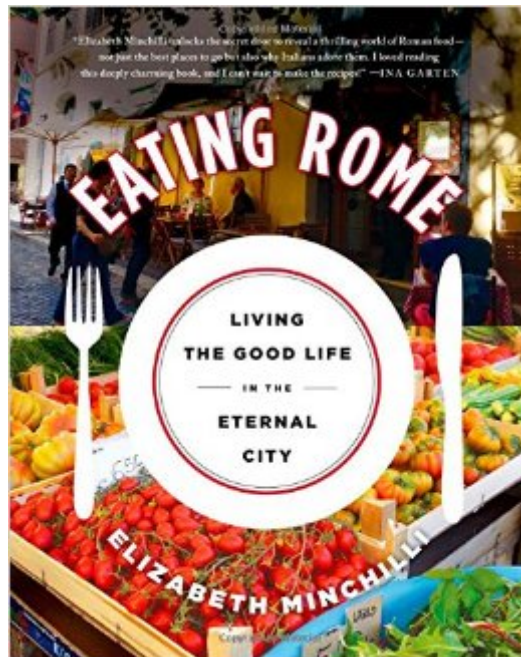


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# Eating Rome: Living The Good Life In The Eternal City



## Synopsis

Elizabeth Minchilli has been eating her way through Rome since she was 12 years old. *Eating Rome*, based on her popular blog *Elizabeth Minchilli in Rome*, is her homage to the city that feeds her, literally and figuratively. Her story is a personal, quirky and deliciously entertaining look at some of the city's monuments to food culture. Join her as she takes you on a stroll through her favorite open air markets; stop by the best gelato shops; order plates full of carbonara and finish the day with a brilliant red Negroni. Coffee, pizza, artichokes and grappa are starting points for mouth-watering stories about this ancient city. Illustrated with Minchilli's beautiful full-color photos and enriched with her favorite recipes for Roman classics like vignarola, carciofi alla romana and carbonara, *Eating Rome* is the book that you want if you are planning your first trip to Rome or if you have been to Rome a dozen times. And even if you just want to spend a few hours armchair traveling, Elizabeth Minchilli is the person you want by your side.

## Book Information

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## Customer Reviews

Readers and prospective tourists who dream of Rome will find this to be a 'must have' book.

Elizabeth Minchilli, American-born; Italian-wed, has spent enough time living in Rome and studying the city to write authoritatively about its food ways, restaurants, trattorias, pastry shops, market sources and so on. And write she has: check out her popular blog or buy her top-rated restaurant app, also titled 'Eating in Rome.' In a friendly and engaging voice the author seems to invite us into her own apartment and life as she explains how to 'eat like a Roman' at restaurants, in your rented apartment, out on the street (getting harder thanks to changing local laws) and she explains where

Romans eat and where they find the best of it. Chapters deal with the intricacies of coffee consumption, the Roman love of artichokes and bitter greens and other vegetables in season; how to stock a Roman pantry (there or in the U.S.A.); the Roman way with pasta; Rome's love of pork products; how Romans feed their young children and how they feed their pets; 'cucina di Mama' (Mama's cooking--that was the best!); the Sunday lunch tradition; the new antipasto buffets, panino and, of course, gelato. All along the way there are recipes for signature dishes with tempting pictures of the plated results. I have visited Rome for multi-day stays over recent years. As a 'plan ahead' tourist I have always looked for a book like this without really finding one until now. This food-oriented guide will prepare you culturally and will point you to specific restaurants and markets. You will know just what might be in a good few typical dishes BEFORE you order them! You will also be in possession of many helpful tips about what might be expected of you in a coffee bar, trattoria or restaurant as far as ordering, paying, tipping and when you may not sit at a table and the like. Should you buy and follow this book, you can experience some fine Roman-style meals at home or you can travel there with some confidence and have a fine souvenir to review when you come home! That's what I'm using my copy for.

I found *Eating Rome* to be an impressive work, this is a cookbook that was truly written. Each chapter has a lengthy exposition on how popular blogger, acclaimed author, and adopted Roman, Elizabeth Minchilli, discovered and came to value the recipes which follow. And each recipe includes a lengthy description of when, how, and why this dish is made this way in Rome. The recipes themselves are in plain English, and yet, the recipes often include, or end with, another lengthy description explaining a specific technique or approach, and how to know when you've done too little, or gone too far. It's clear that Minchilli has made these enough times to warn us of any possible hazards along the way, and she does so with both a down-to-earth warmth and a scholar's clarity. Every sentence is informative and engaging, and I found it very difficult to put it down once I started reading it "cover to cover". The recipes are also a revelation in themselves; for instance, the fettuccine Alfredo which has 3 ingredients and no cream, and is my family's new favorite dish. I love travel books and cook books, and especially when they are combined, but this is the best combination of the two I've ever encountered. I especially love the traveler's tips which explain why so many things are done the ways they are in Rome "like why you don't eat while walking about in Rome, and why pizza bianco and gelato are the exceptions to those rules. The lists of current restaurants for travelers to enjoy, with explanations why they're recommended,

are also enjoyable to read, for those soon-to-visit, or for those who just dream of dining in the Eternal City.

I bought this book for timely inspiration as we were going to Italy with an itinerary including Rome. This book is great whether you are planning a visit, want insight to the unique food culture of this fascinating city, or seek recipes which are traditionally Roman. I knew from other reading that Italy's cooking and food tastes are extremely diverse, localized, and dependent on the local ingredients. This book was great for understanding not only the food culture of Romans, but also the greater Lazio province, and the cultural drivers that have influenced their local cuisine. Minchelli, despite having relocated to Italy as a preteen, helps connect the content to an American's point of view. Through an understanding of how Romans eat, shop, and celebrate through food, the reader gets a greater connection to this people's history. The best part was visiting so many of the places she shared in the book. Ate fabulous meals at Sora Margherita and Perilli, discovered "guanciale" the fabled cured (but not smoked) pork cheek which provides the base flavor of so many Roman dishes, and I'm making her carbonara recipe for dinner this evening. (Peril served it with rigatoni and I intend to do the same. Guanciale? Check!) Sadly, US grown artichokes are nothing like those served in Rome. Part memoir, part journal, and part cookbook. All good stuff.

This book is a great book for those visiting Rome for the first time. Plus It's the perfect size to throw into your suitcase. It's a lovely very personal account of living in Rome. I think the recipes are easy to follow and give you a sense of how Romans eat, just like the title. It's a lovely addition to your Italian travel book collection. I loved the book. I found it charming and highly entertaining to read. I have already gifted it to friends who will be traveling to Rome for the first time in September.

What a delightful and yummy book! I have been to Rome before, but seeing it thru the eyes of a professional such as Ms. Minchilli gave me a whole new take on the city. I especially enjoyed how she wove little vignettes of her life (in a charming and self-deprecating voice) throughout each chapter. Humorous and friendly, Ms. Minchilli offers a positive and informative love letter to the vendors, restaurateurs, and her family in the city she calls home. Plus, her photographs are gorgeous.

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