

homemade food



A new way to enjoy tasty, unique and unobtainable Italian delicacies cooked directly from our home with our hands.

S

ome

delight

menù

S



ENJOY



A croissant with alternating green and brown stripes, likely representing the colors of the French flag. The croissant is shown in profile, with the stripes running along its length. The green stripes are a vibrant, slightly glossy green, while the brown stripes are a warm, golden-brown color. The croissant is set against a white background.

"Tricolore" croissant

A tribute to our magnificent and
sweet Peninsula.





Buongiorno Italia

Delight yourself with this breakfast
offered by us.

ESPRESSO ITALIANO
THE GOOD MORNING STARTS FROM HERE.



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Polpette di melanzane

alla Calabrese

**CALABRIAN STYLE
AUBERGINE MEATBALLS.**

THE TRUE TRADITIONAL RECIPE.

The recipe is the traditional one,
handed down from my
grandmother to my mother and
from her to me.

Eggplant meatballs are a must
for Sunday lunches, a tasty,
delicious dish that cannot be
found.

about of what's inside...

- '500 g. OF AUBERGINES (long black or oval black quality).
- .200-250 g. OF STALE BREAD
- .2 MEDIUM EGGS
- .100 g. OF GRATED PECORINO (or parmesan)
- .GARLIC
- .BASIL
- .SALT .
- FRY OIL

ALL THE PRODUCTS ARE OF LOCAL ORIGIN, WHICH MEANS THAT THIS DELICIOUS DISH IS PREPARED AT ZERO KM.





Calabrian style aubergine meatballs. **15**

- 4 pieces R. 400
 - 6 pieces R. 600
 - 10 pieces R. 1000
- 15% discount for more.

Please indicate if there are any specific contraindications or allergies.

CALABRIAN MEATBALLS

(vrasciuli)

MEDITERRANEAN DELIGHTS

In Calabria it's not Sunday without grandma's meatballs
(i vrasciuli).

They are one of those dishes you grow up with, you know that every Sunday you enter the house and find that irresistible aroma of freshly made meatballs and you start tasting them, one after the other, even before sitting down at the table for lunch.

How many memories linked to grandmother's meatballs



about of what's inside...

