

UNA.CITTÀ  
cinque sensi



TASTE

Mauro Mencacci

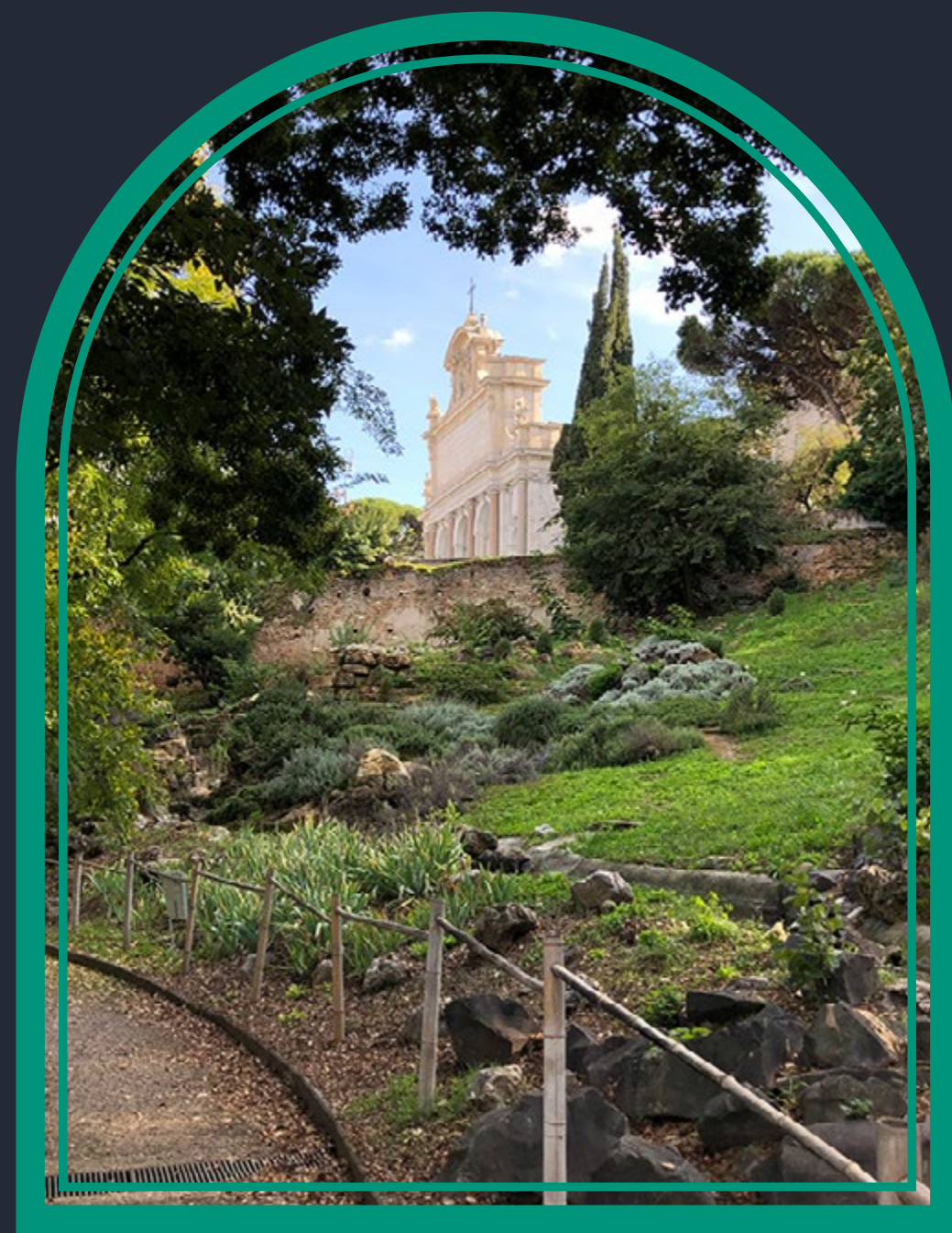
Through taste,  
flavors become emotions,  
memories take form, the  
moment becomes experience.



*Chef and founder of FAI TU Catering Service*

**Who Mauro is:**

Chef who lives on the slopes of the Botanical Garden, surrounded by greenery and the Garden of Simples. Medicinal and wild herbs are essential in his creative and culinary life; the scents derived from them and from spices are the key to re-reading and reinterpreting traditional dishes. He founded the FAI TU Catering Service also for special dinners at home.



