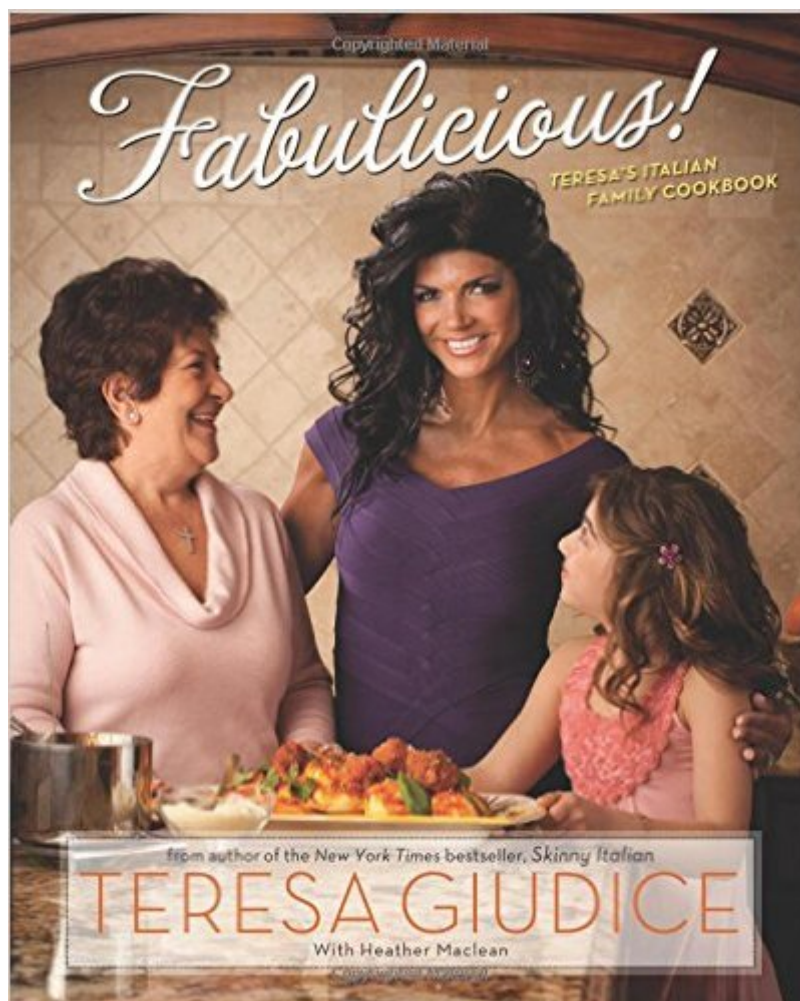


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# Fabulicious!: Teresa's Italian Family Cookbook



## Synopsis

As the breakout star of *The Real Housewives of New Jersey*, Teresa Giudice has quickly become a household name--and a New York Times bestselling author. Her first book, *Skinny Italian*, showcased the health benefits of Old World Italian cuisine. Now she returns with 60 more flavorful family recipes straight from Salerno--with an emphasis on preparing, serving, and eating meals with the ones you love. Teresa shares her simple, inexpensive, and "fabulicious" dishes, including:

- Secret family recipes: Featuring her Mama's meatballs and her mother-in-law's *Ti Amo* Tiramisu, the dessert that loves you back.
- Celebration cooking: From one-dish feasts to the perfect potluck take-alongs, including entertaining tips for any occasion.
- Light lunches: Spotlighting lighter fare, smaller portions, and sensational salads (as well as Panini!).
- Kid friendly meals: How to go beyond mac-and-cheese, and get little ones involved in the kitchen.

Whether you're packing lunches or fixing a weekend feast, Teresa has just the recipe that will keep your family coming back for more--and living *La Bella Vita*!

## Book Information

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## Customer Reviews

So yes, I have watched RHONJ for sure. I am not a real fan of anyone in any of the shows. To me they are just shows and I leave the rest for the crazy fans to gossip about with their endless amounts of free time they seem to have on their hands. Now lets get to the cook book. When Teresa's first book came out I thought hey what they heck. had it for super cheap when it first came out. I got it for \$9.00, so I thought hey it might have some good stuff in it. She cooks for her kids and a very picky husband every day so I thought this girl may know how to cook. It came and I cooked

my way through it. I thought it was a great beginner into to Italian cooking. I actually review cookbooks and I liked it. She even teaches you how to can sauce with perfect detail and excellent instructions. So when the second came out I did a pre-ordered for it. It came and again cooked my way through it. Again very good. I cook A LOT and own MANY cook books. Like I said, I review them so I know a bad recipe and a good recipe and a bad cook book and good one. If you hate her just put that aside, her books are really well organized and she has great recipes. She keeps it healthy, budget friendly and tasty. For sure impressed.