Ground beef 600 g

Stale bread 160 g

Eggs 2

Grated pecorino cheese 40 g

Grated parmesan 40 g

Salt just enough

Pepper as needed

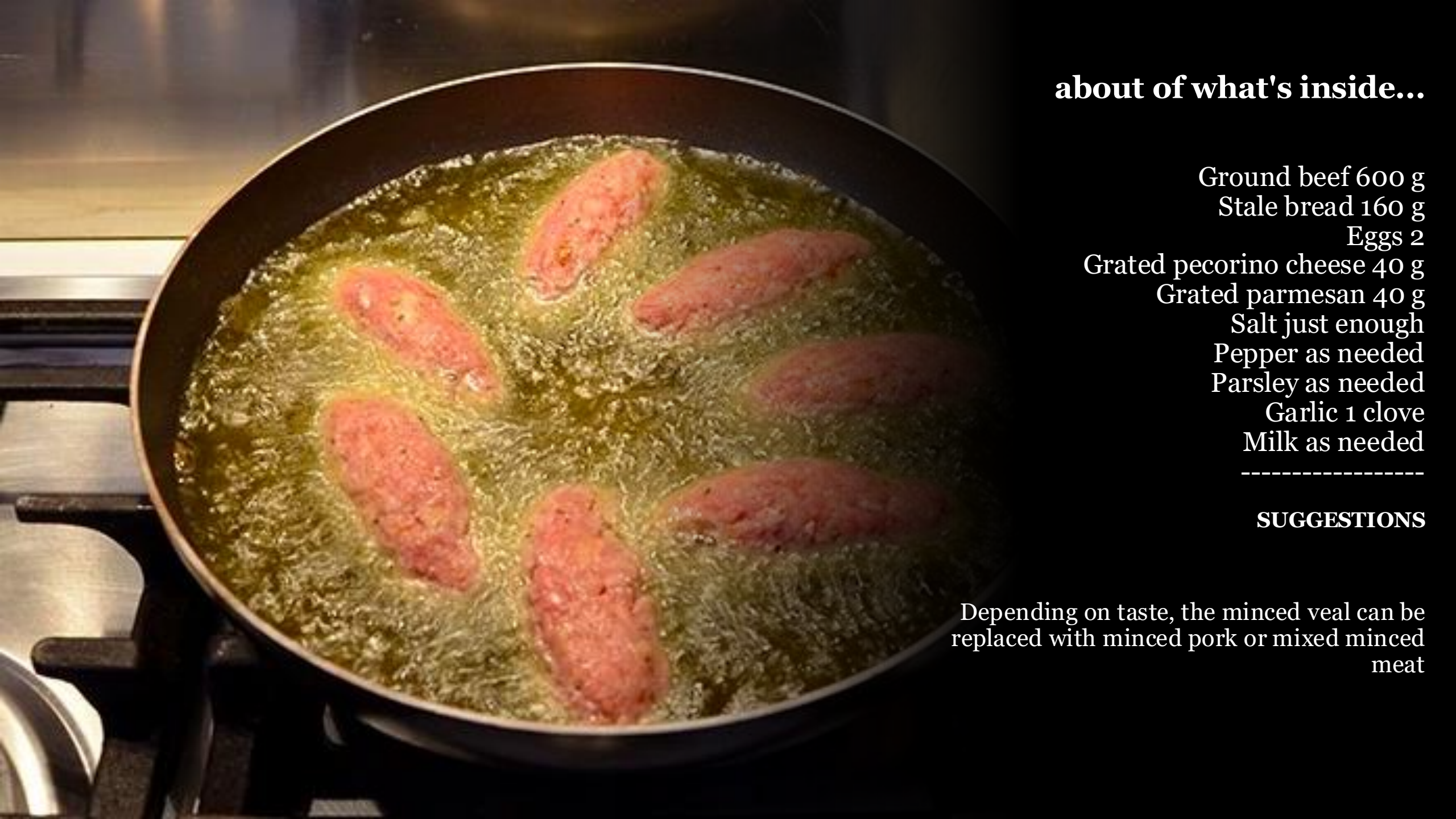
Parsley as needed

Garlic 1 clove

Milk as needed

SUGGESTIONS

Depending on taste, the minced veal can be replaced with minced pork or mixed minced meat



CALABRIAN MEATBALLS 22

(vrasciuli)

- 4 PIECES R. 500
 - 6 PIECES R. 750
 - 10 PIECES R. 1200
- 10% DISCOUNT FOR MORE .

PLEASE INDICATE IF THERE ARE ANY SPECIFIC
CONTRAINDICATIONS OR ALLERGIES





ZEPPOLE (I ZIPPULA)

AN EXQUISITE TYPICALLY
CALABRIAN DESSERT

ritual food consumed in
Calabria and throughout the
south during the Christmas
period and precisely on
Christmas Eve.

A combination of a simple and
delicious dessert, made
exclusively with products from
local farmers.

A delight envied throughout the
world.



about of what's inside...

- .1 Kg OF FLOUR
- 1 Kg AND A HALF OF POTATOES
PREFERABLY WITH YELLOW PASTE
- 2 LITERS OF CORN SEED OIL FOR FRYING
- 2 TABLESPOONS OF SALT
- 2 CUBES OF FRESH BREWER'S YEAST

SUGGESTIONS

DEPENDING ON YOUR TASTE, ZEPPOLE CAN ALSO BE PREPARED WITH NDUJA, ANCHOVIES OR SARDINES, OLIVES.

ALL THE PRODUCTS ARE OF LOCAL ORIGIN, WHICH MEANS THAT THIS DELICIOUS DISH IS PREPARED AT ZERO KM.

ZEPPOLE (i zippula) **19**

- 12 pieces (500g.) R. 400
 - 24 pieces (1Kg.) R. 800
- 20% discount for more .

Please indicate if there are any specific contraindications or allergies



TIRAMISÙ

Tiramisu is one of the most loved desserts in Italian cuisine and most made and copied throughout the world.

Its origins are much debated and attributed to Friuli Venezia Giulia and Veneto.

It is a dessert made from ladyfingers soaked in coffee, covered with a cream based on eggs, sugar and mascarpone, in some cases it is flavored with liqueur.

In Calabria there is also an original version of Tiramisu with the addition of liquorice, the black gold of Calabria.



about of what's inside...