## BOTANICAL GARDEN - THE GARDEN OF SIMPLES

### Mauro's vision

I live exactly on the slopes of the Botanical Garden. My windows overlook the Garden of Simples, that is, the garden of medicinal and wild herbs that are essential in my creative and culinary life.

### the history

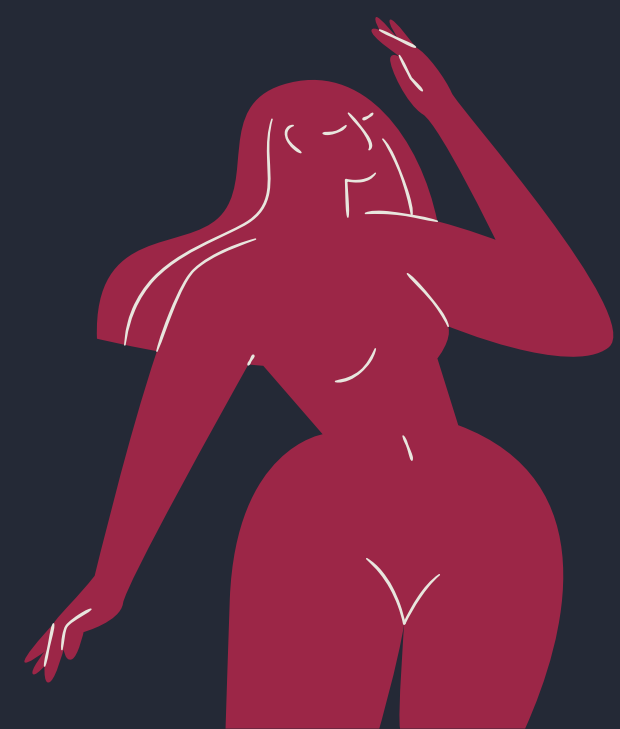
The Botanical Garden of Rome extends over 12 hectares on the slopes of the Janiculum. The Garden of Simples (medicinal herbs) is one of the historic sections, a place where since the Middle Ages plants were cultivated for curative and aromatic purposes.



### SPECIAL TIP



Don't just look. Find the stall with fresh herbs and try the "wrist test": rub a leaf of true Roman mentuccia, wild mint, the real kind, scented with earth and resin, onto your wrist. Carry it with you as you wander; it will become your personal fragrance for the entire morning. It's the secret ingredient that makes artichokes taste magical.



## FORNO LA RENELLA and BASILICA OF SANTA CECILIA

### Mauro's vision

The scent of freshly baked bread invading the alley. Then the taste of silence in a 12th-century cloister. It's not just food: it's a sensory short circuit between the warmth of the oven and the millennial freshness of the stone.

### the history

Historic bakery on Via del Moro that supplies the restaurants of Trastevere. Their bread is legendary among locals. A few steps away, the cloister of Santa Cecilia preserves an atmosphere of absolute peace with its twisted columns, central garden and ancient fountain. Here you don't just eat food, you "chew" time.

### SPECIAL TIP



Go to the bakery mid-morning when they're baking. Ask for the pizza bianca "scrocchiatura di angolo" - never a central piece. It's where the coarse salt and extra virgin olive oil crystallize creating a crazy contrast with the warm and soft crumb. Wrap it in straw paper, walk to the cloister. Sit near the fountain. Chew slowly: the sound of the pizza crunching under your teeth, amplified by the silence of the cloister, becomes meditation. The warmth of the bread against the cold of the millennial marble. The flow of ancient water. This is my temple. My "Spiritual Scarpetta."





## TASTINGS AMONG THE FLAVORS OF TRASTEVERE

### Mauro's vision

The flavors guide you through the streets. L'Antica Caciara on Via Natale del Grande where cheese is the absolute protagonist. Then the medieval alleys where two thousand years of taste and daily life are stratified.

### the history

L'Antica Caciara is a wonderful example of the first melting pot of culinary cultures together with Fratelli Innocenzi. Here the tradition of Roman food shops is preserved, where the relationship with the customer is personal and quality is everything. The alleys preserve the medieval structure: narrow, labyrinthine, where buildings almost touch and kitchens tell ancient stories.



### SPECIAL TIP



At La Caciara, have Roberto explain the difference between real Roman pecorino DOP aged at least 8 months and other cheeses, and taste it with a slice of guanciale cut with a knife: together they recall Carbonara in its essence. Then, after 11:30am, pass by Vicolo del Piede and let yourself be guided by the scent of sauté with anchovies and vinegar: it's the authentic flavor of Trastevere, to be enjoyed while walking.



