

Beat: Travel

## FI'LIA, The MENU Is A CULINARY STORY Through The Years OF WOMEN

### A HINT OF MEDITERRANEAN INFLUENCE

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**USPA NEWS** - Fi'lia's Menu takes Guests on a Culinary Story with a Menu Broken Down into Three Stages of Womanhood; Nonna, meaning Grandmother in Italian, represents Traditional Italian Flavours, Mamma, meaning Mother, offers a Contemporary Twist on Italian Classics, and finally, Figlia, meaning Daughter, showcases a Modern Approach to Generational Masterpieces.

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We all Love the Magic Italian Mothers and Grandmothers work in the Kitchen - but they haven't always had a Share of the Glory when it comes to Food... Just Two Words can Sum Up a Huge Chunk of the Reason why Italian Food Conquered the World: Italian Mamma.

Italy is a Republic Founded on Mothers. Grandmothers, Mothers-In-Law, Daughters-In-Law, Girlfriends, Daughters. They Reign in the Kitchen, these Angels of the Hearth, Dispensers of Domestic Wisdom and Custodians of Italian Gastronomic Traditions.

In Italy, Women become Chefs because they are First Entrepreneurs, having inherited or founded their Own Ventures. They certainly don't build Their Careers as Part of a kitchen Crew or in Large Ventures backed by Outside Investors. And so, the Vast Majority of Newspapers Stories about Pastry Chefs, Bakers, and Winemakers are about Those Women who didn't wait for Someone to Promote Them.

FI'LIA Restaurants (Menus Onsite, Events & Catering):

- \* Fi'lia Baha Mar (Nassau, N.P.)
- \* Fi'lia SLS Brickell (Miami, FL)
- \* Fi'lia South Beach (Miami, FL)
- \* Fi'lia Dubai (Dubai, United Arab Emirates)
- \* Fi'lia Paris (Pullman Paris Montparnasse Hotel)

Inspired by Fresh Ingredients and Honest Italian Recipes with a Mediterranean Twist

A Meal begins with a Crusty Loaf, presented with Olive Oil and Oregano snipped at the Table. Rustic Pizzas from the Wood Oven highlight Beautiful Produce in Season in Special Combinations. Caesar Salad is Tossed Tableside in a Shower of Shaved Parmigiano from a Roaming Cart, with the Smell of Toasted Garlic Croutons... Cocktails are Refreshingly Uncomplicated...A Focused Wine List Celebrating Italian Regional Varietals and American Wines with an Old World Sensibility.

FI'LIA MENU (On March 17, 2023 - Pullman Paris Montparnasse Hotel)

\* Sara AQEK is currently Executive Chef of the Global Fi'lia Restaurants.  
She created the Menu of Fi'lia Paris with Chef Alfredo BELLISARIO.

Cocktails:

An Inspiring Introduction To Begin The Tasting

- \* Sofia - Blended Tequila, Limoncello, Passion Fruit, Chamomille Coria (15cl)
- \* Camilla - Clarified Gin, Campari, Violet Cream Liquor, Blueberry Infused Black Tea (12cl)

NONNA Starter:

A Discovery with all Types of Flavors Melting Deliciously in Your Mouth

POLPO - Charcoal-Grilled Mediterranean Octopus, Gremolata, with Mashed Potatoes, Pickled Red Onions

**Main Course:**

Satiating Enough With a Strong Dose of Italian Cheese

PLUMS LAMB & RISOTTO - Cinnamon, Lamb Shoulder, Plums with Lime Zest

**Desserts:**

Absolutely Delicious as All Italian Typical Deserts

\* PANNA COTTA - Seasonal Fruits Coulis and Amaretti Crumble

\* FI'LIAMISU - Fluffy Mascarpone Cream layered with Homemade Savoiardi Soaked in Espresso

Source: FI'LIA Restaurant - On March 17, 2023 - (Pullman Paris Montparnasse Hotel)

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