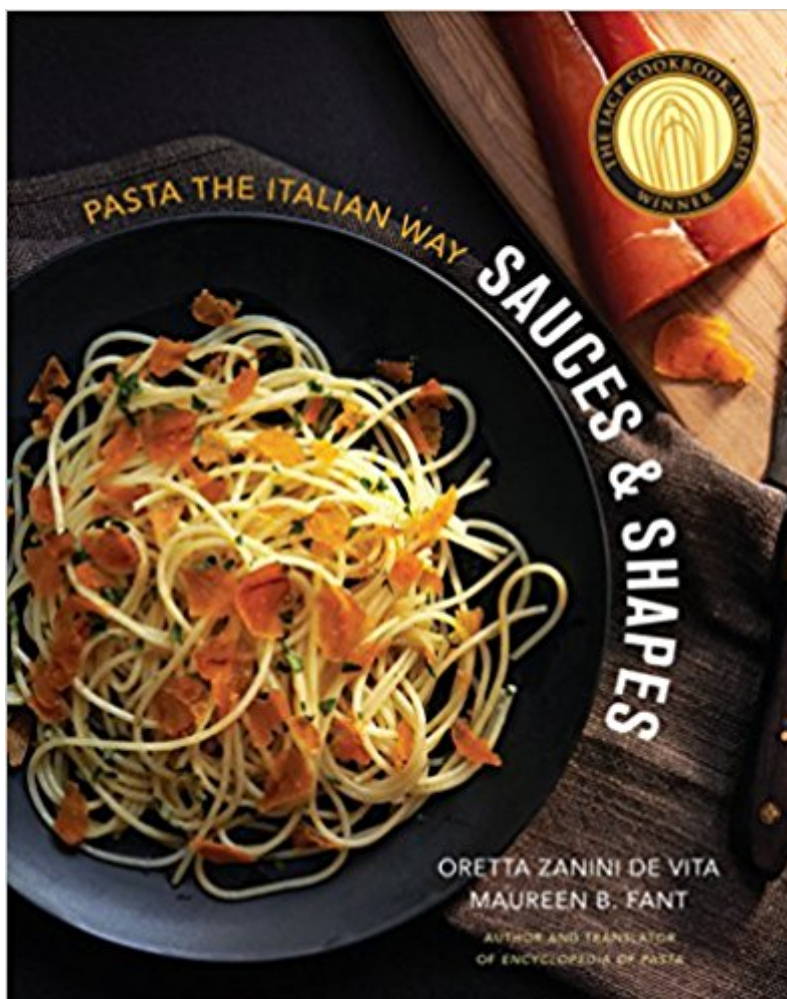


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Sauces & Shapes: Pasta The Italian Way



Synopsis

Winner of the 2014 International Association of Culinary Association (IACP) Award The indispensable cookbook for genuine Italian sauces and the traditional pasta shapes that go with them. Pasta is so universally popular in the United States that it can justifiably be called an American food. This book makes the case for keeping it Italian with recipes for sauces and soups as cooked in Italian homes today. There are authentic versions of such favorites as carbonara, bolognese, marinara, and Alfredo, as well as plenty of unusual but no less traditional sauces, based on roasts, ribs, rabbit, clams, eggplant, arugula, and mushrooms, to name but a few. Anyone who cooks or eats pasta needs this book. The straightforward recipes are easy enough for the inexperienced, but even professional chefs will grasp the elegance of their simplicity. Cooking pasta the Italian way means: Keep your eye on the pot, not the clock. Respect tradition, but don't be a slave to it. Choose a compatible pasta shape for your sauce or soup, but remember they aren't matched by computer. (And that angel hair goes with broth, not sauce.) Use the best ingredients you can find—and you can find plenty on the Internet. Resist the urge to embellish, add, or substitute. But minor variations usually enhance a dish. How much salt? Don't ask, taste! Serving and eating pasta the Italian way means: Use a spoon for soup, not for twirling spaghetti. Learn to twirl; never cut. Never add too much cheese, and often add none at all. Toss the cheese and pasta before adding the sauce. Warm the dishes. Serve pasta alone. The salad comes after. To be perfectly proper, use a plate, not a bowl. The authors are reluctant to compromise because they know how good well-made pasta can be. But they keep their sense of humor and are sympathetic to all well-intentioned readers. 24 pages of color photographs; black-and-white drawings

