

**NATURAL | FRESH | PRACTICAL | SAFE**





## A PLATEFUL OF HEALTH!

**Anche io** embraces the Mediterranean Diet as Correct food style, as well as a common heritage to be cherished and valued. Mediterranean Diet culinary tradition is an opportunity for innovation in our Italian recipes in order to enhance their sensory and nutritional properties.



**Modified Atmosphere**



**Frozen**



**100% Fresh**





## FRESH LONG LIFE READY MEALS

With life becoming increasingly hectic, fresh ready meals can come to our rescue. All our dishes are made from the finest raw materials, fresh and natural ingredients so that they taste as good and genuine as if they were homemade.

Our Catalogue includes a range of single-portion or multi-portion meals packaged in a modified atmosphere (MAP) which preserves the original sensory and nutritional characteristics without the use of artificial preservatives. Ready in just 3 minutes in the oven or microwave, they are ideal for lunch breaks in pubs, restaurants and offices but also for eating at home.

Anche io ready-made meals are also available in family sizes for hypermarket and supermarket delicatessens.

Satisfy your customers while eliminating waste!



## FROZEN READY MADE MEALS

Anche io offers a range of ready-made meals in frozen single-portion versions as well as multi-portion versions for the Hotel Restaurant and Catering channel. The same traditional foods, prepared using carefully selected ingredients and with the same attention to detail as homemade, are rapidly chilled to very low temperatures to keep the products deep-frozen and ready to be regenerated in just a few minutes in the oven or microwave.









## SEAFOOD RISOTTO

*This is an elaborate dish that encapsulates all the flavour of the sea. A must of Mediterranean cuisine, different versions can be found in many regions of Italy. It is difficult to prepare and requires time and skill in the kitchen for it to turn out well. The Anche io! chef spares us all those long hours in the kitchen and makes it for us.*

### AVAILABLE FORMAT

Single Portion **250 g**  
Multi Portion **1,5 Kg**



## WHITE LASAGNE

*Lasagne bianca ("white lasagne") is the traditional version of the recipe without tomatoes. Just as tasty and rich, it is prepared with white ragù, béchamel white sauce and fresh fiordilatte, a moist, fresh cow's milk cheese similar to mozzarella. This dish is a more delicate and creamier version for the most refined palates that do not want to sacrifice taste.*

### AVAILABLE FORMAT

Single Portion **350 g**  
Multi Portion **2,5 Kg**



## NEAPOLITAN LASAGNE WITH TOMATO SAUCE

*Tomato lasagne is a classic Italian dish. Originally from Italy's Emilia Romagna region, it has gradually spread throughout the country to become one of the most popular and beloved first courses for the holidays and important occasions. Preparing lasagne is a veritable ritual which requires that every step be performed well. The list of ingredients needed to prepare lasagne is quite long. Likewise, the cooking time is equally important for the recipe to turn out perfectly. The Anche io! chef spares us all those long hours in the kitchen and makes it for us.*

### AVAILABLE FORMAT

Single Portion **350 g**  
Multi Portion **2,5 Kg**



## AUBERGINE PARMIGIANA WITHOUT TOMATO SAUCE

*Aubergine parmigiana without tomato sauce is a popular variant of the classic and much-loved aubergine parmigiana. 'White' aubergine parmigiana is very popular with those who prefer to eat foods without tomatoes. So now there is no need to give up one of the most delicious dishes.*

### AVAILABLE FORMAT

Single Portion **300 g**  
Single Portion **600 g**  
Multi Portion **2,5 Kg**





## AUBERGINE PARMIGIANA

*Our chef recommends this traditional Neapolitan recipe that starts with selecting genuine local products which are meticulously prepared with the utmost dedication that results in a dish with unrivalled flavour and aroma. In fact, the traditional Neapolitan recipe calls for golden fried aubergines assembled in layers with tomato puree, smoked provola cheese typical of the Campania region, basil and grana padano cheese all slowly cooked in the oven. Love at first bite!*

