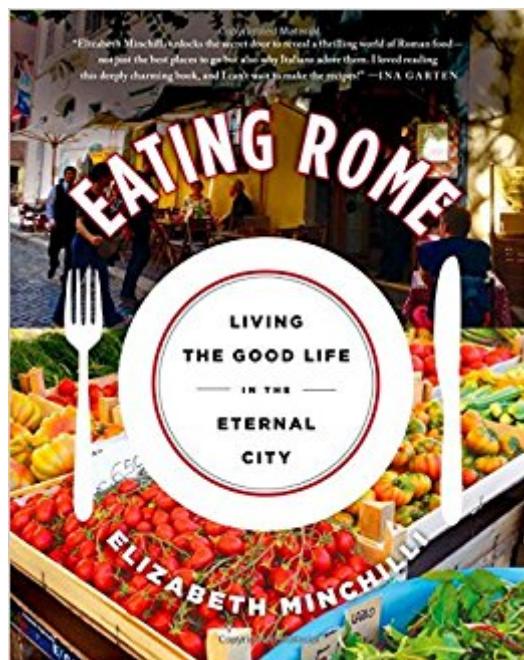


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# Eating Rome: Living The Good Life In The Eternal City



## Synopsis

Elizabeth Minchilli has been eating her way through Rome since she was 12 years old. Eating Rome, based on her popular blog Elizabeth Minchilli in Rome, is her homage to the city that feeds her, literally and figuratively. Her story is a personal, quirky and deliciously entertaining look at some of the city's monuments to food culture. Join her as she takes you on a stroll through her favorite open air markets; stop by the best gelato shops; order plates full of carbonara and finish the day with a brilliant red Negroni. Coffee, pizza, artichokes and grappa are starting points for mouth-watering stories about this ancient city. Illustrated with Minchilli's beautiful full-color photos and enriched with her favorite recipes for Roman classics like vignarola, carciofi alla romana and carbonara, Eating Rome is the book that you want if you are planning your first trip to Rome or if you have been to Rome a dozen times. And even if you just want to spend a few hours armchair traveling, Elizabeth Minchilli is the person you want by your side.

## Book Information

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## Customer Reviews

âœElizabeth Minchilli unlocks the secret door to reveal a thrilling world of Roman food - not just the best places to go but also why Italians adore them. I loved reading this deeply charming book and I can't wait to make the recipes!â • âœIna GartenâœA truly insider's culinary guide to Rome, Elizabeth Minchilli takes us into the trattorias, caffâ's, pizzerias, and gelaterias of Rome. Each time I've been to the city, I've turned to Elizabeth for advice and have never been steered wrong. In Eating Rome, she generously shares all she loves about this delicious city, including recipes and favorite addresses, with everyone, and makes me hungry to go back. In fact, after reading these

pages, if you're anything like me, you'll be ready to book a flight to Rome - pronto! • • David Lebovitz, author of *My Paris Kitchen* • Minchilli's passion for food and Rome has produced a charming personal culinary itinerary and guidebook • • Publishers Weekly • One of the 8 Travel Memoirs that Will Inspire You to See the World in 2015 • • PeterGreenberg.com • If planning to dine in Rome or cook like a Roman, this is the book for you. • • Library Journal • Eating Rome is geared to enhance the Roman eating experience through an appreciation of its conventions... Eating Rome is not cultural anthropology: It's a collection of predigested insights that speaks to the bourgeois American traveling in bourgeois Rome. If you fit that demographic (and most of us vacationing in Europe do), then you'll find this book a handy navigator whether in Rome for two days or two months, and a delicious gift for someone who is embarking on a trip to Italy, especially if it is their first. • • The Wall Street Journal

ELIZABETH MINCHILLI is the author of six books on the joys of Italian life. She has written for over 40 magazines and today shares her passion for Italy through her blog and best-selling apps. She lives in a rooftop apartment in Rome with her husband, Domenico.

