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Southern Italian Farmer's Table: Authentic Recipes And Local Lore From Tuscany To Sicily



Synopsis

The Southern Italian Farmer's Table is a sumptuously illustrated cookbook featuring authentic recipes from over thirty agriturismi (working family farms that provide room & board to travelers) in central and southern Italy, where the cuisine served epitomizes the farm-fresh movement underway in the United States, the UK, and beyond. Visitors to agriturismi, who come from all over Europe and North America, indulge in such delights as vibrant green olive oil fresh from the press, a myriad of hand shaped pastas cooked to perfection, and wedges of aged *pecorino* redolent of verdant green pastures. Professional chefs who are fluent in Italian, Matthew and Melissa have transcribed more than 150 authentic Italian recipes from these family farms—few of which are found in cookbooks available outside of Italy. Full-color photographs and anecdotes about the farms and their residents bring Italy's glorious countryside to life and complement such recipes as fried spaghetti nests, crepe lasagna with pork ragu, spicy Calabrian chicken, and sweet cakes filled with ricotta and chocolate. All recipe ingredients are given in both U.S. and metric measurements.

Book Information

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Customer Reviews

From Publishers Weekly: Husband-and-wife chef and restaurant owners Scialabba and Pellegrino present a sequel to *The Italian Farmer's Table*, continuing the farm-to-table experience, but this time focusing on more than 30 farms ranging from Central to Southern Italy, Tuscany to Sicily. Broken down by region, recipes are balanced with essays, portraits, maps, and landscape shots, making this equal parts cookbook and travelogue. Sharing the "taste and flavor of

Italian working farms—begins with crucial building-block basics such as semolina pasta dough, tomato sauce, and chicken broth before moving on to regional dishes such as broccoli tortelli with white sausage ragu from Tuscany, fried spaghetti nests with prosciutto and scamorza from Molisse, and grilled meatballs with bay leaves and lemon from Sicily. Desserts, appetizers, and side dishes balance out the pasta dishes and entrées. Headnotes, numbered recipe steps, and a solid resource section make this an easy-to-navigate title that's well researched and filled with inspiration. (May) **From Kirkus Reviews:** A delicious journey through central and southern Italy through recipes. In this sequel to *The Italian Farmer's Table* (2009), Scialabba and Pellegrino chronicle their travels to more than 30 farms and share the best recipes from each, using only what that farm produces. “We were deeply moved by the simplicity of cooking with ingredients grown and raised out the kitchen door,” they write. “There was something that we connected with, that just seemed real and felt right about washing dirt off freshly picked vegetables, or noting the vibrant orange color of the free-range egg yolks we were using to make fresh pasta.” At the beginning the authors provide basic recipes for pasta and crepes, and they include a charming history of the farm, how the family came to agritourism and, of course, the specialties of each house—usually at least one appetizer, entree and dessert. Home chefs can start with a beet carpaccio with pickled onions from Tuscany, move on to polenta with pork and sausage sauce from Umbria and finish with a poached pear and ricotta mousse tart from Basilicata. Some of the mouthwatering recipes are fairly simple, such as the farfalle with zucchini and mussels from Apulia, but others will take time, such as the chicken lasagna from the Michetti Convent in Abruzzo. Scialabba and Pellegrino also make adaptations for home chefs—e.g., replacing quail for Sardinia’s indigenous partridges—and they include instructions on where to find wild boar in American and the contact information for all of the farms, among other points of reference. A perfect guide to bringing home the traditional and unique flavors of Italy. **From the Oregonian:** Italians live to eat great food, and this husband-and-wife cooking and writing team spent five months traveling to small farms from Tuscany to Sicily, seeking out authentic recipes and the stories behind unique dishes. The result is part travelogue, as they tell stories about being put to work picking olives and enjoying evening-length dinners washed down with jugs of local wine. The 150 recipes are mostly rustic fare -- the sort of humble food you might have after a long afternoon working in an Umbrian vineyard -- with homemade pasta prominent in many of them. **From the Oregonian:** The Southern Italian Farmer's Table features authentic recipes from over thirty agriturismi (working family farms that provide room and board to travelers) located in central and southern Italy,

