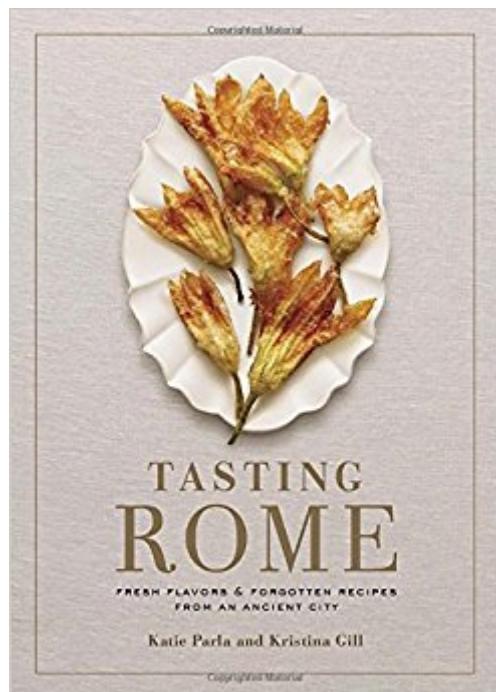


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# Tasting Rome: Fresh Flavors And Forgotten Recipes From An Ancient City



## Synopsis

A love letter from two Americans to their adopted city, *Tasting Rome* is a showcase of modern dishes influenced by tradition, as well as the rich culture of their surroundings. Even 150 years after unification, Italy is still a divided nation where individual regions are defined by their local cuisine. Each is a mirror of its city's culture, history, and geography. But cucina romana is the country's greatest standout. *Tasting Rome* provides a complete picture of a place that many love, but few know completely. In sharing Rome's celebrated dishes, street food innovations, and forgotten recipes, journalist Katie Parla and photographer Kristina Gill capture its unique character and reveal its truly evolved food culture—a culmination of 2000 years of history. Their recipes acknowledge the foundations of Roman cuisine and demonstrate how it has transitioned to the variations found today. You'll delight in the expected classics (cacio e pepe, pollo alla romana, fiore di zucca); the fascinating but largely undocumented Sephardic Jewish cuisine (hraimi con couscous, brodo di pesce, pizzarelle); the authentic and tasty offal (guanciale, simmenthal di coda, insalata di nervitti); and so much more. Studded with narrative features that capture the city's history and gorgeous photography that highlights both the food and its hidden city, you'll feel immediately inspired to start tasting Rome in your own kitchen.

## Book Information

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## Customer Reviews

œCooks who value history and context as crucial ingredients in their recipes will treasure *Tasting Rome*...One of the book's many strengths is its ability to translate several thousand years of the city's cuisine for today's reader and home cook...The authors cover some major territory

here, culling the best of Rome from peripheral neighborhoods and downloading kitchen wisdom from both the city's more innovative restaurants and generations-old institutions. "New York Times Book Review" You'll see Rome through the eyes and taste buds of Katie Parla and Kristina Gill in this attractive new cookbook. They lightly sketch Roman history through its neighborhoods and their culinary specialties, like offal in Testaccio, Jewish foods from the ghetto and the cooking of Libyan immigrants. Along the way, they describe old recipes that have gone out of fashion and how chefs innovate based on them. "New York Times" A lively and educational read for anyone who has visited and fallen in love with the Eternal City, anyone planning a trip there (whether soon or someday), food history buffs, and fans of flatbread. "Epicurious" A vivid portrayal of Roman food culture, both traditional and contemporary. "T Magazine" If you think red sauce and mozzarella are the extent of Italian food, brace yourself for a delicious revelation. Tasting Rome is here to broaden your palate. This one-stop guide to Roman food brings you recipes for classic dishes you know and love, plus new ideas and iterations of what Italian food means. "FN Dish, Food Network blog" A fantastically detailed look into Rome's most remarkable dishes | a new classic in the Italian food library.

