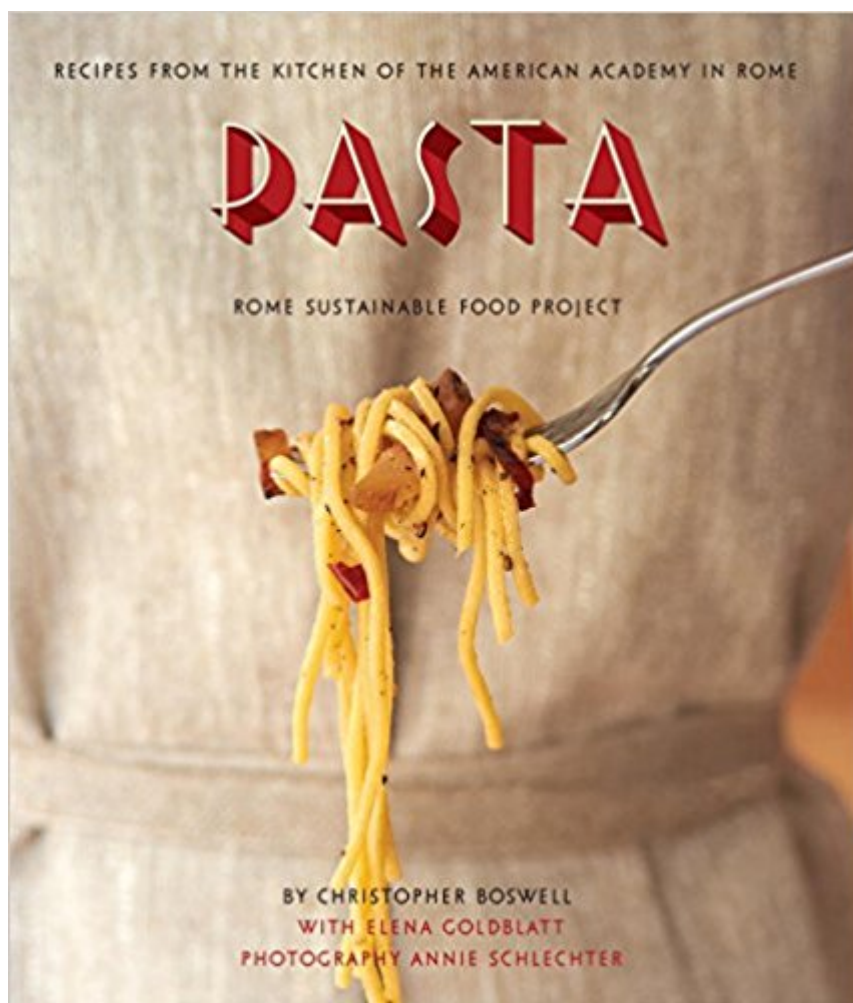


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Pasta: Recipes From The Kitchen Of The American Academy In Rome, Rome Sustainable Food Project



Synopsis

Even if you haven't landed one of the coveted internships in the kitchen at the American Academy in Rome, you can have a behind-the-scenes tutorial in the way that pastas and sauces are made in its kitchen. The recipes in *Pasta* are arranged in the same order as the interns are taught to make them, from simple to more complex, and are organized the way Italians think about pasta, not only as fresh or dry but by the base of the sauces (oil, tomato, meat, and vegetable). Even the most sophisticated cooks will be intrigued by chef Christopher Boswell's engaging notes that explain what makes the flavors work together, why and how the sauces work with the pastas, and what makes a dish not only great but unforgettable. He includes simple techniques, small refinements, and easy variations. Among the more than ninety recipes you'll find *nduja*, a soft, spicy sausage spread from Calabria; a sauce that unexpectedly pairs basil and asparagus; delicate and refreshing summer pastas; and hearty and earthy vegetarian dishes. You'll find the go-to dish of southern Italian families, made when no one can agree on what they want to eat; a recipe traditionally made by shepherds that uses three ingredients readily found in most modern kitchens; inventive sauces that are riffs on the classics; and iconic sauces whose success depends on something as simple as when to grind the pepper. The influence of *Chez Panisse* is everywhere in *Pasta* (Chef Boswell is an alum and the Rome Sustainable Food Project at the American Academy was founded by Alice Waters). Sauces—and even meatballs—are often lighter than their Italian counterparts. Flavors are bright. Ingredients shine. Each dish tells a unique story.

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Customer Reviews

I was surprised when this book first arrived how tiny it was, only about 7x6x1 inches, not my idea of a full-sized cookbook at all, but looks are deceiving. I have recently started making my own pasta and have been eagerly buying pasta books since, and this one is definitely an instant favorite. Starting with the most basic recipe, how to season your oil for the sauce, I was learning things no other book was teaching me about how to properly cook pasta and other Italian food. Every recipe in here is worth a try, just reading through the contents is enough to make you salivate. Definitely what you might call "restaurant quality" dishes, the kind of food more than worth spending money on. A great read, and an even better cooking-guide. Highly recommended.

This is the best pasta book I have ever read because it explains the science behind the cooking and arranges the recipes in an order which demonstrates pasta cooking from the most simple recipes to the most complex. I already know a great deal about cooking pasta and still found this book extremely helpful. The recipes are authentic Italian and healthy.

Having spent a year living at the Academy, I can say that chef Chris Boswell is extremely passionate, knowledgeable, and meticulous about his food, and it really shows in this book. A wide variety of recipes for the most authentic and regional pasta dishes are contained in this book, and everything is beautifully laid out and clearly explained. Having made a few dishes from it already, I am pleased with how much these dishes taste like the real thing I had in Italy.

Wanted to get some great pasta recipes to go along with our pasta machine. This book has 4 pasta dough recipes that can be modified based on some of the book teachings. Great division of recipes by regions of Italy. Have tried two with great success. You will be surprised with how wonderful fresh pasta is and when the pasta is the center of the dish!

Pasta cookery is an art that is largely misunderstood in this country- overcooked and over sauced. This is an exceptional book that embraces simplicity and freshness.

I bought the book for my husband. We've been to Italy and that is where we first learned to make pasta from scratch. The hubbs has been making homemade pasta for a couple years, and he loves

this book of recipes. Great photos, insight into the science of cooking, and delicious, simple, clean recipes.

This is a welcome addition to the Rome Sustainable Food Project cookbooks, full of not-garden-variety pasta & sauce recipes. The recipes are easy to follow but not elementary and the progression from simple to more complex dishes helps the cook build on first steps. This not a hodge podge of someone's favorite recipes but a well-thought-out collection of regional specialties. And it's beautiful to look at! Caveats: the smallish size is attractive but difficult to keep open while working and the decision to index by pasta type alone means the cook has to review the entire index to find a particular vegetable or cheese, even if it's a leading ingredient.

This is another "must have" from the AAR kitchen experts. If you want to learn how to prepare Italian/Roman food authentically, this small but potent volume is essential on your cookbook shelf.

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