



READ IT

• An eclectic compilation album, **ROME: CENTURIES IN AN ITALIAN KITCHEN** (Hardie Grant Books, \$49.95) is full of guest recipes, sweet illustrations and beautiful travel and food photography showcasing Rome in all its glory. There's a mini snapshot of the city's culinary past, too. • **GUILLAUME: FOOD FOR FAMILY** (Lantern, \$79.99) is the celebrated chef's latest coffee table-style book featuring decadent menus designed for well-known Aussie families (think the Hemmes and Uptons) alongside intimate imagery of their stylish residences. • Doctor Catherine Itsiopoulos reveals how to put the Mediterranean diet into practice and shares 80 vibrant recipes to get you going in **THE MEDITERRANEAN DIET COOKBOOK** (Pan Macmillian Australia, \$34.99). She also busts a few food fads and gives the lowdown on recent research supporting the diet. • One of our favourite chefs, Yotam Ottolenghi, is at it again. **NOPI: THE COOKBOOK** (Random House Press, \$59.99) is a collection of more than 120 recipes, including baked blue cheesecake, and twice-cooked baby chicken, from Ottolenghi's chic Soho restaurant.



PASTA post

Spend more time cooking and less time shopping thanks to these online providers bringing a taste of Italy to your home. Head to **RAW MATERIALS** (rawmaterials.com.au) for everything from grissini to mints; ditch the alphabet spaghetti and make pasta fun again with coloured pastas from **SALT MEATS CHEESE** (saltmeatscheese.com.au); and try **IL PROVIDORE** (ilprovidore.com.au) to add more Italian flavours to your basket.

the Italian TRAIL

We asked Matt Preston for his favourite Italian place. He gave us 12!



Just one? I head to **Caffe Cova** in Milan for an espresso and panettone; **Generi Alimentari Da Panino** in Modena for a mortadella and provolone panino; a no-name canteen in **Porretta Terme** (the town where Mario Batali learnt to make pasta) for fresh ricotta pasta envelopes in an impossibly vibrant sugo; **Cracco** in Milan for Carlo Cracco's coddled eggs with white truffle; Mario Batali's **Babbo Ristorante e Enoteca** in New York for parfait-filled ravioli with a thick balsamic sauce; **Pizza e Mozzarella Bar** in Adelaide for pizza; **La Stalla**, just outside the walls of Assisi, for their grilled smoked cheese (a sort of local scamorza) bubbling straight off the wood barbecue; **Pascioli deli** in Rome for

As featured in the **September, 2015** edition of **Delicious** magazine (see page 37).

Products featured on this page include classic Italian products; Oliviero Torroncini Hazelnut nougat (200g); La Grande Ruota "Stone Ground" Polenta (500g); and Masoni Panforte Margherita (250g).



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