



Mangia

How to eat your way through Italy

By Maria Pasquale

Smith Street Books
 9781922754899
 £26
 Hardback | 22 x 17 cm
 240 pp | 20 recipes | 100,000 words
 80 colour photographs
 On sale 10 October 2024

Travel across Italy's regions through food and discover the best of its produce and dishes.

Travelling Italy isn't just about the sights, it's also about the food. For centuries, Italy has cultivated some of the world's finest produce, from plump tomatoes to nutty parmesan and velvety bottles of wine. It's a country that revolves around mealtimes, and no visit is complete without experiencing these culinary traditions.

Mangia guides us through Italy's 20 regions, sharing the cuisine that defines each. Learn about their food histories and produce, discover what dishes to try (along with what drinks to pair them with), and learn about culinary festivals and experiences.

You don't have to travel to the boot to try its food, though: Every chapter includes a recipe for readers to experience a bite of Italy in their own kitchens, written by chefs who run some of the world's best kitchens.

In Italy, it's all about la dolce vita, and there's nothing that captures that better than a full table of food.



Maria Pasquale always knew Rome was her destiny. With a formal background in political science and history, she is now an award-winning food and travel writer and journalist and contributes regularly to *USA Today*, *CNN*, *Condé Nast* and *The Telegraph*.

The author of *I Heart Rome* and *How to Be Italian*, her lifestyle blog *HeartRome*, has readers in over 100 countries, a social media network that exceeds 40,000 and has been featured in *BBC Travel* and *Vogue* among others. In Rome, you'll find her walking the streets of Trastevere, checking out the latest bar for an aperitivo or dining with friends.

