Cucina Piemontese includes recipes for more than 95 Piedmontese dishes, many of them from the authors family in Piedmont. These classic recipes, accompanied by historical and cultural information, as well as a chapter on regional wines, provide an opportunity to explore this fascinating and increasingly renowned cuisine from an insiders perspective. The simple recipes made with readily available ingredients bring the cucina piemontese home. Located in the northwest corner of Italy, the Piedmont region is surrounded by the Alps on three sides (the name means at the foot of the mountains). For years, it was known more for industry than cuisine, but more recently, it has become recognized for wonderful food and wine. Piedmontese cooking is marked by a reverence for beef, butter, cream, and truffles, as well as humbler ingredients, such as pasta, polenta, and root vegetables. These foods are showcased in this collection of traditional recipes. Beginning with antipasti of Cipolline in Agro Dolce (Sweet-and-sour Onions) or Acciunghie al Verde (Anchovies in Green Sauce), journey through the region with Tajarin con Sugo Burro e Salvia (Egg Pasta with Butter and Sage Sauce) and Brasato al Vino Rosso (Beef Cooked in Red Wine). Conclude with one of Piedmonts famous desserts, such as Budino delle Langhe (Panna Cotta) and Zuppa Inglese (Ladyfinger Cake). B/W and color photography underscore the beauty and flavor of this cuisine.

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My Personal Review:
It used to be that Italian cooking came in two modes -- pasta with tomato sauce, and pizza (which of course isn't really Italian at all). On my first visit to Milan, I was astounded to find a wide variety of foods that didn't include pasta and tomato sauce. And these new foods were wonderful.
Only in the past twenty years or so have I started to notice that nearly every Italian restaurant has been branching out into the foods of other regions. First, there was just a choice of northern or southern Italian cooking. Now we are beginning to see foods from lesser known regions of Italy coming to the fore.

A good summary of this book comes from the recipe for Sugo di Carne or Meat Sauce. The book says 'If your idea of 'meat sauce' is lots of tomatoes with a little meat, you're not thinking of the Piedmontese version. This sauce has tomato, but it's really about meat.'

This is just one of the ninety five or so recipes included in this little book. They feature more beef, eggs, butter and cream than the more common (in America) Italian foods. This book brings a whole new range of Italian foods to your kitchen.

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