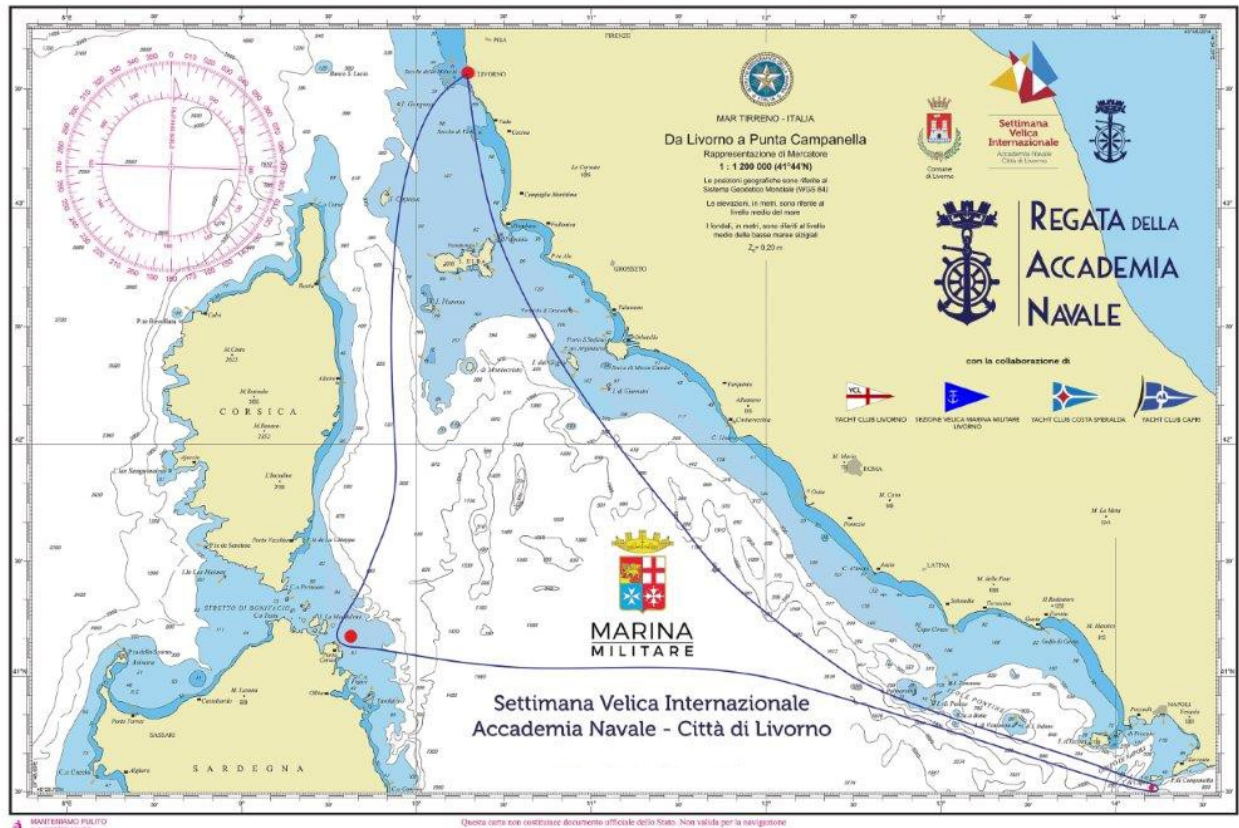


RAN - Regata Accademia Navale Italiana - 27 aprile / 4° maggio 2025



First of all, thanks to the Italian Naval Academy, its Sailing Section of Livorno, the City of Livorno, the Yacht Club Livorno, the Yacht Club Costa Smeralda and the Yacht Club Capri for allowing us to race 630nm at the same time as the real boats.

A big thank you also to Alessandro (ITA210), Alessio (AleBery), Jan (bonknhoot) and to the entire SOL Team who made all this possible.

As always, the Tyrrhenian Sea offered very variable wind conditions but it was a beautiful and difficult race, with many route options and rounding the Capri buoy was a nightmare ... 130 SOL boats at the start, representing 30 Nations, and a finale with a hard-fought and exciting battle for the podium and the Top 10.

