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## Lidia Cooks from the Heart of Italy: A Feast of 175 Regional Recipes

*Lidia Matticchio Bastianich, Tanya Bastianich Manuali ebooks / Download PDF / \*ePub / DOC / audiobook*



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#105826 in Books Bastianich, Lidia Matticchio/ Manuali, Tanya Bastianich 2009-10-20 2009-10-20Original language:EnglishPDF # 1 9.40 x 1.11 x 8.36l, 2.75 #File Name: 0307267512432 pages | File size: 21.Mb

**Lidia Matticchio Bastianich, Tanya Bastianich Manuali : Lidia Cooks from the Heart of Italy: A Feast of 175 Regional Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Lidia Cooks from the Heart of Italy: A Feast of 175 Regional Recipes:

0 of 0 people found the following review helpful. The Heart of Italy is a great cookbook!By Bob KochI'm an amateur chef who loves to cook. This is a great addition to my cookbook collection.4 of 4 people found the following review helpful. great cook bookBy drosophilaIf you like to cook and are not scared of trying recipes from different regions, this is the book you must have in your kitchen. I watch Lidia's TV shows and tried several of her recipes. I find her food delicious and suitable for most occasions. She has several recipes that are easy to make and use every day ingredients. If you are looking for something special and may be a bit more complicated for a special occasion, she has those types of recipes in this book as well. I watched her cook several of her recipes from this book on TV and I learned a lot from her about little details that make life easier at the kitchen or add some extra flavor to your dish. One thing I like about this book is that you can easily change some of the ingredients to your liking or what you have in

your fridge that day and most of the time it turns out great. She gives you a base to work with and you can play with it to give your touch if you want to. I highly recommend anything she publishes, especially this book. 6 of 6 people found the following review helpful. This Book is a Treasure By Nancy cooks As always, Lidia transports you right to the various locals in Italy that she writes about. The photography (of the food and locations) is exquisite. And the recipes are wonderful - easy to follow and to replicate. Lidia gives you the feeling that you are right there with her, and then you prepare the food and it feels even more like you are sitting in a trattoria in Italia. Having been raised as a second generation Italian-American, some of the recipes are as familiar as family, yet others are new to me. And having Lidia explain the origin and evolution of these dishes and their indigenous regions makes them feel like I've known them forever - I just needed to get reacquainted with them. A must-have book for any lover of Italian cuisine.

From the Emmy award-winning chef and bestselling author Lidia Bastianich, a collection of 175 wonderful, uncomplicated recipes from little-known parts of Italy, celebrating time-honored techniques and elemental, good family cooking. Penetrating the heart of Italy—starting at the north, working down to the tip, and ending in Sardinia—Lidia unearths a wealth of recipes: From Trentino–Alto Adige: Delicious Dumplings with Speck (cured pork); apples accenting soup, pasta, salsa, and salad; local beer used to roast a chicken and to braise beef From Lombardy: A world of rice—baked in a frittata, with lentils, with butternut squash, with gorgonzola, and the special treat of Risotto Milan-Style with Marrow and Saffron From Valle d’Aosta: Polenta with Black Beans and Kale, and local fontina featured in fondue, in a roasted pepper salad, and embedded in veal chops From Liguria: An array of Stuffed Vegetables, a bread salad, and elegant Veal Stuffed with a Mosaic of Vegetables From Emilia-Romagna: An olive oil dough for making the traditional, versatile vegetable tart erbazzone, as well as the secrets of making tagliatelle and other pasta doughs, and an irresistible Veal Scaloppine Bolognese From Le Marche: Farro with Roasted Pepper Sauce, Lamb Chunks with Olives, and Stuffed Quail in Parchment From Umbria: A taste of the sweet Norcino black truffle, and seductive dishes such as Potato-Mushroom Cake with Braised Lentils, Sausages in the Skillet with Grapes, and Chocolate Bread Parfait From Abruzzo: Fresh scrippelle (crêpe) ribbons baked with spinach or garnishing a soup, fresh pasta made with a “guitar,” Rabbit with Onions, and Lamb Chops with Olives From Molise: Fried Ricotta; homemade cavatelli pasta in a variety of ways; Spaghetti with Calamari, Shrimp, and Scallops; and Braised Octopus From Basilicata: Wedding Soup, Fiery Maccheroni, and Farro with Pork Ragù From Calabria: Shepherd’s Rigatoni, steamed swordfish, and Almond Biscottini From Sardinia: Flatbread Lasagna, two lovely eggplant dishes, and Roast Lobster with Bread Crumb Topping This is just a sampling of the many delights Lidia has uncovered. All the recipes she shares with us in this rich feast of a book represent the work of the local people and friends with whom she made intimate contact—the farmers, shepherds, foragers, and artisans who produce local cheeses, meats, olive oils, and wines. And in addition, her daughter, Tanya, takes us on side trips in each of the twelve regions to share her love of the country and its art.