- 300 g. finger biscuits .Coffee
- 500 g. mascarpone cheese
- 4 tablespoons of sugar
- 4 eggs
- Cocoa to taste

Upon request, the original Calabrian liquorice can also be added which further embellishes the dessert and gives it a unique flavor





Tiramisù. 07

- 1 portion (175 g.) R. 150
- 2 portion (300 g.) R. 300
20% discount for more .

Please indicate if there are any specific contraindications or allergies.

A photograph of two halves of stuffed eggplants, known as Malangiani chjini, served on a white square plate. The eggplants are roasted, with their dark purple skins and charred edges visible. They are filled with a golden-brown, crumbly mixture of breadcrumbs, meat, and vegetables. The dish is garnished with fresh green basil leaves and sliced red tomatoes. The plate is set against a dark, textured wooden background.

STUFFED EGGPLANT

(MALANGIANI CHJINI)

Malangiani chjini, or Stuffed Eggplants, are a typical dish of Calabrian gastronomy and in particular of Reggio Calabria.

The origin of this dish dates back to the Arab civilization, which left the introduction of the aubergine, badanzana in Arabic, in Calabrian gastronomy.

The flavour is determined by the mixture and the right quantities of natural flavourings, in particular goat's cheese, which enhances the flavour.

about of what's inside...

- .7 small aubergines (both long and round, about 2.5kg)
- .100 g of grated cheese (half parmesan and half pecorino)
- .2 whole eggs
- .150 g. of diced provola cheese
- .2/3 cloves of garlic
- .2 nice slices of stale homemade bread
- .Approximately 400 g of tomato puree
- .Basil in abundance
- .Salt, pepper,
- extra virgin olive oil





STUFFED EGGPLANT **11**

(MALANGIANI CHJINI)

- 1 portion (250g.) **R. 260**
- 2 portions (500g.) **R. 520**
- 4 portions (1Kg.) **R. 1040**
10% discount for more .

Please indicate if there are any specific contraindications or allergies.

GRAVIOLI (GRAVIUOLI CU' VINU)

CULTURE ART HISTORY, A DELICIOUSLY NOBLE AND
ANCIENT DISH

These are typical Calabrian sweets, they were once made only during the carnival period so as not to waste red wine, simple to make and with few ingredients produced by local farmers.

They are simply delicious and too good; one leads to another.

They can be eaten as a snack, during a walk and have a very long shelf life



about of what's inside...

- 500 g. FLOUR ZERO
- A GLASS OF RED WINE
- A PINCH OF SALES
- .2 TABLESPOONS SUGAR (white or brown)
- 1/2 GLASS OF EXTRA VIRGIN OLIVE OIL,
- .1 EGG.
- EXTRA VIRGIN OLIVE OIL FOR FRYING.



GRAVIOLI (GRAVIUOLI CU' VINU) **17**

- 20 pieces R. 250
- 40 pieces R. 500
- 30% discount for more .

Please indicate if there are any specific contraindications or allergies.



HOMEMADE BREAD (U' PANE DI CASA)

ANCIENT FLAVORS AND TRADITIONS, HANDS AND HEART TO MAKE BREAD.

Tradition handed down by sourdough:

Our homemade bread is made using sourdough, a precious legacy of the Calabrian baking tradition. This leavening method gives the bread a unique flavor, a crunchy crust and a soft texture inside, guaranteeing you an unforgettable sensory experience.

Cooking in a wood-fired oven:

The genuine goodness of our homemade bread also comes from its cooking in a wood-fired oven. This ancient technique allows for uniform heat distribution, ensuring perfect cooking and an irresistible fragrance.

The result is a golden, fragrant and crunchy bread that will conquer your palate from the first bite.

Characteristics

Our naturally leavened bread is characterized not only by its large size which varies from 2 to 5 kg and up to 10 kg upon reservation, but also by its round shape with a hump, also called "resella" or "saddle". transformed"

Cooking takes place in a wood-fired oven powered by chestnut, oak and beech strips.

The oven temperature is around 300° and the cooking time is around four hours since after the actual cooking the shapes are left to cool slowly in the oven.





High quality ingredients

Homemade sourdough bread is prepared using only high quality ingredients.

The durum wheat flour, coming from local cultivations, gives the bread an authentic taste and a perfect consistency.

The water used comes from local springs, rich in minerals which contribute to the goodness of the bread.

HOMEMADE BREAD (U' PANE DI CASA)

13

- 1KG. R.140
- 2KG. R.280
- 5KG. R.900

Please indicate if there are any specific contraindications or allergies.