Readers and prospective tourists who dream of Rome will find this to be a 'must have' book. Elizabeth Minchilli, American-born; Italian-wed, has spent enough time living in Rome and studying the city to write authoritatively about its food ways, restaurants, trattorias, pastry shops, market sources and so on. And write she has: check out her popular blog or buy her top-rated restaurant app, also titled 'Eating in Rome.' In a friendly and engaging voice the author seems to invite us into her own apartment and life as she explains how to 'eat like a Roman' at restaurants, in your rented apartment, out on the street (getting harder thanks to changing local laws) and she explains where Romans eat and where they find the best of it. Chapters deal with the intricacies of coffee consumption, the Roman love of artichokes and bitter greens and other vegetables in season; how to stock a Roman pantry (there or in the U.S.A.); the Roman way with pasta; Rome's love of pork products; how Romans feed their young children and how they feed their pets; 'cucina di Mama' (Mama's cooking--that was the best!); the Sunday lunch tradition; the new antipasto buffets, panino and, of course, gelato. All along the way there are recipes for signature dishes with tempting pictures of the plated results. I have visited Rome for multi-day stays over recent years. As a 'plan ahead' tourist I have always looked for a book like this without really finding one until now. This food-oriented guide will prepare you culturally and will point you to specific restaurants and markets. You will know just what might be in a good few typical dishes BEFORE you order them! You will

also be in possession of many helpful tips about what might be expected of you in a coffee bar, trattoria or restaurant as far as ordering, paying, tipping and when you may not sit at a table and the like. Should you buy and follow this book, you can experience some fine Roman-style meals at home or you can travel there with some confidence and have a fine souvenir to review when you come home! That's what I'm using my copy for.

I bought this book for timely inspiration as we were going to Italy with an itinerary including Rome. This book is great whether you are planning a visit, want insight to the unique food culture of this fascinating city, or seek recipes which are traditionally Roman. I knew from other reading that Italy's cooking and food tastes are extremely diverse, localized, and dependent on the local ingredients. This book was great for understanding not only the food culture of Romans, but also the greater Lazio province, and the cultural drivers that have influenced their local cuisine. Minchelli, despite having relocated to Italy as a preteen, helps connect the content to an American's point of view. Through an understanding of how Romans eat, shop, and celebrate through food, the reader gets a greater connection to this people's history. The best part was visiting so many of the places she shared in the book. Ate fabulous meals at Sora Margherita and Perilli, discovered "guanciale" the fabled cured (but not smoked) pork cheek which provides the base flavor of so many Roman dishes, and I'm making her carbonara recipe for dinner this evening. (Peril served it with rigatoni and I intend to do the same. Guanciale? Check!) Sadly, US grown artichokes are nothing like those served in Rome. Part memoir, part journal, and part cookbook. All good stuff.

This book is a great book for those visiting Rome for the first time. Plus It's the perfect size to throw into your suitcase. It's a lovely very personal account of living in Rome. I think the recipes are easy to follow and give you a sense of how Romans eat, just like the title. It's a lovely addition to your Italian travel book collection. I loved the book. I found it charming and highly entertaining to read. I have already gifted it to friends who will be traveling to Rome for the first time in September.

Elizabeth Minchilli must have the richest and deepest connection to Roman food of anyone in the world. Her love and appreciation for her subject seem infinite. This book is a treasure house of information about prepared food of all kinds, as well as ingredients and where to get them and what can be done with them.. It's a terrific book to take with you to Rome, but just as useful back home. I was surprised to see that she has even included recipes and I'm going to try them. The artichoke recipes, which I was just reading, are inspiring. I have the book on my iPad and I think I'll get a

printed copy as well. One reason for that is that Minchilli is a gifted photographer, and I want to see the photographs on the page.

I loved this book. I admit to being an Rome-o-phile and loving everything about the city. I laughed out loud at some of her observations and wish I had known about them before my last trip to Rome (don't touch the vegetables at the market; only order the smallest gelato). It was nice to see that the author agreed with me! Lots of her choices are my favorite places, and her other suggestions have been duly noted for my next trip. Great photos, too. I haven't made any of the recipes yet, so I can't comment on them, but I am anxious to give some of them a try.

I've spent several summers in Rome and this guide hits all the great spots. Not only does it recommend good things to eat and drink and the best places to get them, but also includes charming stories that introduce you la bella vita romana. I'd recommend this for anyone traveling to Rome, whether that's for the first or 10th time, or for those like me who want to take a trip down memory lane of their time in Rome. The book is a great round up of and companion to Ms. Minchilli's superb blog and EatRome app.

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