



[*Food of the Italian South*](#). Copyright © 2019 by Katie Parla. Photographs copyright © 2019 by Ed Anderson. Published by Clarkson Potter, an imprint of Penguin Random House, LLC.

Our Summary:

[*Food of the Italian South: Recipes for Classic, Disappearing, and Lost Dishes*](#) goes beyond the flavors and dishes that have migrated across the Atlantic and are commonly known in the United States as “Italian food.” These recipes, anchored in the Italian south, reflect the soulful culinary traditions and pure ingredients for which the region is known. Cookbook author, Katie Parla, created these recipes alongside chefs, farmers, bakers and home cooks in Italy’s five southern regions. While the original recipes are crafted with “pinches” and “handfuls” of ingredients, Parla writes the recipes with US measurements to allow for our success in the kitchen. Enjoy the food tour this book provides through southern Italy. You’ll be treated to learning about the history, culture and traditions that make this regional cuisine unique, charming, and above all irresistible. Buon Appetito!

What you need to know:

Get it: [*Food of the Italian South: Recipes for Classic, Disappearing, and Lost Dishes*](#), copyright © 2019 by Katie Parla. Photographs copyright © 2019 by Ed Anderson. Published by Clarkson Potter, an imprint of Penguin Random House, LLC. March 12, 2019, Hardcover \$30.00; ([Amazon \\$19.00](#); [Kindle \\$15.99](#))*.

See it: A 256-page guide to southern Italy combines delicious recipes with the unique history and stories of each of its five regions. [*Food of the Italian South*](#) is filled with beautiful pictures of many of the finished dishes along with breathtaking photographs of their regions of origin. The chapters lay out the traditional structure of a meal in southern Italy; for ease of reference the index is thorough and includes references by ingredients. The book finishes with an invaluable *Resources* guide to help you identify and locate the authentic ingredients you may not be familiar with or can’t find in your local store or market.

Make it: A collection of 90 recipes that paint a portrait of southern Italy. There are classic and modern recipes, and each has a story to tell. The *South Italy Kitchen* section is a heartwarming introduction to the simplistic traditions of meal preparation that are still used today. The explanations of the tools needed to prepare the dishes in this book are basic and practical, much like the cuisine itself.

* Product prices and availability are accurate as of the date of publication and are subject to change. Any price and availability information on Amazon.com at the time of purchase will apply to the purchase.

Cherie’s Review:

Every time author, culinary guide, and journalist Katie Parla visits southern Italy she asks the same question: “Where is everyone?” After the mid-nineteenth century unification, a staggering number of people, including Parla’s ancestors, fled southern Italy. No longer landholders, they faced unemployment and starvation. Despite the large numbers that migrated north and those who sailed to America, the food-driven culture of the Italian south was resilient. Today, it is alive and well. In Parla’s latest cookbook, [*Food of the Italian South: Recipes for Classic, Disappearing, and Lost Dishes*](#), she emphasizes that to fully understand and appreciate the geographical cuisine of this region, you must first understand the history of its five southern regions.



[Food of the Italian South](#) celebrates Molise, the mountainous heart of Italy known for rustic and hearty food. Parla calls for “vegetable forward” thinking to wrap fresh, seasonal ingredients into recipes that have been passed down from one generation to the next. Her recipe for *Pizz e Foje (Polenta with Wild Greens)* is pure comfort food, combining bitter leafy greens with sweet corn bread and a healthy dose of olive oil. *Minestra di Zucchine (Zucchini, Egg, and Parmesan Soup)* is packed with zucchini and is essentially a summertime Italian egg drop soup. It is quick, flavorful and an easy way to use the abundance of zucchini we tend to have at harvest time. Parla underscores this “vegetable forward” way of thinking in her recipes. The simplicity of the recipes, she says, makes the lesser ingredients more likely to stand out

In the region of Campania, there is a small village that thousands flock to so they can eat at a pizzeria named Pepe in Grani. [Food of the Italian South](#) celebrates the legendary chef and owner of Pepe in Grani, Franco Pepe, whose pizza is said to be the best in the world, with *Pizza all’Alto Casertano (Alto Casertano Pizza)*. This recipe is inspired by his dessert pizza that uses lard, fig jam and shaved Romano. In this chapter, Parla shines as a recipe writer. She includes instructions and a pictorial montage on kneading dough to make the crusts for *Pizza Margherita (Margherita Pizza)* and *Pizza con ‘Nduja e Fior di Latte (‘Nduja and Mozzarella Pizza)*, each using tomatoes, olive oil and fresh basil, for which the region is known.

Puglia, Basilicata and Calabria round out the remaining regions of southern Italy. Each provides unique culinary wonders that stem from a wide range of ingredients native to the region. [Food of the Italian South](#) gives us a revered dish from Puglia, *Orecchiette con Burrata, Pomodorini e Pesto (Orecchiette with Burrata, Tomatoes, and Almond Pesto)*. It is a perfect summer recipe served at room temperature. *‘U Pan’ Cuott’ (Baked Bread and Provolone Cheese)* is a rustic comfort food made in a town in Basilicata known for its ancient bread traditions. This casserole uses bread scraps combined with bits of provolone cheese to create a savory bite from heaven! A recipe for a piquant plate of *Alici Arraganate (Pan-Fried Anchovies)* is a favorite from the last of the regions, Calabria. The people of this territory are known for their love of “heat” and use a variety of chiles in their cooking. They often combine browned garlic and charred *peperoncino* to bring out the heat!

If you long for a trip to the regions of southern Italy then jump into Katie Parla’s beautifully written cookbook, [Food of the Italian South](#). Parla’s deep admiration for southern Italy’s people, food, and culture is apparent and inspirational. Whether your heritage is rooted in southern Italy or you are a foodie that craves regional rustic and delicious food, this cookbook delivers up exactly what you want to know and are hungry for.

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[Manell’](#) (Fried Polenta Fritters)

[Peperoni Imbottiti alla Beneventana](#) (Bread-Stuffed Peppers)

[Sicchie d’a Munnezza](#) (Spaghetti with Dried Fruits and Nuts)