IN TRASTEVERE SINCE 1988

IL DUCA

in Trastevere since 1988

The Secrets of Il Duca

TRADITIONAL RECIPES AND PREPARATIONS



ROME • TRADITION • QUALITY

Client photograph with AI-composited setting

WELCOME

The taste of home, in the heart of Rome.

Our recipes and the traditional preparations behind the dishes we serve every day with passion in the heart of Trastevere.



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OUR RECIPE BOOK

01 Cured meats and cheeses

02 Salads and starters

03 Bruschetta

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05 Pasta and risotto

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01 / OUR RECIPES

Cured meats



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48-Month Parma Ham

Long ageing concentrates the aromas, creating a drier texture and a more pronounced savoury flavour. Best served thinly sliced, not too cold, with no dressings that might mask the ham.

Prosciutto and Buffalo Mozzarella (125 g)

The savoury intensity of the prosciutto meets the moisture, milky notes and softness of the mozzarella. Drain the mozzarella carefully so its whey does not soak the ham.

Large Cured Meat Board with Fried Pizza

We use 48-month Parma ham, Palmieri Bologna mortadella, capocollo (cured pork neck) from an organic producer in the Marche, rustic salami, ciauscolo and wine salami, also from the Marche. Served warm with crisp fried pizza.

A note on our cured meats: Selected from small artisan producers who raise their animals ethically. The selection may vary with seasonal availability.

02 / OUR RECIPES

Cheeses

Selection of Traditional Cheeses

A carefully chosen tasting of five outstanding Italian cheeses:
Cave-aged Gorgonzola: blue veining, savoury flavour and lingering aromas.
Pecorino La Deliziosa: distinct sheep's milk notes and balanced saltiness.
Soft goat's cheese: pleasant acidity and characteristic goat's milk aromas.
Roman caciotta: a milder, fresh and predominantly milky flavour.
Sheep's milk ricotta: remarkably fresh, moist and delightfully soft.
Accompaniments: Honey and preserves add sweetness and contrast; walnut brioche adds toasted notes and richness.
Tasting tip: Move from the mildest to the strongest (ricotta > caciotta > pecorino > goat's cheese > Gorgonzola).



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03 / OUR RECIPES

Salads & more



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Duca Salad

Lettuce, grilled artichokes, grilled bread croutons, tomato, crisp guanciale and pecorino shavings. A play of contrasts: fresh greens, toasted artichoke notes, rich guanciale, savoury pecorino and crunchy croutons.

Caprese

Tomato and buffalo mozzarella: a simple dish that relies on perfectly ripe tomatoes, excellent mozzarella, the right serving temperature and a balanced amount of olive oil and basil.

Artichoke, Rocket and Parmigiano Salad

Artichokes bring fresh, slightly bitter notes, rocket adds a peppery edge, and Parmigiano adds saltiness and umami. Extra virgin olive oil and lemon must be carefully balanced so they do not overpower the artichokes.

Roman-Style Puntarelle

Puntarelle are the inner shoots of catalogna, a chicory variety typical of Lazio. Curled in iced water and served crisp, they are dressed with a balanced sauce of anchovies, garlic, olive oil and vinegar. The dressing is key and must be precisely balanced.

04 / OUR RECIPES

Hot starters



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Aubergine Parmigiana

Aubergines are peeled in stripes to keep the slices firm, lightly floured and fried in sunflower oil. Drained well on kitchen paper, then layered with tomato sauce, basil, mozzarella and Parmigiano. Oven-baked and served warm.

Meatballs in Tomato Sauce with Toast

Minced beef and veal mixed with soaked bread, Parmigiano, whole eggs, parsley, salt and pepper. Meatballs of about 50 g are cooked in tomato sauce with onion, garlic and plenty of basil. Served with toasted bread to mop up the sauce.

Lamb Offal with Artichokes

A demanding preparation that respects the different cooking times of spleen, heart, lung, liver, sweetbreads and windpipe. Liver needs less cooking than the firmer cuts. Cooked with onion, extra virgin olive oil, chilli and white wine.

Roman-Style Artichoke

Pot-cooked with garlic, parsley, calamint, salt, pepper and white wine. Exceptionally tender and flavoursome, while still holding its shape.

05 / OUR RECIPES

Bruschetta



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Plain Bruschetta

Extra virgin olive oil and salt.

Tomato Bruschetta

Extra virgin olive oil, Piccadilly tomatoes, salt and basil.

Prosciutto Bruschetta

Ricotta, Citrus & Anchovy Bruschetta

Ricotta whipped with pepper and citrus zest, topped with anchovies and basil.

We use sourdough bread, toasted over the embers.

Our fried specialities

Fried Courgette Flower

The pistil is removed and the flower filled with mozzarella and anchovies, then battered and fried until golden (1 or 2 pieces per portion, depending on size).