Variety of choice:

You can choose between two delicious variations of our homemade bread. You can opt for the smooth version, perfect to enjoy with fresh tomatoes, red Tropea onion and excellent extra virgin olive oil, or the turned version with hump, ideal for accompanying your meals with a touch of rustic tradition.

PS.

The bread is prepared in Calabria, arrives directly from Italy and is collected on Saturdays.



ROASTED PEPPERS.

(PIPI ARRUSTUTI)

Roasted peppers are a classic summer side dish, tasty and rich in vitamins A, E and C.

The important thing is to have fleshy peppers, excellent extra virgin olive oil and very fresh garlic. For us roasted peppers taste like heat, sun, conviviality and sauce.

What does salsa have to do with it, you might be wondering? Because when we make tomato sauce in the summer it is customary to put the peppers in the embers under the pot to roast.

They are delicious, they taste like smoke and their flavor is completely different from those made in the oven. However, in the absence of embers, one can also settle for the oven or even the pan with the bottom with holes in it, the one for roasted chestnuts so to speak.

about of what's inside...

1 Kg. peppers
1 clove garlic
to taste extra virgin olive oil .
to taste salt



ROASTED PEPPERS. **39**

(PIPI ARRUSTUTI)

- 4 pieces (400g.) R. 400
- 6 pieces (600g.) R. 600
- 10 pieces (1 Kg.) R. 900
20% discount for more .

Please indicate if there are any specific contraindications or allergies.



PANETTONE ALLA 'NDUJA ('NDUJATTONE)

AN EXCLUSIVE CALABRIAN PRODUCT



Panettone, as we know, is not a typical Calabrian dessert. Yet, with a few small adjustments, combined with a 100% Calabrian product we transformed it into a 100% Calabrian panettone".

The result of a constant evolution of the white art, 'Ndujattone is a specialty created from a simple and refined typical Calabrian recipe.

Without added preservatives or chemical additives, it is prepared exclusively with local natural ingredients.

about of what's inside...

- . “00” flour,
- . water,
- . 'Nduja di Calabria 12%,
- . sugar,
- . egg yolk,
- . butter,
- . fresh category A eggs,
- . salt,
- . milk,
- . white chocolate,
- . natural yeast.



The process requires three days of dough and leavening, a slow procedure that results in a one-of-a-kind product, capable of combining ancient flavors and innovation.

The result is a panettone you don't expect. Softness of the dough and a sweetness that is toned down by the spicy notes given by the drops of 'Nduja, in a game of contrasting flavors and textures

PANETTONE ALLA 'NDUJA

CAPOLAVORO D'ARTE CULINARIA
CALABRESE

'Ndujattone is a naturally leavened baked product of the highest quality.

A specialty created from a simple and refined recipe in which every single ingredient is carefully selected, like the 'nduja.



Panettone with 'nduja 21 ('ndujattone)

1 'ndujattone R. 900

2 'ndujattone R. 1600

Please indicate if there are any specific contraindications or allergies.



P.S.

The panettoni is prepared in Calabria, arrives directly from Italy and is collected on Saturday.



FISH FRITTERS ('A NUNNATA)

THE BABY OR BIANCHETTO FRITTELLE
(or simply frozen little fish) are tasty and delicious, a

recipe from the Calabrian culinary tradition, few ingredients to enhance the goodness and freshness of these little fish.

For us Calabrians "the nunnata" is a sort of mush in shades of silver, it would be juvenile blue fish, in particular sardines and anchovies, widespread above all in the Mediterranean, rich in nutritional values but whose fishing today is regulated and therefore It's not easy to find.

A unique and ancient dish.

about of what's inside...

- .500 g. BABY (or whitebait)
- .50 g. o FLOUR
- .2 EGG WHITES
- .HALF A GLASS OF WATER (cold) .
- .A FEW PARSLEY LEAVES
- .TO TASTE SALT
- .TO TASTE BLACK PEPPER.





FISH FRITTERS ('A NUNNATA)

Rosamarina is the juvenile sardines and anchovies (newly born hence the name Nunnata" or rosamarina which means: delicious food, it was fished throughout the Italian sea.

This dish is prepared only once a month, on Saturday. Orders must arrive 5 days in advance to give the opportunity to prepare the pancakes in a fresh and genuine way.

Deliveries are made directly on site.