## WHERE TO EAT ROMAN TRADITION

### Mauro's vision

In Trastevere, mornings begin at Checco er Carettiere with a maritozzo and clouds of frothed milk.

### the history

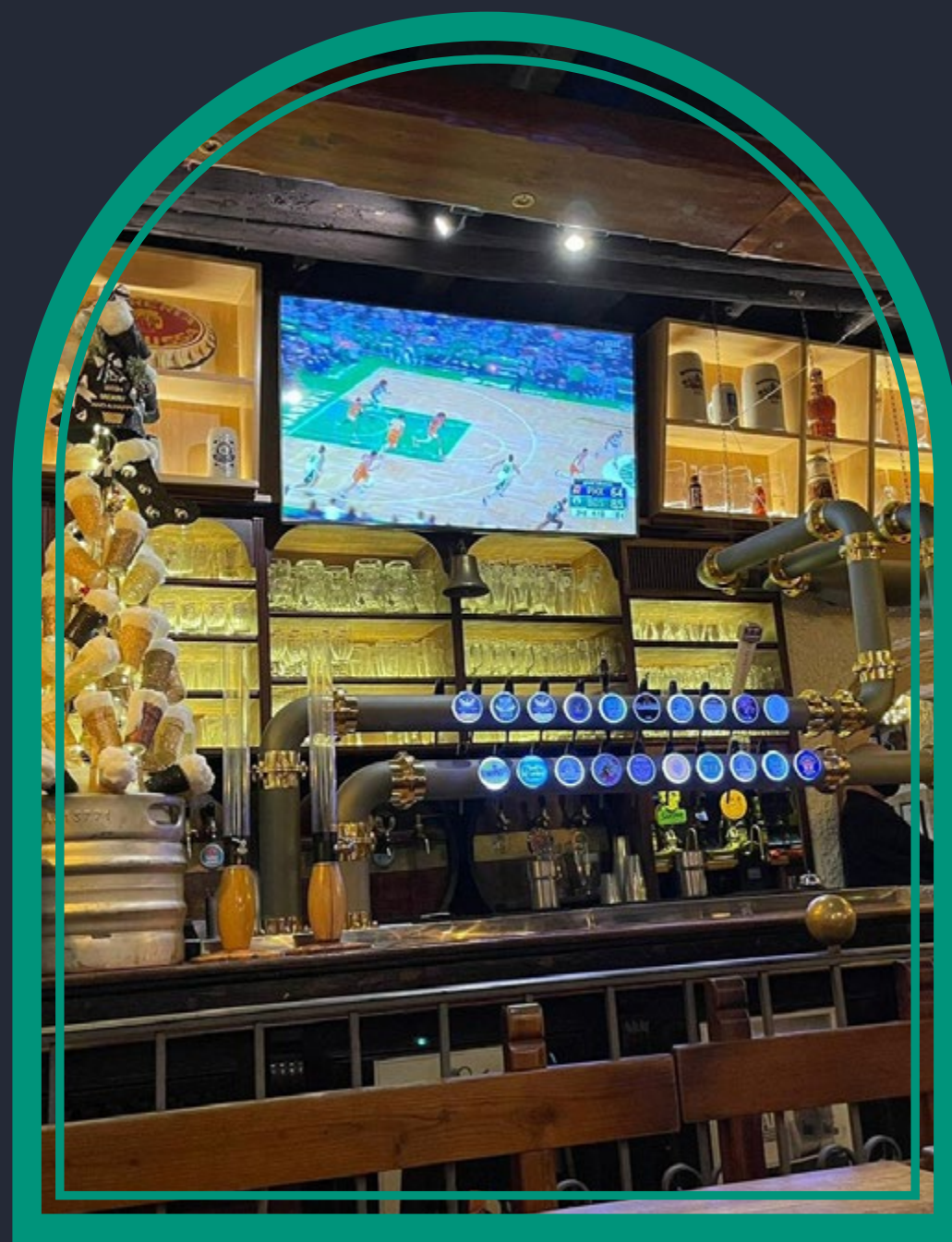
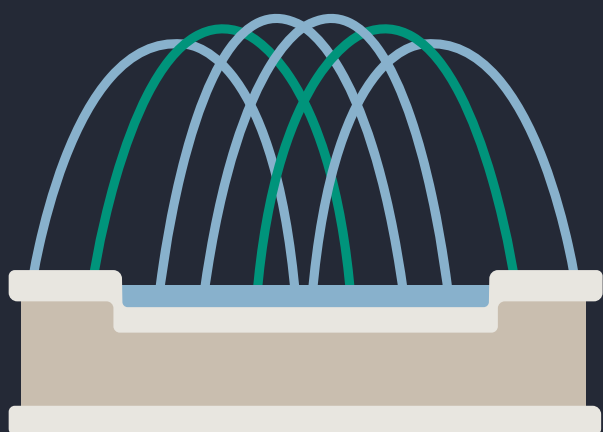
The maritozzo is Rome: a humble sweet from neighborhood bakeries, soft and generously filled with whipped cream. And at Checco er Carettiere, from the doorway at number 68 on Vicolo del Bologna, you can also pick up outstanding takeaway artichokes, perfect for a savory snack as you stroll through the streets of the district.