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Customer Reviews

Starred Review. Picking up where the Encyclopedia of Pasta (2009) left off, this manifesto on Italian noodles is meant to provide recipes for home cooks preparing dishes in modern kitchens. While the previous work focused on cataloguing and describing Italian pasta, this book is meant to help those out outside of Italy cook like Italians. With sections on every step of making pasta dishes—e.g., the types of wheat employed, the various forms and how to create them, how to cook the noodles properly, when and how to add sauce, which ingredients to have in the pantry, and which equipment is necessary to get the best results—every aspect of making one of the world's favorite comfort foods is covered. Of course, no noodle would be complete without the right condimento (anything that goes on a noodle), and this cookbook covers those in great detail as well. From last-minute sauces, made primarily with ingredients one has lying around, to fresh vegetable, herb, and mushroom sauces, selected based on which ingredients are in season; fish and seafood sauces; and meat sauces, you can go months without ever repeating a dish. The book also contains helpful hints, like which sauces taste better when prepared a day before serving and which wines pair well with each dish. (Oct.)

Each author unquestionably expert in the history and culture of pasta, Zanini de Vita and Fant open up the secrets of Italian pasta cookery. The most familiar of Italian dishes and soul of the Italian table, pasta in its many forms holds Americans of all ages in thrall with its versatility and mass appeal. But many Americans freeze up when confronted with an unusual pasta shape or a novel sauce, and they wonder how properly to match the right sauce with the right pasta, fearing they may violate some hallowed tradition. The authors offer a host of sauces to accompany both fresh and dried pastas, and for each they list the pasta shapes to best complement the sauce in perfect harmony. Cooks wanting to achieve their own pasta shapes get complete instructions for handmade egg pasta and plain flour-and-water versions. --Mark Knoblauch

This is easily the go-to pasta recipe encyclopedia for just about every pasta dish ever. They are the definitive recipes and are as authentic as possible. I wish it went into a little more detail on the technique of making pasta and how to sauce a dish properly, but it is still a wonderful book with great recipes and is probably the best pasta cookbook to come out in the last decade or two.

There's also a wonderful section on how to stock your pantry with good ingredients that is itself worth the price of the book. If you have even a general liking for making pasta at home you should own this book.

This is a book you have to READ not just grab recipes from. I LOVE this book. If you want to learn about Italians' idea of pasta this is the book for you. It's not about the shapes or the sauces but a philosophy of flavor that can teach things to be used in anything you cook. These women have opinions and they state them without being snarky or condescending. I've learned a whole new way of thinking about what I cook. Very glad I bought it.

I love cooking Italian sauces but I decided I needed to understand more about the selection of pasta shapes to accompany the sauces. This has become my reference book on the subject of pasta style selection and it has some good sauce recommendations to go along with the pasta styles. I have read many books about Italian cooking but this book references sauces that are very different from those I have found in other cook books. If you are cooking Italian for Italian guests, you will look like a pro if you use this book.

Having traveled in Italy a good deal, I have been quite aware of the difference between the sauces and pastas there and what are presented as Italian sauces in this country. This is a wonderful book in recipes and cooking processes that take you into the Italian way. The several I have tried are delicious and authentic.

Finally an Italian cookbook written by an Italian cooking in Italy. This is the real deal.

delighted with this fabulous book! the recipes are excellent and easy to follow and the descriptions are mouthwatering and fun too! perfect!

Sure I could say something really nice like the authors really hit a home run on the concept of matching shapes and sauces, etc. etc. But I'll make it simple Bravo.

I purchased this book as a birthday present for my husband. He constantly returns to this book for recipes, pointers, and ideas. The writing is entertaining and insightful. It's definitely authentic Italian cooking.

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