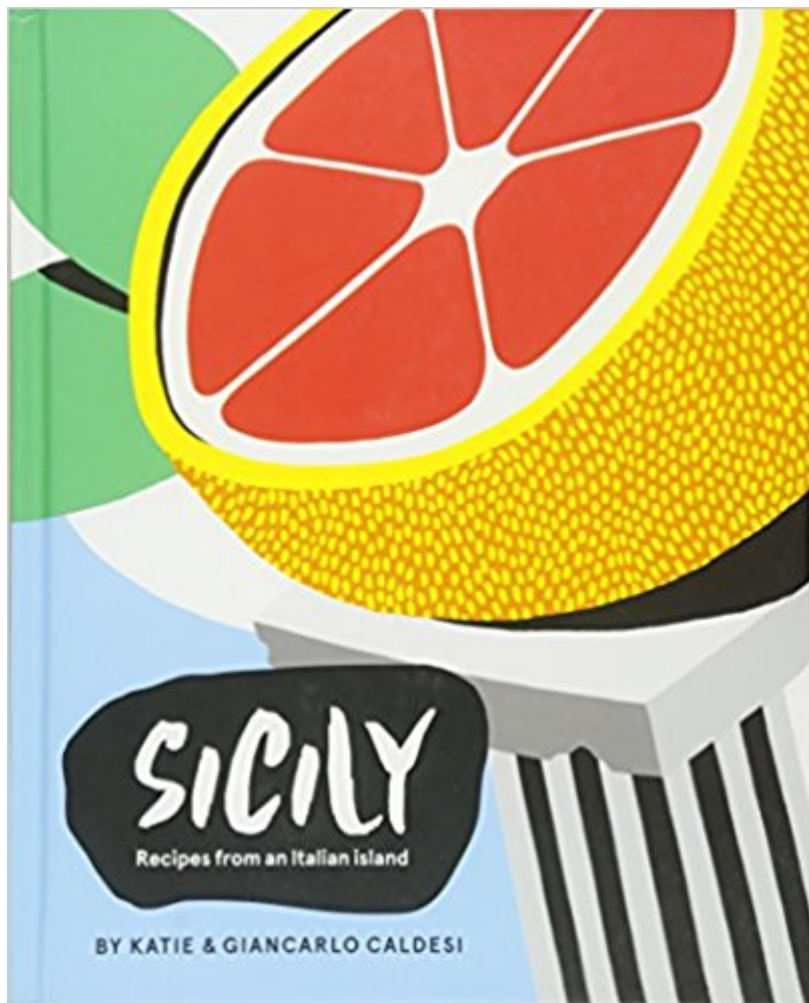


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Sicily: Recipes From An Italian Island



Synopsis

A visual feast of one of Italy's most loved destinations! Italy's most seductive island, Sicily, is located in the heart of the Mediterranean. Thanks to its rich history, Sicilian food has Italian as well as Greek, Spanish, French, and Arab influences. Now Italian aficionados, Katie and Giancarlo Caldesi, head to the island to immerse themselves in its diverse food scene. Starting in the capital, Palermo, the couple come across some exciting street food that features tasty Arancini (rice balls stuffed with meat sauce and cheese) to lesser known gems such as Panelle (garbanzo bean fritters), and Sfincione, a thick Sicilian pizza, topped with tomatoes, onions, anchovies, and casciocavallo cheese. In Trapani they try a fish couscous and then head to Noto, where almonds dominate in some memorable desserts, including a classic Semifreddo and a refreshing Almond Granita (served with fresh brioche, for dunking). Nor would any Sicilian book be complete without Pasta Alla Norma (pasta with tomatoes and eggplants) and the classic, ricotta-filled sweet delight Cannoli.

Book Information

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Customer Reviews

KATIE and GIANCARLO CALDESI are the owners of London's Caffè Caldesi, Caldesi in Campagna, and La Cucinca Caldesi cooking school. They have taught alongside some of the biggest names in Italian cuisine, including Gennaro Contaldo, Ursula Ferrigno and Valentina Harris. This is their ninth cookbook.

Off to a good start with this book - I loved reading it cover to cover, as it really evokes a sense of place. I've found lots of good things to try - the quick beef ragu was a good start on a chilly night.

This will be a standby this summer, I predict.

Love this cookbook. I have about 4 other Sicilian recipe books--all are good, I have to say. But this one is arranged differently, and there is a freshness to it that I enjoy.

Bella Sicilia!! Of all places on earth, this is the one dearest to my heart. I love the place, I love the people and I love the food--all of which makes this the perfect cookbook for me! Arancini--these delicious fried rice balls quickly became a favorite of mine, and no trip was complete without one. Yes, I wanted gelato and cannoli and my favorite cheese, but this simple street food became a favorite taste of Sicily. I have tried making them once before and they didn't turn out great--not bad, but not great. These were an utter delight!! I found myself transported back to the little snack bar outside of the ruins in Agrigento where my husband and I got these for lunch following a morning of exploring the beautiful ruins. He prefers the ragu filled, while I always opt for the cheese and prosciutto. I only made the prosciutto this time, but I plan on making the ragu ones as well next time just for him. The only recipe that didn't turn out right was the Baked Ricotta with Onions and Rosemary. The pictures showed a nice dark brown, crusty look. Mine never got beyond a very pale tan, but that could have been due to the type of ricotta I had. It is very different in Sicily. Sicilian Chips (roasted potatoes with onions, tomatoes and oregano) are simple to make, and are a delicious side for your meal. I left the tomatoes out as I have some that don't care for them roasted, but I think I would enjoy having them. I'll have to make it again and include the tomatoes this time. Orange & Fennel Salad is an absolute classic. It makes a nice light lunch with some crusty bread and a little cheese, or is a delightful side with something like roast chicken or fish. I am absolutely delighted to find a recipe for Pistachio Pesto in here!! I bought a jar while we were in Agrigento and we loved it! Just mix it into some simple angel hair pasta for a delightful dish. I cannot wait to make it!! If you are gluten free, don't despair! This book actually has Gluten-Free Focaccia AND Gluten-Free Fresh Pasta recipes!!! I have thoroughly enjoyed this book and it quickly and easily made it onto my absolute favorites shelf. I found myself reliving my times in Sicily with each bite, and I know I'll cook from this book over and over. I am happy to give it my highest recommendation!! I received a copy of this book from Hardie Grant Books for my honest review. All thoughts and opinions are my own.

Great cookbooks. Very slow shipping from seller.

Love this cookbook! Beautiful pictures and wonderful recipes.

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