### SPECIAL TIP



In the morning at Checco: the maritozzo is not just bitten. Take a teaspoon, first eat some cream (very fresh, almost unsweetened) then sink into the brioche dough that smells of orange zest. Ask for a “Nuvola di latte”: it’s like drinking a piece of Trastevere sky.



## BIRRERIA TRILUSSA

### Mauro's vision

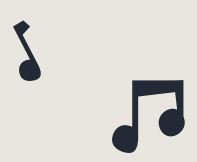
The must for a good drink in the square.

### the history

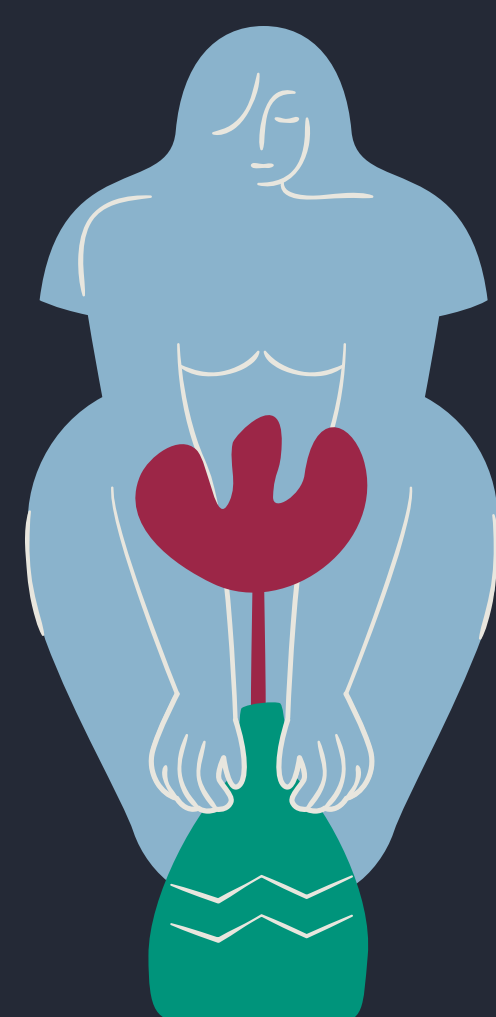
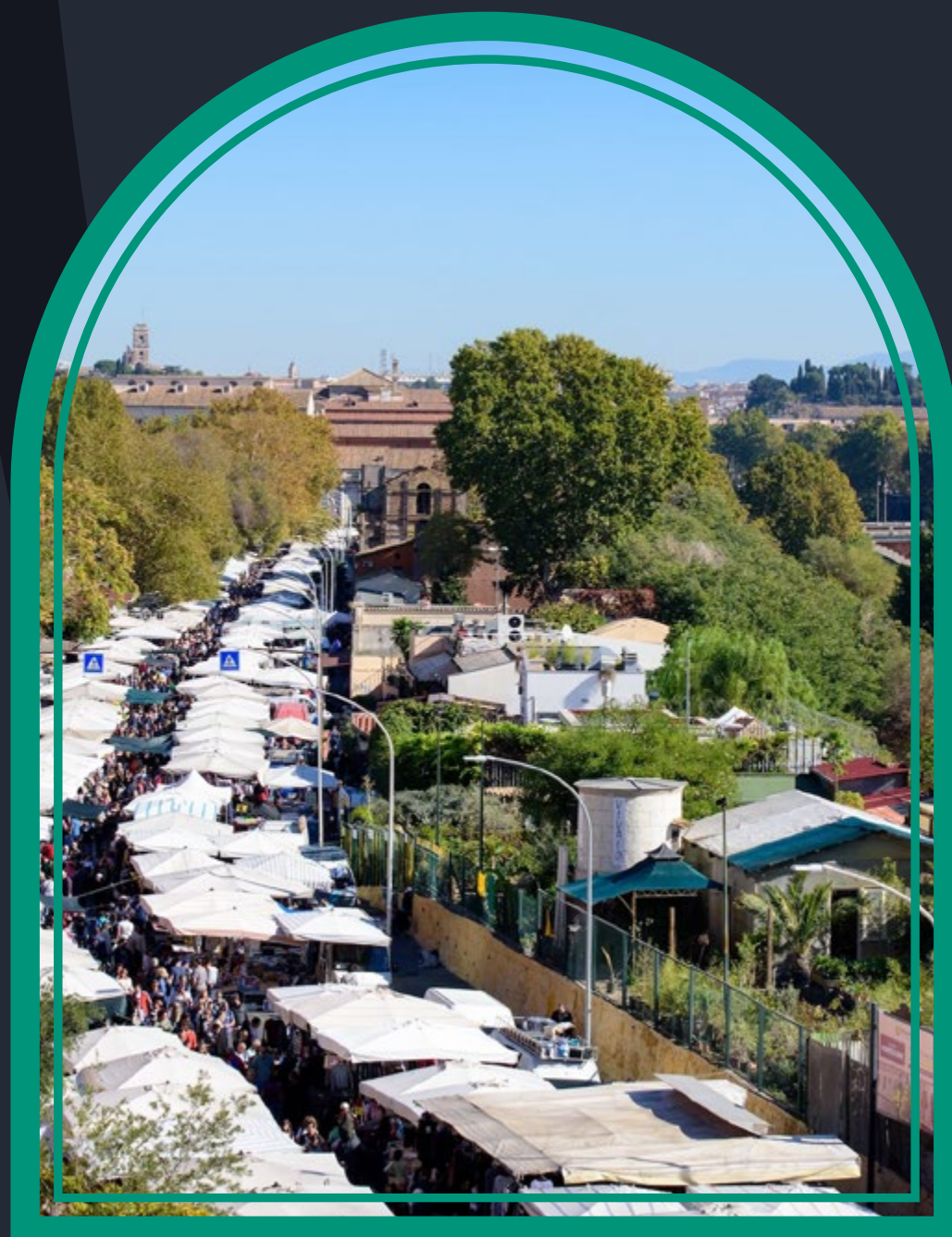
Piazza Trilussa is the beating heart of Trastevere's nightlife, dominated by the monumental Acqua Paola fountain (il Fontanone). Birreria Trilussa is the go-to spot.



