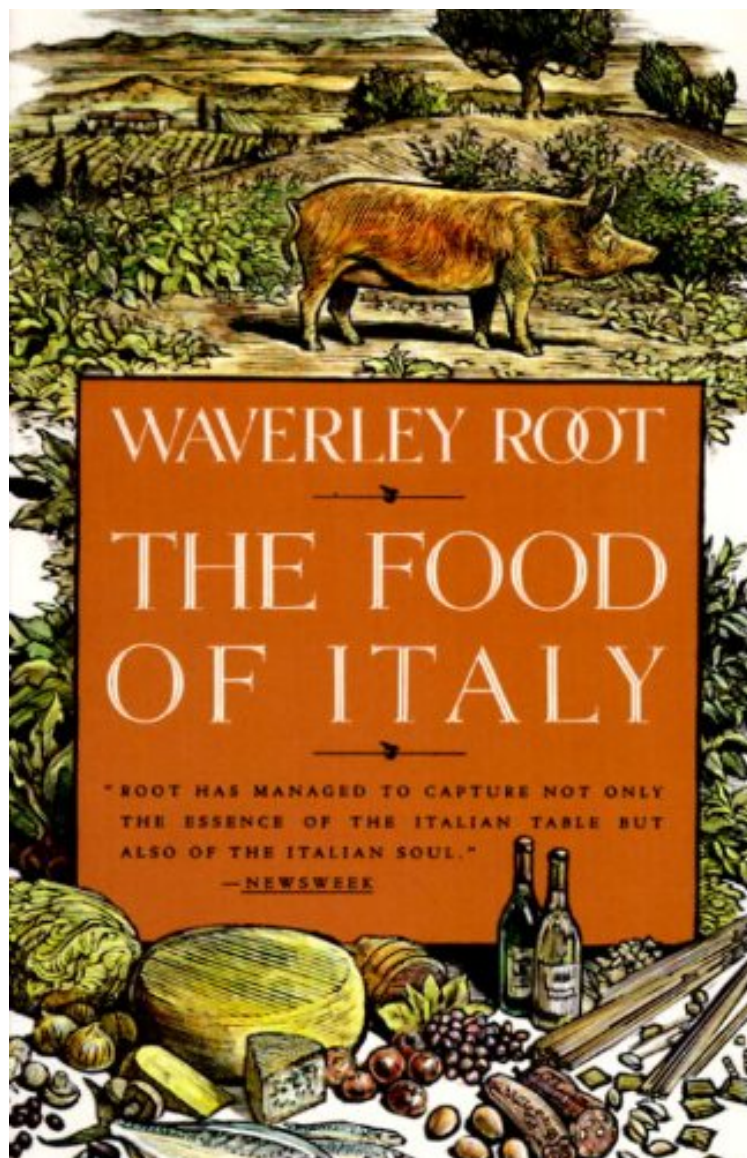


(Pdf free) The Food of Italy

## The Food of Italy

*Waverley Root*

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#379671 in Books 1992-06-02 1992-06-02 Original language: English PDF # 1 8.00 x 1.70 x 5.20l, 1.70 #File Name: 0679738967768 pages | File size: 67.Mb

**Waverley Root : The Food of Italy** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Food of Italy:

5 of 5 people found the following review helpful. A "Nourishing Tradition" of Italian food By Chef JemichelFood is more than what science can make of it. It includes culture. (That only follows when we realize that food is our connection with both agri-culture and how we cultivate our relations with one another among other things.) Waverley Root has a natural gift for writing "poetically" which enables the reader to begin imagining the regional environments

of Italy that he describes. I have never been to Italy. However I am gaining lively images of Italy by way Root's descriptions of Italy's regional foods. One of the things that I most appreciate is that Root gives us his direct observations as well as his direct experience of the foods themselves as they are presented in each of the regions. This is far superior to any academic descriptions of a "Mediterranean Diet"! How refreshing!3 of 3 people found the following review helpful. More than just foodBy KrisilouThis is a brilliant and detailed description of not just the cuisine of Italy, but also the geography and history of this beautiful country. This was recommended to me as I planned an Italian getaway, and I learned about more than just food. Excellent guide that goes beyond what the usual travel guides and history books contain. I do not consider myself a foodie or food expert- I'm just a curious traveler who happens to enjoy a good meal and glass of wine, so this was an eye opening read for me.22 of 23 people found the following review helpful. A comprehensive snapshot of mid-20th-century Italian foodBy J. V. LewisThis book is sold as a companion volume to Root's *The Food of France*, though the two are of quite different character. Whereas the French volume shows a deep and intimate familiarity with a beloved cuisine that has largely weathered the cultural purges in France since WW2, the Italian volume shows the author as a traveler in a country in which he felt less at home, where he was cataloguing a highly diverse culinary landscape more or less dish by dish. The resulting compendium feels a bit compulsory, as though Root were eating his way through a checklist, the breadth and depth of which were not apparent before he'd spent his advance. Several times his nicely-written narrative verges on tedium, as when he catalogues the minor wines of Umbria or enumerates the differences between the sausages of Modena and those of Bologna. Missing is the rapture and warmth of the French volume. But one must not disparage the content of this less-than-ecstatic reportage: there is more on Italian food recorded here than in any other book I've been able to find in English. He systematically hits the culinary high points of the entire country, region by region. Unfortunately, much of what he recorded is now lost, or at least homogenized into one national cuisine. Travelers to Italy will be forgiven for assuming that pizza is as much Florentine as it is Neopolitan now that Florence boasts maybe 50 good pizzerie. The highly local traditions Root recorded have largely disappeared. So consider this book to be a touching record of a lost gustatory landscape and of the heroic, not always inspired, travels of a lonely American far from his home in France.

In this thoroughly comprehensive, utterly captivating culinary guidebook, acclaimed food writer Waverley Root traverses Italy from Lombardy to Sicily, and across 3,000 years of invasions. An exhaustive catalog of the country's gastronomic legacy, *The Food of Italy* explains the regional delicacies, the traditions, and the history that define the way Italians eat. From the legally enforced frugality of the Renaissance table to the enduring Saracen luxury of Sicilian desserts, from the lasagna of Bologna to the saltimbocca of Rome, Root explores the secrets and customs of a cuisine so nuanced that even the basic ragu Bolognese has some two hundred variations. A culinary adventurer who made his mark decades before Anthony Bourdain appeared on the scene, Root shares the stories of an elephant forced to spend the winter of 1551 in the South Tyrol and the dishes named after him, the proper way to bottle Chianti, and the mysteries surrounding the origin of tortellini. Essential reading for travelers—of the armchair and ticketed variety, alike—*The Food of Italy*, which features decorative maps (that may not be legible for all readers) and illustrations, brings the subtleties of the Italian palate into any home.

.com *The Food of Italy* is the book to get if you're traveling there. You know about the Coliseum, you've heard about the canals of Venice, but what should you order? Waverly Root supplies the answers in this travelogue focusing on the foods of various regions in Italy. Root, who made his living as a foreign correspondent and has written several volumes on his penchant for food, is an excellent guide whose descriptions will convince globetrotters that there's much more to travel than sightseeing. Along with *The Food of France*, this book won the 1990 James Beard Cookbook Award. "Root has managed to capture not only the essence of the Italian table but also the Italian soul."—*Newsweek* "A remarkable book . . . rich in verve and intellect . . . sophisticated and expansive." —*The Washington Post Book World* From the Inside Flap To read this book is not just to learn the proper preparation for lasagna and risotto, but also to encounter the Medicis, to witness an opulent banquet for two, and to learn the fables surrounding the origin of tortellini.