



My Love for Naples: The Food, the History, the Life (Hippocrene Cookbook Library)

Anna Teresa Callen

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In this lovingly rendered cookbook memoir, Anna Teresa Callen takes readers on a culinary journey to Naples, one of her favorite Italian cities. From antipasti, soups, and pizza, to a host of pasta, fish, meat, and vegetable dishes, this collection of more than 250 recipes covers the cuisine of the Campania region, including its capital, Naples, the islands of Capri and Ischia, and the Amalfi coast. Neapolitan cuisine exemplifies *la cucina povera* or "the cooking of the poor", whose inventiveness with inexpensive local ingredients produced the region's legendary mozzarella di bufala, the famed, succulent *ragu alla napoletana*, and simple, hearty dishes that make the most of seasonal vegetables and abundant seafood. A skilled cooking instructor, the author provides easy, step-by-step instructions and much more.

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