We needed a change in the dinner menu. I bought the book and so far I've made six dishes. Everyone in my family loves everything I have made so far. Last night made the baked chicken, it was the best chicken and skin I have ever tasted. This book was a good investment, its healthy food! Never thought I could ever make home made tomato sauce!! These dishes leave plenty of left overs so these recipes are a time saver as well. The food even taste better the next day!

I grew to really like her first cookbook, Skinny Italian: Eat It and Enjoy It - Live La Bella Vita and Look Great, Too!Â finding myself going back to her recipes and her herb chart and herb lesson many times. Good reliable recipes although not enough of them in that first book. This book remedies that. The two books together make a really nice home style Italian American cookbook set. My advice is buy both for a full set of good recipes plus the advice on buying and using herbs, canning tomatoes and buying olive oil and other staples for the pantry. The author really dialed down the tacky sexual innuendo and personal attacks on others that wasted so much space in her first book. This made a refreshing change for the better. It's easy to focus on the cooking part of this excellent little cookbook. She left out the nutrition profiles which were a VERY nice feature in her first book and I notice she brought them back for book # 3. I notice they are missing in book #4 the grill book, but they are probably extra work and expense for the publisher to include so this isn't a criticism directed at the author, but more towards the publisher, since that is a valuable feature. I'm still working my way thru books 3 and 4 so I'm not recommending them yet but I'm ready to state that this book and the first one are really worth getting. What I love about this book is the recipes!!!! She continues to provide recipes that are high in flavour and very easy to complete. No intimidation for beginner cooks or people in a hurry. Simple, tasty and reliable. That isn't always the case with chefs turned recipe writers. Restaurant kitchens and catering outfits make great food, and fun to read about but the techniques they take for granted are difficult for a home cook on a budget and in a hurry to get supper on the table. Teresa gives recipes you can quickly put together, on a real life

budget and if you get both this book and her first, you have some great advice on home canning of tomatoes, how to buy and store herbs, which to buy fresh, which are best dried (hint it's not basil!) and why olive oil is best. This book skimps on the advice regarding herbs, canning and olive oil but this one has more recipes. I use both in tandem, referring back and forth. Recipes I've done from THIS book include: Gia's Sausage and Peppers on page 35. I keep making this over and over. Good reliable home cooking. My family loves it and asks for it regularly. Hunters Chicken Cacciatore on page 108. One of the nicest cacciatore recipes I've made. Roasted Rosmarino Chicken on page 109. Delicious. Joe's Juicy Meatballs on page 118 however I toss a half lb of ground pork sausage in with the ground beef to make it a little more tender but it's not bad on it's own without that addition. Roasted Asparagus on page 131 is gourmet! Even the asparagus haters in the family liked this. Pookie's Pesce Primavera on page 159 is one I rely on to make white fish that my husband enjoys. He is not a fish lover but he loves this one. Just in case you are wondering --Recipes I love from the first book Skinny Italian: Eat It and Enjoy It - Live La Bella Vita and Look Great, Too!Â are: Italian salad dressing page 41, Basil Lemon Drizzle p 48 which is very nice over chicken or fish, I did the swordfish recipe from page 51 using salmon and it was great. Garlic shrimp page 54, Pork chops on page 66, Chicken in lemon thyme marinade page 70, veal piccata (using chicken) page 189 and skinny snapper page 219. I also tried several of her tomato sauces, and found them good although success with the Quickie sauce which is listed in BOTH books, depends on the quality of canned tomato and paste that you use because the only other things are basil--which really needs to be fresh or its a waste of time, and olive oil. I still haven't watched the show nor am I ever likely to. But I bought this book because the quality of the recipes from the first book convinced me that this woman knows her way around a kitchen. I will continue to buy her recipe books as long as she continues to write simple easy to follow good tasting home cooking.

Cute stories and photos about this reality show celeb & her family. Nice, but I was expecting better recipes. I am Italian American too & my Mom & Nonna gave me the same recipes. It is a good basic cook book for someone that has never made Italian dishes before.

This would have been a good book, but Teresa's bad mouthing her friends really turned me off. This was supposed to be a cook book, not a trash your friends book. Sorry Teresa, you really dropped the ball on this one. Next time stick to recipes and stop bad mouthing your friends.

Some of the recipes are really good but many of them need to be altered a little. Some have too many

ingredients in them - stuff that you don't normally keep in your home. But most of the stuff is a good. It's nice that she shares some family stories as well. I would recommend getting the book, but try to get it used if you can. It's not worth the full price. When I got it, I used a gift card and 10% discount but for me it was worth the purchase b/c I got it at one of her book signings - so she signed it, I got to meet her and took a pic with her. She is by the way a very nice and shy woman. I don't care what people say - she's nice and I like her.

I'm from Italy ( Sicily ) I bought the book to see any similarities to my Italian cooking.It's ok. A lot of the things she makes have a twist of Americana cooking, not all that authentic.It's ok though....

This was a requested present. That being said, I did scan the contents and am done with filling requests. Never. Again.I understand she is going to prison but I can't find WHAT law this book broke, altho I suspect her sentence still doesn't equal the offense....

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