have a bit of fun before or after – who knows, maybe hit it big or have fun trying. It certainly beats the 90-minute drive to Connecticut and I was shocked at how short of a drive it was.

We Yankees here in Massachusetts are laughed at when we answer the question about how far away a destination is because we don't respond with how many miles, but that's because we have a pragmatic lean. So, it is a 15-minute drive from New Bedford- that's how many "miles" it is. Think of how far of a drive Fall River is and you'll get an idea.



I am not a gambling man and may visit a casino once every few years, but I sure enjoy eating!

You may be thinking “another Italian restaurant! I have foodie fatigue!” Now, hold your *cavalli* and cool your *getti* because not all Italian restaurants are created equal and not all Italian restaurants offer the same dishes and in the same way. Beyond the menu, there is also the freshness of ingredients, the quality of service, portions and affordability. That saturation has forced restaurants and chefs to raise the bar. They **must** stand out and stand out above the rest.

Trattoria Romana does just that.

The first thing that comes across from every single person we interacted with was the genuine pleasure everyone exuded. When a restaurant realizes that their staff is the best asset so they hire people that enjoy what they are doing it translates to a benefit for us, the eater. You want chefs that are inspired when it comes to the menu and what they put on the plate. You want servers who like people, enjoy their job.

That is the aforementioned intangible, key ingredient of love that grandmothers and moms (and dads!) put into every meal. It's here at Trattoria Romana.

The restaurant itself has a variety of seating areas with an equal variety in lighting to accommodate each customer's desire – whether eating alone, as a couple or a group or because you want a romantic intimate setting or something less formal. An absolutely gorgeous dark wood and glass wall is filled with an astounding array of wine varietals. If you are like me, a self-proclaimed Oenophile, it's love at first sight. What I love about the display is being able to see all the wines in their glory as opposed to some dry text on a menu. If you know your wines, you will likely recognize many labels.



Vintage black and white images of quintessential Italian celebrities decorate the walls and breathe life into the blending of real stone and brick with hues of dark wood. A sort of modernized rustic ambiance.

That sort of traditional meets the new is reflected in the menu and dishes. No, that doesn't mean *lasagna fois gras*, spaghetti with sea urchin Bolognese, or some other obnoxious idea of fusion. When it comes to Trattoria Romana it translates into a healthy respect and admiration for tradition but makes subtle improvements where possible.

Lest you think the chef isn't qualified to do such a thing, and only an Italian should be allowed to do so: Chef Luciano Canova was born in on a small farm just outside of Rome, Italy where the entire household was cooking. He then attended the prestigious Culinary Institute of Italy in Copanello, Province of Catanzaro before cutting his "teeth" working all around the world including Switzerland, Germany and on a luxury cruise line. You may even bump into Luciano in the dining room greeting customers.

Three traditional aspects that stood out as we all bit into all the food were proportion, quality and freshness. I look at highly-salted food as a sign of a chef's inability to trust his cooking or it's to disguise the poor quality of the ingredients.

Every dish that came out bursting with the flavor that only fresh ingredients can give. Salt was an element that was properly utilized to compliment those fresh ingredients and bring out the flavors. Same goes for all the ingredients, not just the salt. I hate to sound pithy or use a tired cliché, but I get it when people say "It's a symphony in every bite." Every "note" in its proper place, no section trying to drown out the others. What a breath of fresh air.



We placed our trust in the kitchen and asked the knowledgeable waitress choose all the dishes for us. We wanted to be taking along for a ride.

We started with two salads: first the **Insalata Alla Greco**

(\$6.95) – chopped Romaine, beefsteak tomato, cucumber, red onion and Kalamata olives dressed with red wine vinaigrette, croutons and feta cheese. Fresh, fresh, fresh. The vegetables had snap, the vinaigrette was clearly made from scratch, the croutons made in house. How was a meal-sized salad this good at \$6.95? È incredibile!

Then was the **Prosciutto e Mozzarella** Smoked mozzarella cheese wrapped with imported Prosciutto di Parma lightly sautéed served with artichoke hearts, black olives, cubanito finger peppers stuffed with prosciutto & sharp provolone served over mixed greens with extra virgin olive oil (\$12.95). Also a meal-sized portion and absolutely loaded.

