

THE DIFFERENCE A DAD MAKES WATERFRONT HOME STYLE BEACH-CHIC WEDDINGS

CITY & SHORE

MAGAZINE

WONDERS OF
MEDICINE
2016

**IS NOW
THE TIME
TO BUY
A HOME?**

JETSMARTER
COOL YOUR JETS

**PASTA
LA VISTA**
THE GLORIES
OF SOUTH
FLORIDA
ITALIAN
DINING



CYNDI
LAUPER

*The pop icon, Broadway mogul
and civil rights activist won't be stopped*

JUNE 2016



**Tour
of Italy**

FROM WESTON TO DELRAY BEACH, CHARMING AL FRESCO TRATTORIAS AND ROMANTIC FINE DINING RISTORANTES BRING ITALIAN CULTURE, CHARM AND CUISINE TO SOUTH FLORIDA. TO SIFT THROUGH THE OPTIONS AND PRESENT BUT A FEW IS AN ARDUOUS TASK. BUT OH, SO DELIZIOSO.

By Rebecca Cahilly-Taranto

Zona Blu

189 Weston Road, Weston
954-617-7999

zonablweston.com

Off the west coast of Italy, the island of Sardinia encapsulates the quintessential Italian lifestyle. Proximity to sea and mountains has shaped a unique food culture, which, in combination with a simple, fuss-free lifestyle, contributes to Sardinia's designation (by author and National Geographic Fellow Dan Buettner) as one of the world's "Blue Zones" – areas where people live the longest and report the greatest life satisfaction.

In the back corner of a bustling shopping plaza in Weston, Sardinia's cuisine and culture have come to life at Zona Blu. In the kitchen, Sardinian-born Executive Chef Andrea Fadda and Sicilian Chef Marco Di Simone combine their talents and expertise to create an authentic and inspiring menu. Step inside to be instantly transported to a seaside *terrazza*, where the entire staff – from Pasquale, the Sardinian head waiter, to owners of Sardinian descent Debbie Marras Bautista and Sheila Marras David – treat you to a truly wonderful dining experience.

Menu musts: Chef Andrea's signature appetizer, Soufflé al Pecorino, a soufflé of

Sardinian pecorino cheese with roasted portobello mushrooms in a black truffle sauce; a bottle of Cannonau di Sardegna; and Seadas con Miele Sardo, a puff pastry filled with sweet cheese and drizzled with Sardinian honey – made daily by Debbie and Sheila's mother.

Scuola Vecchia

522 E. Atlantic Ave., Delray Beach
561-865-5923

scuolavecchiapizzeria.com

There are plenty of excellent pizza choices in South Florida, but Scuola Vecchia gets our nod for its authentic Neapolitan pizza, ambience and the owners' dedication to returning to Italy on a regular basis for training in Old World techniques.

Sharon Aloisio and her son, Shaun, imported the kitchen's bell-shaped, wood-burning oven from Italy. They learned how to use it from renowned chef and Master *Pizzaiuoli* Roberto Caporuscio, certifying Scuola Vecchia as the only South Florida member of the Neapolitan Pizzamakers Association.

Menu musts: Sharon's own Old World lasagna; the signature spicy olive oil; classic Neapolitan pizza, Regina Margherita; and any of Sharon's homemade desserts (we love the Angioletti con Nutella).

Café La Buca

451 S. Cypress Road, Pompano Beach
954-786-0673

Executive chef and owner Marco Spina and his mother, Maria, came to Florida with father Giorgio and sister Simona for one of their regular vacations, and decided to open a little restaurant. Nothing fancy, no set menu, just like it is back in Italy – *come in, sit down, lemme make you a little plate to eat.*

Menu musts: There's no set menu at Café La Buca, just let Marco surprise you with the night's specialties. Bring your own wine if you prefer, there is no corkage fee. Reservations are recommended.

Casa D'Angelo Ristorante

1201 N. Federal Highway, Fort Lauderdale
954-564-1234

casa-d-angelo.com

Consistently rated among the best fine Italian dining restaurants in South Florida, Casa D'Angelo features fine Tuscan and southern Italian-inspired dishes in an elegant atmosphere. Chef/owner Angelo Elia was born in Italy and worked his way up through restaurant kitchens in New York City before opening Casa D'Angelo in 1998. The venerable chef, who was recently inducted into the Nova Entrepreneur Hall of Fame, credits his grandmother for encouraging



Zona Blu's Seadas con Formaggio e Miele d'Arancia