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Once the mixture was done, we shaped the meatballs and arranged them neatly on a plate. At that point, Marina advised: "Now, before cooking them, let us leave them to rest for a few hours. That way they firm up and get thoroughly blended."

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Let the Meatballs Rest: And Other Stories About Food and Culture (Arts & Traditions of the Table: Perspectives on Culinary History)

In his new history of food, acclaimed historian Massimo Montanari traces the development of medieval tastes—both culinary and cultural—from raw materials to market and captures their reflections in today's food trends. Tying the ingredients of our diet evolution to the growth of human civilization, he immerses readers in the passionate debates and bold inventions that transformed food from a simple staple to a potent factor in health and a symbol of social and ideological standing. Montanari returns to the prestigious Salerno school of medicine, the "mother of all medical schools," to plot the theory of food that took shape in the twelfth century. He reviews the influence of the Near Eastern spice routes, which introduced new flavors and cooking techniques to European kitchens, and reads Europe's earliest cookbooks, which took cues from old Roman practices that valued artifice and mixed flavors. Dishes were largely low-fat, and meats and fish were seasoned with vinegar, citrus juices, and wine. He highlights other dishes, habits, and battles that mirror contemporary culinary identity, including the refinement of pasta, polenta, bread, and other flour-based foods; the transition to more advanced cooking tools and formal dining implements; the controversy over cooking with oil, lard, or butter; dietary regimens; and the consumption and cultural meaning of water and wine. As people became more cognizant of their physicality, individuality, and place in the cosmos, Montanari shows, they adopted a new attitude toward food, investing as much in its pleasure and possibilities as in its acquisition.

How regional Italian cuisine became the main ingredient in the nation's political and cultural development.

THE MYTHS SURROUNDING THE WORLD'S FAVOURITE DISH, DEBUNKED Did Marco Polo bring pasta back from China, or is that a myth? How did the Neapolitan "macharoni" turn into the ubiquitous spaghetti? Is it even an Italian dish? Hundreds of shapes and thousands of recipes give expression to the culture and products of the country's regions. But spaghetti with tomato sauce remains Italy's identity dish par excellence. Massimo Montanari goes in search of the dish's true origins, tracing its history along the multiple, intricate routes taken by its raw ingredients to merge and become a distinctive element of culinary tradition. It took almost two thousand years and input from the Far East, the Arabic world, and the Americas, for the dish to take centre stage. Its development is the result of chance encounters, unplanned exchanges, and unpredictable intersections. As we dig in search of spaghetti's origins, we find its strands wrap right around the world. "Learned and entertaining."—*Il Giornale*

Move over bacon! Here are fifty-five of the best meatball recipes, ranging from traditional to modern, with flavors from all around the world. With over fifty recipes ranging from comfortingly traditional to cutting-edge modern, Rick Rodgers expands the role of the beloved meatball inside *I Love Meatballs!* Dishes inspired by a variety of ethnicities including Italian, Thai, Chinese, Greek, Vietnamese, Swedish, Moroccan, and Indian are made from a full range of meats including beef and veal, pork, lamb, poultry, and even seafood. Divided into six hunger-inducing categories, *I Love Meatballs!* shows meatballs as appetizers and dinner entrees, inside soups and breads, and (of course) with pasta, as well as meatballs sizzling off the grill. Recipes range from Greek Keftedes with Tzatziki to Beef Meatballs in Pho, Moroccan Meatballs, Chicken Teriyaki Meatballs, and Grilled Cheeseball Sliders. In addition to sumptuous meatball recipes, readers will find helpful tips and tricks, along with thirty luscious photographs of the meatball doing much more than just sharing the spotlight with spaghetti. Praise for *I Love Meatballs!* "Each recipe is carefully written and easy to follow. . . . Rick's Lamb Meatballs in Green Curry Sauce is so tasty, I want to make it over and over." —Bruce Aidells, co-author of *The Complete Meat Cookbook* "[Rick Rodgers] has produced the last word on meatballs: which tools to use; how to grind your own meat, if you'd like; how to prepare them ahead of time; and even how to cheat using store-bought meatballs. There is so much mouthwatering variety here that I'm going to have a hard time choosing which recipes to make first." —Sara Moulton, author of *Sara Moulton's Home Cooking 101*

When writer, photographer, and home cook Marcia Friedman converted to Judaism, her journey to connect with Jewish history and culture naturally led to her kitchen—already a touchstone to the Italian-American foods of her childhood growing up with a half-Sicilian father. Thus began *Meatballs and Matzah Balls*, Friedman's endeavor to explore the union of Jewish and Italian life through food and to recreate, as well as reinterpret, classics and craft her own Jewish-Italian culinary tradition. In *Meatballs and Matzah Balls*, Friedman shares reflections on her childhood, family, and exploration of Jewish and Italian culture that made her the person and cook she is today. The book features full-color photographs and more than 100 recipes, all of which can be made kosher. You'll savor this visit to a richly inspired Jewish-Italian kitchen, which offers classic and new recipes that will soon become favorites. In Italian, Yiddish, and Hebrew—*Buon appetito, est gezunterhayt, and bete 'avon!*

When Rachel Roddy visited Rome in 2005 she never intended to stay. But then she happened upon the neighborhood of Testaccio, the wedge-shaped quarter of Rome that centers around the old slaughterhouse and the bustling food market, and fell instantly in love. Thus began an Italian adventure that has turned into a brand new life. *My Kitchen in Rome* charts a year in Rachel's small Italian kitchen, shopping, cooking, eating, and writing, capturing a uniquely domestic picture of life in this vibrant, charismatic city. Weaving together stories,

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memories, and recipes for thick bean soups, fresh pastas, braised vegetables, and slow-cooked meats, My Kitchen in Rome captures the spirit of Rachel's beloved blog, Rachel Eats, and offers readers the chance to cook "cucina romana" without leaving the comfort of home.

Highlights the endless possibilities of making meatballs by introducing traditional recipes and pairing them with lots of creative variants. Whether interested in comfort cooking, ethnic cuisine, or simply meatballs, this book is sure to make you into a meatball expert!

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