where the cuisine served epitomizes the farm-fresh movement underway in the United States, the UK, and beyond. Visitors to agriturismi, who come from all over Europe and North America, indulge in such delights as vibrant green olive oil fresh from the press, a myriad of hand-shaped pastas cooked to perfection, and wedges of aged pecorino redolent of verdant green pastures. Matthew Scialabba and Melissa Pellegrino, both professional chefs who are fluent in Italian, have transcribed more than 150 authentic Italian recipes from these family farms—few of which are found in cookbooks available outside of Italy. Full-color photographs and anecdotes about the farms and their residents bring Italy's glorious countryside to life. The 150 authentic recipes include: Grilled Provolone with Blood Orange ReductionBread Dough Pasta with AmatricianaPork Bracciole with Eggplant and Scamorza CheeseSausage Cooked in Red Wine with Sweet Dried Peppers and Black OlivesCinnamon and Hazelnut Cookies

I picked this up at the library to glance through, and ordered it here almost immediately. A very interesting collection of recipes, many of which are not commonly found in other Italian cookbooks.

Great book!

There are some really unique recipes here. Also, there are stories of the author's experiences, stories of restaurant owners, descriptions of regions etc. that make you feel like you are reading a novel rather than a dry cook book. The regions of Italy covered here are seldom visited by tourists and therefore it is easy to miss out on the experience. This book takes you closer to that life.

I have their first book and love it. Great authentic recipes...both "home-cooking" and innovative turns on regional Italian cooking. We have a lot of new favorite recipes to try. This new book helped us plan an upcoming trip to Italy and we'll be staying at two of the agritourismo locations in the book. One in Tuscany and one in Abruzzo. Really looking forward to it! Thanks to the authors for again bringing something truly new to multitude of Italian titles.

I appreciate the research and time that went into putting the book together and the recipes, history, and background information are all excellent. I am enjoying this book very much.

This is an interesting cookbook, in that it is really a tour of Italy. The recipes are divided into 2 or 3 areas in 12 different regions of central and southern Italy, there are main dishes and desserts, some

soups and side dishes. These are not the easiest recipes in the world to prepare, so this is definitely not a book for beginning cooks. There are just a few pictures of the finished dishes; most of the photos are of the people and ingredients and the countryside and towns they inhabit. Dedicated cooks who want to delve deeper into Italian cuisine and are already experienced will find this appealing. There are few diagrams or pictures of rolling out or preparing the different pastas. There are recipes that included wild boar, figs, quail, rabbit and pheasant as ingredients. A list of resources in Italy with addresses, phone numbers and web sites, metric conversion tables and an index are included. We have enjoyed the ginger cake, the Abruzzese crepe lasagna with pork ragu and the roasted potatoes and butternut squash with olives and capers. These are not the casual recipes that are found in many cookbooks, but will also give you information on the areas the food comes from and the love the people have for their food.

This was put in a Gift Basket for a United Way campaign

First of all, let me underline some errors at page 302, blood oranges are called moro not morro and the triangle Lentini Carlentini Francofonte is more know for Tarocco oranges than Moro and the soda named on the same page has a minimal amount of juice in it. Another error, an enormous one, is their use of canola oil, I live in Southern Italy and I've seen it for the first time in a German supermarket 2 or 3 years ago, it isn't a traditional used oil like olive oil and it's extremely unhealthy (we use only olive oil in my family, others use also sunflower or peanut ones to fry). At page 210 they call uovo in purgatorio (in purgatoria) and, on page 211, pancotto (pane cotto), on page 212, mozzarella di bufala bufala mozzarella, on page 223 braciole bracciole, etc. they're too many linguistic errors for a book on Italian recipes written by an Italian. That said, even if some of my favourite ones are missing, the recipes are quite good and authentic, I just eliminate or substitute with authentic - Italian ingredients the non Italian or unhealthy ones.

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