### AVAILABLE FORMAT

Single Portion **300 g**  
Single Portion **600 g**  
Multi Portion **2,5 Kg**



## MEATBALLS IN RAGÙ

*A traditional Neapolitan dish - and a must at Sunday lunch - are meatballs with tomato ragù. A treat for young and old that appeals to all dinner guests. The hallmark of these meatballs is their soft texture and unmistakable flavour.*

### AVAILABLE FORMAT

Single Portion **200 g**  
Multi Portion **1,5 Kg**



## PEPPERS AU GRATIN

*The intense and distinctive flavour of this dish makes it an excellent side dish or antipasto. The breadcrumbs used in this recipe confer crispiness to the peppers as if they were oven roasted.*

### AVAILABLE FORMAT

Single Portion **200 g**  
Multi Portion **500 g**  
Multi Portion **1,5 Kg**  
Multi Portion **2,5 Kg**



## OVEN BAKED POTATO SLICES

*They are crispy on the outside and soft on the inside.*

### AVAILABLE FORMAT

Single Portion **600 g**  
Multi Portion **2 Kg**













## BLACK RICE SALAD (WITH VENERE RICE)

*A fresh salad that only requires a very aromatic Italian black rice in combining with seasonal ingredients.*

AVAILABLE FORMAT

Single Portion **200 g**

Multi Portion **1,5 Kg**



## FARRO SALAD WITH PISTACHIOS AND FETA CHEESE

*A great side dish that pairs well with chicken, fish, and even lamb.*

AVAILABLE FORMAT

Single Portion **200 g**

Multi Portion **1,5 Kg**



## FAGIOLI AND ESCAROLE SOUP

*Bean and escarole soup is a healthy dish that is suitable for vegans and anyone following a special diet. It is a complete meal ideal for the winter months and excellent eaten hot.*

AVAILABLE FORMAT

Single Portion **200 g**

Multi Portion **500 g**

Multi Portion **2,5 Kg**



## NEAPOLITAN-STYLE BRAISED BACCALÀ (SALT COD) WITH PIENNOLO TOMATOES, OLIVES AND CAPERS

*Baccalà, or salt cod, is a traditional Neapolitan dish although its origins come from far away. It is a typical dish in countries that share a coast with the Atlantic Ocean. Over the years Naples has become the capital city of salt cod preparation. The recipe is complemented by the exquisite sensory and nutritional qualities of the Vesuvian Piennolo tomatoes.*

AVAILABLE FORMAT

Single Portion **300 g**

Multi Portion **1,5 Kg**





# BACCALÀ (SALT COD) WITH POTATOES

*Just like how we ate it growing up in the south of Italy.*

 AVAILABLE FORMAT

Single Portion **300 g**

Multi Portion **1,5 Kg**



# LENTILS AND FRIARIELLI SOUP

*Friarielli, (turnip broccoli) a slender variety of broccoli also called rapini or broccoletti, is a typical vegetable of the Campania Region that has a unique and special flavour that goes perfectly with pork sausage from the city of Caserta.*

 AVAILABLE FORMAT

Single Portion **300 g**

Single Portion **500 g**

Multi Portion **2,5 Kg**













## BOLOGNESE SAUCE

*This is the authentic Bolognese sauce recipe, made with ground beef, vegetables – like onion, carrot, celery – and tomato passata.*

AVAILABLE FORMAT

Multi Portion **4 Kg**



## PUTTANESCA SAUCE

*It was created in Naples in the mid-20th century. The classic combination of , olives, garlic, small tomatoes, and capers gives this sauce a robust flavour.*

AVAILABLE FORMAT

Multi Portion **4 Kg**



## VESUVIAN STOCKFISH SAUCE

*Somma Vesuviana (where we are based) is a small town at the foot of Mount Vesuvius, about 30 minutes outside the city centre. Somma is the region's salt cod capital – indeed, it is the second biggest importer of aged cod in all of Italy (second only to Venice).*