"Saveur" Tasting Rome explores both modern Roman cuisine as well as the history of flavors and recipes that have evolved with the city's population. "Eater" The survey of Roman food culture [in Tasting Rome] highlights traditional and contemporary dishes alike, proving that you don't need to parlare italiano to master classics like cacio e pepe. "InStyle" [This] excellent new cookbook celebrates Rome's exciting food scene with some easy innovations on classic Italian. "Bloomberg.com" When we think Rome, we think pizza and pasta (and can't get there soon enough). But Katie Parla and Kristina Gill, two Americans who have each lived in the Italian capital for more than a decade, want us to know that there's so much more to their adopted city: couscous from Rome's ancient Jewish quarter, big platters of chicken stewed with peppers, creamy fish stews and peppery rice balls, to name just a few. "PureWow" A tribute to the unique character of Roman cooking, its time-honored dishes, and its new creations rooted in traditional flavors. [Parla and Gill] focus on the foods that highlight the spirit of Rome and make their selected recipes truly accessible for home cooks. The perfect Roman holiday for every Italophile. "BookPage" The kitchens of Rome come alive in this cookbook celebrating classic and contemporary dishes from today's Roman table. In more than 85 recipes, food and travel journalists Parla and Gill bring their city's characteristic cuisine to the home cook: [a] solid introduction to Roman cooking. "Publishers Weekly" A tribute to the regional cuisine of Italy's capital and largest city. "Ebony" For foodies (and fans of Italy)

around the world, this is a must-have for the kitchen library.â •Â â " Skylife Magazineâ œ[In Tasting Rome], journalist Katie Parla and photographer Kristina Gill go deep on the ancient and modern foods of Italy's capital city, where the traditions are as unique as the city is historic. Recipes run from the city's classic cacio e pepe and fried rice suppli to contemporary contributions from Rome's new generation of chefs.â •Â â "Epicuriousâ œThis book captures the beauty of artisan food! The combination of recipes and photographs make me feel as if I am back in Rome.â •Â â "Alice Waters, chef/owner of Chez Panisse and author of The Art of Simple Foodâ œTasting Rome is the definitive vehicle for viewing Roman culture through its food. It is filled with exquisite recipes, fascinating craftspeople, accomplished chefs and stunning photography. They all make for a must have book for any food lover or home cook.â •Â â "Andrew Zimmern, chef and authorâ œThis book is as much a comprehensive study as it is a love affair with one of my favorite cities in the world.â •Â â "Marc Vetri, chef/owner of the Vetri Family of Restaurants and author of Mastering Pasta "For years Iâ ™ve used Katie and Kristinaâ ™s on-point insights and recommendations when traveling to Rome. Iâ ™m thrilled, now, to be following them into the kitchen, recipes and inspired photographs in tow. Tasting Rome celebrates the food, recipes, and culture of one of the worldâ ™s great cities written and photographed by two women primed to know its stories and secrets "â "Heidi Swanson, author of Near & Far"I dare you to get more than 10 pages into this book without attempting to purchase a plane ticket to Rome. With verve and honesty, Katie Parla and Kristina Gill have painted a culinary portrait of a beautifully complicated city forever at the crossroads of past and future. Impeccably researched and beautifully designed, Tasting Rome is essential reading for anyone who has ever twirled pasta around a fork."â "Talia Baiocchi, editor-in-chief of Punch â Â â œI plan to keep learning from Tasting Rome on repeated readings for years to come.â It is a gem.â •Â â "Brooks Headley, chef/owner of Superiority Burgerâ œIn a time when food trends seem to change by the hour, Tasting Romeâ is a delightfully devoted to tradition. This cookbook is as much a feast for the eyes as it is for your dinner table and is bound to make everyone excited to sit down and eat.â •Â â "Grace Bonney, founder of Design\*Spongeâ œReading Tasting Rome is like getting a private tourâ ofâ the city with two of the most in-the-know Roman transplants. The recipes are so refreshingly not trendy:â They'reâ old school and old world and I'mâ so happy these two made such an effort to preserve and celebrate them. Couple with Kristina Gill's incredible photography, this book is a keeper." â "Julia Turshen, co-author of Itâ ™s All Goodâ "This is not just a cookbook! Katie and Kristina pack in history and culture into the story of Romeâ ™s rich and delicious food history. Their narrative draws on the ancient, creative, and progressive interpretation of an Italian regional style, all of which are timeless and continue to be relevant, fundamental, and