Fourth position for me, I'm happy, congrats to FreyjaUSA, bonknhoot and Smo: great race!

I had a lot of fun and it was also a great opportunity to introduce you all to the culinary specialties of the regions we touched during the race.

Nine typical menus, 39 recipes in total, and eight wines recommended by Prof. Andrea (ita10267).

In the next pages you will find the links to the recipes: try to replicate them at home!

Fair Winds and Enjoy your Meal to everyone!

Carlo Alberto
(SCARABOCCHIO)

Regional Recipes and Wines from Tuscany - Sardinia - Campania - Lazio

by SCARABOCCHIO and ita10267

TUSCANY

Appetizer

- Panzanella:

<https://www.giallozafferano.com/recipes/Panzanella.html>

- Crostini Toscani:

<https://www.giallozafferano.com/recipes/liver-pate.html>

First Course

- Gnudi:

<https://www.giallozafferano.com/recipes/Gnudi.html>

- Pici:

<https://www.giallozafferano.com/recipes/Pici-with-Garlic.html>

Second Course

- Peposo:

<https://www.giallozafferano.com/recipes/peposo.html>

- Cacciucco Livornese:

<https://www.giallozafferano.com/recipes/Tuscan-Cacciucco.html>

Desserts

- Castagnaccio:

<https://www.giallozafferano.com/recipes/Tuscan-chestnut-cake-Castagnaccio.html>

-Cavallucci di Siena:

<https://www.lacucinaitaliana.com/recipe/cakes-and-desserts/cavallucci-di-siena-cookies>

- Cantucci with Vin Santo:

<https://www.giallozafferano.com/recipes/cantucci-almond-cookies.html>

Digestive

- Ponce Livornese:

<https://www.visittuscany.com/en/ideas/ponce-livornese/>

Wines

- Toscana Luce della Vite Tenuta Luce by Frescobaldi

<https://www.tenutaluce.com/en/wines/luce/>

- Morellino di Scansano Riserva DOCG "Purosangue" - Terenzi

<https://www.terenzi.eu/en/products/>

SARDINIA

Appetizer

- Roasted Pecorino Cheese:

<https://www.arborea1956.com/en/recipes/roast-pecorino/>

- Cozze Fritte:

<https://www.arborea1956.com/en/recipes/mussel-fritters/>

First Course

- Cannonau Risotto:

<https://www.arborea1956.com/en/recipes/cannonau-risotto/>

- Malloreddus:

<https://www.lacucinaitaliana.com/ricipe/pasta/malloreddus>

Second Course

- Pork Chops:

<https://www.lacucinaitaliana.com/ricipe/main-course/pork-spinu-chops-with-black-olives>

- Gamberi alla Vernaccia:

<https://www.arborea1956.com/ricette/gamberi-alla-vernaccia/>

Desserts

- Papassini Cookies:

<https://www.lacucinaitaliana.com/ricipe/cakes-and-desserts/sardinian-papassini-cookies>

- Tiriccas:

<https://www.lacucinaitaliana.com/italian-food/italian-dishes/sardinian-almond-and-honey>

Digestive

- Mirto di Sardegna:

[https://en.wikipedia.org/wiki/Mirto_\(liqueur\)](https://en.wikipedia.org/wiki/Mirto_(liqueur))

Wines

- Cannonau di Sardegna Riserva DOC 'Ballu Tundu' 2019 - Giuseppe Sedilesu

<https://www.giuseppesedilesu.it/il-vino-2-2/>

- Vermentino di Gallura Superiore DOCG "Bèru" - Siddùra

<https://www.siddura.com/en/sardinian-wine/wine-beru-vermentino-gallura-docg/>

CAMPANIA

Appetizer

- Fried Zucchini Flowers:

<https://labellasorella.com/2018/07/fried-zucchini-flowers/>

- Fried Anchovies:

<https://moverly.it/en/alici-fritte-una-bonta-napoletana/>

First Course

- Ziti al Ragù Napoletano:

<https://www.pastagrammar.com/post/ragù-alla-napoletana-authentic-neapolitan-ragù-sauce-recipe>

- Spaghetti alla Nerano:

<https://www.lacucinaitaliana.com/italian-food/italian-dishes/how-to-make-spaghetti-alla-nerano>