AVAILABLE FORMAT

Multi Portion **4 Kg**



## GENOVESE SAUCE FROM NAPLES

*Sauce made with a ton of slow-cooked onions, beef, and white wine.*

AVAILABLE FORMAT

Multi Portion **4 Kg**









# SAUSAGE AND FRIARIELLI SALTY CAKE

*Salty cake filled with sausages, friarielli, (turnip broccoli) and provola.*

*"Pizza salsiccia e friarielli", in Naples we also use "Pizza" to refer to other bakery products.*



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# ESCAROLE SALTY CAKE

*It's a salty cake filled with escarole, olives, capers and pine nuts. "Pizza scarole", in Naples we also use "Pizza" to refer to other bakery products.*









# VESUVIAN APRICOT STRUDEL

*The denomination Vesuvian apricot actually refers to about 100 local varieties, all grown around Vesuvius National Park. Of these, the most well-known variety is the Pellechiella for its sweetness.*



# PASTIERA NAPOLETANA

*Neapolitan Wheat Berry & Ricotta Cake*



# NEAPOLITAN SFOGLIATELLA FROLLA

*Sfogliatella Frolla are made with thin shortcrust pastry and sweet semolina and ricotta filling with candied citrus zest.*



# KIT CANNOLO

*Fresh sweet ricotta in a crispy shell.*





## RHUM BABÀ

*This light honey sponge is generously soaked in a rich rum syrup and topped with fresh vanilla cream or strawberries.*



## PASTICCIOTTO VESUVIANO

*Typical dessert which is filled with Vesuvian apricots.*



## TIRAMISÙ CAKE

*Sponge cake soaked in Italian espresso with mascarpone coffee mousse and dark chocolat.*











Anche io is a trademark owned by Ri.CA s.r.l. Ri.CA has been in the foodservice business since it was established in 1967 by Gaetano Molaro and his family after decades in the high-end commercial catering sector. The company provides its public and private sector customers with a full range of services starting from the procurement of food products from highly qualified suppliers to the transport and distribution of meals using state-of-the-art technology. The company's organisation supports a vast range of services to satisfy the increasingly diverse needs of a wide variety of customers.

The company provides: Corporate catering , Café, deli/snack bar and cafeteria management, Event catering and banquets, Production and distribution of meals preserved in modified atmosphere packaging (MAP), Production and distribution of frozen ready meals and Production and distribution of fresh ready meals. Conscious of the importance of a healthy diet for personal well-being, Ri.Ca.srl has been involved in the catering business for many years in the ongoing search for more genuine ingredients and more delicate flavours, as well as for better cooking and food preservation techniques. Hence the company's commitment, in agreement with the municipality of Pollica (Salerno), to promote the undisputed virtues of the Mediterranean Diet throughout the world and to restore the healthy tradition of "eating Italian". The Mediterranean Diet is already recognised as a wholesome and healthy lifestyle that was declared an Intangible Cultural Heritage of Humanity in 2010 by UNESCO.

This led Ri.Ca.srl, in collaboration with the Museum of Pollica (SA), the Federico II University of Naples, and in cooperation with internationally renowned doctors and nutritionists, to publish the book in Mensa and participate in the International Expo in Milan in 2015.



## STANDARDS



### ECO FRIENDLY

Sustainability is an important value indicator for Ri.Ca. srl. In 2019, the company built a photovoltaic system capable of covering up to 60 % of the company's energy needs which, combined with energy efficiency measures, made it possible to considerably reduce the environmental impact. Investments in favor of the social and territorial context will continue, also in the future, through the pursuit of growth and development objectives in compliance with ethical principles.



# PRIVATE LABEL READY MEALS

YOUR RECIPE

## RAGU ALLA BOLOGNESE

LOGO

YOUR BRAND



MADE IN ITALY



SINGLE PORTION TRAY



READY IN 3 MINUTES!



**Anche io** can also prepare bespoke recipes based on the season and type of clientele.









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