FISH FRITTERS ('A NUNNATA) 03

6 pieces(70 g.each)R. 600

10 pieces R. 900

15 pieces R. 1300

20 pieces R. 1700

20% discount for more .

Please indicate if there are any specific contraindications or allergies.

Nutritional information.

They are rich in excellent quantities of many vitamins, such as: vitamin A, vitamin D and many B vitamins (B1, B2, PP, B12 etc.). The same applies to minerals, among which the concentrations of calcium, phosphorus, iron and iodine should be relevant.



MUFFINS WITH VEGETABLES AND FRUIT

A close-up photograph of six muffins arranged on a white plate with a decorative black border. The muffins are golden-brown with a slightly cracked texture and are studded with small pieces of green herbs and orange-colored ingredients, likely carrots or sweet potatoes. The background is dark and out of focus.

Origins of Muffins

The origin of muffins dates back to the eighteenth century in England, where they were considered a poor and recycled dish.

The term muffin may derive from the French mouflet, meaning soft like bread, or from the German muffen, meaning small cakes.

*í Muffin,
mamma mia*



The savory version of muffins often allows us to quickly prepare a tasty appetizer using, as in this case, seasonal vegetables, aubergines, courgettes, Tropea onion, red and yellow peppers, carrots, blueberries, strawberries and more.

The choice of fruit and vegetables can vary and include, for example, asparagus, peas, cherry tomatoes.

The important rule to follow is not to exceed 200 g in total weight.

The vegetables should always be sautéed in the pan before being incorporated into the dough.

Another example of a tasty combination, this time with meat, is that of the savory pea and sausage muffins or the irresistible pizza muffins.

Making this recipe is also a practical method for recovering leftover vegetables that sometimes sit in the refrigerator.

And, if you have them available, also use the grilled ones.





about of what's inside...

- 150 g of 00 flour
- 100 g of Asiago type cheese
- 200 g of mixed vegetables (carrots, pumpkins, herbs, green broccoli, potatoes)
- 30 g of grated Parmigiano Reggiano
- half a sachet of instant yeast
- 120 ml of milk
- 1 egg
- extra virgin olive oil
- a little butter (to grease the molds)
- salt and pepper

You can request any type of fruit and vegetable to personalize your muffin.

Muffins with fruit and vegetables 05

- 1 Muffin (f - v) R. 70
- 3 Muffin (f - v) R. 200



Please indicate if there are any specific contraindications or allergies.

Calabrian baked pasta

(pasta 'chijna)



CULTURE ART HISTORY, A DELICIOUSLY NOBLE AND ANCIENT DISH

Distant memories come to mind when you talk about this exquisite and unforgettable Sunday dish.

A passion made of hands, experience and love for good traditional food.

To make Calabrian "chijna" (stuffed) pasta, a good fresh tomato sauce is used, enriched with tasty fried meatballs, hard-boiled eggs, sausage or sweet soppressata, caciocavallo silano, aged pecorino cheese.





about of what's inside...

- .500 g. tortiglioni
(for the meatballs)
- .400 g. minced veal
- .1 egg
- .5 tablespoons grated parmesan
- .1 stale sandwich
- .Half a glass of milk
- .breadcrumbs
- .1 clove of garlic
- .chopped parsley
- .salt and pepper to taste
- .700 g. tomato sauce
(to fill)
- .2 hard-boiled eggs
- .2 mozzarella
- .caciocavallo silano
- .Calabrian sausage

CALABRIAN BAKED PASTA 01

(PASTA 'CHIJNA)

- 1 PORTION (90 G .) R. 280
 - 2 PORTION (180 G.). R. 560
- 20% DISCOUNT FOR MORE .

Please indicate if there are any specific contraindications or allergies.



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ORDER

To place an order is very simple, easy and fast.

Call , +27 0769449836
via WhatsApp, +39 349 080 1552
by email, info@lacasadigiù.it
on line, lacasadigiù.it

Each time you place an order you must specify your name and full address, mobile number or email, the name and number of the dish you wish to order, the number of people, the date and time of delivery or collection.

Please also specify whether you wish to receive the order directly at home or collect it directly from us. All orders must arrive 48 hours before being collected.

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Payment is made easily, quickly and securely.

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You can also pay in cash directly in the laboratory when you place the order. Every time you make a payment you will be notified of the successful operation via WhatsApp and email.

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