Mozzarella Bites (2 pieces)

Fior di latte mozzarella is dusted with flour, then dipped in our basic batter. Crisp outside with a soft, melting centre.

Battered Salt Cod Fillet

A cod fillet of about 60 g, dusted with flour, dipped in our yeasted batter and expertly fried.

Supplì with Melting Mozzarella

Arborio rice cooked in ragù and tomato, finished with Parmigiano and filled with fior di latte mozzarella. Coated in egg and breadcrumbs.

Potato Croquette

Boiled potatoes seasoned with pecorino, Parmigiano, nutmeg, salt, pepper, parsley and mortadella; coated in egg and breadcrumbs.

Jewish-Style Fried Artichoke

First fried in oil at 130°C until tender. Drained, opened like a flower and fried again at 180°C for a crisp exterior and meltingly tender heart.

Fried Calamari with Marinara Sauce

Top-quality calamari cut into rings, floured and fried until crisp. Served with a marinara sauce of tomato, garlic, chilli and parsley.

Frying technique: We use sunflower oil at high temperature. Our batter for cod, mozzarella and courgette flowers contains flour, brewer's yeast, water, extra virgin olive oil and salt.



07 / OUR RECIPES

Pasta / Roman classics



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Spaghetti Carbonara

110 g al dente spaghetti, 1 whole egg, 80 g pecorino romano, 100 g uncooked guanciale, a touch of Parmigiano and ground black pepper. Rich and creamy, strictly without cream.

Rigatoni Amatriciana

110 g al dente rigatoni, 100 g uncooked guanciale, 80 g pecorino romano and tomato sauce made by gently cooking onion, a little garlic, extra virgin olive oil, salt and chilli.

Gricia

110 g pasta, 100 g guanciale and 80 g pecorino. Guanciale fat is emulsified with starchy pasta water and cheese. Add the pecorino at a controlled temperature to prevent lumps.

Tonnarelli with Pecorino and Pepper

120 g fresh egg tonnarelli, 100 g pecorino romano and freshly ground black pepper. A test of skill: turn the pecorino into a stable, creamy sauce by carefully managing the pasta water.

Rigatoni with Oxtail Sauce

110 g pasta with oxtail browned with carrot, onion, celery, garlic and chilli, deglazed with red wine and cooked for 4–5 hours with tomato and a little dark chocolate. Collagen makes the sauce thick and velvety.

Rigatoni with Pajata

110 g pasta with tied lengths of pajata (the small intestine of milk-fed veal), gently stewed for 2 hours with onion, chilli, white wine and tomato. The chyme inside creates a uniquely creamy sauce.

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Pasta and risotto / other specialities



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Spaghetti with Mussels, Pecorino and Cherry Tomatoes

110 g al dente spaghetti. Mussels are opened with garlic, olive oil and chilli, shelled and kept in their liquor. The pasta is finished off the heat with pecorino romano, diced tomato for colour and fresh parsley.

Saffron & Grilled Artichoke Risotto

70 g Carnaroli rice, toasted and cooked in light chicken stock. Julienned chargrilled artichokes are added, then butter and Parmigiano are stirred in. Finished with a drizzle of calamint oil.

Fettuccine Alfredo

120 g fresh egg fettuccine, tossed with sage- and thyme-scented butter, pasta water and a generous dusting of Parmigiano Reggiano.

Fettuccine with Traditional Ragù

120 g fettuccine with a ragù of mixed meats (beef, pork and veal), browned with celery, carrot and onion, deglazed with Sangiovese and slow-cooked for 4 hours with tomato sauce and tomato purée.

Bean, Chicory and Pecorino Soup

Cannellini beans cooked with vegetables and aromatic spices. Part of the soup is blended for body, then combined with fresh chicory and finished with grated pecorino romano.

Ricotta and Spinach Ravioli (Tomato or Truffle Sauce)

Homemade ravioli filled with sheep's milk ricotta, spinach and nutmeg. Served with tomato and basil sauce, or a cream of Parmigiano, butter and ground summer truffle.

Lasagna with Ragù (350 g portion)

Layers of egg pasta with rich ragù, classic nutmeg béchamel, fior di latte mozzarella and Parmigiano. Oven-baked with a crisp golden crust.

Fusilloni with Sausage & Greens

120 g fusilloni with sausage browned in white wine and broccoli greens sautéed with garlic and chilli, finished with pecorino.

09 / OUR RECIPES

Meat Main Courses

Leg of Lamb Stuffed with Artichokes

Boned lamb leg stuffed with thyme, calamint, rosemary and sautéed artichokes. Oven-roasted with cacciatora sauce: lamb stock, garlic, anchovies, capers, wine and vinegar.

