

Popes, Peasants, and Shepherds: Recipes and Lore from Rome and Lazio (Hardback)

By Oretta Zanini De Vita

University of California Press, United States, 2013. Hardback. Condition: New. Translation. Language: English . Brand New Book. The food of Rome and its region, Lazio, is redolent of herbs, olive oil, ricotta, lamb, and pork. It is the food of ordinary, frugal people, yet it is a very modern cuisine in that it gives pride of place to the essential flavors of its ingredients. In this only Englishlanguage book to encompass the entire region, the award-winning author of Encyclopedia of Pasta , Oretta Zanini De Vita, offers a substantial and complex social history of Rome and Lazio through the story of its food. Including more than 250 authentic, easy-to-follow recipes, the author leads readers on an exhilarating journey from antiquity through the Middle Ages to the mid-twentieth century.





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