Second Course

- Ragù Napoletano:

<https://www.pastagrammar.com/post/ragù-alla-napoletana-authentic-neapolitan-ragù-sauce-recipe>

- Polpetti alla Luciana:

<https://www.giallozafferano.com/recipes/luciana-style-baby-octopus.html>

Desserts

- Pastiera Napoletana:

<https://www.giallozafferano.com/recipes/pastiera-napoletana-Neapolitan-ricotta-cheese-Easter-pie.html>

- Torta Caprese:

<https://www.giallozafferano.com/recipes/torta-caprese-chocolate-cake.html>

Digestive

- Limoncello della Costiera Amalfitana:

<https://en.wikipedia.org/wiki/Limoncello>

Wines

- Furore Bianco by Marisa Cuomo

<https://www.marisacuomo.com/wines/furore-bianco.php>

- TAURASI D.O.C.G. Vigna Cinque Querce

<https://www.salvatoremolettieri.com/product/taurasi-d-o-c-g-vigna-cinque-querce/>

LAZIO

Appetizer

- Artichokes Three Ways:

<https://www.lacucinaitaliana.com/recipe/sides-and-vegetables/artichokes-three-ways-alla-romana-alla-giudia-and-fried>

- Vignarola:

<https://memoriediangelina.com/2024/06/14/vignarola-roman-spring-vegetable-medley/>

First Course

- Classic Carbonara:

<https://www.lacucinaitaliana.com/recipe/pasta/classic-carbonara>

- Cacio e Pepe

<https://pinabresciani.com/authentic-cacio-e-pepe-recipe/>

Second Course

- Saltimbocca alla Romana:

<https://www.lacucinaitaliana.com/recipe/main-course/original-recipe-saltimbocca-alla-romana>

- Abbacchio alla Romana:

<https://memoriediangelina.com/2024/03/27/abbacchio-alla-romana-roman-style-roast-lamb/>

Desserts

- Panpepato:

<https://www.giallozafferano.com/recipes/panpepato.html>

- Pangiallo:

<https://ourplantbasedworld.com/pangiallo-romano-roman-christmas-cake/>

Digestive

- Amaro Tre Fontane:

<https://www.abbaziatrefontane.it/liquorificio/>

Wines

- Fiano di Avellino 'Exultet' by Quintodecimo

<https://www.quintodecimo.it/en/the-three-white-wines/>

- TERENCEI Vajoscuro Cesanese del Piglio D.O.C.G. Superiore Riserva2015

<https://www.viniterenzi.com/en/prodotti/vajoscuro/>

Il Moletto Restaurant

by Andrea Gabrielli (RICOTINA)

Molo della Sanità 52 - Porto Santo Stefano (GR)

Obviously the recipes of the “Il Moletto Restaurant” are absolutely secret, RICOTINA suggested me 4 courses that he serves at the restaurant and I looked for the recipes as close as possible to the real ones ...

Sorry, I didn't find all the recipes translated in English and some are in Italian.

Mixed Appetizers

- Mixed Seafood Salad:

<https://memoriediangelina.com/2024/12/20/insalata-di-mare-italian-mixed-seafood-salad/>

- Octopus Salad:

<https://memoriediangelina.com/2019/03/09/insalata-di-polpo-octopus-salad/>

- Sautè di Cozze e Vongole:

<https://www.butestseafoodie.com/post/saut%C3%A8-di-cozze-e-vongole>

- Marinated Fresh Anchovies:

<https://www.apronandsneakers.com/2011/07/marinated-fresh-anchovies-alici.html>

First Course

- Linguine allo Scoglio:

https://www.eataly.com/us_en/magazine/recipes/pasta-recipes/linguine-allo-scoglio-recipe

Second Course

- Baked Turbot with potatoes:

<https://thecookingelf.com/portfolio/baked-turbot/>

Dessert

- Semifreddo al croccantino e cioccolato fondente:

<https://blog.giallozafferano.it/lericettesvelate/semifreddo-al-croccantino-e-cioccolato-fondente/>

Wine

- Rosé di Frescobaldi (Alie'):

<https://www.frescobaldi.com/en/wines/alie>