

Segreto Italiano Secret Italian Recipes & Favorite Dishes



BOOK DETAILS

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BOOK SYNOPSIS

Famed for its bustling cities rich with art, history, and centuries-old traditions, as well as for its gently rolling landscapes filled with vineyards, cypress trees, and olive groves, Tuscany is one of the most popular regions in Italy. Mary Ann Esposito, host of the longest-running television cooking show, invites us to experience the tastes, smells, and traditions of this wonderful region, one delectable meal at a time. With eighty delicious recipes accompanied by anecdotes, travel essays, and cooking tips and techniques, this collection shares and explores the essence of Tuscan cooking. Cucina povera, country-style cooking, is the backbone of the Tuscan culinary heritage, and you'll see it in practice on an agricultural estate just outside of Siena, at a palazzino in the heart of Florence, at a popular restaurant in an industrial city, in medieval villages, and in the charming cities and towns across the region. Simple, flavorful ingredients are transformed into authentic, mouth-watering dishes such as Scarola e Fagioli (Escarole and Beans), Pappa al Pomodoro (Tomato Bread Soup), Patate con Olio e Ramerino (Potatoes with Olive Oil and Rosemary), Bistecca alla Fiorentina (Grilled T-bone Steak), Gnocchi di Patate con Salsa di Pecorino e Panna (Potato Gnocchi with Pecorino Cream Sauce), Panforte, Ricciarelli di Siena (Siena-Style Almond Cookies), and much more. Complete with information on mail-order sources, Web sites, and Tuscan restaurants, this celebration of the region of Tuscany is a tribute to the people practicing and preserving its rich culinary traditions.

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