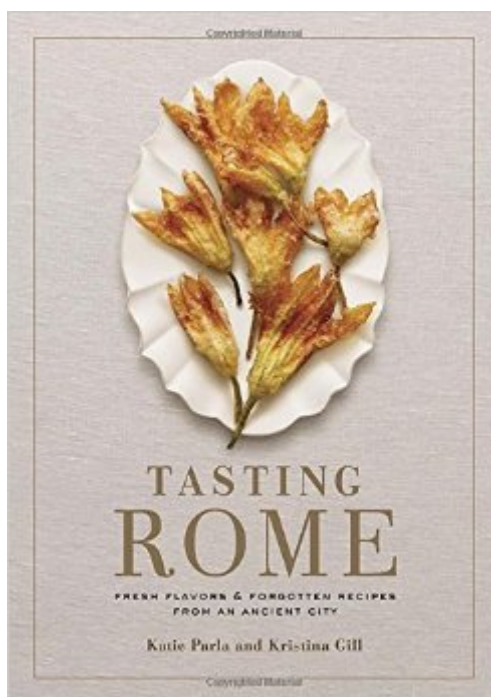


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# Tasting Rome: Fresh Flavors And Forgotten Recipes From An Ancient City



## Synopsis

A love letter from two Americans to their adopted city, showcasing modern dishes influenced by tradition, as well as the rich culture of their surroundings. Even 150 years after unification, Italy is still a divided nation where individual regions are defined by their local cuisine-- mirrors of their culture, history, and geography. But the *cucina romana* is the country's greatest standout. In *Tasting Rome*, journalist Katie Parla and photographer Kristina Gill capture Rome's unique character and truly evolved food culture-- a culmination of two thousand years of history. The recipes here, each selected for the story it tells, acknowledge the foundations of the cuisine and demonstrate how it has transitioned to the variations found today: *cacio e pepe* is not only a peppery condiment for pasta, but also a filling for suppli, fried rice balls; *pollo alla romana* is served as a summer platter of peppers stewed with chicken, but also deboned and on hearty sandwiches. Parla and Gill focus, too, on *cucina ebraica* to highlight the role Rome's Jewish communities have had, bringing dishes such as *hrami con couscous*, which incorporates spicy amberjack, and *matzoh fritters*, *pizzarelle*, with honey and pine nuts; celebrate the authentic *quinto quarto* ("the fifth quarter") offal, and luscious verdure, which grow all over; acknowledge the baked pizzas and breads that anchor everyday eating; and explore the ever-changing culture of sweets and cocktails. With its forgotten recipes, beloved favorites, and street food innovations, the book transports all the flavors of Rome into your kitchen. Narrative features revealing bits of history and gorgeous photography that highlight both the food and its hidden city will immediately inspire you to start *Tasting Rome*.

## Book Information

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## Customer Reviews

A long, long time ago, my ancestors were Sheriffs on the hills of Rome. I visited Rome as a teenager, and loved the food. The pasta. The pizza. The gelato. Italian food is most everyone's favorite, but Roman food has its own culture that few people have really experienced. Much of the Italian food in this country has been Americanized to the point of being hardly recognizable to its true origins. *Tasting Rome*, a cookbook by Katie Parla and Kristina Gill, is part cookbook, part culture lesson, and part history book. The recipes are not what you would expect from an Italian cookbook, because it's not an \*Italian\* cookbook per se...it's a Roman cookbook. Romans use fresh, seasonal produce, and don't waste any part of the animal, so you will find recipes using beef tongue, chicken innards, and veal cartilage. There are also many different cultures living in the Eternal City, so there is an entire chapter dedicated to the recipes originating from the Jewish ghettos. There are eight chapters: -Snacks, Starters, and Street Food which include recipes for things such as three variations of Rice Croquettes, Torta Rustica (savory pie), and Fried Mozzarella with 'Nduja. ('Nduja is a spicy spreadable Italian salami.) -Classics and Variations recipes include Spaghetti alla Gricia, Amatriciana Estiva (Summer Amatriciana), and Gnocchi-Cucina Ebraica (this is the cuisine of the Roman Jews) recipe examples are Concia (fried and marinated zucchini), Anchovy and Frisee Casserole, and Honey Soaked Matzo Fritters-Quinto Quarto (this is the most "out there" of the chapters, recipes using the often-discarded parts of the animal) some of the recipes included are Grilled Pig's Liver, Sweetbreads with Marsala Wine, and Tripe with Tomato Sauce, Mint and Pecorino. -Verdure (vegetables) featuring recipes for Microgreen Salad with Hazelnuts and Pecorino, Baked Tomatoes Stuffed with Rice (Pomodori con Riso), and a Shaved Artichoke Salad. -Bread and PIZZA including such dishes as Pizza Bianca e Pizza Rossa, Pizza Romana (which is a thin crust Roman-style pizza), and a Ciabattini bread, as well as instructions on making a "biga" or starter. -Sweets recipes include Castagnole (fried dough balls with sugar--who doesn't love that!?), Panna Cotta, and several varieties of Roman cookies. -Drinks make cocktails using vodka, bourbon, and various flavored liqueurs. In addition to the recipes, there is an informative section in the beginning that defines all the ingredients and gives recommendations for the best cook's tools and types of ingredients to use. There is also a good deal of background information about the history and culture of Rome spread throughout the pages. This is an interesting book for learning about how the culture of Rome has impacted its cuisine-and vice versa-and has many authentic recipes (both traditional and updated) to help give you a taste of the Eternal City without needing to find your passport. On the other hand, if you're just looking for a family-friendly update to your typical Spaghetti and Meatballs or Lasagna Italian night, this book probably isn't for you. \*I received a free copy of this book from the publisher via Blogging for Books in exchange for my honest review. All

