



## Biba's Taste of Italy: Recipes from the Homes, Trattorie and Restaurants of Emilia-Romagna

By Biba Caggiano

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### **Biba's Taste of Italy: Recipes from the Homes, Trattorie and Restaurants of Emilia-Romagna** By Biba Caggiano

"There has not been one single day since I have left Bologna in 1960 that I have not yearned for and lusted after the food of Emilia-Romagna. That food is part of my heritage and culture. After twenty-five years of cooking professionally, I can truly say that the food of my region has been a constant source of inspiration in all I have done."

Join author, cooking show host, and restaurateur Biba Caggiano on her journey back to her beloved region in *Biba's Taste of Italy*. Located in one of Italy's most prosperous northern regions, Emilia-Romagna has given the world a cuisine that is as luscious as it is refined: succulent seafood dishes from the Adriatic waters; hearty, long-simmered ragùs; and rich pasta shaped into tortellini, anolini, and lasagna. With Biba, discover the place that's home to so much of what we've come to love in Italian food: prosciutto di Parma, Modena's aged balsamic vinegar, mortadella, and perhaps the world's greatest cheese, Parmigiano-Reggiano.

Featuring more than 250 recipes, from antipasti to desserts, Biba introduces the vibrant food of her childhood: homestyle dishes and authentic recipes from humble trattorie and family-run restaurants. You'll learn how to make Tagliatelle with Bolognese Ragù; Eggplant Parmigiano that combines the salty-sweet flavors of Parma ham and Bolognese sausage; earthy, bread-thickened soups; Potato and Ricotta Gnocchi; and irresistible seafood risotto. Of course, the symbol Emilia-Romagna cooking -- stuffed pasta -- is here in all its glory with recipes for Ricotta and Goat Cheese Tortellini, Butternut Squash Tortellini, and Anolini in Broth, and so many more.

From the region's coastal towns and villages, Biba shares the simply prepared seafood dishes of the local trattorie -- Clams with Garlic and Chile Pepper and Baked Halibut with Potatoes, plus the simple tastes of grilling shellfish with olive oil, lemon juice, and herbs. In the same rustic spirit, you will also find Roasted Stuffed Breast of Veal, Braised Veal Shanks, and succulent Breaded Lamb

Chops.

Biba's frequent family visits to Bologna evoke childhood memories of growing up in this food-lover's paradise, and reaffirms that the kitchen remains the heart and soul of Italian homes.

*Bib's Taste of Italy* is more than a collection of recipes. It is also a travel guide with all the names and addresses of her favorite trattorie and restaurants where her favorite dishes can be found.

Join Biba as she returns to Emilia-Romagna in *Biba's Taste of Italy*. It's a trip you will take again and again in your own kitchen.

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# **Biba's Taste of Italy: Recipes from the Homes, Trattorie and Restaurants of Emilia-Romagna**

*By Biba Caggiano*

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## Caggiano Bibliography

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### Editorial Review

#### Amazon.com Review

It's been more than 40 years since Biba Caggiano came to America from her home in northern Italy's Emilia-Romagna region, and she still yearns for the luscious food that has earned the region a coveted spot on the culinary map. Long an accomplished author, television cooking-show host, and restaurateur, Caggiano still finds a constant source of inspiration in the cooking of her homeland--from the rich stuffed pasta dishes and complex ragus of Emilia to the simple grilled fish dishes and lusty *brodettos* (seafood stews) of Romagna.

*Biba's Taste of Italy* is a fascinating culinary tour of Caggiano's beloved region. In chapters on every course from antipasti to dolci, Caggiano introduces readers to the succulent dishes of the area and paints a vivid portrait of both the food and the people. Her salty-sweet Eggplant Parmigiano stars the region's own Parma ham and Bolognese sausage; Seafood Risotto recalls the irresistible bounty of the Adriatic sea that laps the shores of Romagna; and the trademark of Emilia-Romagna cooking--stuffed pasta--appears frequently in dishes like Squash Ravioli with Squab Ragu and Balsamic Vinegar and Cannelloni with Meat Stuffing

