



FROM THE MARKETS OF TUSCANY

A cookbook

Giulia Scarpaleggia

19 x 24 cm – hardback

320 pages, color illustrations

35 \$/27 £ – 978 88 6753 219 3



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Tuscan cookery is done at home, in local shops, in vegetable gardens and among market stalls. This book is a collection of traditional seasonal recipes and a guide to the best food markets in Tuscany. Giulia takes you with her on a tour of one of the most appreciated regions in the world, through both its well and lesser-known areas; from the streets of Florence to the charming and mysterious lanes of Volterra; from Garfagnana to wild Lunigiana; from the velvet hills of the Val D'Orcia to the vineyard and olive grove-covered hills of Chianti.

Through photographs, words and recipes, Giulia describes historical markets like those of San Lorenzo and Sant'Ambrogio in Florence, the weekly markets that are eagerly awaited fixtures in the little villages of the region, and local farmers' organic markets. Also included are coastal fish markets and the little fruit and vegetable huts that can be found along the roads of Maremma. Stories emerge from every market and every meeting with producers and locals that link to seasonal memories and recipes tasting of home. Divided into 12 chapters, this book proposes traditional dishes of every area, from classics including *pappa al pomodoro* and *panzanella* to seasonal recipes inspired by markets, such as *gnocchi* with porcini mushrooms or chocolate semolina cake with pears.



Guido Tommasi Editore