Don't run away scared meat lovers. There is a special room and special menu **just for you**, the Tuscan Chophouse, with offerings of steak, chicken, veal and seafood. We got a few dishes from that menu. Next came the **Bocconcini Della Non al Vin Santo** which is a chicken breast stuffed with fresh mozzarella cheese, imported baby porchetta and fresh sage sautéed in a Vin Santo and sherry wine demi-glaze with button mushrooms served over parmesan risotto and finished with Parmigiano-Reggiano. Oh my. You will never look at chicken breast the same way again.

From the Carne section came the **Vitello Saltimbocca** is veal medallions topped with imported Prosciutto di parma, mozzarella cheese and fresh sage pan-seared in a marsala wine sauce and served over pappardelle pasta finished with Parmigiano-Reggiano and the **Controfiletto Di Manzo Alla Romana** : Sirloin steak topped with white button mushrooms sautéed with extra virgin olive oil, fresh lemon juice, garlic & oregano served with mashed potatoes & vegetable.



Now Mike, Josh and Leo will lie here if you ask them. They will deny that there were tears in their eyes while ravishing the veal and sirloin and blame it on the kitchen chopping onions in the back. The dead giveaway will be their eyes welling up again as they relive the memory, so put them on the spot.

From the Chicken section came a all-time favorite of all Italian foodies, the Pollo Marsala -chicken breast sautéed with button mushrooms and a Marsala wine demiglaze for a sweet flavor and caramel color, served over capellini pasta. This was without a doubt the best, robust, savory Marsala sauce I have ever had. It was art on a plate.

The seafood selections started with a classic, the **Spaghetti alla Vongole Veraci** pasta sautéed with fresh littleneck clams (available in either a light marinara sauce or a garlic & white wine sauce) with Italian parsley & red pepper flakes. A generous amount of sweet, tasting of the sea, littlenecks and accompanied with a balanced garlic and white wine sauce that got me wondering what else I could put the sauce on. Pretty

much anything and everything.

The *coup de gras* was a world-class **Frutti di Mare Posilipo** of Cappellini pasta in garlic & olive oil San Marzano marinara sauce sautéed with tender calamari rings, jumbo shrimp, sea scallops, littleneck clams & PEI mussels finished with Parmigiano-Reggiano cheese. Eat at any Italian or Sicilian house and you will find out quickly the meaning of *abbundanza* or abundance. Ask for a snack, get a feast. Tell mom you are just going to the beach with two of your pals on a lazy Wednesday during summer school vacation and she will spend 4 hours in the kitchen making salad, soup, sandwiches, pasta, and dessert. True story.

Well, this **Frutti di Mare Posilipo** was a large plate of pasta and heapings of fresh seafood, and lots of love and *abbundanza*!

For dessert we ordered the Chocolate Mocha Truffle Cake (\$6.95): Chocolate cake layered with a mocha truffle butter cream icing, drizzled with rich chocolate ganache. So delicious that we felt guilty for no reason. "I didn't do anything to deserve this."



If you are less trusting than we are. you have a full menu at your disposal. The menu at Trattoria Romana depends on whether you are there for lunch or dinner and, each season comes with special offerings. Because of this, I will just give you an idea of the regular lunch menu, but you can click on all the links provided to see the dinner menu, dessert menu, and seasonal menus.

The lunch menu offers traditional antipasti, soups and salads like Calamari Fritti, Mozzarella Caprese, Pasta E Fagioli Soup, and Pollo Caesar Salad but had some original dishes like the **Sicilian Chicken Wings** (Caramelized onions, rosemary and balsamic).

For the “main” you can choose between 9 Types of Panini or sandwiches from Chicken/Veal Parmesan, Meatball Alla Corinna, Tuscan, to Rabe & Sausage or a half dozen Pasta dishes (Pasta is made fresh **daily**) like Fettucine Alfredo, Spaghetti e Pollo Genovese, and Pappardelle alla Bolognese. Want fewer carbs or just a meat lover? There are three types of Black Angus burgers, five chicken dishes, and five types of veal dishes.