influential in modern international cuisine. "Jenn Louis, chef/co-owner of Lincoln and Sunshine Tavern and author of *Pasta By Hand* "In Tasting Rome, Kristina and Katie have brought Rome to you with a festival of food and drink. It's such a gorgeous book with well thought out recipes, I'm booking my plane tickets now!" Justin Gellatly, co-founder of Bread Ahead and author of *Bread, Cake, Doughnut, Pudding*

KATIE PARLA moved to Rome in 2003 after graduating from Yale. She holds a sommelier certificate and a master's degree in Italian gastronomic culture. She writes about Roman food and beverage culture, and has contributed to and edited many travel guides. She often appears as a Rome expert on the History Channel and the university lecture circuit. She has created two mobile dining apps and blogs at [KatieParla.com/blog](http://KatieParla.com/blog). KRISTINA GILL is the food and drinks editor at *DesignSponge.com*, a home and lifestyle site with over 1.2 million readers per month. Her original recipes, and those she hand-selects from celebrated authors, chefs, and readers have appeared weekly as the "In the Kitchen With" column since 2007. She is also a food and travel photographer. Kristina transferred to Rome in 1999 after earning her BA from Stanford and her MA from Johns Hopkins SAIS.

Oh no, another Italian cookbook! However, this one is unique in having some uncommon recipes as well as fascinating background information. The authors, Katie Parla and Kristina Gill, are expats who live and work in Italy: Katie as a food journalist and guide and Kristina as a food editor and freelance photographer. Researching the cuisine of Rome, they found it to be similar to ours in that migrants and immigrants have lent a hand in changing the ingredients, customs, and techniques of the local cuisine. The evolution is ongoing. The book contains classical as well as traditional recipes with modern innovations. One example is Pollo alla Romana, a summer chicken stew. The contemporary twist is serving it in a bun as a sandwich. Divided by familiar themes, the chapters are filled with interesting recipes from Beef Tongue in Salsa Verda to Crackers with Rosemary. I was excited to see the recipe for Upside-Down Pizza made with einkorn flour, my latest favorite ingredient. There is even a chapter on drinks. I was pleased to see an extensive section on ingredients and cooking equipment. It was great to learn about Fennel Pollen and Guanciale without having to search the Internet. In addition, the photography was pleasing with well-staged subjects, and the interspersed history lessons were quite interesting. Who knew there was a Roman Ghetto? There are minor complaints. The authors emphasize the importance of using a scale when baking; however, weight measurements are missing in the biscotti, day of the dead cookies, sponge

cake, and sweet buns recipes. In addition, why do I have to hunt the index for biscotti? The biscotti recipe is not under “biscotti” or “cookie”, but under “almond.” I made three recipes: Butter and Anchovy Crostini. This was a unique, tasty, easy starter; however, next time I will place only one anchovy on each toast. Pollo alla Romana/Chicken with Tomatoes and Bell Peppers. This is a Roman favorite summer stew served alone or on a bun. The dish’s colors reflect those of the city flag. We found it tasty, but not bursting with flavor. It was time consuming. Brutti ma Buoni/Hazelnut Meringues. These are great, best eaten fresh. They are a little time consuming, but the uniqueness and flavor make the effort worthwhile. This book will make a very nice addition to one’s library both for its inspiring recipes and visual appeal. The table of contents appears below. I received a copy of this book from BloggingforBooks in return for my honest opinion. The opinions expressed are mine alone.