In the spirit of the region's small villages, Caggiano offers recipes for unassuming dishes like Roasted, Marinated, and Skewered Eel, in which the delicately sweet flavor of this unusual fish is expertly balanced with the simple yet robust flavors of extra-virgin olive oil, lemon juice, red wine vinegar, fresh sage, and pancetta. Roasted Stuffed Breast of Veal is a truly classic Emilian dish, and Caggiano's version--stuffed with a mixture of sautéed vegetables, Parmigiano, nutmeg, and eggs, then roasted golden brown with a crisp crust--is among the most delectable. Desserts run the gamut from the light, delicious Chestnut-Ricotta Fritters to the dense, sweet Honey-Walnut-Raisin Pie to a refreshing Strawberry Gelato.

The clear, easy-to-follow instructions accompanying each recipe make the book a joy to cook from and the beautiful page design makes it a pleasure to peruse. A brief chapter on the wines of the region and another on Where to Eat in Emilia-Romagna make the book complete. --Robin Donovan

#### From Publishers Weekly

In her latest enticing collection of recipes (after *Trattoria Cooking* and *Italy al Dente*), the chef-owner of Biba restaurant in Sacramento returns to her hometown, Bologna, and its surrounding countryside. The region, Emilia-Romagna, is blessed with such delectables as prosciutto di Parma, Parmigiano-Reggiano and balsamic vinegar, which its culinary tradition prominently features. Those who can never own too many Italian cookbooks will welcome the familiar fare, including Prosciutto with Marinated Baby Artichokes in Balsamic Vinegar, a simple Mussel Salad, Caggiano and Butternut Squash Tortelli. Chatty headnotes to most recipes tell where Biba discovered them and what drew her to each one, such as the simplicity of Grilled Skewers of Calamari and Shrimp from Rimini and her brother's favorite, Veal Stew with White Wine and Peas. She concludes with such sweets as Almond Chocolate Cake from a trattoria in Vignola and Mascarpone-Zabaglione Mousse from another in Frassinara. These authentic recipes demonstrate why Italian food remains one of the world's most irresistible cuisines. Agents, Maureen and Eric Lasher. (On-sale date: Mar. 26) Forecast: Caggiano has a large, dedicated following who are attracted to her motherly warmth as much as they are to her food. She will promote her new book with an appearance on CBS's *Early Show* the same day the book goes on sale and subsequently on *Martha Stewart Living* and *PBS's Home Cooking*, followed by a four-city tour. As before, stores should anticipate brisk sales.

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From Library Journal

Forget Tuscany. Emilia-Romagna is sure to be the next regional Italian superstar cuisine. Television and restaurant chef Caggiano (Italy Al Dente) showcases the foods of her native Northern Italy in a parade of mouthwatering ingredients like balsamic vinegar and Parmesan-Reggiano cheese and comforting dishes like Tagliatelle with Ragu. The recipes, while precise, don't intimidate; cooks looking for an in-depth treatment won't be disappointed, while casual readers will enjoy the recipe head notes and supplemental text that convey Caggiano's connection to her food, family, and friends. Slightly less detailed than Lynne Rossetto Kasper's award-winning *The Splendid Table: Recipes from Emilia-Romagna, the Heartland of Northern Italian Food* (Morrow, 1992), this is still highly recommended for libraries that can afford both. Devon Thomas, Hass Assocs., Ann Arbor, MI  
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## **Users Review**

### **From reader reviews:**

#### **George Tucker:**

A lot of people always spent their very own free time to vacation or even go to the outside with them family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you would like try to find a new activity that's look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book you read you can spent all day long to reading a publication. The book Biba's Taste of Italy: Recipes from the Homes, Trattorie and Restaurants of Emilia-Romagna it is very good to read. There are a lot of those who recommended this book. They were enjoying reading this book. If you did not have enough space to create this book you can buy often the e-book. You can m0ore quickly to read this book from the smart phone. The price is not to fund but this book offers high quality.

#### **John Edmondson:**

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#### **Nila Cobb:**

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**Phillip Elliott:**

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