.com From Lidia Cooks from the Heart of Italy: Soup with Bread Fontina Pasticciata (Seuppa ou Piat) This might seem like an unusual dish, a pasticcata (a layered casserole) of bread and cheese that's baked, cut into portions, and served in a bowl of hot broth. Yet the tastes and eating pleasure of seuppa ou piat will be completely familiar and welcome to anyone who loves the gratined crouton of French onion soup or enjoys a crispy grilled-cheese sandwich with a bowl of rich chicken broth alongside. This is a good dish for company, because you can have both the broth and the pasticcata hot and ready to be put together when your guests come. (Chicken stock is my preference, but a savory vegetable stock or a meaty beef broth is just as good.) --Lidia Bastianich Ingredients 8 cups tasty chicken broth (or clear beef or vegetable stock) Kosher salt to taste 1 tablespoon soft butter for the baking dish 1/2 pound fontina from Valle d'Aosta (or Italian Fontal) 1 cup freshly grated Grana Padano or Parmigiano-Reggiano, plus more for passing 18 slices Italian bread, cut 1/2 inch thick from a long oval loaf, left out to dry overnight\* Recommended Equipment: A baking dish or oval gratin dish, 3 quarts or larger; heavy aluminum foil Directions Arrange a rack in the middle of the oven, and heat to 400 degrees. Heat the broth almost to a simmer--season with salt to taste--and keep it hot. Butter the sides and bottom of the baking dish. Shred the fontina through the larger holes of a hand grater and toss the shreds with the grana (grated hard cheese). Arrange half of the bread slices in one layer in the baking dish. Ladle out 1 cup of broth, and drizzle it on the bread slices, slightly moistening them all. Sprinkle half of the cheese on top of the bread in an even layer. Cover the cheese with the remaining bread slices, filling the entire surface of the dish. Moisten these slices with another cup or so of stock; top the bread with all the remaining cheese, scattered evenly. Tent the pasticcata with a sheet of heavy aluminum foil, arching it so it doesn't touch the cheese topping, and pressing it against the sides of the baking dish. Set the dish in the oven, and bake until heated through, about 25 minutes. Remove the foil, and continue baking for 10 minutes or more, until the top is golden brown and bubbly. Take the dish from the oven, and let it cool and set for 5 minutes or so. To serve: Cut out large squares of pasticcata and, with a spatula, transfer them to warm shallow soup or pasta bowls. Ladle a cup of hot broth over each portion and serve immediately, passing more grated cheese at the table. \*Country Italian bread is best for this pasticcata. The width of the bread can vary since it is layered snugly in the baking dish, then cut in squares when served. From Publishers Weekly Starred .

Bastianich, acclaimed restaurateur, star of a PBS cooking show and author (*Lidia's Italy*, etc.), and her daughter Manuali offer a stellar array of regional Italian recipes in this tantalizing and lavishly photographed collection. They serve up authentic, hearty fare including such favorites as wedding soup from Basilicata, braised veal shanks from Lombardy and spaghetti with clam sauce from Le Marche. They celebrate and honor the cuisine of lesser-known parts of the country including Emilia-Romagna's sweet and sour little onions, Molise's braised octopus with spaghetti, Calabria's spicy calamari and Liguria's stuffed vegetables. In her trademark style, Bastianich places each recipe in the context of its Italian heritage, sharing insight into the people and highlights of the region. Offerings run the gamut from fish and beef to pasta and vegetables and provide insight into the traditional Italian kitchen and lifestyle. Readers will enjoy this volume not only as a cookbook but as a vicarious travel guide, flipping the pages to take in the culture as well as the cuisine. Bastianich's fans will delight in this superb volume, which no kitchen should be without. (Sept.)

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**About the Author** Lidia Matticchio Bastianich is the author of five previous books, four of them accompanied by nationally syndicated public television series. She is the owner of the New York City restaurant Felidia (among others), and she lectures on and demonstrates Italian cooking throughout the country. She lives on Long Island, and can be reached at her Web site, [www.lidiasitaly.com](http://www.lidiasitaly.com). Tanya Bastianich Manuali, Lidia's daughter, received her Ph.D. in Italian Renaissance art history from Oxford University. Since 1996 she has led food/wine/art tours of Italy. She lives with her husband and children on Long Island.