An in depth, very well researched book about the food of Rome - the reasons and history behind the dishes, the modern adaptations, various insights. If you want to understand Roman cooking and then try your hand, this is the book - there are recipes for beginners as well as experienced and more adventurous cooks. A must for the serious cook and the person who wants to understand Roman food.

Been to Rome? This book will remind you how wonderful the city looks with its beautiful photos. It will also remind you how wonderful it can taste. This is a great selection of Roman recipes. If you haven’t been there, this collection will give you a sense of what the city can offer, and will whet your appetite for making the trip.

A long, long time ago, my ancestors were Sheriffs on the hills of Rome. I visited Rome as a teenager, and loved the food. The pasta. The pizza. The gelato. Italian food is most everyone’s favorite, but Roman food has its own culture that few people have really experienced. Much of the Italian food in this country has been Americanized to the point of being hardly recognizable to its true origins. *Tasting Rome*, a cookbook by Katie Parla and Kristina Gill, is part cookbook, part culture lesson, and part history book. The recipes are not what you would expect from an Italian cookbook, because it’s not an \*Italian\* cookbook per se...it’s a Roman cookbook. Romans use fresh, seasonal produce, and don’t waste any part of the animal, so you will find recipes using beef tongue, chicken innards, and veal cartilage. There are also many different cultures living in the Eternal City, so there is an entire chapter dedicated to the recipes originating from the Jewish ghettos. There are eight

chapters:-Snacks, Starters, and Street Foodwhich include recipes for things such as three variations of Rice Croquettes, Torta Rustica (savory pie), and Fried Mozzarella with 'Nduja. ('Nduja is a spicy spreadable Italian salami.)-Classics and Variationsrecipes include Spaghetti alla Gricia, Amatriciana Estiva (Summer Amatriciana), and Gnocchi-Cucina Ebaica (this is the cuisine of the Roman Jews)recipe examples are Concia (fried and marinated zucchini), Anchovy and Frisee Casserole, and Honey Soaked Matzo Fritters-Quinto Quarto (this is the most "out there" of the chapters, recipes using the often-discarded parts of the animal)some of the recipes included are Grilled Pig's Liver, Sweetbreads with Marsala Wine, and Tripe with Tomato Sauce, Mint and Pecorino.-Verdure (vegetables)featuring recipes for Microgreen Salad with Hazelnuts and Pecorino, Baked Tomatoes Stuffed with Rice (Pomodori con Riso), and a Shaved Artichoke Salad.-Bread and Pizzaincluding such dishes as Pizza Bianca e Pizza Rossa, Pizza Romana (which is a thin crust Roman-style pizza), and a Ciabattini bread, as well as instructions on making a "biga" or starter.-Sweetsrecipes include Castagnole (fried dough balls with sugar--who doesn't love that!?), Panna Cotta, and several varieties of Roman cookies.-Drinksmake cocktails using vodka, bourbon, and various flavored liqueurs.In addition to the recipes, there is an informative section in the beginning that defines all the ingredients and gives recommendations for the best cook's tools and types of ingredients to use. There is also a good deal of background information about the history and culture of Rome spread throughout the pages.This is an interesting book for learning about how the culture of Rome has impacted it's cuisine-and vice versa-and has many authentic recipes (both traditional and updated) to help give you a taste of the Eternal City without needing to find your passport.On the other hand, if you're just looking for a family-friendly update to your typical Spaghetti and Meatballs or Lasagna Italian night, this book probably isn't for you.\*I received a free copy of this book from the publisher via Blogging for Books in exchange for my honest review. All opinions are my own and have not been influenced in any way.

We love this cook book. After living in Roma for 3 years, we know that most American Italian restaurants just don't have the same flavors as Italy. Once you open this book and start reading the recipes and food explanations, you will understand why. Just a super fabulous book. I feel like I need to do the "Julie and Julia" exercise to cook every single one of these dishes. Yum!

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