



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.

Mangia

How to eat your way through Italy

By Maria Pasquale

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

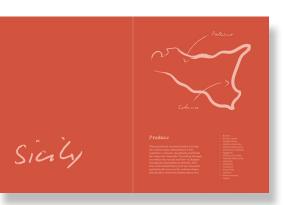
Travel across Italy's regions through food and discover the best of its produce and dishes.

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.











MARIAS TOP 10

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- masses who coulds 1 afford the fish repl it with less expensive registerat and as the data evolved. It is a fict, and execute part delocacy of formati, aggitant, nilves, cap orien that can be avered as a associa, as a hot or cold and even in a sandwich.
- ARANGINI E Siciliaria taka their fried in tomatoriagi and pees priso seriound that they are of
- about it. for learning: would be masculine a part of the stand, and the western coast. Sc.

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Other dishes to look out fo

Or between u of its land and beam colonised.

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Polyette di reclanzate The abendance of eggpiant subergine in the region makes thus diritora a stapi in most Calabrian households. Eavy to propase, the contad eggpiant is mised wi stale bread, eggs and gaated chrese befor being baled or fried in ea quisk stack or poly start of the start of the spin stack or being baled or fried in ear quisk stack or

maniata refers to manil or hands artic bread is studded with pieces o I, pork scratchings and provels or avails choose before baking. A rich is uses the addition of bolled eggs cotts added to the mixture.

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BY YIVIANA GORI

Sweet wine biscuits

I also any security is a soft mends with mends in many lot of the recipe tander and the second difficience rings threads the mends of the recipe and mattic, this version includes occurs for a severe yet. But re this is the mask ingredent, as the manner segments is wing, and it is also constrainty to serve these bloods with red wing for deputy and the second second second second second second second in the second second second second second second second in the second second second second second second second or versificing class fixed, the isolated mends and with red second se

MAKES 30

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LE FESTE IN ITAL

Once of the things I love most about fluip, is that at any given time of year there is a reason to cat but importantly to try a particular disk. Le feste, the festivities are a time ta celebrate perfect and second time of the second second

net with particular sweets. of many varieties, cadagnole I frappe, with different names		
	Across the country, you I find panettone, pandoro and velocus varieties of tomore and panlote cales at Ovisimas and coloriba	

ABBU220 - Cantevale Coerchista, chiacon - Christmas, Gaggionetti, Tenore - Easten Fradore, La Pupe ell Cav BASULGATA - Canevale Tarsili al Naspro - Christmas Pettole, Parcevotri D

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