opinions are my own and have not been influenced in any way.

This cookbook is so much more than just a cookbook! Thousands of people tour Rome every day - but without a native guide, it's impossible to know what real Roman life is like. That's what this cookbook provides - native guides who can introduce outsiders to what life is really like in Rome through authentic recipes and gorgeous photographs. Each recipe writeup provides more than just the ingredients and instructions with a picture - the authors provide in-depth history and information about the dish coupled with gorgeous photographs of both the recipes and candid shots of daily life. Thinking you already have enough cookbooks and don't need another one? With its gorgeous photography and in-depth history, this is unlike any cookbook I have seen before (and I have a lot of cookbooks). It would make a great gift for both the chef and the traveler in your life. I highly recommend it!

Oh no, another Italian cookbook! However, this one is unique in having some uncommon recipes as well as fascinating background information. The authors, Katie Parla and Kristina Gill, are expats who live and work in Italy: Katie as a food journalist and guide and Kristina as a food editor and freelance photographer. Researching the cuisine of Rome, they found it to be similar to ours in that migrants and immigrants have lent a hand in changing the ingredients, customs, and techniques of the local cuisine. The evolution is ongoing. The book contains classical as well as traditional recipes with modern innovations. One example is Pollo alla Romana, a summer chicken stew. The contemporary twist is serving it in a bun as a sandwich. Divided by familiar themes, the chapters are filled with interesting recipes from Beef Tongue in Salsa Verda to Crackers with Rosemary. I was excited to see the recipe for Upside-Down Pizza made with einkorn flour, my latest favorite ingredient. There is even a chapter on drinks. I was pleased to see an extensive section on ingredients and cooking equipment. It was great to learn about Fennel Pollen and Guanciale without having to search the Internet. In addition, the photography was pleasing with well-staged subjects, and the interspersed history lessons were quite interesting. Who knew there was a Roman Ghetto? There are minor complaints. The authors emphasize the importance of using a scale when baking; however, weight measurements are missing in the biscotti, day of the dead cookies, sponge cake, and sweet buns recipes. In addition, why do I have to hunt the index for biscotti? The biscotti recipe is not under *biscotti* or *cookie*, but under *almond*. I made three recipes: Butter and Anchovy Crostini. This was a unique, tasty, easy starter; however, next time I will place only one anchovy on each toast Pollo alla

Romana/Chicken with Tomatoes and Bell Peppers. This is a Roman favorite summer stew served alone or on a bun. The dish's colors reflect those of the city flag. We found it tasty, but not bursting with flavor. It was time consuming. Brutti ma Buoni/Hazelnut Meringues. These are great, best eaten fresh. They are a little time consuming, but the uniqueness and flavor make the effort worthwhile. This book will make a very nice addition to one's library both for its inspiring recipes and visual appeal. The table of contents appears below. I received a copy of this book from BloggingforBooks in return for my honest opinion. The opinions expressed are mine alone.

As other reviewers have stated, this book is part history, part travelogue, and part recipe book. I love the text and the wonderful pictures, but as I have been to Rome many times and learned a lot of Roman history and travel, I was most drawn to the recipes. They are very clearly written, well enough that someone who has not been to Rome could get them right. This is no mean accomplishment. We have made 5 of the dishes (in 5 days!) and look forward to working our way through the book. If you have any interest in Roman cooking, buy this book

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