

FOUR THINGS WE LEARNT ABOUT...

Rome's food scene



Travel contributor Katie Parla's new book *Tasting Rome* is whetting our appetite for the Italian capital (tastingromecookbook.com; out Mar 29).

1 We should be breaking Lent with *castagnole*. These sugary doughnut balls are Rome's answer to our Easter chocolates — and they look even yummi-er.

2 Lazy cooks will love Roman starters. Sliced vegetables dipped in quality olive oil? Unsalted butter and anchovies on toast? We're in.

3 April is peak time for veggies to visit. It's when Rome's signature greens — lettuce, fava beans, artichokes, peas and spring onions — are in season.

4 The pizza-sandwich exists. A *trapizzino* is a cone of fresh bread stuffed with pizza toppings, and we want it now!