If you are in the mood for a “power” lunch you can complement the meal with either traditional cocktails like Amaretto Sour, Negroni, Bellini and Aperol Spritz or one of their dozen Signature Cocktails like **Blueberry Bourbon Buzz** (Bulleit Rye Bourbon, Luxardo Amaretto, Blueberry Puree, Fresh Lemon Juice, Simple Syrup, Fresh Blueberries), **Watermelon Cucumber Punch**, **Trattoria Romana Bloody Mary**, or **Trattoria Housemade Sangria** (Italian Wine, DeKuyper Triple Sec, fresh fruits, our own special ingredient. Love.) Non-Alcoholic sodas are offered – give the **Black Cherry Soda** (Black Cherry, Fresh Lime, San Pellegrino Sparkling Water.) a try!



The Dinner Menu is in essence larger portions of the lunch menu with a few extra dishes plus a Seafood Section and for Carne section for you steak lovers.

The Drink and Dessert Menu offers a head-spinning variety of wine, cocktails, beers, whiskey, Scotches, Rums, Liquors, and more.

Desserts? Oh, yes. Chocolate Mocha Truffle Cake, Homemade Biscotti, Tiramisu, Coppa Raspberries & Cream, Cannoli Duo (for two, but who are they kidding? Two cannolis are a serving of one for me!), Triple Layer Spumoni Cheesecake, and of course, Italian Gelato.

You can finish the meal off with something from the Espresso Bar: Espressos, Cafe Americano, Cappuccino, Caramel Macchiato, Chocolate Macchiato, Coffee or assorted Teas.

What is most mind-boggling of all? Not the superb dishes offered, the capable, attentive service, “wall of wine,” and attention to detail...it’s how affordable the whole experience is. You get a Michelin star experience without the Michelin star price. There are 20 dishes on the menu that are under \$20, many *entrees* in the \$10-\$14 range, drinks starting at \$5.75 and **all** desserts under \$7.

It’s not easy to improve upon tradition and would typically be arrogant to make such a claim. However, there is a tiny part of the population that has the ability and confidence to actually be able to do that. You don’t do that by tossing lobster into your Bolognese sauce, adding prosciutto and truffles to a pizza, or making Alfredo Mac & Cheese, you do that by doing what Trattoria Romana is doing.



Trattoria Romana at Tiverton Casino Hotel

777 Tiverton Casino Blvd
Tiverton, Rhode Island
Phone: (401) 816-6165

Lunch Daily: 12:00 Noon–4:00pm

Dinner: Monday–Thursday & Sunday 4:30pm – 9:00pm

Friday & Saturday: 4:30pm – 10:00pm

Facebook: [facebook.com/TrattoriaRomanaTiverton/](https://www.facebook.com/TrattoriaRomanaTiverton/)

Website: <https://www.twinrivertiverton.com/trattoria-romana/>



**Cold fruit and coffee drinks
at The Dount Factory in New**

Bedford

Want an amazing coffee or fresh fruit based cold drink? Here's a look at some of the offerings at The Donut Factory at 102 Rockdale Ave. in New Bedford.

Portuguese steak, prime rib and pork sandwiches at Pub 6T5 in New Bedford

Here's a look at the Portuguese steak, prime rib sandwich and pulled pork sandwich at Pub 6T5 at 736 Ashley Blvd in New Bedford.

Octopus at Cafe Mimo in New Bedford

Who loves fresh octopus? Here's a look some octopus at Cafe Mimo in New Bedford.

Spotlight: Cafe Mimo – Amazing Portuguese food in New Bedford

Love Portuguese food? Here's a look at some of the amazing food at Cafe Mimo at 1528 Acushnet Ave. in New Bedford.

Spotlight: Pub 6T5 family meatball recipe (New Bedford)

Who loves meatballs? Here's a look at Pub 6T5's (736 Ashley Blvd in New Bedford) family meatball recipe.

Spotlight: Knuckle Heads Bar & Grill in New Bedford

Love amazing food and rock music? Here's a look at a typical Friday night and amazing food at Knuckle Heads Bar & Grill (85 MacArthur Dr, New Bedford) – to include fried scallops, clams, lobster roll, Portuguese steak and more!

Pub 6T5's family meatloaf recipe (New Bedford)

Who loves meatloaf? Here's a look at Pub 6T5's (736 Ashley Blvd in New Bedford) family meatloaf recipe.

Spotlight: Cafe Roma in New Bedford

Love Italian food? Fish and chips? Here's a look at some of the offerings at Cafe Roma at 3371 Acushnet Ave. in New Bedford.