### SPECIAL TIP



Forget the usual industrial beers. Here they only serve craft beers. Romans favour the two house labels: the Trilussa Green and the Trilussa Grapefruit. The latter especially, fresh and slightly citrusy, smells like Trastevere. Let yourself be swept away by the chatter of the square - it's not noise, it's the authentic rhythm of the neighbourhood vibrating, it's a version of Trastevere unfiltered.



## PORTA PORTESE - SUNDAY MORNING

### Mauro's vision

The most famous flea market in Rome.

### the history

Broadening your view a little, the Sunday market of Porta Portese Market stretches across the area between Piazza Ippolito Nievo and Testaccio. It's easily reached from Trastevere.



### SPECIAL TIP



Early Sunday morning (from 7am to 10am to avoid the crowd) is a unique experience. Among the antique and vintage clothing stalls you will also find street food stands: Ariccia porchetta cut to order, still hot supplì, pizza e mortazza (pizza bianca with mortadella). Don't eat the porchetta in the heart of the market. Go towards the exit, where the stalls end. Look for the most worn van, ask for the "crosta" (the crispy part of the skin) and a thick-cut slice. Accompany it with an ice-cold chinotto (the one with the 8!): it's the sweet-bitter-savory contrast that closes the circle of Roman taste.

For me Trastevere is a microcosm where the green of the morning meets daily frenzy, but remains a familiar place where everyone knows each other.



## PERFECT TIMING:

### **Morning (7am-10am):**

Botanical Garden + San Cosimato Market

### **Mid-morning (10am-12pm):**

Forno Larenella + Santa Cecilia Cloister

### **Lunch:**

Checco er Carrettiere (carciofo take away) +  
L'Antica Caciara (tastings)

### **Afternoon:**

Get lost in the alleys between Via dei Salumi and  
Vicolo del Piede

### **Evening:**

Birreria Trilussa in Piazza Trilussa

### **Sunday morning:**

Porta Portese (street food)

Don't follow the guidebooks, get lost in the narrow lanes and let yourself be led by the flavors, the aromas, the colors, and the voices of the neighborhood.

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