



SICILY IN THE KITCHEN

30 recipes that are too good to miss!

**Maria Teresa Di Marco
and Marie Cécile Ferré**

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Sicilian cuisine is the cuisine of the *curtigghiu*, or the courtyard, with recipes being passed from door to door, from balcony to balcony and, literally, from mouth to mouth. Yet, at the same time, Sicilian cuisine is a cuisine which competes with the greatest of gastronomic traditions: the Arab tradition of sweet and sour, the French tradition of creative chefs, the farming tradition which skilfully uses the produce of the land. While there are a thousand variations each one is naturally the best, triggering endless arguments regarding authenticity of ingredients, cooking methods, the gallantry of suppliers, the proud boasts of a market. And so the task of describing and demonstrating a cuisine which is a world of flavours and ingredients proves to be not just difficult but, literally, "dangerous".



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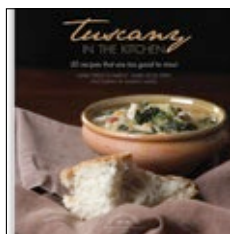
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The two friends **Maria Teresa** (Maite) and **Marie Cécile** (Marie) are the authors of the Italian cooking blog *La cucina di calycanthus* (www.lacucinadicalycanthus.net). The two friends cook and the photographer **Maurizio Maurizi** (Mau) takes photographs. This book emerged from this friendship and this experience.

By the same authors:



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