Roman-Style Oxtail Stew

A Roman classic: oxtail cooked for 5 hours with carrot, onion, plenty of celery, red wine, tomato and dark chocolate. Served in a deep dish with its rich, gelatinous sauce.

Roman-Style Tripe

Honeycomb and omasum tripe strips browned with aromatic vegetables, cloves and Roman mint. Deglazed with wine, cooked for 2 hours with tomato, then served with pecorino and mint.

Oven-Roasted Veal Breast

Flavoursome, succulent veal breast, oven-roasted with garlic, white wine and rosemary until meltingly tender. Served with its cooking juices.



Beef Fillet Strips

Thinly sliced beef fillet sautéed with extra virgin olive oil and cherry tomatoes. Served hot on rocket with Grana shavings.

Roman-Style Saltimbocca

Trimmed, beaten veal topside with sage and prosciutto. Floured, browned in olive oil and butter, then deglazed with white wine.

Beef Rolls in Tomato Sauce (2 pieces)

Beef rump slices filled with prosciutto, carrot and celery. Seared, browned with guanciale and garlic, deglazed with red wine and stewed in tomato for 1 hour 20 minutes.

Boiled-Meat Croquettes with Salsa Verde (3 pieces)

Beef shin and pork shoulder simmered slowly, then shredded and mixed with boiled potatoes, stock and Parmigiano. Breaded and fried. Served with parsley salsa verde and sweet-and-sour raspberry onions.

Breaded Veal Cutlet

Veal topside (160 g), coated in egg and breadcrumbs, fried golden in sunflower oil.



10 / OUR RECIPES

From the grill



Beef Fillet with Green Peppercorns and Veal Jus

Beef fillet served with a sauce made from veal stock reduced for 48 hours, cream, butter and brined green peppercorns.

Sous-Vide Chargrilled Chicken Breast

First cooked sous vide at 68°C for 2.5 hours, then finished over the coals. Served with house-made whisky BBQ sauce and a small salad.

Pork Sausages with Romanesco Broccoli

Two chargrilled sausages with blanched and grilled Romanesco broccoli, and garlic toast.

Meat doneness: Always ask the guest how they would like their fillet, sliced steak or rib steak cooked.

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Fish main courses



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Baked Sea Bass with Potatoes and Taggiasca Olives

Fresh sea bass (400–500 g), oven-baked with thinly sliced potatoes, cherry tomatoes and pitted Taggiasca olives.

Trastevere-Style Salt Cod

Desalted cod stewed sous vide with onion, pine nuts, raisins, chilli and white wine. Served with toasted rustic bread.

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Side dishes

Chicory or Spinach with Lemon

The greens are cleaned, boiled in salted water and thoroughly drained or squeezed dry. Dress to taste with olive oil, salt, pepper and lemon.

Sautéed Chicory or Spinach

Once the greens are boiled, heat extra virgin olive oil, garlic and chilli in a frying pan. Add the greens and sauté over a high heat until well flavoured and the moisture has evaporated.



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House Desserts

Classic Tiramisù in a Glass

Pasteurised eggs, mascarpone and whipped cream layered with savoiardi soaked in espresso. Dusted with unsweetened cocoa.

Ricotta and Sour Cherry Tart

Handmade shortcrust pastry, sheep's milk ricotta with sugar, vanilla, citrus zest and Maraschino, and plenty of sour cherry preserve. Our signature dessert!

Italian Trifle

Our homemade sponge soaked in Alchermes, layered with citrus custard and dark chocolate cream.

Crema Catalana

Cooked at 85°C with milk, vanilla and citrus peel. Topped with brown sugar, caramelised with a blowtorch just before serving.

Chocolate Cake with Orange Compote

Cocoa sponge filled with orange marmalade, soaked in orange liqueur and glazed with chocolate, with caramelised citrus fruit.

Homemade Panna Cotta

Cream, sugar and a vanilla pod. Served with berry or chocolate sauce.

Ricotta Mousse with Coffee Jelly

A coffee jelly base topped with airy Sambuca-flavoured ricotta mousse, chocolate chips and crunchy crumble.

Deconstructed Pear Tart

Diced Kaiser pears cooked in spiced red wine, mascarpone and Philadelphia cream cheese mousse, and crisp shortcrust pastry shards.





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Traditional biscuits



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Red Wine and Aniseed Rings

Traditional dough with 00 and wholemeal flour, vegetable oil, red wine and aniseed.

Roman Almond or Hazelnut Biscuits

Made with almonds or hazelnuts, eggs, butter, citrus zest and a touch of vanilla.

Dark Chocolate and Sea Salt Biscuits

Brown sugar, unsweetened cocoa, chunks of dark chocolate, vanilla and Maldon sea salt.



IL DUCA

in Trastevere since 1988

The tradition continues.
Join us at the table.

Vicolo de' Cinque, 56 · Trastevere · Rome

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